



the PIONEER

brought to you by NORTH HEMPSTEAD PROJECT INDEPENDENCE

Project Independence is a program designed to support residents 60 and over to continue to enjoy good health and a rewarding quality of life in their own homes and communities.

NEWSLETTER VOL. 10 NO. 1

SPRING 2016

PROJECT INDEPENDENCE TAXI IS ROLLING ALONG

The North Hempstead Project Independence Program has been providing vital Aging in Place services to Town seniors for over a decade. In 2015, Supervisor Judi Bosworth and the Town Board announced that the Town will receive approximately \$1 million in federal funding for North Hempstead's Project Independence transportation program. After a strong push by US Senator Charles Schumer, the funding was awarded to the Town, allowing for this wonderful transportation program to continue for the next three years and beyond. The Program currently averages over 3,000 rides per month. To receive these transportation services, participants need to be at least 60 years old, reside in the Town of North Hempstead and register with Project Independence (PI). Just call the Town's 311 Call Center to schedule your rides.

Riding with Project Independence Taxis: It's easy! Call 311 at least one day ahead. The full number for 311 is (516) 869-6311. The medical taxi service is for non-emergencies. PI Food Shopping and medical trips are available within the Town of North Hempstead. Food shopping trips are

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Here, taxi driver Troy Ingenito helps Olive Jordan into the taxi.

A MESSAGE FROM SUPERVISOR BOSWORTH

Greetings,



Spring has sprung in the Town of North Hempstead and we are ready to launch another full season of terrific programs and services provided by Project Independence. In addition to the transportation program and our wide array of social opportunities, we are proud to launch an educational series aimed at teaching residents about the recently prevalent IRS phone scams. These scams have become more sophisticated and dangerous over the past several months, with the caller at times having personal information about the victim and demanding payment over the phone. These unscrupulous scammers have tried to steal residents' money or identities, and it is important to be informed so you don't lose your hard-earned money. I am proud to work with the Town Board and our incredible Project Independence staff to bring you this, and a host of other beneficial programs and services this Spring. And remember, if you have not yet joined Project Independence, it is FREE, and your membership is just one step away. Just call 3-1-1. Have a wonderful Spring!



Project Independence Taxi is Rolling Along From Page 1

FREE and run twice a week to designated local markets. Medical trips are deeply discounted; the minimum fare is \$3.50 and increases with distance traveled. Be sure to say “I’m with **Project Independence**, calling for my return trip...” to ensure the discount will be applied. Also be clear what exit you are at as large buildings have several doors.

What times are best to ride with Project Independence Taxi? The program is designed to benefit from the taxi’s downtime. Schedule pickup times during off-peak hours, which are weekdays between 10 AM and 4 PM. If you travel during peak hours, anticipate delays.

What other program details are good to know? The program can accommodate wheelchairs and walkers that can fold and go into the taxi’s trunk. Up to 3 separate rides can be made in one call to 311. Rides can be called in several days in advance. Fares must be paid in cash. 311 will provide an estimate; the actual fare will come from the driver. Tipping is appreciated. The medical taxi program at times will pick up another rider. Food shopping rides are shared rides.

Where does Project Independence Taxi go for medical transportation? Medical trips are available within the Town of North Hempstead. Also, there are some out of town exceptions, including medical offices in Garden City, LIJ Hospital, Nassau University Medical Center and the St. Francis DeMatteis Center.

Where does Project Independence Taxi go for food shopping? Below is a chart detailing the PI shopping locations based on the rider’s residence. Please note: this grid is subject to change. The service begins at 10 a.m. and ends at 2 p.m. Simply arrange with the driver who takes you to other market, the time he or she should come back and where you will be waiting.

Who pays for this service? The rider pays half

of a low negotiated rate for medical rides, the Town pays the other half to the taxi company. While food shopping is FREE for the senior, the Town pays the taxi by the hour. The Town receives partial reimbursement from a Federal grant.

What taxi companies provide service? The Town subcontracts with three companies: Delux Transportation (Manhasset, Port Washington and Roslyn); All Island (Great Neck, New Hyde Park, East Williston & Mineola); and Taxi Hispano (Carle Place, Westbury & New Cassel).

What are the rules?

- Riders must arrange a PI taxi reservation at least one day ahead of time. Same-day transportation requests are not possible.
- Riders must treat drivers, dispatchers, passengers, 311 call takers and Town employees with respect.
- Drivers are not permitted to physically assist a rider; drivers cannot enter one’s home.
- Riders should not ask a driver to make an unscheduled detour, e.g., lab, coffee, bank, etc.
- Food shopping transportation has a limit of three shopping bags per person.
- Riders must leave plenty of time to get to the doctor; at least one hour is recommended.

How are medical fares determined? Fares start at \$3.50 each way. The fare is determined based on where one lives and the location of the medical office. If there is a question about a fare, call 311 and the Mobility Manager will research the rate and call you back.

What happens if there is bad weather? Service may be suspended due to inclement weather. The taxi will call if they cannot service the ride. Riders could call 311 / 869-6311 to find out if the taxi will be running.

PI Food Shopping Trips

REGION:	New Hyde Park & Vicinity	Great Neck & Vicinity	Manhasset & Vicinity	Pt. Washington & Vicinity	Roslyn & Vicinity	Westbury & Vicinity	Mineola & Vicinity
DAYS:	Wed. & Fri.	Mon. & Thurs.	Tue. & Fri.	Mon. & Wed.	Tue. & Fri.	Wed. & Fri.	Mon. & Thurs.
MARKETS:	Stop & Shop and King Kullen	Shop Delight and Best Market	King Kullen	North Shore Farms, Uncle Giuseppe’s, Stop & Shop	Key Food and Stop & Shop	Stop & Shop, Carle Place and Hicksville	King Kullen and Best Market



Stop Signs and You

by Otto Lohse

Believe it or not, at a recent dinner with friends, the topic of “stop signs” was brought up and led to a debate. Should the signs be there? Why? What constitutes a full stop? Why should I stop if no other cars are visible? I never make a full stop! These were just some of the thoughts. We had to put a halt on the conversation to continue with our enjoyable dinner.

According to NYS DMV website...what is the purpose of a stop sign? “Come to a full stop, yield the right-of-way to vehicles and pedestrians in or heading toward the intersection. Go when it is safe. You must come to a stop before the stop line, if there is one. If not, you must stop before you enter the crosswalk. If there is no stop line or crosswalk, you must stop before you enter the intersection, at the point nearest the intersection that gives you a view of traffic on the intersecting roadway.”

Many articles and studies are available about stop signs. Some questions are; Why are they there? Why don't some people obey them? What happens if you run or roll through them?

Most stop signs get placed for safety because they were requested by citizens or the location is dangerous. We might think there are too many, but the bottom line is they are there whether we like the idea or not. The law is, make a full stop at the stop line. If you get caught for not stopping you should expect points on your license and a fine. You can end up or be the cause of a serious accident. It is difficult to come up with statistics however there are hundreds of thousands of accidents at stop signs per year, nationwide, many more, resulting in serious injury and fatality.

My friend Peter did an informal survey at an All Way Stop Sign in New Hyde Park. He observed in a one hour period, 55 cars approached – 26 made a full stop – 25 slid through – 4 didn't stop at all. 7% did not stop. This is close to the national average of 9%.

Why don't some of us stop at these signs? Some of the reasons people admit:

- **Impatience:** Drivers are often in a hurry.
- **Reckless:** Driver might not realize they went through the sign. Focus on driving!
- **Distracted driving:** Texting, talking on cell phone or DWI.
- **Intentional:** Drivers didn't see any other cars and figured they might as well run it.
- **Aggressive driving:** Drivers figure they always have the right of way.



What it comes down to is the law states you must stop at stop signs. Enforcement of stop sign laws are complicated and therefore not many people get caught and/or ticketed. We must all do our part by following the law without being forced. It's quality of life – be courteous, patient, drive defensively and maybe save a life or avoid a serious accident.

the **CARING CORNER**

The Project Independence Mobility Manager received a call from the son of a Project Independence member. The son, who lived out of the area, was concerned about his 92-year-old father who still drives and lives alone. The Mobility Manager explained the PI food shopping and medical taxi services, Able-Ride and local taxi information. She mailed out information to help with the conversations about giving up car keys. During the course

of the conversation, he notified the Mobility Manager that his Dad was not getting out socially as often as he used to, and his Dad could use some assistance in the house with cleaning and food shopping. The Mobility Manager arranged for a Project Independence Social Worker to contact the son about help in the home and maintaining socialization for his father.



Sarah Carr

from New Hyde Park

Sarah Carr has been a resident of New Hyde Park for 50 years. She enjoys volunteering her time in the community. As a volunteer for JASA, she participates in the Project Independence Blankets of Love group. Sarah enjoys Blankets of Love because the group has fun while working for a worthy cause. Sarah also volunteers for Notre Dame Church and the Knights of Columbus. Sarah is an active member of the following organizations: Cellini Lodge, Leisure Club of New Hyde Park, Homemakers Club and AARP. Sarah believes that the secret to a long and healthy life is to keep busy, eat a proper diet, and stay up late to catch up on chores after a busy day!



Sabina Miller

from Great Neck

Sabina has lived in Great Neck for over 50 years. She is a pillar in the community, being involved with Public Access TV, Kiwanis Club of Port Washington/Manhasset, and the Lions Club. Sabina has dedicated her life to helping others, especially underprivileged children through fundraising and working with community based organizations. Sabina is a member of the PI Great Neck Advisory and Radio Show Committees, and a frequent co-host of the *PI and You* Radio Show. She serves as an advocate and ambassador of Project Independence, and calls Project Independence “the best thing to have happened for seniors in North Hempstead.”



Mike Temares

from Plandome

Mike has been a member of Project Independence since 2010, and currently serves on its Port Washington Advisory Committee. Mike works for Family and Children’s Association as a HUD Certified, face-to-face Reverse Mortgage Counselor. He has helped more than 2,200 Long Island homeowners decide whether a Reverse Mortgage is the best way to eliminate mortgage or credit card payments, pay for home care, supplement income to live a more comfortable retirement life or provide a line of credit for future potential emergencies. Mike has also been a member of the Plandome Volunteer Fire Department for 43 years, a member of the Association of Generational Experts for Seniors (AGES) and the Long Island Family Caregiver Coalition (LI FCC).



Susan Willard

from Roslyn Heights

Susan is a psychiatric social worker, who, once retired, put her passion into becoming an artist. Her work has been exhibited in local libraries. She is also very involved in the community, and is the co-founder and vice-president of Don'tMoveAway a local group dedicated to helping senior neighbors age at home. Don'tMoveAway is now referred to as a "sister organization" of Project Independence. Susan is also a member of the Roslyn Area Advisory Committee for Project Independence, and is proud to be part of such a vital community and looks forward to aging at home.



Bernice Roberts

from Westbury

Bernice joined Project Independence in 2013, because she wanted to be more involved in her community. Since joining, she has been an active member and sits on the Region 6 Advisory Committee, participates in the PI Yoga Class and Fall Prevention courses, and just joined the PI Radio Show Committee. In the community, she is a member of the Westbury AME Zion Church, Women's Home and Overseas Missionary Society and is the Superintendent of Buds of Promise. Bernice is also a member of the National Council of Negro Women/Long Island Cross County Section.



Jack Afonso

from Williston Park

Jack has been a resident of Williston Park for 48 years. He and his wife Barbara have been active members of the Williston Park Seniors for 11 years, holding several positions within the organization. He is a member of the Project Independence Mineola/Williston Park Advisory Committee. In addition to his involvement in senior groups and programs, Jack is an active member of the American Legion Post 144, the Village of Williston Park's Parking and Safety Committee, and is extremely involved in St. Aidan's Church, including his role as Eucharistic Minister. Jack also volunteers his time as CYO coach and girl's softball coach for the PBC.



Reviewing Your Driving Skills

1. **Self Assessment Test**-*Simple Test you can do yourself.* Call the Project Independence Mobility Manager for self-assessment resources by dialing 311.
2. **Defensive Driving Classes**-*Geared toward the mature driver.* The Town Hosts AARP Classes which discuss age-related changes and can qualify you for an insurance discount.
3. **Comprehensive Driving Evaluations**-*Personalized In-Depth Evaluations.* These evaluations are provided by Certified Trained Professionals and are invaluable, especially if you have a health condition that could affect your driving.
4. **Carfit**-*Helping Mature Drivers Find Their Safest Fit.* A driver can adapt to factors that may affect their driving by making individual adjustments to find their best person-to-vehicle fit.

Some examples are:

- Clear line of sight above steering wheel
- Plenty of room between your chest and airbag
- Properly adjusted head restraint
- Easy access to gas and brake pedal
- Proper position of seat belt
- Reducing your blind spots
- Adaptive devices and how they can help

Call 311 or 869-6311 to schedule your Carfit appointment today!



TOP 8 SCAM PROTECTION

<https://www.fbi.gov/scams-safety/fraud/seniors>

Tips for Avoiding Health Care Fraud or Health Insurance Fraud:

1. Never sign blank insurance claim forms.
2. Never give blanket authorization to a medical provider to bill for services rendered.
3. Ask your medical providers what they will charge and what you will be expected to pay out-of-pocket.
4. Carefully review your insurer's explanation of the benefits statement. Call your insurer and provider if you have questions.
5. Do not do business with door-to-door or telephone salespeople who tell you that services of medical equipment are free.
6. Give your insurance/Medicare identification only to those who have provided you with medical services.
7. Keep accurate records of all health care appointments.
8. Know if your physician ordered equipment for you.

May is Older Americans Month.

This year's theme is "Blaze a Trail." The Administration for Community Living will use this opportunity to raise awareness about important issues facing older adults, and also highlight the ways that older Americans are advocating for themselves, their peers, and their communities.



Veterans Corner

Town Supervisor Judi Bosworth and the Town's Veterans Advisory Committee (VAC) released a list of 11 businesses in the Town of North Hempstead that offer discounts of 10 percent or more to veterans. If you know of any other businesses in the Town that are not on this list, please call 311. **For specific details on discounts, please call the business.**

The VAC recently held a meeting at Town Hall and welcomed local author and former Newsday reporter Jim Smith, who discussed his recently released book "Heroes to the End," which tells the story of his 1971-1972 tour of duty in Vietnam. All proceeds from the book go to benefit the United Veterans Beacon House, where Smith serves as a board member and works to provide housing, job opportunities, and more to veterans. You can also hear his radio interview on *Project Independence and You* (1-22-16) at www.tonhprojectindependence.net/RadioShow.

To learn more about the Town's Veterans Advisory Committee and veterans services available in North Hempstead, log on to www.northhempsteadny.gov/veterans, or call 311.

ANDY'S NEW HYDE PARK MEATS - 10%
1101 Jericho Tnpk.
New Hyde Park, NY 11040
516.354.5970

BENNY'S BARBER SHOP 20%
481A Middle Neck Road
Great Neck, NY 11023
516.829.8184

A&D PRINTERS INC. 10%
146 Second Street
Mineola, NY 11501
516.746.2476

CREATIONS DE BELLE 10%
4 Main Street
Mineola, NY 11501
516.873.1224

HARRY KATZ CARPET ONE 10%/15%
450 Jericho Tnpk.
Mineola, NY 11501
516.746.1458

FRANWIN PHARMACY MINEOLA SURGICAL 10%
127 Mineola
Mineola, NY 11501
516.746.4720

BUTLERS CLEANERS 10%
352 Jericho Tnpk.
Mineola, NY 11501
516.746.4838

LAW OFFICES OF DOUGLAS P. MAYER 20%
114 Old Country Rd., Suite 248
Mineola, NY 11501
516.385.6595

MILLENIUM SOFTWARE LTD 20%
1354 Port Washington Blvd
Port Washington, NY 11050
516.562.4576

TAVA RESTURANT AND BAR 15%
166 Main Street
Port Washington, NY 11050
516.767.3400

RUDY'S STUDIO ONE BARBERSHOP 15%
124A Hillside Ave.
Williston Park, NY 11596
516.742.9716



(Left to Right): Deputy Chief of Staff Nick Guariglia, Anthony Catalano, Peter Gong, Kathy Garneau, North Hempstead Town Supervisor Judi Bosworth, Robert Bernstein, Jim Smith, Matthew Falcone, Al Piscitelli, Richard DeMartino, Yuri Karasz and Gabriel Parajos at the Town's Veterans Advisory Committee meeting.

Town of North Hempstead "Project Independence and You" Radio Show



John Ryan-Host, Kristina Lew-Producer, Dan Cox-Director of the WCWP Radio Station, Supervisor Judi Bosworth, Otto Lohse-Co-Host

Tune in Fridays, 10 a.m. - Noon on 88.1FM or WCWP.org

"Project Independence and You" is in its fifth year. The program's mission is to inform and entertain our age 60-plus audience in the listening area, which includes northern and central Nassau County. Past guests have included elected officials, medical experts, mental health experts, representatives of community based organizations, authors, experts from varying fields, interesting Project Independence members, and Veterans. This year's new segment, Talk of the Town, discusses upcoming programs, events and what is going on within the Town!

**Tune in. Become a co-host. Record your story!
Call 311 or 869-6311 for more information.**



Town of North Hempstead
 220 Plandome Road
 Manhasset, NY 11030

PRST STD
 U.S. Postage
 PAID
 Flushing
 New York
 Permit No. 460

AARP Defensive Driving Courses

June 4, 2016

June 18, 2016

9:30 a.m. - 4:30 p.m.
Call 311 to register or for more information.

2016 S.T.O.P. Program (Stop Throwing Out Pollutants)

Sunday, May 22, 2016

North Hempstead Beach Park North Lot
 175 West Shore Road
 Port Washington, NY 11050

Sunday, June 26, 2016

Westbury High School South Parking Lot
 1 Post Road
 Old Westbury, NY 11568

Drop off Time:
9:30 a.m. - 3 p.m.

Circle of Support

Our newest feature of Project Independence is the Circle of Support initiative. A Circle of Support is a life planning tool used to help with immediate and long-term life goals. The Project Independence Team has put together a proactive Circle of Support program to assist you and your loved ones in identifying existing programs, services and other resources that will help you achieve quality of life as you age in place. This helpful guide and our professional staff are available to help you determine the best resources for the categories in your circle. Call 311 for more information.

EAC Network Meals on Wheels

If you are a resident of Nassau County, age 60 years or older and are unable to shop or cook due to a medical problem, you can get nutritious meals delivered to your home! There is no waiting list! Call 311 or 869-6311 for more information on the Meals on Wheels Program.

Fall Prevention Courses

Project Independence offers fall prevention courses every month at the "Yes We Can" Community Center in Westbury. Call 311 or 869-6311 for more information.

Funday Monday

All North Hempstead Seniors-Join us at North Hempstead Beach Park on Mondays in July and August (rain date Thursdays) from 10 a.m. to 2 p.m. for dancing, entertainment, card playing and socializing. Transportation available. Call 311 or 869-6311.



Town Supervisor
Judi Bosworth



Council Member,
 Dist. 1
Viviana Russell



Council Member,
 Dist. 2
Peter J. Zuckerman



Council Member,
 Dist. 3
Angelo P. Ferrara



Council Member,
 Dist. 4
Anna M. Kaplan



Council Member,
 Dist. 5
Lee R. Seeman



Council Member,
 Dist. 6
Dina M. De Giorgio



Town Clerk
Wayne H. Wink, Jr.



Receiver of Taxes
Charles Berman

Call 311 or visit www.northhempsteadny.gov for more Town information.

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