



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. 11 NO. 2

Fall 2017

A MESSAGE FROM SUPERVISOR BOSWORTH GREETINGS!

I am looking forward to seeing all of you at that the fourth regional *Aging in Place* in Suburbia Conference and Expo in North Hempstead in just a few short weeks. This year's theme, "A Toolbox for Living Well," will include a wide variety of topics and tips useful for all of our senior residents.

Every house needs a good toolbox filled with tools for fixing things. Our toolbox will be of another sort, one filled with handy tips, new knowledge and even novel gadgets that can make our lives easier. That's what this year's *Aging in Place* in Suburbia Conference and Expo theme, is all about! We want to give you the tools you need to age in place in North Hempstead for years to come. This expo is just another great way to access the tools that Project Independence and our partners provide.

Don't miss out on this free event to learn all about the services and tools that are available to you to help you have a healthy, happy and prosperous time in your golden years.

Warm Regards,



Judi Bosworth

North Hempstead Town Supervisor

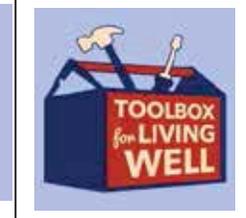




TOWN OF NORTH HEMPSTEAD
SUPERVISOR JUDI BOSWORTH &
PROJECT INDEPENDENCE PRESENT:



The 4th Regional AGING IN PLACE IN SUBURBIA CONFERENCE & EXPO



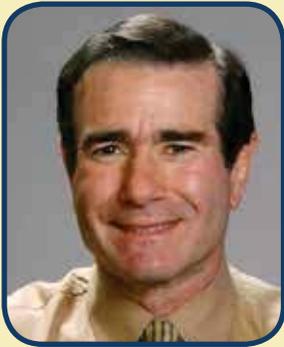
November 1, 9 a.m.-2 p.m.

The Inn at New Hyde Park, 214 Jericho Tpke, New Hyde Park

9 a.m.	Check-in Begins
9:30 a.m.	Welcome and Introductions Lawrence Levy, Executive Dean, National Center for Suburban Studies at Hofstra University
9:40 a.m.	Judi Bosworth, Supervisor Town of North Hempstead
9:45 a.m.-10:30 a.m.	Panel: 1 Inhale the Future, Exhale the Past Gayle Kirschenbaum, Emmy Award Winning Filmmaker Fran Greene, LCSWR, Author and The Flirting Dating and Relationship Coach
10:30 a.m.-11:30 a.m.	Panel: 2 Integrative Health & Cultural Wellness Lucy P. Gade, MD, MPH, Medical Director, Northwell Health Center for Wellness & Integrative Medicine Deborah McElligott, DNP, ANP-BC, AHN-BC, HWNC-BC, CDE, Adult and Holistic Nurse Practitioner & Health & Wellness Nurse Coach, Northwell Health Center for Wellness & Integrative Medicine Martine Hackett, MPH, PHD, Assistant Professor of Health Professions, Hofstra University
11:30 a.m. -12:30 p.m.	Panel: 3 2018 Medicare Part D and Beyond Barry Klitsberg, Assistant HIICAP Program Coordinator Joe Mazza, HIICAP Counselor , Nassau County HIICAP (Health Insurance Information Counseling Assistance Program) Ronald Fatoullah, Esq, Ronald Fatoullah & Associates
Lunch Opens at 11:30 a.m.	Lunch (Boxed Lunches)
9 a.m. - 2 p.m.	EXPO - Exhibitors will be setup throughout the day



Moderator-Lawrence Levy, Executive Dean, National Center for Suburban Studies at Hofstra University®



During his 35 years as a reporter, editorial writer, columnist and PBS talk show host, Lawrence Levy won many of journalism's top awards. He was a Pulitzer Finalist for in-depth works on suburban politics, education, taxation, housing and other key issues. As a journalist, he was known for his blending of national trends and local perspectives and has covered six presidential campaigns. In his leadership role at the NCSS, he has worked with Academic Director Christopher Niedt to give it a truly national profile. He works closely with Hofstra's strong academic community to shape an innovative agenda for suburban study, including a new Sustainability Studies degree, forge alliances with other institutions, not-for-profit groups and government agencies and promote the study of the suburbs nationwide. Levy is a member of a Brookings Institution advisory panel and was

a keynote speaker at Brookings 2008 Metro Policy Summit in Washington, DC.

Project Independence Radio Celebrates 6th Anniversary on the Air at WCWP 88.1FM



The Town of North Hempstead's Project Independence and You Radio Program (Fridays from 10 am.-12 p.m. on WCWP 88.1FM, wcwp.org) just celebrated its 6th anniversary with a very special show on September 22. "Congratulations to all our volunteer radio hosts and Project Independence staff who contribute to making our radio show so informative and entertaining," said Supervisor Bosworth. "I am sure this milestone will be one of many to come, as

the show continues to discover new topics to talk about and new guests to interview."

"Project Independence and You" is a service of Project Independence, the Town of North Hempstead's aging in place initiative. The aim of the radio show is to present information and entertainment geared towards seniors. Past guests have included elected officials, medical experts, mental health experts, and heads of senior centers, comedians, authors and experts from varying fields. The show is produced by Senior Citizen Program Development Specialist Kristina Lew and hosted by John Ryan and Rebecca Miller, Deputy Commissioner for the Town's Department of Services for the Aging. The format of the interviews is informal, free ranging conversation.

Past episodes are available on www.northhempsteadny.gov/pi-home

Thank you to all of our Aging in Place in Suburbia Conference and Expo Sponsors!





Inhale the Future, Exhale the Past Panel



Gayle Kirschenbaum
Filmmaker

Gayle Kirschenbaum is an Emmy award-winning filmmaker, television producer, TEDx speaker and coach. She is the founder of the forgiveness movement called *NO MORE DRAMA WITH MAMA* inspired by the humbling reaction to her film, *LOOK AT US NOW, MOTHER!* Called the “Nora Ephron of documentaries,” Gayle turned the camera on herself in this deeply personal film about the transformation of a highly charged mother/daughter relationship from hatred to love. This is the larger version of her funny, award-winning film, *MY NOSE*, in which we follow her mother’s relentless campaign to get her to have a nose job. Kirschenbaum created and stars in the film *A DOG’S LIFE: A DOGAMENTARY*, which premiered on HBO. Kirschenbaum is also creator several shows, which premiered on TLC and Discovery.

Gayle has been featured widely in the media including The New York Times, NBC’s Today Show, LA Times, The Washington Post and Psychology Today. She founded the Writers on Hudson, is a member of Producers Guild of America, National Speakers Association, New York Women In Film & Television, Film Fatales and a judge for the Emmys.



Fran Greene, LCSWR
The Flirting, Dating, and Relationship Coach

The Flirting, Dating and Relationship Coach is the author of *Dating Again with Courage and Confidence-A 5-Step Approach to Revitalize Your Love Life After Heartbreak, Breakup or Divorce*

The Flirting Bible - Your Ultimate Guide in Reading Body Language, Getting Noticed and Meeting More People Than You Ever Thought Possible!

Fran has a national private practice working with singles who want to embrace the joy of dating or find the love of their life and with couples who want to transform their troubled relationships into loving ones! She is the former spokesperson and Director of Flirting for Match.com.

Fran Greene is an international television and radio personality who has appeared on Jenny McCarthy, FIOS 1, Wingman, Dateline NBC, The Today Show, Phil Donahue, Joan Rivers, News 12, Fox News, Good Day New York.

Fran has been featured in the New York Times, BRAVOTV.com, Wall Street Journal, Newsday, Daily News, Cosmopolitan, French Elle, Style, and Good Housekeeping.

Fran is known for her enthusiastic, interactive and uplifting style. Her humor, compassion, charisma, and wit make her programs unforgettable. She can transform a room full of strangers into an intimate gathering of friends while making you feel that you are the most important person there.



Integrative Health Panel



Lucy P. Gade, MD, MPH

Medical Director of the Northwell Health Center for Wellness & Integrative Medicine

Lucy Gade received a Master of Public Health Degree in Community Health Education from NYU School of Graduate Education and her medical doctorate at Tufts University School of Medicine in Boston, MA.

For over ten years, Dr. Lucy Gade has been practicing clinical medicine with a holistic focus on Women's Health in Manhattan. Her goal is to empower each person to actively seek a healthy lifestyle before illness arises and to assist those experiencing health issues to responsibly manage their treatment.

Dr. Gade completed Dr. Andrew Weil's Fellowship in Integrative Medicine at the University of Arizona's Center for Integrative Medicine in February 2016, a program that has achieved international recognition as the leading integrative medical educational program. Her vision is straightforward and sourceful. It is to facilitate collaboration between recommended traditional professional practice standards and integrate individual guided practices for overall improvement of health and well-being. The Center for Wellness provides the clinical expertise, professional support and programs to achieve this goal.

As a mother of three, Dr. Gade is intent on creating a future for everyone that naturally supports health and healing!



Deborah McElligott, DNP, ANP-BC, AHN-BC, HWNC-BC, CDE

Adult and Holistic Nurse Practitioner, Health & Wellness Nurse Coach, Northwell Health Center for Wellness and Integrative Medicine

Deborah McElligott's nursing career spans 40 years with experience in surgery, integrative medicine, administration and education. Deborah has practiced in both acute and outpatient settings, and now focuses on health promotion, wellbeing and healing through individual and group coaching at Northwell Health Center for Wellness and Integrative Medicine.

She is a faculty member at the Zucker School of Medicine at Hofstra/Northwell. Deborah has conducted, presented both locally and internationally, and published research in the area of integrative therapies, health promotion, healing, and integrative nurse coaching. Deborah frequently lectures on integrative approaches to health and wellness throughout the lifespan.



Martine Hackett, MPH, PHD

Assistant Professor of Health Professions at Hofstra University

Martine Hackett is an assistant professor in the master of public health and community health programs at Hofstra University whose research interests include maternal-child health, infant mortality, health communication and health disparities.

Her previous work experience is as a deputy director at the New York City Department of Health and Mental Hygiene's Bureau of Maternal, Infant and Reproductive Health and as a television producer.

Dr. Hackett received her BFA in film and television from New York University in film and television, a master of public health from Hunter College and a doctorate in sociology from the City University of New York Graduate Center.



2018 Medicare Part D and Beyond Panel

Barry Klitsberg

Assistant HIICAP Program Coordinator

Joe Mazza

HIICAP Counselor, Nassau County HIICAP

(Health Insurance Information Counseling Assistance Program)

HIICAP is a source for free, current and impartial information, counseling and advocacy services concerning health care coverage. Hotline and volunteer counselors provide information on all aspects of health insurance including Medicare Parts A, B, C & D and EPIC (Elderly Pharmaceutical Insurance Coverage). Other services include: exploring health care options, long term care insurance referrals, and more. HIICAP is made possible with funding from the Nassau County Office for the Aging through the New York State Office for the Aging and the US Administration on Aging.



Ronald A. Fatoullah, Esq

Ronald Fatoullah & Associates

Ronald A. Fatoullah, Esq., is the principal attorney of Ronald Fatoullah & Associates, a law firm focusing on Elder Law, Estate Planning and Special Needs Planning. Mr. Fatoullah and his firm are known for their outstanding services to the senior citizen and special needs communities. He is an award winning elder law attorney who has been recognized in New York Magazine as one of “The New York Area’s Best Lawyers” for eleven consecutive years.

Ronald Fatoullah currently serves on the Executive Council of AARP New York. He was awarded the credential of Fellow by the National Academy of Elder Law Attorneys (‘NAELA’), the highest honor bestowed by NAELA. He is a Charter member of the Council of Advanced Practitioner of NAELA and he chaired NAELA’s Public Policy Committee for many years. Mr. Fatoullah is currently the President-Elect and a member of the Board of Directors of the New York Chapter of the National Academy of Elder Law Attorneys (NY-NAELA). He also currently serves as Co-Chair of the Board of the Alzheimer’s Association LI Chapter and the Chair of the Legal Committee of that organization.

Ronald Fatoullah is also a partner of AdvicePeriod, a comprehensive wealth management firm with offices located in New York and Los Angeles, CA. AdvicePeriod’s mission is to provide the best independent financial advice available, whether individuals are investing for retirement or for college education. The firm’s aim is to have its clients reach their life goals through timely, thoughtful and creative estate planning, tax and financial advice.

Mr. Fatoullah’s law offices are located in Long Island and New York City.





Medicare Part D Drug Plans: What They Must, May, and Cannot Cover

(NCOA-National Council on Aging-Center for Benefits Access-Updated August 2017)

Part D drug plans have a “formulary,” or a list of the drugs, strengths, dosages, and routes of administration covered by the plan. Federal law requires plans to include at least two drugs from each class of drug category on their formulary. Generally, most plans cover far more than two in each category. In certain drug classes (see below), the Centers for Medicare & Medicaid Services (CMS) requires they include more. Read below to better understand the rules and limitations on drug coverage to find the Part D plan that’s best for you.

Must Cover

There are six categories of drugs in which Part D Plans are generally required to cover “all or substantially all drugs.” These categories are:

- HIV/AIDS treatments
- Antidepressants
- Antipsychotic medications
- Anticonvulsive treatments for seizure disorders
- Immunosuppressant medications
- Anticancer drugs (unless covered by Medicare Part B)

Part D plans also are required to cover all commercially available vaccines, including the shingles shot, except for those vaccines that are covered under Part B (e.g., annual flu shot, pneumococcal vaccine).

Part D plans also must cover a range of both generic and brand name drugs that are:

- Generally needed by populations on Medicare
- Insulin preparations, even in states where a prescription is not required
- Available only by prescription

May Cover

Beneficiaries need to check their plan’s formulary to see if their drugs are covered, but they can’t stop there. It’s just as important to check out how the cost-sharing structure works with the drugs they are taking and if there are any limitations. Most plans limit access to drugs by:

- Using different cost-sharing tiers. Plans can cover drugs in tiers with different levels of copayments or coinsurance. For example, Tier 1 (usually for generics) has the lowest cost-sharing amounts. Tiers 2-5 are for name-brand and specialty drugs and have higher out-of-pocket cost-sharing amounts.

- Imposing utilization management requirements on covered drugs.
 1. Plans can use prior authorization rules, under which a provider must submit a request to the plan that the plan cover a drug and then the plan must approve a prescription before it can be filled.
 2. Quantity limits, under which the plan establishes the maximum amount of the drug it will fill.
 3. Step therapy, meaning that a plan can require a beneficiary to try another, lower cost drug up to 90 days. The plan will then review the provider’s notes and decide whether or not they will pay for the originally prescribed drug to limit access to certain drugs.

Cannot cover

There are certain types of drugs that standard Part D plans are generally not allowed to cover. That said, plans can have “enhanced alternative coverage.” This means they can cover some of these excluded drugs. They would probably charge a higher premium for this additional benefit. These drugs include:

- **Medications prescribed for:**
 - Anorexia, weight loss, or weight gain (even if used for morbid obesity)
 - Symptomatic relief of cough and colds
 - Hair growth or cosmetic purposes
 - Fertility purposes
 - Prescription vitamins and mineral products EXCEPT for:
 - Anorexia, weight loss, or weight gain (even if used for morbid obesity)
 - Prenatal vitamins
 - Fluoride
- **Non-prescription drugs**
- **Drugs covered by Medicare Parts A or B**
- **Drugs used to treat sexual or erectile dysfunction**
- **Drugs only available from the manufacturer that require testing**



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TOWN OF NORTH HEMPSTEAD
 SUPERVISOR JUDI BOSWORTH &
 PROJECT INDEPENDENCE PRESENT:

The 4th Regional
AGING IN PLACE IN SUBURBIA
CONFERENCE & EXPO



Take Charge of Your Health!
 Keep Your Brain Fit!
 Live an Active Life!
 Eat Healthy Foods!
 Stay Connected!
 Reduce Stress!

featuring: Medicare
 Updates, Mindful
 Coloring, Computer
 Demo, Fitness Demo,
 Blood Pressure
 Screenings, and more!

Transportation available
 from various locations throughout the Town

Wednesday, November 1
 (9:00 a.m. - 2:00 p.m.)
 at the **Inn at New Hyde Park**
 (located at 214 Jericho Turnpike in New Hyde Park, NY)

**REGISTRATION REQUIRED. TO REGISTER OR FOR
 MORE INFORMATION, PLEASE CALL (516) 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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