

## A Message From Supervisor Bosworth



Judi Bosworth  
Supervisor

There are almost 50,000 older residents in the Town of North Hempstead, many of whom prefer to remain in their own homes as they age. Project Independence (PI) provides services and opportunities for seniors that enable them to live independently, while maintaining socially active and healthy lives. I'd like to encourage you to become a member of our Project Independence family!

## About Project Independence

Project Independence brings together local health care providers; human service agencies; social, educational and recreational programs and local businesses as partners, as we respond to the needs of seniors seeking support and assistance in order to age-in-place with optimal good health, safety and emotional well-being. A new feature of Project Independence this year will enable seniors or their caregivers to sign up for services through the Town's website. In order to be eligible for the program, one must be a resident of the Town of North Hempstead and age 60 or older.

## North Hempstead Elected Officials

Judi Bosworth  
*Supervisor*

Viviana L. Russell      Peter J. Zuckerman  
Angelo P. Ferrara      Anna M. Kaplan  
Lee R. Seeman      Dina M. De Giorgio  
*Councilmembers*

Wayne Wink, Jr.      Charles Berman  
*Town Clerk      Receiver of Taxes*

### Accessing Project Independence:



For more information on PI services, dial 311 or (516) 869-6311 from outside the Town.

Transportation appointments can now be scheduled through the PI website: [www.TONHProjectIndependence.net](http://www.TONHProjectIndependence.net).

 **Become a Facebook Fan:**   
[www.facebook.com/TownofNorthHempstead](http://www.facebook.com/TownofNorthHempstead)



Submit 311 service requests with the FREE My North Hempstead mobile app. Download today in the iTunes and Android app stores!

[www.NorthHempsteadNY.gov](http://www.NorthHempsteadNY.gov)

# Project Independence

## North Hempstead's Aging-In-Place Initiative



Town of North Hempstead  
**Project Independence**

Judi Bosworth  
*North Hempstead Town Supervisor*

# Stay in your own home longer with Project Independence!

## Social & Recreational

PI connects seniors to exercise classes and various social groups. PI can also plug you into local recreational programs.



## Nursing Services

PI offers blood pressure screenings and in home assessments by qualified nurses, as well as medicine management information, and health education.



## Transportation

PI contracts with local cab companies to provide discounted rides to medical appointments and free transportation for food shopping throughout the Town.



## Home Maintenance

PI's handyman service program offers minor household repairs, moving heavy objects, yard work, and accessibility improvement suggestions.

## Social Work Services

PI offers counseling and support groups for those coping with loss, chronic disease, and care-giving stress; in-home assessment and referral for case management; and community education.

## Educational

Regular community education programs are available at various locations within the Town. Previous topics have included nutrition, elder law, and financial planning.

## Volunteering

PI is always seeking interested volunteers to help ensure the highest quality of life for our aging population.

## Radio Show

Listen to PI's experts in medical & mental health, legal services, government access and more in the comfort of your own home! Tune in Fridays from 10:00am to 12:00pm on 88.1 FM or wcwp.org.

## Other Programs & Services

From computer skills training to free cardiac health screenings, PI continues to create innovative programs to keep our seniors healthy, active and engaged.