



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. 14 NO. 1

WINTER 2020

GREETINGS!

With winter in full swing, it is important for everyone to keep a careful eye on their personal health. Remember that keeping active is essential to remaining healthy. We should all look for some fun and unique opportunities to get moving this winter and start the New Year off on the right foot. I hope you find the latest issue of the Pioneer informative, and you are able to learn more about our exciting programming here at the Town of North Hempstead.

Warm regards,

Judi Bosworth

North Hempstead
Town Supervisor



Veterans

Veterans Discounts

The Town's Veterans Discount program encourages local businesses throughout North Hempstead to provide discounts for veterans, as a way of saying thank you for their service.

We encourage you to reach out to your favorite local business and spread the word about this initiative. For more information on businesses in your area who are participating, please visit:

www.NorthHempsteadNY.gov/Veterans or call 311.

Veterans Caseworker

A veterans caseworker is available to address a number of issues for veterans of any age including assisting them to access the benefits to which they are entitled to and connecting them to services. For more information or to make an appointment, please call 311.





What Cardiologists Eat for Heart Health Meals that make you healthier— as told by the pros

By Danielle Page, Writer

Our heart is the most important organ in our bodies—and the hardest working. The average heart beats around 100,000 times per day, pumping about 1.5 gallons of blood per minute to our body’s vital organs and systems to keep everything functioning properly. The heart works so well, in fact, that it’s easy to forget just how integral it is to our overall health and well-being until we’re faced with a problem.

Heart disease is the No. 1 cause of death in the U.S. for both men and women. It’s also almost entirely preventable. That prevention starts with a heart-healthy diet—and we’re not just talking oatmeal here. Eating a diet that’s high in omega-3s, antioxidants, and iron and staying properly hydrated are key for a healthy heart. And no one knows that better than the hardworking cardiologists who have dedicated their careers to improving the heart health of others. Here’s what they eat in an average day to keep their tickers in tip-top shape.

Breakfast with Dr. Evelina Grayver (Director of the Coronary Care Unit at the Sandra Atlas Bass Heart Hospital at North Shore University Hospital)

Why heart health is important to her: “Eighty percent of heart disease is completely preventable. We have 80 percent of the power in our hands.”

Food mantra: “Food should still be something that people genuinely enjoy. Not having things like chocolate is not a fun way to live—just have them in moderation!”

Breakfast: Dr. Grayver starts her day off with a cup of hot water with lemon to rehydrate herself and reap lemon’s detoxifying benefits. After a few rounds of patient visits, she breaks for breakfast. “I have one cup of Greek yogurt with strawberries and blueberries, or bananas and blueberries,” she says.

How it helps your heart: “Having protein like Greek yogurt early in the morning keeps you full until lunch to help you avoid reaching for unhealthy snacks,” she explains. “Protein will also allow for a significant amount of stabilization in your blood sugar. Blueberries have

been shown to lower your blood pressure and reduce your blood cholesterol levels. They have significant antioxidant levels in them and prevent inflammatory spikes.” This is especially important since coronary artery disease is driven by inflammation. “A recent study showed women who eat three or more servings of blueberries a week may reduce their risk of heart disease significantly,” Dr. Grayver continues. “Blueberries and strawberries also contain anthocyanins, which counter the buildup of any plaque in coronary arteries.”

Favorite snacks: Fruit, walnuts and the occasional piece of dark chocolate. “Walnuts are rich in the ALA—alpha linolenic acid, a plant-based essential fatty acid, which helps to lower your cholesterol and has the ability to destroy plaque formation. Dark chocolate with over 80 percent cacao has a high antioxidant count—plus it makes me happy!”

What she’d never eat: “Fried cookies. They just sound atrocious! They have absolutely no heart benefits. A cookie itself is detrimental in terms of how many sugars are in it —taking something that’s already bad and then deep-frying it sounds like a heart attack ready to happen!”

Lunch with Dr. Rachel Bond (Associate Director of the Women’s Heart Health Program at Lenox Hill Hospital)

Why heart health is important to her: “I dedicate my time to women’s heart health because it’s underserved. Women aren’t getting heart treatment as aggressively as men and are not being enrolled in as many studies, so I want to help that fight and increase awareness overall.”

Food mantra: “Be prepared. Meal-prepping over the weekend makes it easy for me to eat healthy during busy work weeks.”

Lunch: A kale salad with skinless chicken breast, diced tomatoes, cucumbers and avocado. “I choose avocados because they’re enriched with omega 3 fatty acids,” Dr. Bond explains, “which lowers your risk of cardiovascular disease, improves the lining of



the arteries and lowers certain bad fats in your body. I drizzle the salad with olive oil, which has omega 3, as well. Kale is also packed with so many nutrients including omega-3 fatty acids. I have skinless chicken because the skin has lots and lots of fat in it, and that excess fat goes straight to our arteries!”

Favorite snacks: Whole-grain crackers, a low-fat/fat-free yogurt, low-fat/fat-free cheese, hummus with cherry tomatoes, celery and/or carrots. “I choose healthy snacks that keep my body fueled,” Dr. Bond says. “Snacks like hummus are low in saturated fat and leave you feeling full.”

What she’d never eat: “I’m up for trying anything—but I never overindulge or eat something in excess, which can lead to weight gain and heart disease.”

Dinner with Dr. Rohan Bhansali (Chief of Cardiology at Long Island Jewish Medical Center)

Why heart health is important to him: “My dad had heart disease when I was young, and it had a really big impact on me as a kid. I gravitated toward cardiology during my time in college and medical school. It became clear that’s where my interests were.”

Food mantra: “For weight management and heart health, my personal approach to nutrition is fewer carbs and more protein, fruits and vegetables.”

Dinner: Salmon with roasted asparagus. “Asparagus has a lot of fiber, and fiber decreases our body’s insulin response, which helps decrease inflammation,” Dr. Bhansali explains. “The omega 3 in salmon also helps manage inflammation, which is part of what causes heart disease.”

Favorite snacks: “I usually have an ounce or two of nuts like almonds or walnuts—they’re great heart-healthy snacks.”

What he’d never eat: “There really isn’t anything I wouldn’t eat other than bananas—but that’s because of personal preference. But you can always make room in your diet for treats if you’re careful, so there’s nothing I particularly avoid.”

Dinner with Dr. Satjit Bhusri (Associate Program Director of Cardiology at Lenox Hill Hospital)

Why heart health is important to him: “I had heart failure two years ago, and since then, I’ve changed my whole lifestyle around. I use that experience as a kind of tipping point to help my patients change their lifestyles as well.”

Food mantra: “Food is fuel. We’re the same humans that we were hundreds of years ago. We need to get back to the basics of eating the right foods that provide us with the energy and nutrients we need to function. There’s no reason to put added salt or sugar into anything!”

Dinner: Once per week, a 6-ounce red meat (like filet mignon) with steamed vegetables such as Brussels sprouts and squash. “If someone eats red meat every night, the health risks of eating all that excess fat outweigh any benefits,” Dr. Bhusri explains. So why eat red meat at all? “There are a handful of essential amino acids that are only found in red meat, so if you don’t eat red meat, you’re not going to get them,” he explains. “It’s also high in iron, which is important for everybody, especially people at risk for heart disease. Iron carries oxygen that goes to your heart and travels through your body.”

Favorite snacks: Unsalted nuts and dried fruit. “Fruits like blueberries, raspberries, acai berries and goji berries have the highest levels of antioxidants, which are great for protecting your heart,” Dr. Bhusri says.

What he’d never eat: “I would never eat sugar. There’s absolutely no reason to have added sugar in anything you eat! It predisposes you to diabetes, increases cholesterol and can cause high blood pressure.”

*Please note everyone has different diet restrictions. Please contact your doctor to discuss what is best for you.

**Town of North Hempstead “Project Independence and You” Radio Show!
Tune in Fridays from 10 a.m. to Noon on 88.1FM or WCWP.org or download the APP!**

“Project Independence and You” is in its ninth year. The program’s mission is to inform and entertain our age 60 and older audience and providers 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. The Talk of the Town segment discusses upcoming programs, events and what is going on within the Town. Tune in, Become a co-host, Record your story!



Top 10 Healthy New Year's Resolutions for Older Adults

(Health in Aging Foundation)

Making New Year's resolutions to eat better, exercise, watch your weight, see your healthcare provider regularly, or quit smoking once and for all, can help you get healthier and feel better for many more years to come. The American Geriatrics Society's Health in Aging Foundation recommends these top 10 healthy New Year's resolutions for older adults to help achieve your goal of becoming and staying healthy.

1. Eat fruits, vegetables, whole grains, fish, low-fat dairy and healthy fats.

In later life, you still need healthy foods, but fewer calories. The USDA's Choose My Plate program (choosemyplate.gov), and your healthcare provider, can help you make good choices. Eat at least five servings of fruits and vegetables daily. Choose a variety with deep colors. Include nuts, beans, and/or legumes in your daily menu. Choose fiber-rich whole grain bread, brown rice, and whole grain pasta. Pick less fatty meats like chicken or turkey. Have heart-healthy fish, like tuna, salmon, or shrimp, twice a week. Include sources of calcium and vitamin D to help keep your bones strong. Use healthier fats, such as olive and canola oils, instead of butter or lard. Use herbs and spices to add flavor when cooking, which reduces the need to add salt or fat.

2. Consider a multivitamin. Consult your healthcare provider about any nutrition issues that may need over-the-counter vitamins or nutrition supplements.

3. Be active. Physical activity can be safe and healthy for older adults—even if you have heart disease, diabetes, or arthritis! In fact, many of these conditions get better with mild to moderate physical activity. Exercises such as tai chi, water aerobics, walking, and stretching can also help you control your weight, build your muscles and bones, and improve your balance, posture, and mood.

4. See your provider regularly. You should schedule an annual Medicare wellness visit with your healthcare provider around your birthday month to discuss health screenings and any changes in your advance directives.

5. Toast with a smaller glass. Excessive drinking can make you feel depressed, increase your chances of falling, cause trouble sleeping, interact with your medications, and can contribute to other health problems.

6. Guard against falls. One in every three older adults falls each year — and falls are a leading cause of injuries and death among older adults. Exercises such as walking or working out with an elastic band can increase your strength, balance, and flexibility and help you avoid falls. Also ask your healthcare provider to check that you're not taking any pills that can make you more likely to fall. Eliminate items in your home that are easy to trip over, like throw rugs. Insert grab bars in your bathtub or shower, and install night lights so it's easier to see at night.

7. Give your brain a workout. The more you use your mind, the better it will work. Read. Do crossword puzzles. Try Sudoku. Socializing also gives your brain a boost, so join a bridge club or a discussion group at your local library or senior center. Or take a course at your local community college — some offer free classes for adults 65 and older.

8. Quit smoking. Did you know that cigarette smokers are twice as likely to develop heart disease as non-smokers? It is never too late to quit.

9. Speak up when you feel down or anxious About 1 in 5 older adults suffers from depression or anxiety. Some possible signs of depression can be lingering sadness, tiredness, loss of appetite or pleasure in doing things you once enjoyed. You may also have difficulty sleeping, worry, irritability, and wanting to be alone.

10. Get enough sleep. Older adults need less sleep than younger people, right? Wrong! Older people need just as much — at least 7 to 8 hours of sleep a night.

Always consult your healthcare provider about your medications, symptoms, and health problems.



PROJECT WARMTH

Seniors facing financial struggles and seeking emergency assistance to pay their heating bill are just a phone call away from getting help. By dialing 2-1-1, Town of North Hempstead residents will be directed to United Way of Long Island's Project Warmth program - Long Island's only island-wide non-governmental emergency heating fund.

This safety net is for seniors, individuals and families who are facing heating emergencies so they can receive assistance with an oil delivery or heat-related utility bill. This means having room in your budget to cover essentials like food or medication.

Project Warmth will be offered throughout the winter, until the funds are exhausted, to assist households not eligible for emergency HEAP or who have exhausted that benefit. For assistance from Project Warmth, contact United Way of Long Island's 2-1-1 helpline by dialing 2-1-1, or outside of Nassau and Suffolk Counties 1-888-774-7633, 7 days a week from 9 a.m. – 5 p.m., or visit 211longisland.org or unitedwayli.org/projectwarmth.

You can support your fellow senior neighbor by giving to Project Warmth, visit unitedwayli.org/donateprojectwarmth

Project Independence Advisory Committee and You

by Otto Lohse (PI Member)

PI is a grassroots program that revolves around input from you. The primary goal is to provide support and guidance for seniors 60 and over to continue enjoying good health and a rewarding quality of life in their own homes.

At the heart of the program are the Advisory Committees, made up of residents in the community and facilitated by Project Independence staff. There are six different advisory committees that meet throughout the Town.

Qualifications

- Resident of North Hempstead
- Have Life Experience
- Community Provider

Commitment

- Meetings held monthly – no commitment to attend or participate

Benefits from attending

- Learn about current topics that impact the lives of seniors
- Get to know your community and people who live there
- Provide input based on your life experience
- Ask questions, if you wish, for guidance on life's issues
- Discover how neighbors can help neighbors
- Caregiver or family member can learn how to assist, or receive assistance, for the senior

Why not attend a meeting and see what it's about? Call 311 for the location and date of a meeting in your community.



Caring Corner

Eleanor Abrams, PI Member, 95 years old, celebrated for moving artwork.

In November, Eleanor Abrams's artwork was featured at the Hillside Library through a collaboration with JoAnne Tricarico, PI Nurse and Nancy Mezrahi, Director of Senior Citizen Affairs. Roslyn resident, Eleanor Abrams first picked up a paint brush 10 years ago when she retired from teaching autistic children. Her art includes representational works, figures and landscapes drawn in charcoal and painted in acrylics. Eleanor's work concentrates on themes of depicting "Third World" women and ending violence against all women. After a recent loss, JoAnne Tricarico felt Eleanor needed to find a way to lift her spirits and to showcase her beautiful artwork. She shared Eleanor's story with Nancy Mezrahi, and voilà, an amazing art show happened!



Participating in Activities You Enjoy— More Than Just Fun and Games

National Institute on Aging

Tips from the National Institute on Aging

There are many things you can do to help yourself age well: exercise and be physically active, make healthy food choices, and don't smoke. But did you know that participating in activities you enjoy may also help support healthy aging?

As people get older, they often find themselves spending more and more time at home alone. The isolation can lead to depression and is not good for your health. If you find yourself spending a lot of time alone, try adding a volunteer or social activity to your routine.

Benefits of an Active Lifestyle

Engaging in social and productive activities you enjoy, like taking an art class or becoming a volunteer in your community or at your place of worship, may help to maintain your well-being.

Research tells us that older people with an active lifestyle:

Are less likely to develop certain diseases. Participating in hobbies and other social and leisure pursuits may lower risk for developing some health problems, including dementia.

Have a longer lifespan. One study showed that older adults who reported taking part in social activities (such as playing games, belonging to social groups, or traveling) or meaningful, productive activities (such as having a paid or unpaid job, or gardening) lived longer than people who did not. Researchers are further exploring this connection.

Are happier and less depressed. Studies suggest that older adults who participate in what they believe are meaningful activities, like volunteering in their communities, say they feel happier and healthier. One study placed older adults from an urban community in their neighborhood public elementary schools to tutor children 15 hours a week. Volunteers reported personal satisfaction from the experience. The researchers found it improved the volunteers' cognitive and physical health, as well as the children's school success.

Researchers think it might also have long-term benefits, lowering the older adults' risk of developing disability, dependency, and dementia in later life.

Are better prepared to cope with loss. Studies suggest that volunteering can help with stress and depression from the death of a spouse or other loved one. Among people who experienced a loss, those who took part in volunteer activities felt more positive about their own abilities (reported greater self-efficacy).

May be able to improve their thinking abilities. Another line of research is exploring how participating in creative arts might help people age well. For example, studies have shown that older adults' memory, comprehension, creativity, and problem-solving abilities improved after an intensive, 4-week (8-session) acting course. Other studies are providing new information about ways that creative activities like music or dance can help older adults.

Activities to Consider

Would you like to get more involved in your community or be more socially active? There are plenty of places to look for opportunities, depending on your interests. Here are some ideas:

Get out and about

- Visit a senior center and take part in its events and activities
- Play cards or other games with friends
- Go to the theater, a movie, or a sporting event
- Travel with a group of older adults, such as a retiree group
- Visit friends and family
- Try different restaurants
- Join a group interested in a hobby like knitting, hiking, birdwatching, painting, or wood carving
- Reconnect with old friends through your high school or college alumni association
- Visit local museums. Many offer free group tours



Learn something new

- Take a cooking, art, dance, language, or computer class. Get in touch with your local community college. Many offer free or discounted courses for older adults
- Form or join a book or film club
- Try yoga, tai chi, or another new physical activity
- Learn (or relearn) how to play a musical instrument

Become more active in your community

- Serve meals or organize clothing donations for people in need
- Help an organization send care packages to soldiers stationed overseas
- Care for dogs and cats at an animal shelter
- Volunteer to run errands for people with disabilities
- Join a committee or volunteer for an activity at your place of worship
- Volunteer at a school, library, museum, or hospital
- Help with gardening at a community garden or park
- Organize a park clean-up through your local recreation center or community association
- Sing in a community choral group, or play in a local band or orchestra
- Take part in a local theater troupe
- Get a part-time job
- Rediscover a favorite childhood pastime or teach it to a new generation—embroidery, photography, building models, chess, baking, woodworking, calligraphy, or quilting

Be physically active

- Garden or do yard work
- Take an exercise class or do exercises at home
- Go dancing
- Join a sports group for older adults, like a bowling club or bocce league
- Walk or bicycle with a friend or neighbor
- Take a swimming class
- Join a local hiking or mountain biking group. Try rowing, canoeing, or kayaking at a nearby lake or river
- Start a weekly basketball or tennis game with friends
- Join a mall-walking group
- Play with your grandchildren. Teach them a game or dance you remember from childhood

Find the Right Balance

Everyone has different limits to the amount of time they can spend on social or other activities. What is perfect for one person might be too much for another. Be careful not to take on too much at once. You might start by adding one or two activities to your routine and see how you feel. You can always add more.

Remember—participating in activities you enjoy should be fun, not stressful. Call 311 or 869-6311 for information on PI programs, groups, and exercise classes.

Decluttering Tips for Seniors

*Barbara Feldman, Certified Senior Move Manager,
Founder of A Nu Start NY*

1. Start small and stay focused. Start with a junk drawer, dresser drawer, or medicine cabinet
2. Devote 30 minutes a day or schedule dates
3. Commit to throw away or recycle 3 items every trash day
4. Use colored stickers to identify keep. Donate. Sell. Give away. Throw away
5. Focus on what you need and want. Don't get caught up in stories and what you don't want
6. Stay in that drawer. Closet. Room. Until it is finished
7. Collect like with like. Clothing. Papers. Magazines. Books. Photos. Medicines. Tupperware. Paper goods
8. Dispose of all papers and magazines other than 7 years of tax receipts
9. Donate generously
10. Hire a professional



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Highlighted Project Independence Statistics for 2019

- In 2019, there were 24,679 service requests for Project Independence (PI). PI's total SR count accounted for 38 % of the total SRs created in 2019.
- There were over 500 attendees at the Aging in Place in Suburbia: Operation PI Connect Conference and Expo. Constituents were able to collect aging in place information from over 80 vendors, and attended panels discussing veterans benefits and entitlements and Medicare 2020 updates and more.
- PI Social workers and nurses provided over 26,000 units of service to PI members including intakes/assessments, bereavement and caregiver assistance, entitlement assistance, blood pressure checks, chronic illness management education, fall prevention screenings and education, medication management counseling, healthcare coordination, info/referrals, community education and flu shots.
- Based on the recommendations for appropriate plans at the Medicare Part D-Which plan is right for you? programs, a total of over \$58,846 would be saved!
- 20 low income seniors received grab bars, railings, ramps and small repairs through PI's partnership with Rebuilding Together LI.
- 30,914 PI taxi rides were provided in 2019.

Rebuilding Together LI (RTLTI)

If you are a low-income senior and in need of a ramp, grab bars, railings or small repairs, call 311 or 869-6311 today. RTLTI is a program to repair and rehabilitate the homes of low income, elderly and disabled homeowners. A work-scope visit is made by a skilled tradesperson. All repairs performed by Rebuilding Together Long Island, Inc. are completed by retired volunteers at no cost to the homeowner.

Call 311 or 869-6311 for more information.

CALLING ALL ROMEOS!

If you're a retired man looking for an informal social group... ROMEO (Retired Older Men Eating Out) is the group for you! Bring your lunch, and enjoy stimulating discussion and camaraderie. Any retired man aged 60 and older who is a resident of the Town of North Hempstead can join. The group meets at the Atria Cutter Mill, 96 Cutter Mill Road, Great Neck on the first and third Monday of every month.

Please call 311 or 869-6311 to register or for more information.

PI Transportation Program

Food Shopping and Non-Emergency Medical Taxi Transportation Program for Town residents age 60 and over and age 21+ who have a disability. Call 311 for more information or to book your ride today!



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Judi Bosworth



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

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