

Project Independence October 2018 Educational Chats/Programs

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 12:15 p.m.-ROMEOs (Atria CutterMill GN)	2 10 a.m.-12:30 p.m.-Better Choices, Better Health Wksp (YWC) (Reg Req)	3 11 a.m.-12 p.m.-Mineola Reminiscence Group (John Caemmerer Park, Albertson) 1:30 -3:30 p.m.-Seasonal Flu Shots (Tully Park) 3 p.m.-4 p.m.-Spouse Caregiver Support Group (PWSC)	4 11 a.m.-12 p.m.-Senior Talk Group (Shelter Rock Library)	5 9:30 a.m.-10:30 a.m.-Bal & Strength (YWC) 11 a.m.- 12 p.m.-What in the World is Going On? (YWC) 12:30-1:30 p.m.-Color Me Calm (YWC)	6
7	8 	9 10 a.m.-12:30 p.m.-Better Choices, Better Health Wksp (YWC) (Reg Req) 11:30 a.m.-12:30 p.m. Breaking Up Myths of Cognitive Impairment (Shelter Rock Library) 2 p.m.-3 p.m.-All About Strokes (Shelter Rock Lib)	10 10:30 -11:30 a.m.-Medicare 2019 Updates (Fus.Park) 11 a.m.-12 p.m.-Mineola Reminiscence Group (John Caemmerer Park, Albertson) 12-2 p.m.-Seasonal Flu Shots (YWC) 3 p.m.-4 p.m.-Spouse Caregiver Support Group (PWSC)	11 10 a.m.-2 p.m.-St Francis Van & Audiology Van (Magnolia Gardens) 12:30 p.m.-Discover Walks (Cedarmere Estate, Roslyn)	12 9:30 a.m.-10:30 a.m.-Bal & Strength (YWC) 11 a.m.- 12 p.m.-What in the World is Going On? (YWC) 12:30-1:30 p.m.-Color Me Calm (YWC)	13
14	15 1:30-3:30 p.m.-Stepping On (GNSC) 12:15 p.m.-ROMEOs (Atria CutterMill GN)	16 10 a.m.-1 p.m.-Medicare Part D (PWSC) Reg. Req. 10 a.m.-12:30 p.m.-Better Choices, Better Health Wksp (YWC) (Reg Req) 2:30-3:30 p.m.-World in Motion (Tully Park)	17 3 p.m.-4 p.m.-Spouse Caregiver Support Group (PWSC)	18 10 a.m.-2 p.m.-St Francis Van (PWSC) 11 a.m.-12 p.m.-Senior Talk Group (Shelter Rock Library)	19 9:30 a.m.-10:30 a.m.-Bal & Strength (YWC) 11 a.m.- 12 p.m.-What in the World is Going On? (YWC) 12:30 -1:30 p.m.-Color Me Calm (YWC)	20 9 a.m.-3 p.m.-S.T.O.P Program (North Hempstead Beach Park)
21 9 a.m.-3 p.m.-S.T.O.P Program (North Hempstead Beach Park)	22 11 a.m.-12 p.m.-Positive Aging Group (CGM) 1:30-3:30 p.m.-Stepping On (GNSC)	23 10 a.m.-12:30 p.m.-Better Choices, Better Health Wksp (YWC) (Reg Req)	24 10 a.m.-1 p.m.-Medicare Part D (CGM) Reg. 11 a.m.-12 p.m.-Healthy Food Bingo (Mag Gdns) 2-3 p.m.- Medicare 2019 Updates (Tully Park) 3 p.m.-4 p.m.-Spouse Caregiver Support Group (PWSC)	25 9:30 a.m.-11:30 a.m.-Getting Ready for Jack Frost (CGM) Reg. Req	26 9:30 a.m.-10:30 a.m.-Bal & Strength (YWC) 11 a.m.- 12 p.m.-What in the World is Going On? (YWC) 12:30-1:30 p.m.-Color Me Calm (YWC)	27
28	29 11 a.m.-12 p.m.-Positive Aging Group (CGM) 1:30-3:30 p.m.-Stepping On (GNSC)	30 10 a.m.-12:30 p.m.-Better Choices, Better Health Wksp (YWC) (Reg Req) 2:30-3:30 p.m.-World in Motion (Tully Park)	31 3 p.m.-4 p.m.-Spouse Caregiver Support Group (PWSC) 	*North Hempstead Project Independence invites all Town residents 60 and over.	*Call 311 or 869-6311 to register or for more info. * Project Independence offers many exercise classes, support groups and other programs.	

Description of Educational Chats/Programs

Thursday, October 11, 2018 from 10 a.m. to 2 p.m. (Magnolia Gardens, 899 Broadway, Westbury) and Thursday, October 18, 2018 from 10 a.m. to 2 p.m. (Port Washington Senior Center, 80 Manorhaven Blvd, Port Washington)

St. Francis Hospital Outreach Bus: FREE HEALTH SCREENINGS

The Town of North Hempstead in partnership with the St. Francis Hospital Community Outreach Program will be providing FREE health screenings through the outreach bus. The screenings include a brief cardiac history, blood pressure, simple blood test for Cholesterol, and Diabetes screenings with appropriate patient education and referrals as needed.

Wednesday, October 3, 10, 17, 24, 31, 2018 from 3 p.m. to 4 p.m. (Port Washington Senior Center, 80 Manorhaven Blvd, Port Washington)

Caregiver to a Spouse Support Group

Facilitated by Gail Selis, Gerontologist (JASA/Project Independence). Learn new ways of coping with demands of care giving. Gain a better understanding of your relationship with your loved one (over age 60). Learn to recognize the importance of meeting your own needs. Explore community resources. Project Independence invites all Town residents 60 and over. **REGISTRATION REQUIRED.**

Wednesday, October 3, 2018 from 1:30 p.m. to 3:30 p.m. (Michael J. Tully Park, 1801 Evergreen Avenue, New Hyde Park) and Wednesday, October 10, 2018 from 12 p.m. to 2 p.m. (North Hempstead “Yes We Can” Community Center, 141 Garden Street, Westbury)

Seasonal Flu Shots

Provided by Northwell Health and NuHealth. The shots are the regular QUADRIVALENT FLU VACCINE THAT IS LATEX and PRESERVATIVE FREE. This is not the Enhanced vaccine for those over 60. This is not the Enhanced vaccine for those over 60. Please bring your Medicare card. **Appointments Required.**

Thursday, October 4 & 18, 2018 from 11 a.m. to 12 p.m. (Shelter Rock Library, 165 Seasingtown Rd S, Albertson)

Senior Talk Group

Come enjoy lively discussion on many topics at the Senior Talk Group. The facilitators are Nancy Mezrahi, Dir. of Senior Citizen Affairs, TONH Dept. of Services for the Aging and Janet Entine, Pres. of Don't Move Away.

Friday, October 5, 12, 19, 26, November 2, 9, 16, 30, December 7, 14, 21, 2018 from 9:30 a.m. to 10:30 a.m. (North Hempstead “Yes We Can” Community Center, 141 Garden Street, Westbury)

Exercise for Balance and Strength

Presented by NYU Winthrop University Hospital. Come and learn exercises to prevent falls.

Friday, October 5, 12, 19, 26, November 2, 9, 16, 30, December 7, 14, 21, 2018 from 11 a.m. to 12 p.m. (North Hempstead “Yes We Can” Community Center, 141 Garden Street, Westbury)

What in the World is Going On?

Moderated by Dr. Armin Rosenblatt. Come and discuss current and world events.

Friday, October 5, 12, 19, 26, November 2, 9, 16, 30, December 7, 14, 21, 2018 from 12:30 p.m. to 1:30 p.m. (North Hempstead “Yes We Can” Community Center, 141 Garden Street, Westbury)

Color Me Calm

Facilitated by Gia Montalbano (Dept. of Services for the Aging) & Joyce Lenard (Community Services) Town of North Hempstead. Coloring is a wonderful meditative activity. It helps relieve stress, improves mood, promotes mindfulness and socialization.

Tuesday, October 9, 2018 from 11:30 a.m. to 12:30 p.m. (Shelter Rock Library, 165 Seasingtown Road, Albertson)

Breaking Up Myths of Cognitive Impairment

Presented by Elizabeth Robles, M.S. Ed., Community Education Manager, Alzheimer's Association Long Island Chapter. Join us to learn about detection, causes, risk factors, stages and treatment of Alzheimer's Disease.

Tuesday, October 9, 2018 from 2 p.m. to 3 p.m. (Shelter Rock Library, 165 Seasingtown Road, Albertson)

All About Strokes: Stroke Prevention, Recognition and Recovery

Presented by Ceil Sorrentino, RN, Northwell Health. What is a stroke? What are its causes, and can it be prevented? Come and learn about the warning signs of a stroke, what to do if you or someone you know experiences these signs and the importance of immediate treatment. By learning the warning signs of stroke, you could help save a life!

Wednesday, October 10, 2018 from 10:30 a.m.-11:30 a.m. (Fuschillo Park, 200 Carle Road, Carle Place) and Wednesday, October 24, 2018 from 2 p.m. to 3 p.m. (Michael J. Tully Park, 1801 Evergreen Ave, New Hyde Park)

Medicare 2019 Updates

Presented by Barry Klitsberg, Assistant Program Coordinator, Nassau County HIICAP Program. Learn about the changes in Medicare advantage plans, Medicare Part D prescription plans and getting help with Medicare costs. The open enrollment period is from October 15, 2018 to December 7, 2018.

Thursday, October 11, 2018 at 12:30 p.m. (Cedarmere Estate, 225 Bryant Avenue, Roslyn0)

Discovery Walks

Come and join us for a walk exploring the Cedarmere Estate. Tour the house and walk the gardens. \$10 Donation to Friends of Cedarmere. Space is limited. **Registration Required.**

Thursday, October 11, 2018 from 10 a.m. to 2 p.m. (Magnolia Gardens, 899 Broadway, Westbury)

AUDIOLOGY VAN: FREE HEARING SCREENINGS

Do you notice that you or a loved one has trouble hearing? If so, we can help! The Town of North Hempstead in partnership with the Center for Hearing Health at Mill Neck will be providing FREE hearing screenings in the CHH Audiology Van.

Monday, October 15, 22, 29, November 5, 12, 19, 26, 2018 from 1:30 p.m. to 3:30 p.m. (Great Neck Social Center, 80 Grace Avenue, Great Neck)

Stepping On Fall Prevention Program

Presented by Project Independence Nurses (NorthWell Health). Learn simple and fun balance and strengthening exercises to prevent falls during this 7 session course. Guest speakers include physical therapists, a vision expert, pharmacist and an expert on getting around your community safely. **Registration Required.**

Tuesday, October 16 & 30, 2018 from 2:30 p.m. to 3:30 p.m. (Michael J. Tully Park, 1801 Evergreen Avenue, New Hyde Park)

World in Motion

Presented by Professor Martha Cohen, PI Volunteer. Come join us for a lively discussion on current world issue.

Tuesday, October 16, 2018 from 10 a.m. to 1 p.m. (Port Washington Senior Center, 80 Manorhaven Boulevard, Port Washington), Wednesday, October 24, 2018 from 10 a.m. to 1 p.m. (Clinton G. Martin Park, 1601 Marcus Avenue, New Hyde Park)

and Friday, November 9, 2018 from 10 a.m. to 1 p.m. (Great Neck Social Center, 80 Grace Avenue, Great Neck)

Medicare Part D-Which plan is right for you?

Presented by Danielle Ezzo, PharmD, BCPS, Associate Clinical Professor, Clinical Pharmacy Practice College of Pharmacy and Health Sciences St. John's University. Schedule your individual appointment with a pharmacist to discuss which Medicare Part D plan is best for you. Bring a list of all current medications. **REGISTRATION REQUIRED.**

Monday, October 22, 29 and November 5, 2018 from 11 a.m. to 12 p.m. (Clinton G. Martin Park, 1601 Marcus Avenue, New Hyde Park)

Positive Aging Group

Facilitated by Audrey Dinstell, LCSW, JASA/PI Social Worker. This interactive group will explore attitudes and feelings about the aging process, how the media and our society perceives aging and its effects on life transitions. Come and learn the tools for maintaining a positive attitude and outlook on life.

Wednesday, October 24, 2018 from 11 a.m. to 12 p.m. (Magnolia Gardens, 899 Broadway, Westbury)

Healthy Food for a Healthy You Bingo

Presented by Cornell Cooperative Extension-Nassau County. Join us for an exciting, interactive class on healthy food choices. During this class you will learn how to eat healthier while playing a fun game of bingo.

Thursday, October 25, 2018 from 9:30 a.m. to 11:30 a.m. (Clinton G Martin Park, 1601 Marcus Avenue, New Hyde Park)

Getting Ready for Jack Frost

A seminar about Winter Health and Safety. Educate yourself on the various means and tactics available to help you deal with winter safely and economically. *Traveling Safely in Ice and Snow*-Chari Biton, TONH Dept. of Services for the Aging Senior Mobility Manager and Eileen Beetar, AAA Traffic Safety Professional; *Staying Healthy During the Winter Months*-Joanne Tricarico, RN, Northwell Health/PI Nurse and Margaret Gatzonis, PI Exercise Instructor; *Home Safety and Preparing your Home for Winter*-John Driscoll, Second Assistant Chief of the Carle Place Fire Department and Jamie Iuculano, Owner of Albertson Hardware, 915 Construction and Design and Handyman Express. **Registration Required.**