

NORTH HEMPSTEAD TOWN SUPERVISOR JENNIFER DeSENA
AND THE TOWN BOARD ARE PROUD TO PRESENT

Project Independence E-News

Project Independence June 2023 Newsletter

**JUNE IS
ALZHEIMER'S & BRAIN
AWARENESS MONTH**



June is Alzheimer's & Brain Awareness Month

For more information on Healthy Living for your Brain and Body click on the button below.

[Click here for more information](#)



Project Independence Social Discussion Group - Thursday, June 1, 8, 15, 22 & 29, 2023

Come meet new friends via Zoom! Enjoy talking with others and meeting your neighbors. Open to North Hempstead residents age 60 and older. Facilitated by Andrea Taylor, LMSW (PI/EAC Social Worker). The group meets via Zoom on Thursdays from 10:30 a.m.-11:30 a.m.

North Hempstead Project Independence invites all Town residents 60 and over. If you are interested in participating, please call 311 or 516-869-6311 to register and receive a Zoom link.

[Learn more](#)

Healing After Loss Support Group - Thursday, June 1, 8, 15, 22 & 29, 2023

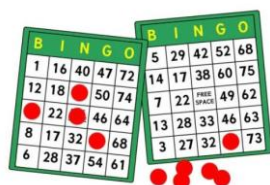
Facilitated by Jina Etienne, MSW (PI Social Worker). Grief is a natural response to loss. It's the emotional suffering you feel when something or someone you love is taken away. This group will discuss the five stages of grief and various coping methods to ease the healing process. This



5-session group meets Thursday, June 1, 8, 15, 22, 29, 2023 from 11:30 a.m.-12:30 p.m. at Magnolia Gardens (899 Broadway, Westbury, NY 11590).

North Hempstead Project Independence invites all Town residents 60 and over. If you are interested in participating, please call 311 or 516-869-6311 to register.

[Learn more](#)



Golden Hearts Bingo & Blood Pressure Screenings - Thursday, June 1, 8, 15, 22 & 29, 2023

Facilitated by Krista Papatheodorou, MSW (PI Social Worker) & JoAnne Tricarico, RN (PI Nurse). Feeling Lucky? Come join Project Independence for a fun hour every Thursday and try your luck to win a prize. In addition to having some fun, a PI registered nurse will provide blood pressure screenings and health counseling.

The program is on Thursdays from 12-1 p.m. at The Roslyn Community Center Auditorium, 53 Orchard Street, Roslyn Heights. North Hempstead Project Independence invites all Town residents 60 and over. Please call 311 or 869-6311 to register or for more information.

[Learn more](#)

This Life of Mine: Sharing and Creating New Memories Through Journaling - Thursday, June 1, 8, 15, 22 & 29 and July 6, 2023

Facilitated by Gail Selis, Gerontologist (EAC/Project Independence). This 6-session guided journaling group will inspire you to record the unique details and stories of your life, both for yourself and for your family and friends. Join this journaling group for seniors and recount the past and present memories through Journaling. The group meets on Thursday, June 1, 8, 15, 22, 29 and July 6, 2023 from 1-2 p.m. at the Port Washington Public Library (1 Library Dr, Port Washington, NY 11050)

North Hempstead Project Independence invites all Town residents 60 and over. SPACE IS LIMITED. REGISTRATION REQUIRED. If you are interested in participating, please call 311 or 516-869-6311 to register.

[Learn more](#)



The Project Independence and You Radio Show - Friday, June 2, 9, 16, 23 & 30, 2023

Tune in to the Project Independence and You Radio Show to hear interesting discussions and updates with government officials, medical professionals, community organizations and interesting residents. After listening to an informative guest, be sure to listen to the Talk of the Town to find out about updates, programs and what's going on around Town!

Listen to the show on Fridays from 10 a.m. to 12 p.m. on WCWP 88.1 FM or wcwp.org or download the app. Past episodes (audio & video) are available at www.northhempsteadny.gov/PI-Radio-Shows, on the WCWP YouTube page and on North Hempstead TV (NHTV). Watch NHTV on Cablevision Channel 18 or 65 or Verizon FIOS Channel 46. The show usually airs at 2pm daily but check out mynhtv.com/schedule for up-to-date schedules.

Upcoming Shows:

- June 2- Mariel Hunerberg (Director of Speech Therapy, Metro Occupational and Physical Therapy) to discuss Fall Prevention & Memory Retention: Learn how dual-task activities can help improve your memory and reduce your risk of falling at home or in the community
- June 9- Vincent Drzewucki (Horticulture, Urban & Community Forestry, Subject Educator, Cornell University Cooperative Extension of Nassau County) to discuss You're Never Too Old to Harvest the Benefits of Gardening
- June 16- Jeff Stone & Kathy Levinson (Founders of Project HELP) to discuss Project HELP Long Island-Education & Awareness on Mental Health & Addiction
- June 23- Manda Kristal (Financial Exploitation & Abuse Program Coordinator, DCJS, FCA and Senior Financial Counselor, FCA) to discuss The Latest Tips on Frauds & Scams including Artificial Intelligence (AI)
- June 30- Repeated Shows

[Learn more](#)

What Matters to You Men's Community Group - Friday, June 2, 9, 16, 23 & 30, 2023



Facilitated by Krista Papatheodorou, MSW (PI Social Worker). The group is open to all men, age 60 and over living in the Town of North Hempstead. Come and discuss topics that are of mutual interest to men living in this community. The group meets on Fridays from 10:30 a.m. to 12 p.m. at the Hillside Public Library (155 Lakeville Rd, New Hyde Park, NY 11040).

If you are interested in participating, please call 311 or 516-869-6311 to register.

[Learn more](#)



Blankets of Love - Tuesday, June 6, 13, 20, 2023

The group provides an opportunity for seniors in the community to come together and work in a collaborative manner on a meaningful and rewarding project. Each blanket is donated to a worthy cause. The blankets have been given to various human service programs in Nassau County. The group meets on Tuesdays from 1 p.m. to 2 p.m. at Clinton G. Martin Park, 1601 Marcus Avenue, New Hyde Park.

North Hempstead Project Independence invites all Town residents 60 and over. If you are interested in participating, please call 311 or 516-869-6311.

[Learn more](#)

Coping with Loss Support Group - Wednesday, June 7, 14, 21 & 28, 2023



Facilitated by Krista Papatheodorou, MSW (PI Social Worker). Project Independence is offering a grief and loss support group for those who have experienced the death of a loved one. Coping with loss can be very difficult, and you are not alone. This group offers a safe, confidential, and supportive environment to learn healthy coping skills. This 6-session group meets June 7, 14, 21 & 28, 2023 from 1 to 2 p.m. at the Hillside Public Library (155 Lakeville Rd, New Hyde Park, NY 11040).

If you are interested in participating, please call 311 or 516-869-6311 to register.

[Learn more](#)



Bridge Class - Wednesday, June 7 & 14, 2023

Come join us to learn to play the fun game of Bridge. The classes are for beginners and those with basic knowledge who wish to improve their skill. Classes meet on Wednesdays from 12 to 2 p.m. at the North Hempstead "Yes We Can" Community Center, 141 Garden Street, Westbury.

North Hempstead Project Independence invites all Town residents 60 and over. **REGISTRATION REQUIRED.**

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

[Learn more](#)

St. Francis FREE Cardiac Screenings - Tuesday, June 8, 2023 & Wednesday, June 14, 2023



In partnership with Catholic Health St. Francis Hospital & Heart Center. The FREE screenings include a brief cardiac history, blood pressure, simple blood test for Cholesterol, and Diabetes screenings with appropriate patient education and referrals as needed for clients above the age of 18. Dates and times are subject to change, please call 311 or 869-6311 before going to a location.

NO APPOINTMENTS REQUIRED.

Upcoming dates include:

Tuesday, June 8, 2023 - 10 a.m.-2 p.m. -
Manhasset Valley Residence, 155 East Shore Rd,
Manhasset, NY 11030

Wednesday, June 14, 2023 - 10 a.m.-2 p.m.
- Magnolia Gardens, 899 Broadway, Westbury, NY
11590

[Learn more](#)

Fridays at "Yes We Can" - Friday, June 9 & 16, 2023

Come join us for Fridays at the North Hempstead "Yes We Can" Community Center, 141 Garden Street, Westbury on Friday, June 9 & 16, 2023.



Matter of Balance - 9:30 a.m. - 11:30 a.m.

Presented by NYU Langone Health

CLASS FULL - call 311 or 516-869-611 for more information

June 9 & 16

What in the World is Going On? - 11:30a.m.-12:30p.m.

Current and world events discussion group

June 9 & 16

Heart-to-Heart Bingo and Blood Pressure Screenings - 12:30p.m. -1:30 p.m.

Kelly Steinmann, RN (PI Nurse) & Jina Etienne, MSW(PI Social Worker)

June 16

North Hempstead Project Independence invites all Town residents 60 and over. Please call 311 or 869-6311 to register or for more information.

[Learn more](#)

Project Independence Joint Advisory Committee Meeting - Wednesday, June 14, 2023



Join a Project Independence Advisory Committee and Make a Difference! Come and discuss the needs of Town residents 60 and over, offer suggestions for new programs, learn about services available in the community and make new friends. Melissa Katz, LCSW (Senior Director of Programs and Services, Long Island Alzheimer's & Dementia Center) will discuss June is Alzheimer's & Brain Awareness Month: Healthy Living for your Brain and Body. The meeting will be held at Clinton G. Martin Park, 1601 Marcus Avenue, New Hyde Park at 10 a.m. or via Zoom.

If you are interested in participating, please call 311 or 516-869-6311 to register or receive a Zoom link.

[Learn more](#)



Food Safety Bingo - Wednesday, June 21, 2023

Presented by Cornell Cooperative Extension-Nassau County. Join us for an exciting, interactive class on food safety. During this class you will learn important tips on how to keep food safe while playing a fun game of bingo. Please join us at Magnolia Gardens, 899 Broadway, Westbury on Wednesday, June 21, 2023 from 11 a.m. to 12 p.m.

North Hempstead Project Independence invites all Town residents 60 and over. Please call 311 or 869-6311 to register or for more information.

[Learn more](#)

Project Independence TV Exercise

Classes Schedule

Join North Hempstead's Project Independence exercise classes today. At home virtual classes include Fitness, Tai Chi, Yoga and Dance. Many of the classes and times are the same as the Project Independence in-person fitness classes.



The PI exercise classes broadcast on the Town's public access television station, North Hempstead TV. Channel 65 on Cablevision or Channel 46 Verizon FIOS. Classes air Monday through Sunday, 10 a.m., 1 p.m., and 6 p.m. You can also visit: www.mynhtv.com/fitness to watch the classes online. For a complete schedule of classes visit: www.mynhtv.com/schedule or click the button below.

North Hempstead Project Independence invites all Town residents 60 and over. If you are interested in participating or have any questions, please call 311 or 516-869-6311.



FunDay Monday Returns to North Hempstead Beach Park this Summer!

North Hempstead's FunDay Monday will return to North Hempstead Beach Park this summer. This popular, FREE senior program, takes place every Monday from July 10 to August 21 from 10 a.m. to 2 p.m.

FunDay Monday offers hundreds of seniors from across the Town the opportunity to gather for games, music, dancing, entertainment, and exercise. The program's most widely attended events are the Health Fair, which will take place this year on July 24 and HomeTown USA scheduled for August 21, which honors our nation's Armed Forces and veterans.

[Learn more](#)

Free Sunscreen & Wellness Wednesday

The Town of North Hempstead is happy to provide free SPF30 sunscreen to residents this summer in partnership with Northwell's North Shore University Hospital and Long Island Jewish Medical Center.



In addition to providing free sunscreen, North Shore University Hospital and Long Island Jewish Medical center will host a series of Wellness Wednesday events this summer at North Hempstead Town facilities!

For locations of dispensers and a schedule of upcoming events click the button below.

[Learn more](#)

"Don't Fall For Fraud" Senior Scam Forum - June 14

Council Member Veronica Lurvey, Assemblywoman Gina Sillitti, and New York State Attorney General Letitia James' Office are proud to present the "Don't Fall For Fraud" forum, a discussion on protecting seniors from scams. The event will be held on Wednesday, June 14, 2023 at 1 p.m. at the Great Neck Senior Center at 80 Grace Avenue, Great Neck.



The forum will feature TJ Hatter from the New York State Attorney General's office, who will discuss how to recognize and protect yourself from scams, as well as what to do if you find yourself a victim of fraud.

To RSVP and register for the information session, visit nyassembly.gov/Sillitti or call 516-482-6966.

[Learn more](#)

AARP Driving Course - Saturday, June 17

DEFENSIVE DRIVING CLASSES



The Town of North Hempstead is pleased once again to offer AARP defensive driving courses at Clinton G. Martin Park in New Hyde Park.

The classes will be held on: Saturday, June 17, Saturday, September 9, Saturday, October 14, Saturday, November 18, and Saturday, December 16 from 9 a.m. to 4:30 p.m. (with a 30-minute lunch break). The cost is \$25 for AARP members and \$30 for non-members.

Please bring a check made payable to "AARP" on the day of the class. No cash will be accepted. Attendees should also bring: their driver's license, a bagged lunch, and AARP members should also bring their AARP card.

Please call 311 for more information.

[Learn more](#)



EAC Respite Program

In-Home Respite Services provides in-home caregivers (companions) to Nassau County residents caring for an elderly relative in their home so the caregiver can take much-needed time off.

[Learn more](#)

PI Social Worker & Nurse Updates

The PI social work and nurse team are available for appointments via the phone, office and in the home. If you would like to connect or schedule an appointment with a PI Social Worker or a PI Nurse, please call 311 or 516-869-6311.



PI Transportation Program

The Project Independence Taxi service provides discounted taxi rides for medical appointments and free trips to local grocery stores for Town of North Hempstead seniors 60+ and those with disabilities 21+.

The PI medical taxi cost to riders is \$5 or \$10 depending on where you travel: \$5 each way for a medical fare under \$22; \$10 each way for medical fare of \$22 and over. Tipping is recommended and most appreciated.

Free trips for food shopping are available twice a week between 10 a.m. and 2 p.m. You choose which day. Sharing a taxi with another rider

should be expected, for medical and food shopping.

Please avoid travel during AM and PM peak travel / rush hour. Expect long delays if you book during rush hour. The best time to travel is middle of the day when taxis are less busy.

Please call 311 or 516-869-6311 to learn more about the PI Taxi service or to book your taxi reservation. Please note that program details are subject to change.

[Learn more](#)

Circle of Support

The Project Independence Circle of Support is a life planning tool that includes trusted people, organizations, and other resources that come together to help you live a more healthy, social and productive life in your community. “YOU” control the process so that you can be the “Director of Your Life”. Your Circle is always changing as life circumstances change for you and members of your support pool. This tool helps to identify who is part of your Circle, and helps you determine the strengths and weaknesses in your Circle of Support.



You can request the Circle of Support booklet in a hard copy or in a digital fillable version. Please call 311 or 516-869-6311 to request your copy today!

[Learn more](#)

VIAL OF LIFE



SEE REFRIGERATOR DOOR FOR COMPLETE MEDICAL INFORMATION

Vial of Life

The Vial of Life is a program that allows individuals to have their complete medical information ready in their home for emergency personnel to reference during an emergency. This program is used to provide the patient’s medical information when a patient is not able to speak or remember this information. Call 311 or 516-869-6311 to receive a Vial of Life packet.

Zoom Training Available for PI Members

PI volunteer, and Technology for the Terrified Instructor, Barbara Mehlman began offering assistance via the telephone to assist seniors interested in participating in Zoom programs. If you would like assistance, call 311 or 516-869-6311.



Neighbors Helping Neighbors: Telephone Reassurance Program

The Neighbors Helping Neighbors program aims to ease isolation as the coronavirus pandemic has forced seniors, who are most susceptible to the virus, to remain at home. During this time of uncertainty and social distancing, many can feel isolated and disconnected. This program is designed to help keep seniors connected. Neighbors Helping Neighbors is for Town Residents aged 60 and over to receive calls. Volunteers must be 21 or older and a Town resident. If you are interested in being part of this program, call 311 or 516-869-6311.

[Learn more](#)

Early Bird Registration for Manorhaven Beach Park and Clinton G. Martin Park Pools

This summer sign up for a membership at one of our many pools, which include Manorhaven Beach Park Pool, Michael J. Tully Park Aquatic Activity Center, Whitney Pond Park, Martin “Bunky” Reid Park, and Clinton G. Martin Park* (must be special park district resident).



Early Bird registration for the pools at Manorhaven Beach Park and Clinton G. Martin Park is underway.

*Must be a resident of the New Hyde Park Special Park District.

[Learn more](#)



Native Plant Residential Rebate Program

Are you looking to beautify your property and help the environment? In partnership with the Nassau County Soil and Water Conservation District (NCSWCD), the Town is offering residents up to \$350 to install native plants in their home landscape. Native plants provide resources for pollinators and other wildlife, absorb air and water pollution, have low maintenance requirements and look beautiful!

[Learn more](#)

Manorhaven Tennis Classes for Adults and Juniors

The Town of North Hempstead is excited to once again be partnering with Sportime to bring our residents adult and junior tennis programs at Manorhaven Park this summer.



Each session will have 4 classes that run over the course of 2 weeks. 1 hour sessions are \$85 per person and 1 & 1/2 hour sessions are \$135 per person. Upcoming sessions include: June 27 - July 6, July 11 - July 20, July 25 - August 3, August 8 - August 17, and August 22 - August 31.

For more information, please click the button below, or call Sportime at 888-698-3664.

[Learn more](#)

 **Town of North Hempstead**

Leaf Blower Law

The Town's landscaping regulations are now in effect from June 15th to September 15th. Commercial landscapers are prohibited from using gas-powered leaf blowers during this time period.

Pursuant to Chapter 38A-6 (A) (6) commercial landscaping is permitted between 8 a.m. to 7 p.m. weekdays, 10 a.m. to 5 p.m. on Saturdays and no operation on Sundays and holidays. These restrictions may be suspended during emergencies.

For More Information
Call 311 or (516) 859-6311 Visit northhempsteadny.gov

Town's Landscaping Law Prohibiting Gas-Powered Leaf Blowers Back in Effect on June 15

The Town reminds residents and landscaping companies that the Town's landscaping regulations are now back in effect as of June 15. The regulations are aimed at reducing noise and air pollution caused by gas-powered leaf blowers. Under the regulations, commercial landscapers are prohibited from using gas-powered leaf blowers from June 15 to September 15 every year.

Commercial landscaping is permitted between 8 a.m. to 7 p.m. weekdays, 10 a.m. to 5 p.m. on

Saturdays and no operation on Sundays and holidays. These restrictions may be suspended during emergencies.

Summer Concerts and Events

North Hempstead's summer concerts and events kick off on June 21. With a wide array of live performances and movies in parks across the Town, there's something for everyone!



For a complete listing, click on the button below.

[Learn more](#)



STOP Event - Saturday, June 24

Join us for our Stop Throwing Out Pollutants (STOP) event of 2023 on Saturday, June 24, 2023 from 9 a.m. until 3 p.m. at Westbury High School.

For more information on what is accepted and for a complete list of upcoming STOP dates for 2023, please visit the link below.

[Learn more](#)

Mortgage Satisfaction Reminder

Town of North Hempstead Receiver of Taxes Charles Berman would like to remind residential property owners that they must notify the Tax Office when satisfying their mortgage.

"It is the responsibility of the property owner to ensure that property information is up to date with the Town's Tax Office and incorporated village (if applicable). This ensures that the tax bills are sent to the proper location, avoiding late fees and penalties," said Receiver of Taxes Berman

Changes to your property tax information can be made through the online portal, by printing out a change form and emailing, faxing or mailing to the Tax Office, filling out the reverse side of a tax bill or sending in a letter with the required information.

To learn more click the button below or call 311.

[Learn more](#)



Mobile App for WCWP-88.1

WCWP has an App so you can hear your favorite radio show Project Independence and YOU! The App can be downloaded to both iOS devices iPhone and iPad as well as Android devices like a Galaxy phone or Surface tablet.

To download the App go to the App store on your Apple device or the Google Play store if you use an Android device. Search: WCWP Radio.

[Click Here](#) to learn more about the WCWP Radio app.

[Click Here](#) to learn more about turning into to WCWPlive.

Past episodes are also available at: www.northhempsteadny.gov/PI-Radio-Shows

[Learn more](#)

Veterans Caseworker

The PI Veterans caseworker is available to provide services to Town veterans. Services include emotional support/counseling and concrete services available.



The PI Veterans caseworker has worked to ensure veterans are aware of hotlines if needed, and that they should continue to call the 311 Call Center to speak to a veteran's caseworker if they need any services. The PI Veterans caseworkers are introduced to local veterans through phone introductions in order to decrease feelings of isolation, to increase contact and to be mutually supportive.



Not In Our Town

North Hempstead pledges to not remain silent in the face of hate crimes, intolerance or violence. Join us and take a stand. It is important to show unity and advocacy for all individuals. Change happens on a local level and can start with you.

[Learn more](#)

Senior COVID-19 Vaccination Information

A bivalent COVID-19 booster will help eligible New Yorkers maximize their protection, prolong the vaccine's durability, and safeguard our communities against the COVID-19 virus. The New York State Department of Health (NYSDOH) and the Centers for Disease Control and Prevention (CDC) recommend individuals get vaccinated and stay up to date with all recommended doses.



For more information about booster shots visit: www.ny.gov/Boosters



Updates About the Town of North Hempstead

Are you interested in receiving emails about the Town of North Hempstead's events, programming and your local community? Click on the button below to subscribe to our email list.

[Learn more](#)

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