



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. 13 NO. 3

FALL 2019


GREETINGS!

I am very pleased to announce that our 5th Regional Aging in Place Conference and Expo "Operation P.I. Connect" will be held on Tuesday, October 29 at Harbor Links Clubhouse in Port Washington. The event is a wonderful networking opportunity to allow our senior residents to connect with all the services available to them. We are so proud of North Hempstead's Project Independence initiative which provides tools and services to our seniors year-round. Take your pick of senior social groups, exercise classes, educational seminars and more! We will keep you active, busy and informed.

This year's Aging in Place Conference and Expo promises to connect senior residents, their families and caregivers to a myriad of local services available. Panels include topics about veterans' benefits and entitlements and Medicare updates.

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 during these best years of your life! I'll see you there!

Warm regards,



Judi Bosworth
North Hempstead Town Supervisor





**TOWN OF NORTH HEMPSTEAD SUPERVISOR JUDI BOSWORTH,
THE TOWN BOARD AND PROJECT INDEPENDENCE PRESENT:**

The 5th Regional
AGING IN PLACE
CONFERENCE & EXPO



**Tuesday, October 29, 2019 8:30 a.m.-1 p.m.
Harbor Links, 1 Fairway Drive, Port Washington**

8:30 a.m.	Check-in & Breakfast
9:20 a.m.	Welcome and Introductions Judi Bosworth, Supervisor Town of North Hempstead
9:30 a.m.	Keynote Speaker Maria Torroella Carney, MD, FACP Medical Director, Post-Acute Services; Chief, Division of Geriatric & Palliative Medicine- Northwell Health; Associate Professor, Zucker School of Medicine at Hofstra University
10 a.m.-11 a.m.	Panel 1: Veterans Benefits & Entitlements JoAnn DeMarco Community Relations Coordinator, VAMC Northport Carrie Schechner, LCSW Caregiver Support Coordinator, VAMC Northport Charnette Simpson, MS, BSN, RN Homebased Primary Care Program Manager, VAMC Northport Moderator-Joe Sledge, Senior Leadership Assistant, Director's Office, Northport VA Medical Center
11:15 a.m.-12:15 p.m.	Panel 2: Medicare 2020 Updates and More Barry Klitsberg Assistant Program Coordinator-Nassau County Health Insurance Information Counseling and Assistance Program (HIICAP) Danielle C. Ezzo, PharmD, BCPS, AE-C Associate Clinical Professor, St. John's University, College of Pharmacy and Health Sciences Sherrie Glasser PT, MS Founder and Owner of Metro Physical & Aquatic Therapy Moderator-Jorge A. Martinez, Deputy Commissioner, Nassau County Department of Human Services Office for the Aging
9 a.m. – 1 p.m.	EXPO – Exhibitors will be setup throughout the day.



Keynote Speaker

*Maria Torroella Carney, MD, FACP, Medical Director,
Post-Acute Services; Chief, Division of Geriatric & Palliative Medicine-Northwell Health and
Associate Professor, Zucker School of Medicine at Hofstra University*



An internist, geriatrician, palliative care physician and public health leader, Maria Carney, MD, brings extensive expertise to Northwell Health and the PCLC program. As Medical Director of Post-Acute Services and Chief of the Division of Geriatric and Palliative Medicine, Dr. Carney aligns the health system's Department of Medicine and Post-Acute Services, which includes inpatient palliative care, sub-acute rehabilitation, outpatient geriatric medicine, home care and hospice. Her previous experience as Commissioner of Health for Nassau County gives her a unique perspective on needs and resources to assist our most vulnerable.

Dr. Carney has published articles, chapters and edited medical books in the area of dementia, advance directives, palliative medicine and emergency response for vulnerable populations. She has several professional affiliations and honors, including a 2017 selection as Governor of the New York- Long Island Chapter of the American College of Physicians and an Associate Professorship of Medicine at the Zucker School of Medicine at Hofstra/Northwell.

*Thank you Northwell Health for being the
Platinum Sponsor for our 5th Regional
Aging in Place Conference and Expo*



2011 AIP Conference



2013 AIP Conference



2015 AIP Conference



2017 AIP Conference



Panel 1

Veterans Benefits & Entitlements

Moderator Joe Sledge, Senior Leadership Assistant, Director's Office, Northport VA Medical Center (VAMC)

JoAnn DeMarco

Community Relations Coordinator and Mobile Medical Unit Program Manager, VAMC Northport

JoAnn DeMarco, is currently the Community Relations Coordinator and Mobile Medical Unit Program Manager for Northport VAMC. In her 13 year career at Northport VAMC, She has had various administrative roles within the business office leading her to be the subject matter expert on enrollment, eligibility, beneficiary travel, decedent affairs and compensation and pension. JoAnn has been a veterans advocate long before her career in the VA and continues to do so daily. As the Community Relations Coordinator, her role is to educate veterans on their benefits and assist them in navigating the complex VA healthcare system. In the role of Mobile Medical Unit program manager, JoAnn is responsible for coordinating clinical care on use of the mobile units in the community.

Carrie Schechner, LCSW

Caregiver Support Coordinator, VAMC Northport

Carrie Schechner, LCSW earned her Master's degree from Stony Brook University in 1999. She spent many years working in a community substance abuse clinic before accepting a position at the Northport VAMC. She has worked in multiple positions at the medical center including Inpatient Medical/Surgical Unit, Dual Diagnosis, and Caregiver Support Program (CSP). Carrie joined the CSP in 2013, two years after its inception, as the Coordinator for the General CSP. In this role she is responsible for providing emotional support, assistance with connecting to appropriate resources, educational opportunities, and support groups with caregivers of Veterans with Pre-9/11 discharge dates.

Charnette Simpson, MS, BSN, RN

Homebased Primary Care Program* Manager, VAMC Northport

Charnette Simpson has an A.A.S. from Helene Fuld College of Nursing, a BSN from University of Phoenix Online and MSN from Walden University Online. Ms. Simpson has been employed at the Northport VA in the clinical setting for 30 years as a nursing assistant, LPN and the last 21 years as a registered nurse. She has held many positions in different capacities. She worked as a staff nurse on the medical surgical unit, primary care and specialty clinics, nursing education, nurse manager on the Palliative/SSU Unit and nurse manager on the Geri-Psych Unit. Ms. Simpson is most passionate about caring for others and therefore has devoted her entire nursing career to caring for our veterans.

*Home Based Primary Care (HBPC) Special Population Patient Aligned Care Team (PACT) is a VA home care program that provides comprehensive, interdisciplinary, primary care in the homes of veterans with serious medical, social, and behavioral conditions for whom routine clinic-based care is not effective or may not be possible. HBPC Special Population PACT furnishes in-home interdisciplinary primary care services to a veteran where the veteran is residing.



The VA Mission Act

The VA MISSION Act puts veterans and their needs at the center of their care.

Through it, the VA:

- Provides veterans with more options for health care
- Offers an improved community care process
- Provides a new urgent care option
- Helps veterans get access to the care they need at the right place at the right time
- Offers veterans great service through a nationwide network of high-quality care
- Provides more veteran-to-veteran peer specialists
- Expands programming to support veteran caregivers

Through the VA Mission Act, VA now has additional opportunities to enhance its own high-quality health care to the nation's veterans. For more information about the VA Mission Act, go to www.VA.gov or speak with a Northport VA Medical Center representative at (631) 261-4400.

Medicare 2020 Update

*Barry Klitsberg, Assistant Health Insurance Information
Counseling and Assistance (HIICAP) Coordinator*

By now, most of us have been inundated with marketing materials in the mail and have seen TV ads for the various Medicare plans to cover prescriptions and other Medicare costs. We are approaching Medicare open enrollment season which runs every year from October 15 through December 7. It is important to read any materials that come from your existing plan which spell out the updates for 2020. Some of these revisions may describe premium changes, updates in prescription formularies which include covered drugs, co-payment changes and changes to networks of providers.

If you feel that these changes make your plan a less than optimum choice for 2020, you should log onto the Medicare website, which is www.medicare.gov. You can review your current plan and compare it with others that serve Nassau

County to see if another plan works best for you. If you do not have a computer at home and can't avail yourself of one at your local library or senior center, you can call the Nassau County Health Insurance Information Counseling and Assistance Program (HIICAP) at 516-485-3754 and speak to one of the counselors who can assist you. This is a free service that has trained counselors who can provide unbiased expertise on how you can navigate the Medicare system. We can help you switch plans, many times over the phone or in person if you make an appointment.

For Medicare beneficiaries who are in a Medicare Advantage Plan (HMO or PPO) and do not change their plan by December 7, they have an additional opportunity to switch Medicare Advantage plans between January 1 and March 31.



Panel 2: Medicare 2020 updates and more

Moderator Jorge Martinez, Deputy Commissioner,
Nassau County Department of Human Services Office for Aging



Barry Klitsberg

Assistant Program Coordinator-Nassau County Health Insurance Information Counseling and Assistance Program (HIICAP)

Barry Klitsberg worked with senior programs for over 45 years, mostly with the federal government's Department of Health and Human Services.

Barry started his career in 1970 working for the Social Security Administration. In 1979, he transferred to Medicare where he worked for almost 25 years, mostly working on beneficiary services and outreach until 2003. From there, he transferred to the US Administration on Aging as a federal official responsible for overseeing the State Health Insurance and Assistance Programs (SHIP) for New England, New York, New Jersey, Maryland, West Virginia and Wisconsin.

In 2017, Barry retired from the federal service and went to work for the Nassau County Health Insurance Information Counseling and Assistance Program (HIICAP) as the Assistant Coordinator.



Danielle C. Ezzo, PharmD, BCPS, AE-C

Associate Clinical Professor, St. John's University, College of Pharmacy and Health Sciences

Danielle Ezzo is an Associate Clinical Professor in the Department of Clinical Health Professions at St. John's University, College of Pharmacy and Health Sciences in Queens, New York. Dr. Ezzo is a dual graduate of St. John's University, College of Pharmacy and Health Sciences graduating with her bachelor's degree and Doctor of Pharmacy degree in 2002 and 2003 respectively. Dr. Ezzo completed a PGY-1 residency at the New York Harbor Healthcare System Veterans Affairs in Brooklyn, NY. Her current practice site is within the Division of General Internal Medicine at Northwell Health, specifically at the Medical Specialties at Glen Oaks, where she provides clinical pharmacy services to indigent populations within Queens. She holds board certifications in pharmacotherapy as well as asthma education. Currently, Dr. Ezzo serves the College as the Director of Interprofessional Education.

Dr. Ezzo has spent much of her career working with the seniors, providing medication management sessions throughout Nassau, Suffolk and Queens. Medication management sessions include one-on-one patient – pharmacist interactions where a patient's medications are reviewed for clinical efficacy and appropriateness. In addition, Dr. Ezzo provides multiple Medicare Part D sessions to seniors to assist in navigating the complex system of choosing an individualized prescription drug coverage plan.



Sherrie Glasser, PT, MS

Founder and Owner of Metro Physical & Aquatic Therapy

Sherrie Glasser, PT, MS is a widely known clinician and expert in orthopedic, sports, woman's health and geriatric physical therapy. She has more than four decades of experience in clinical research and treating patients. Sherrie has treated and trained professional and semi-professional athletes and is a certified medical professional with Titleist Performance Institute (TPI), providing golf fitness. Sherrie has great passion treating the geriatric population. She lectures extensively throughout the country on senior wellness, golf and woman's fitness, fall prevention, as well as the conservative treatment for pelvic floor dysfunction for men and women.



Project Independence Radio Celebrates its 8th Anniversary on the Air at WCWP 88.1FM

On September 27, the “Project Independence and You” Radio Show will be celebrating its 8th anniversary. The program’s mission is to inform and entertain our age 60 and older audience 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. During the Talk of the Town segment,

you will learn about all latest events and happenings in the Town.

The Town of North Hempstead “Project Independence and You” Radio Show is on every Friday from 10 a.m. to noon on 88.1FM or WCWP.org. You can also now listen to the show on your mobile device, by downloading the WCWP app.

To hear past episodes go to www.northhempsteadny.gov/PI-Radio-Shows

If you are interested in being a co-host, a guest or want to share a topic of interest, please call 311 or 869-6311.

Veterans Donation Drive Kickoff
at Aging in Place Conference

North Hempstead Supervisor Judi Bosworth, the Town Board, and the Veterans Advisory Committee are proud to be hosting the 6th Annual Veterans Donation Drive. For the first time ever, there will be a donation box available at the Aging in Place Conference. Conference attendees will have the opportunity to donate personal care items, new clothing and more. There will also be several locations throughout the Town, and will be donated to the Northport Veterans Affairs (VA) Medical Center.

Requested items include:

- **NEW clothing of all types (sizes large and up)**
- **NEW toiletries including: unscented body lotion, brushes and combs, deodorant, shaving cream, nail clippers, quad track razors, toothpaste, toothbrushes, and shampoo**
- **Powdered laundry detergent, new or gently used luggage (with wheels).**



Are you a member of Project Independence?

Do you want to have FREE access to social workers, nurses, help at home, exercise classes, free food shopping rides, discounted medical transportation, and educational programs?

If you are a North Hempstead resident, age 60 and over, call 311 or 869-6311 today to become a member!

Register Today for your Flu Shot!

Wednesday, October 2, 2019

11 a.m.-1 p.m.

Michael J. Tully Park
1801 Evergreen Ave., New Hyde Park

Monday, October 7, 2019

10:30 a.m.-1:30 p.m.

Great Neck Social Center
80 Grace Ave., Great Neck

Tuesday, October 22, 2019

10 a.m. to 12 p.m.

Port Washington Adult Activities Center
80 Manorhaven Blvd., Port Washington

Wednesday, October 23, 2019

10 a.m. to 12 p.m.

North Hempstead
“Yes We Can” Community Center
141 Garden St., Westbury

The shots are the regular QUADRIVALENT FLU VACCINE THAT IS LATEX and PRESERVATIVE FREE.

This is not the Enhanced vaccine for those over 60.

APPOINTMENTS REQUIRED. Please bring your Medicare card. Please call 311 or 516-869-6311 to make an appointment or for more information.



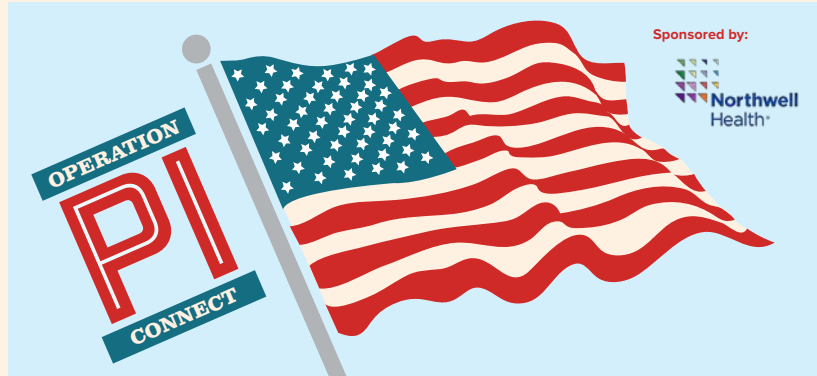
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Town of North Hempstead Supervisor Judi Bosworth,
 the Town Board and Project Independence present:

The 5th Regional
AGING IN PLACE 
 CONFERENCE & EXPO



Featuring: The VA Mission Act & Entitlements, Medicare 2020 updates, various vendors specializing in senior services and much more!

Tuesday, October 29, 2019, 8:30 a.m. – 1 p.m.
 Harbor Links, 1 Fairway Drive,
 Port Washington, NY 11050

Space is limited. Registration required. To register or for more information, please call 311 or (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
Veronica Lurvey



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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