

NORTH HEMPSTEAD TOWN SUPERVISOR JUDI BOSWORTH
AND THE TOWN BOARD ARE PROUD TO PRESENT

Project Independence @ E-News @

Project Independence August 2020 Newsletter



Heart Smart Chat

Heart disease is the leading cause of death in the US-claiming more lives each year than all forms of cancer and chronic lower respiratory disease combined. It is also one of the most preventable. Many women and men with heart disease or risk factors for heart disease want to make heart smart changes in their lives but don't know how to begin. This program is designed to help you understand the science behind heart disease and make simple lifestyle changes in eating, cooking and exercising and offer suggestions on how to develop the most effective partnership with your healthcare team. This free weekly virtual program is held jointly by Northwell Health Katz Institute for Women's

Health and the Project Independence. Join this free six week program on Wednesday September 2, 9, 16, 23, 30 and October 7, 2020 from 1 p.m. to 2:30 p.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. SPACE IS LIMITED.

[Learn more](#)

Virtual FunDay Monday

Join us throughout the month of August for our 2020 Virtual FunDay Monday series, broadcasted on North Hempstead TV (NHTV) channel 18 or 63 on Cablevision and channel 46 on Verizon FIOS or by visiting www.mynhtv.com. Each Monday throughout the summer, residents can tune in from 11 a.m. to 1 p.m. to see a new episode. A special Salute to our Veterans and Armed Forces will air on August 24.



'Zoom' to New Heights with Project Independence

Tune in to the Project Independence and You Radio Show to hear the latest in COVID-19 updates from government officials and community organizations. 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!

Project Independence and You airs on Fridays from 10 a.m. to 12 p.m. Tune in on WCWP 88.1 FM or wcwp.org or download the app. Past episodes are available at northhempsteadny.gov/pi-home (Zoom videos also available for most shows). You can also catch various episodes on North Hempstead TV, on Cablevision Channel 18 or 63 or Verizon FIOS Channel 46 or visit www.mynhtv.com.

Check out these July & August Shows-

August 7- Kyle Strober (Executive Director of Association for a Better Long Island) to discuss the Association for a Better Long Island

August 14 & 21-Previous great segments!

August 28- Ronald Fatoullah, Esq to discuss How Long-term Care Planning Has Changed... and What You Need to Know Now.

September 4- Barry Klitsberg (Assistant Program Coordinator-Nassau County HIICAP Program) to discuss Medicare 2021 Updates and COVID-19

September 11- Dr. Urvashi Kohli (Northwell Health) to discuss Immunizations

September 18-9th Anniversary Special with Supervisor Bosworth

September 25- Dalia Elison (Licensed Associate Real Estate Broker-Douglas Elliman) to discuss Long Island Real Estate Trends during COVID-19 Pandemic

PI Social Worker & Nurse Updates

The PI social work and nurse team continues to work very hard at keeping connected to PI Members remotely. PI Social Workers and Nurses have been figuring out creative solutions to help ease seniors' fears of isolation, anxiety and fears of getting food, medical management and many other services. If you would like to connect with a PI Social Worker or a PI Nurse, please call 311 or 869-6311.





PI Transportation Program

The medical and food transportation program is available 7 days per week, town-wide. The food transportation rides are offered 7 a.m. to 2 p.m. during this crisis. The Town will be incurring all costs associated with PI Transportation, including tips, in an effort to further reduce the threat of potential transmission, no money will be transferred between the rider and driver. The PI Transportation program also services people with disabilities who reside in the Town ages 21 – 59. Residents can call 311 or 516-869-6311, to make an appointment.

[Learn more](#)

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 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 with one another. Neighbors Helping Neighbors is for Town Residents aged 60 and over to receive calls. Volunteers must be 21 or older and a Town resident at this point. If you are interested in being part of this program, call 311 or 869-6311.

[Learn more](#)

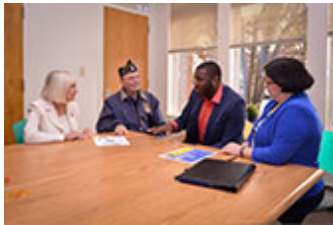
PI Exercise Programs

North Hempstead's Project Independence expanded their virtual exercise classes to keep seniors fit at home. Classes include Fitness with Margaret Gatzonis, Tai Chi with Joseph Panico and Yoga with Rebecca Miller. 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 18 or 63 on Cablevision or Channel 46 Verizon FIOS. New classes air Monday through Sunday, 10 a.m. and 1 p.m. You can also visit www.mynhtv.com/fitness to watch the classes online.

Learn more



Veterans Caseworker

The PI Veterans Caseworker available to provide service 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 to continue to call the 311 call center to speak to veteran's case worker if they are in need of any services. PI Veterans Caseworker introduced local veterans through phone introductions, in order to decrease feelings of isolation, to increase contact and be mutually supportive.

World in Motion via Zoom- Wednesday, August 5, 12, 19, 26, 2020 from 1 p.m. to 2 p.m.

Come join us on Zoom for a lively virtual discussion on current world issues! Presented by Professor Martha Cohen, PI Volunteer. If you are interested in participating, please call 311 or 869-6311 to register and receive a Zoom link. SPACE IS LIMITED.



[Learn more](#)



Project Independence Social Discussion Group - Thursday, August 6, 13, 20, 27, 2020

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 11:30 a.m.-12:30 p.m.

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

[Learn more](#)

What Matters to You Men's Community Group - Friday, August 7, 14, 21, 28, 2020

The group is open to all men, age 60 and over living in the Town of North Hempstead. Come and discuss topics via Zoom that are of mutual interest to men living in this community. Facilitated by Krista Papatheodorou, MSW (PI/EAC Social Worker). The group meets via Zoom on Fridays from 10:30-11:30 a.m.



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

[Learn more](#)



Technology for the Terrified: Use Your Smartphone or Tablet to Have Fun! - Monday, August 17, 2020

Presented by Barbara Mehlman (Project Independence Volunteer). Come join us via Zoom and learn how to use your smartphone or tablet to play games on Monday, August 17, 2020 from 1 p.m.-2 p.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. SPACE IS LIMITED.

[Learn more](#)

St. Francis FREE Cardiac Screenings - Friday, August 21, 2020 and Thursday, September 24, 2020

In partnership with St. Francis Hospital Community Outreach Program. 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 for clients above the age of 18. Screenings will follow St. Francis COVID-19 safety protocols.



Friday, August 21, 2020 from 10 a.m. to 2 p.m. at Magnolia Gardens, 899 Broadway, Westbury

Thursday, September 24, 2020 from 10 a.m. to 2 p.m. at Manhasset Valley Residence, 155 East Shore Rd, Manhasset

Please call 311 or 869-6311 for more information.

[Learn more](#)



Hot Tips on the Most Current Fraud & Scams: 2020 Census, COVID-19 & US Economic Impact Payments - Thursday, September 3, 2020

Presented by Manda Kristal, Financial Exploitation & Abuse Program Coordinator, DCJS, FCA, Senior Financial Counselor-Family & Children's Association. The three most relevant scams currently being perpetrated are tied to the 2020 Census, COVID-19 and US Economic Impact Payments. Become aware of who is targeted and why; ways to protect yourself and what to do if you have been a victim of scams. Q & A to follow presentation. Come join us on Thursday, September 3, 2020 from 2 p.m. to 3 p.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. SPACE IS LIMITED.

[Learn more](#)

Medicare 2021 Updates (via Zoom) - Tuesday, October 6, 2020 and Wednesday, October 14, 2020

Presented by Barry Klitsberg, Assistant Program Coordinator, Nassau County HIICAP Program. Come join us on Zoom to 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, 2020 to December 7, 2020. Come and join us on Zoom on Tuesday, October 6 or Wednesday, October 14, 2020 from 1 p.m. to 2 p.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. SPACE IS LIMITED.

[Learn more](#)



Pools Open for the Summer

Town pool facilities are open for the summer season. Pool facilities located at Manorhaven Beach Park, Martin “Bunky” Reid Park, and Whitney Pond Park are open to all Town residents. Clinton G. Martin is only open to Special Park District members). For the 2020 summer season, the Town will be waiving all fees for pool facilities.

Early Hours at North Hempstead Beach Park

North Hempstead Beach Park is open early (beginning at 6 a.m.) for our seniors, so they can take advantage of the cooler morning temperatures. This will also allow them to get some exercise and walk on the boardwalk without crowds to help them stay safe and maintain safe social distancing guidelines. Please be aware however, that there will not be any lifeguards on duty before 9 a.m.



Make a Face Mask at Home

Learn how to make your own face mask with materials that you already have at home.



[Learn more](#)



Town Announces ‘North Hempstead’s Got Talent’ Series

Have a talent that you want to share? Town of North Hempstead Supervisor Judi Bosworth and the Town

Board are thrilled to announce the 'North Hempstead's Got Talent' series where residents can submit videos showing off their talents while also thanking the frontline workers during the pandemic.

Residents can submit videos of up to 2 minutes long. Videos must be submitted to the following link: www.northhempsteadny.gov/GotTalent. Residents must use Chrome or Firefox to use this link.

A committee of Town officials will review all submissions, after which the approved videos will be posted on the Town's social media pages.

For additional information regarding 'North Hempstead's Got Talent,' please call 516-869-6311 or 311.

[Learn more](#)

Town Releases Drive-In Movie Schedule for August

Join us this August for our drive-in movies series featuring: Trolls World Tour, Back to the Future, The Lion King (2019), Coco and Star Wars: Episode IX – The Rise of Skywalker. All showings will be held at North Hempstead Beach Park in Port Washington.



- Saturday, August 8, 2020 - Back to the Future
- Saturday, August 15, 2020 - The Lion King (2019)
- Saturday, August 22, 2020 - Coco
- Saturday, August 29, 2020 - Star Wars: Episode IX – The Rise of Skywalker

Cars will be admitted beginning at 8 p.m. and the movies will start at 9 p.m. Registration will begin on July 27. While the events are FREE, the Town is

encouraging attendees to bring non-perishable/canned foods to each showing as part of North Hempstead's donation drive. Residents **must register** their cars in advance by visiting NorthHempsteadNY.gov/drive-in or by calling 311. Registration is open to residents even if they have registered and attended a Town drive-in movie before.

There will be no food available for purchase at these events. However, residents are encouraged to bring their own snacks. Restroom facilities will be available.

For more information, please call 516-869-6311.

[Learn more](#)



Drive-In Concert Schedule for August

This summer we will be hosting a drive-in concerts series which will be sponsored by Ridgewood Savings Bank and will be held on:

- Friday, August 7, 2020 at 8:30 p.m. – Captain Jack (Billy Joel Tribute) – North Hempstead Beach Park
- Friday, August 28, 2020 at 7 p.m. - That Motown Band (Motown cover band) at Clinton G. Martin Park

Cars will be admitted starting one hour prior to the show. Registration is now open. Residents must show proof of residency.

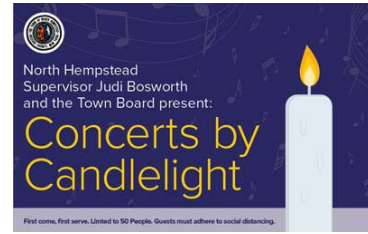
While the events are FREE, the Town is encouraging attendees to bring non-perishable/canned foods to each concert as part of North Hempstead's donation drive.

There will be no food available for purchase at these events. However, residents are encouraged to bring their own snacks. Restroom facilities will be available.

For more information, please call 516-869-6311.

"Concerts by Candlelight" Concert Series

On Tuesdays and Thursdays during the month of August, the Town will also host the "Concerts by Candlelight" series at various parks throughout North Hempstead. Locations will include: Whitney Pond Park, North Hempstead Beach Park, Clark Botanic Garden, and Martin "Bunky" Reid Park.



Upcoming dates include:

- Tuesday, August 4, 2020 at 7:30 p.m. – Ken McGorry (music from the 70s and 80s) – Clark Botanic Garden
- Thursday, August 6, 2020 at 7:30 p.m. – Squeaky Clean (family friend rock and roll band) – North Hempstead Beach Park
- Tuesday, August 11, 2020 at 7:30 p.m. – Conga (Gloria Estefan and Miami Sound tribute) – Whitney Pond Park
- Thursday, August 13, 2020 at 7:30 p.m. – Caribbean Vibe Steel Drum Band – Martin "Bunky" Reid Park
- Tuesday, August 18, 2020 at 7 p.m. – Cold Spring Harbor Band (Billy Joel Tribute) – Clark Botanic Garden
- Thursday, August 20, 2020 at 7 p.m. – NY Exceptions (classic oldies tunes) – North Hempstead Beach Park
- Tuesday, August 25, 2020 at 7 p.m. – Nitework (music from the 60s, 70s and today) – Whitney Pond Park

- Thursday, August 27, 2020 at 7 p.m. – The Clusters (doo-wop) – Martin “Bunky” Reid Park

Residents will be admitted on a first come, first serve basis and limited to the first 50 individuals. To aid with social distancing guidelines, residents will be asked to stay within their designated seating circle which will all be six feet apart.

While the events are FREE, the Town is encouraging attendees to bring non-perishable/canned foods to each concert as part of North Hempstead's donation drive.

There will be no food available for purchase at these events. However, residents are encouraged to bring their own snacks. Restroom facilities will be available.

For more information, please call 516-869-6311.



Fall STOP Events - Saturday, October 17 and Sunday, October 18

Town of North Hempstead Supervisor Judi Bosworth and the Town Board are reminding residents to save the date for the fall Stop Throwing Out Pollutants (S.T.O.P.) events which will take place on Saturday, October 17 and Sunday, October 18 from 9 a.m. until 3 p.m. at North Hempstead Beach Park, North lot.

The S.T.O.P. program offers Town of North Hempstead residents the opportunity to dispose of dangerous and chemical waste that is too dangerous to dispose of with routine curbside pickups. Residents can dispose of items such as aerosols, household chemicals, pesticides, disinfectants, fertilizers, bulbs, thermostats, rechargeable and lithium batteries, TV's and computers. Oil-based paints, on the other hand, are considered hazardous, and will be accepted at any S.T.O.P. program.

For more information on the S.T.O.P. program, please

call 311 or (516) 869-6311 or visit the link below.

[Learn more](#)



Hot Weather Safety Tips & Cooling Centers Informaton

Please be advised, if there is a heatwave with high humidity predicted for our area, the Town will open various cooling centers to help residents stay cool, avoiding heat exhaustion. These sites offer residents air conditioning, cold water, masks and hand sanitizer along with a place to sit and relax while they escape temperatures in the high 90s. To find out if a cooling center is open and its hours, please call 311 or 869-6311.

The Town's current cooling locations include:

The Town of North Hempstead “Yes We Can”
Community Center
141 Garden Street, Westbury

Clinton G. Martin Park
1601 Marcus Ave., New Hyde Park

Port Washington Senior Center
80 Manorhaven Blvd., Port Washington

The following tips may help you stay cool and comfortable all summer long:

- Stay well-hydrated by drinking plenty of water throughout the day.
- Wear clothing that is light-colored, lightweight, loose and absorbent. Cotton is a good choice.
- Eat fruits and vegetables to replace nutrients.
- Wear a wide brimmed hat when going outdoors.
- Take cool baths and shower once or twice a day.
- Limit caffeine and alcoholic drinks.

- Check the daily heat index in the newspaper to alert you to risk of heat related illness.

Mobile App for WCWP-88.1

Download the mobile App for WCWP-88.1 FM to listen to the Project Independence and You Radio Show every Friday 10 a.m. to noon on WCWP 88.1FM or go to www.WCWP.org on your iPad, tablet, mobile phone or computer.

[Learn more](#)



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Judi Bosworth
Supervisor

Viviana L. Russell - Peter J. Zuckerman - Angelo P. Ferrara
Veronica Lurvey - Lee R. Seeman - Mariann Dalimonte
Council Members

Wayne H. Wink, Jr.
Town Clerk

Charles Berman
Receiver of Taxes

Mailing address: 220 Plandome Road, Manhasset, NY 11030

Telephone: 516-869-6311
<http://www.tonhprojectindependence.net/>