



TOWN OF NORTH HEMPSTEAD
SUPERVISOR JENNIFER DeSENA, THE TOWN BOARD AND
THE DEPARTMENT OF SERVICES FOR THE AGING PRESENT:

Caregiver to a Spouse Support Group via Zoom



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.*

If you are age 60 or older and a resident of the Town of North Hempstead, you can take advantage of this group.

Facilitated by:
Gail Selis, Gerontologist (EAC/Project Independence)

Zoom Group Meets on Wednesdays from 3 p.m. to 4 p.m.

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

*TUNE IN TO PROJECT INDEPENDENCE AND YOU -- ON WCWP – 88.1 FM RADIO or WCWP.org – EVERY FRIDAY BETWEEN 10 AM
AND NOON...for great information, entertaining guests, and more!*

CALL 311 OR (516) 869-6311
NORTHHEMPSTEADNY.GOV

Town of North Hempstead
Project Independence