

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

Project Independence E-News

Project Independence July 2020 Newsletter



Virtual FunDay Monday

The Town of North Hempstead Supervisor Judi Bosworth and the Town Board have announced that this year's 2020 FunDay Monday series will be held virtually and broadcast on North Hempstead TV (NHTV) channel 18 or 63 on Cablevision and channel 46 on Verizon FIOS or by visiting www.mynhtv.com. The program will begin airing on July 6, 2020. Each Monday throughout the summer, residents can tune in from 11 a.m. to 1 p.m. to see a new episode. A special Health Fair show on July 27 and a Salute to our Veterans and Armed Forces will air on August 24.

'Zoom' to New Heights with Project Independence

Since the beginning of the COVID-19 crisis, the Project Independence and You radio show wanted to continue to provide timely and important information to the senior residents of North Hempstead, caretakers and service professionals. Tune in to listen to 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. You can also visit www.mynhtv.com.

Check out these July & August Shows-
July 17 - Kathleen Otte (Bi-Regional Administrator, Administration for Community Living (ACL) to discuss Aging in Place Issues during these Challenging Times

July 24 - NYS Senator Anna Kaplan to discuss NYS Senate Updates in regards to Covid-19 Pandemic

July 31 - Nassau County Executive Laura Curran to discuss Nassau County Updates in dealing with COVID-19 Pandemic and Moving Forward

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.

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.

HELPING HANDS



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.

Virtual Program: Join a Project Independence Advisory Committee via Zoom and Make a Difference!

Project Independence virtual advisory committee meetings are being held on Zoom. Join us at an upcoming Project Independence Zoom Advisory Committee to discuss the needs of Town residents 60 and over and offer suggestions for new programs.

Region 1: New Hyde Park Area - August 24, 2020 at 10 a.m.

Region 2 & 3: Great Neck/Manhasset Area - July 16, 2020 and August 20, 2020 at 10 a.m.

Region 4: Port Washington Area - July 28, 2020 and August 25, 2020 at 10:30 a.m.

Region 5: Roslyn Area - July 9, 2020 and August 13, 2020 at 10 a.m.

Region 6: Westbury/Carle Place Area July 15, 2020 and August 19, 2020 at 10 a.m.

Region 7: Mineola/Williston Park Area - July 20, 2020 and August 17, 2020 at 10:30 a.m.

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



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.



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.

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.



World in Motion via Zoom- Wednesday, July 15, 22, 29 and 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.



Project Independence Social Discussion Group - Thursday, July 16, 23, 30, 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.

What Matters to You Men's Community Group - Friday, July 17, 24, 31, 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.



Technology for the Terrified: Internet - Safety - Tuesday, July 21, 2020

Presented by Barbara Mehlman (Project Independence Volunteer). Come join us via Zoom and learn how to safely use the internet and avoid getting scammed on Tuesday, July 21, 2020 from 1 p.m.-2 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.

Telemedicine: How to Manage a Virtual Visit with Your Health Care Provider - Wednesday, July 29, 2020

Presented by Janet Golon, RN, Kelly Steinmann, RN & JoAnne Tricarico, RN (PI/Northwell Nurses). Telemedicine refers to the practice of caring for patients remotely when the provider and patient are not physically present with each other. Come join us via Zoom to learn how to navigate these visits with your health care providers on Wednesday, July 29, 2020 from 11 a.m.-12 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.





Town Pools Open for the Summer

Town pool facilities are open for the summer season. This includes pool facilities located at Manorhaven Beach Park, Martin “Bunky” Reid Park, and Whitney Pond Park. Please note that these facilities are open to all Town residents. And for the 2020 summer season, the Town will be waiving all fees for pool facilities. The pools at Clinton G. Martin Park, Michael J. Tully Park, and Harbor Hills will be opening at a later date.

Early Hours at North Hempstead Beach Park

North Hempstead Beach Park is now 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.

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

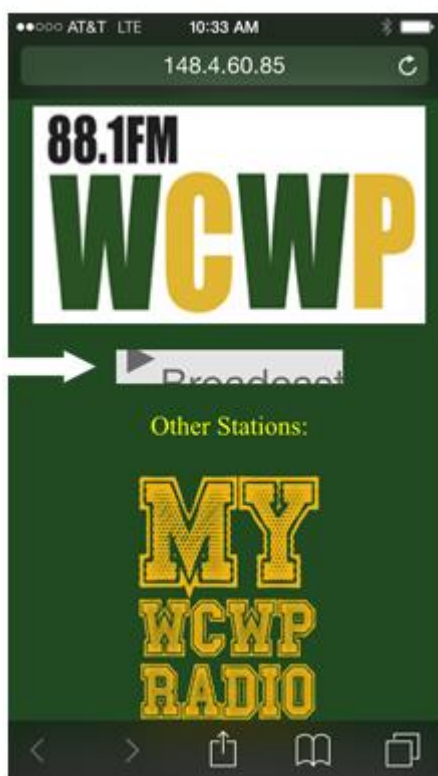
waste that is too dangerous to dispose of with routine curbside pickups. Residents can dispose of items such as aerosols, household chemicals, pesticides, disinfectants, fertilizers, bulbs, thermostats, rechargeable and lithium batteries, TV's and computers. Oil-based paints, on the other hand, are considered 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.



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.



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