



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. 18 NO. 1

SPRING 2024

Message From Supervisor DeSena:



Perhaps you've heard of Dan Buettner, founder of the "Blue Zones" concept. With help from National Geographic and the National Institute on Aging, this gentleman and his team studied worldwide census data and were able to pinpoint five areas where people are living notably longer and healthier lives. In no particular order, they are: Ikaria, Greece; Loma Linda, California; Nicoya, Costa Rica; Okinawa, Japan; and Sardinia, Italy. These places have the highest concentration of centenarians in the world, and the research team was able to zero in on key practices that can be applied to build healthier communities. As expected, activity, outlook, and diet are important, but most notable was how seniors BUILD CONNECTION with others. This edition of the Pioneer takes a look at that phenomenon and shares some tips on how to do just that. I hope you find it helpful and please know that you are very much a valued part of your Town – The Town of North Hempstead.

Best regards,

Jennifer DeSena,
North Hempstead Town Supervisor



POWERED BY CONNECTION: MAY 2024

Celebrating Older Americans Month: Powered by Connection

Established in 1963, Older Americans Month (OAM) is celebrated every May. Led by a federal agency, the Administration for Community Living (ACL), OAM is a time to recognize older Americans' contributions, highlight aging trends, and reaffirm commitments to serving the older adults in our communities.

This year's theme, "Powered by Connection," focuses on the profound impact that meaningful connections have on the well-being and health of older adults — a relationship underscored by the U.S. Surgeon General's Advisory on the Healing Effects of Social Connection and Community.

"It's not just about having someone to chat with, it's about the transformative potential of community engagement in enhancing mental, physical, and emotional well-being." According to the ACL, by recognizing and nurturing the role that connectedness plays, we can mitigate issues like loneliness, ultimately promoting healthy aging for more Americans.

What can individuals do to connect?

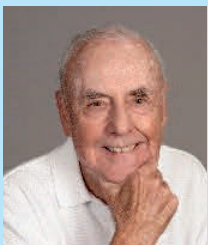
- Invite more connection into your life by finding a new passion, joining a social club, taking a class, or trying new activities in your community.
 - Stay engaged in your community by giving back through volunteering, working, teaching, or mentoring.
 - Invest time with people to build new relationships and discover deeper connections with your family, friends, colleagues, or neighbors.
 - Project Independence offers endless possibilities to connect. Sign up for a social group, advisory committee, exercise class or educational program.
- Call 311 or 516-869-6311** to get connected to the Project Independence family.

For more information, visit the official OAM website and follow ACL on X, Facebook, and LinkedIn. Join the conversation on social media using the hashtag #OlderAmericansMonth.

SOUND SUGGESTIONS FROM OTTO LOHSE:

Tips to Achieve a Healthy Adult Child and Parent Relationship during the aging chapter of life

By Otto Lohse, (Project Independence Volunteer & Co-Host of the PI and You Radio Show)



Aging is a normal part of life, and we must be willing to talk about it. The aging process is a very complex chapter in life and many books have been written on the subject. My goal here is to provide a brief check list to encourage thought, conversation and actions on how adults and their adult children might handle this time in life. There are many variables based on what stage the person is in related to mental, physical health and their living environment. Another major variable is who is part of their *Circle of Support* and will they be prepared to help if needed.

This isn't based on a scientific study, but on many conversations with family, friends and golf mates who have gone through this chapter of life on both sides – adult child or adult parent. The earlier the adult and child talk about wishes and plans, the more likely to have a peaceful and loving relationship.

Mutual - Adult Parent and Adult Child

- Basic elements of a good relationship must be followed- respect, compromise, listening and a commitment to working together
- Putting yourself in the shoes of the other person.
- Take a positive attitude to the situation rather than doom and gloom
- What does the adult really want from their adult children and vice-versa?
- How do you find a balance between caring and controlling?
- Open communication with listening on both sides, not preaching
- Have a family or Circle of Support meeting
- What is your vision of the future if the caregiver and home environment can no longer safely meet the needs of the adult parent?

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6 Great Reasons to Spend More Time With Others

Socialization is vital for physical, mental and emotional health.

Connecting with friends, family and acquaintances ...



Protects the brain. Loneliness is a dangerous state of being. It raises the risk of Alzheimer's disease, stroke and falls.



Provides mental stimulation. Puzzles and education are all good brain exercises-but interacting with other people is even better.



Nurtures a support network. Friends can help us when we need help ... and helping our friends promotes self-esteem and a sense of purpose.



Boosts the immune system. People with strong social connections are better able to fight off infections that cause disease.



Encourages healthy behaviors. Close connections make it more likely we'll exercise, eat well and manage our health conditions.



Decreases pain. Brain chemicals released when we're socializing can lessen the impact of pain. We might even need less medication!

TO HELP OLDER LOVED ONES EXPAND THEIR SOCIAL CONNECTIONS, CHECK OUT:

senior activity program
social media
volunteer opportunities

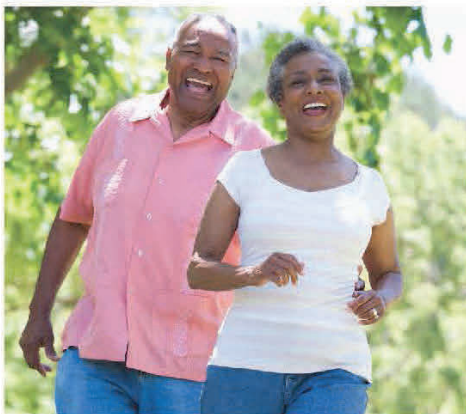


faith communities
classes
community organizations



HEALTHYLIVINGTIPS

Get Set for a Healthy Summer



In most parts of the United States, the beautiful colors and temperate weather of summer are a welcome break from the cold grey of winter. But warm weather can lead to serious health risks .

Start planning now to avoid some of the health risks summer can bring by following these tips:

- **Keep cool.** Make sure your home’s air conditioner or climate control system is working properly. If you do not have climate control, think about public places where you can go to comfortably spend time on hot days. Some examples include local senior centers, libraries, shopping malls and movie theaters.
- **Stay indoors.** Plan your summer activities so that you are indoors during the hottest part of the day. Run your errands early in the morning or at dusk when the temperatures drop slightly.
- **Cover up.** When you do need to go outside, protect yourself from the sun by wearing plenty of sunscreen, and invest now in a comfortable, wide-brimmed hat.
- **Stay hydrated.** Make sure you have a supply of water and plenty of ice in your home. And if you are going out, take a bottle of water with you.
- **Breath easy.** Spend less time outdoors on humid days, especially if you are allergic to pollen or live in an area where there is a lot of air pollution.
- **Stay informed.** Throughout the summer, follow your local weather reports to find out when your community is experiencing severe heat and humidity

Useful Resources

Administration on Aging Health Related Resources

http://www.aoa.gov/AoARoot/Preparedness/Resources_Individuals/Health_Resources.aspx

National Institutes of Health Medline Plus - Heat Illness

<http://www.nlm.nih.gov/medlineplus/heatillness.html>



FOR MORE INFORMATION ABOUT AOA U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES, ADMINISTRATION ON AGING, WASHINGTON, D.C. 20201

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The Project Independence and You Radio Show on LIU Public Radio

The *Project Independence and You Radio Show* is in its 13th year and is dedicated to disseminating important information to the North Hempstead community, especially senior residents.

Tune in to the *Project Independence and You Radio Show* on **Fridays from 10 a.m. to 12 p.m. on WCWP 88.1 FM or wcwp.org or download the app.** 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!

If you have any suggestions regarding possible topics or guests, **please contact 311 or 516-869-6311.**

If you missed an episode, visit **www.northhempsteadny.gov/PI-Radio-Shows** or on the WCWP Studios YouTube page. Check out full episodes on North Hempstead TV, on Cablevision Channel 18 or 65 or Verizon FIOS Channel 46, visit **www.myNHTV.com** for up-to-date schedules.

Upcoming St. Francis Outreach Bus: Free Health Screenings

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 **NO APPOINTMENTS REQUIRED.**

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Tips to Achieve a Healthy Adult Child and Parent Relationship during the aging chapter of life

Adult Parent

- We all want to maintain independence and some degree of control over our lives, but we also want to get help when needed. Compromise is required.
- Understand that you must give up some control and help your support team by giving them information. This could be health, financial, end-of-life planning and your wishes.
- What personal needs do you have that your support team should be aware of?
- You must be willing to talk with your support team about what kind of help you might want now or in the future.
- Express your views but be an open-minded partner.

Adult Child

- Understand the difficulty for your parents in giving up independence and control of their life. You won't totally understand until you someday are in their shoes.
- Ask your parents, what they want from you – listen to them – treat them with respect.
- Be their advocate, not their self-appointed protector.
- Don't tell your parents what to do, instead offer up choices.
- Patience is a virtue when helping aging parents.
- You have busy lives but try to fit in time for supporting your parents without making them feel like a burden to you.
- Call your parents – social media is good, but phone calls are more meaningful.
- Provide support with love, not just as a duty.

Conclusion

You might consider reading this check list together as a conversation maker. Also, consider contacting Project Independence for guidance in planning for/or while living this chapter of life at **311 or 516-869-6311.**

Dates and protocol are subject to change. **Please call 311 or 516-869-6311** before going to a location. Screenings are from 10 a.m. to 2 p.m.

Tuesday, May 7 - Fuschillo Park

Tuesday, May 14 - Great Neck Social Center

Wednesday, June 5 - Magnolia Gardens

Thursday, June 13 - Manhasset Valley Residence



Staying Connected with Technology: Facebook

Administration on Aging-Eldercare Locator

People of all ages are using the internet, cell phones and other technologies to communicate with family and friends in new and exciting ways. In a matter of seconds, you can send a message to your son, receive a photo from your granddaughter or email an invitation to a family gathering. While younger people are typically the “experts” on these new resources, many older adults also utilize the internet, social media and cell phones to communicate and receive information. These tools are an effective way to connect with your family, friends and community resources, particularly children and young adults.



Facebook is a social networking service and website with hundreds of millions of active users worldwide. On Facebook you can create a personal profile page to connect with family members, add other users as “friends” and exchange messages. Additionally, you can join common interest groups organized by various characteristics.

How: To create a profile page you must have an email address. Sign-on to www.facebook.com and fill in your information to create the page. You then have the option to add photos and additional information about yourself.

When to use: Connect with your family, friends, organizations, causes and acquaintances all over the world. You can “friend” or “like” other users in order to follow their activity. Facebook makes it easy to send messages to grandchildren or organize a group of friends.

Tips about privacy and safety:

- Only become friends with people you know.
- Do not list your home address or phone number.
- Learn about the privacy settings that help you control what people see on your profile page at www.facebook.com/help.

User Tips:

- When someone posts a message or photo on your profile page you will receive an email.
- The right hand column of your page is typically advertisements; avoid clicking these links.
- You can search for organizations, groups and information that interest you. Click the “like” button at the top of the page to receive automatic updates about their activities.
- Only add photos, videos and content that you want others to see.
- Search for friends through schools you attended, places you have worked and mutual friends.
- You should use “messages” (similar to an email via your Facebook account) to send private notes to other Facebook users and “wall posts” (see box) for information visible to all users.
- Your “friends” can post photos of you on Facebook. If you do not want the photo on your profile page, delete it by clicking “remove tag” next to your name in the photo caption.

Facebook Etiquette: Avoid constantly updating your status. Be aware of tone and use of sarcasm when posting.

WALL POST - Each Facebook account has a “wall.” These are like community chalkboards where the account holder or their friends can post messages, links, videos or pictures.

STATUS UPDATE - Messages users post on their profile page for their friends to read. Friends are also able to comment on or “like” the status.



Project Independence Highlights

- In 2023, there were 26,452 service requests (SR) for Project Independence (PI). There were 53,950 service requests for the entire Town. PI's SR total accounted for 49% of all SRs created Townwide in 2023. Since 2009, there have been 347,345 service requests for Project Independence. There are over 17,000 Project Independence members.

Social Work and Nursing Statistics

In 2023, the Project Independence (PI) Social Work and Nurse Teams were dedicated to working together to help seniors age in place by providing direct service, programs and connections to community resources. They provided 43,359 units of service to over 2,500 unduplicated individuals. Nursing services include blood pressure screenings and monitoring of other chronic conditions, health information and education, medication management counseling and information, referrals to various healthcare services, fall prevention screenings, brain games, health programs and more. Social Work services include individual, family and group counseling, bereavement support, caregiver assistance, entitlements and benefits assistance, referrals to home maintenance programs, financial counseling, food and nutrition, mental health support, respite care, health insurance referral information, support groups, veterans assistance and more.

The PI Social Work and Nurse Teams are available for phone appointments, in office and/or home visits. 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+.

Since 2010, PI has been the recipient of the 5310 FTA grant (managed by NYSDOT) "Enhanced Mobility of Seniors & Individuals with Disabilities" and has been awarded, \$1 million dollars for each 3-year cycle, since 2013. In 2023, 27,142 rides were provided. Since 2009, 410,696 rides have been provided (shopping and medical).

Please call 311 or 516-869-6311 to learn more about the PI Taxi service or to book your taxi reservation.

Project Independence Exercise Classes

Project Independence offers various FREE exercise classes including Yoga, Line Dancing, Low Impact Aerobics, Tai-Chi, Zumba Gold, Fitness and more! To date, there are over 10,000 views of PI Exercise classes virtually including YouTube, NHTV, etc. During the summer, outdoor classes were offered at the Funday Monday program, including Line Dancing, Fitness, Pickleball instruction and open Pickleball games. On average, over 300 seniors participated each week.

The PI exercise classes are also broadcasted 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.

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.

Project Independence is partnered with two local community-based organizations to provide minor home maintenance and repair. The TRI Help at Home Program

is designed to train individuals with disabilities supervised by a job coach to work in entry-level employment to provide FREE assistance with gutter cleaning (1st floor), light yard work, moving heavy items, window washing (1st floor), replacing batteries and lightbulbs, and floor care (mopping and sweeping), 1,645 constituents have utilized the program since 2010. Rebuilding Together LI is a program to repair and rehabilitate the homes of low income, elderly and disabled homeowners. All repairs performed by Rebuilding Together LI, Inc. are completed by retired skilled volunteers at no cost to the homeowner. This is an income-based program. In 2023, over 30 constituents had assorted home improvements including grab bars, railings, weatherization and various repairs.



Town of North Hempstead
 220 Plandome Road
 Manhasset, NY 11030

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 Permit No. 460

Upcoming Project Independence Social Groups Programs

Diabetes: What You Need to Know Series

Wednesdays-May 22, 29, June 5, 12 from 1-2:30 p.m.
 Yes We Can Community Center

Mens Group

Fridays-10:30 a.m., Hillside Public Library & Virtual

Project Independence Social Discussion Group

Thursdays at 11:30 a.m., Zoom

Blankets of Love

Tuesdays at 1 p.m., Clinton G. Martin Park

Golden Hearts Bingo & Blood Pressure Screenings

Thursdays at 12 p.m., Roslyn Community Center

Bridge Program Beginner Class & Intermediate Class

Wednesdays at 10 a.m.-11:30 a.m. (Beginner), 11:30 a.m.-1 p.m. (Intermediate), Yes We Can Community Center

Call 311 or 516-869-6311 for schedule and to register.

Need Technology Help??? Come visit the SMART VAN!

The SMART Van is a new and innovative program which is designed to help older adults stay engaged with technology. Come and receive technological training, connections to resources, and informal counseling. Bring your cell phone, laptop or tablet to receive direct assistance. Appointments are not necessary.

Friday, May 17, 2024 from 10 a.m. to 2 p.m. at the "Yes We Can" Community Center

Friday, June 21, 2024 from 10 a.m. to 2 p.m. at the Port Washington Adult Activities Center

S.T.O.P (Stop Throwing Out Pollutants) Program

Saturday, June 29 from 9 a.m. to 3 p.m. at Westbury High School

The S.T.O.P. (Stop Throwing Out Pollutants) program offers residents for North Hempstead the opportunity to dispose of their household hazardous waste in an environmentally friendly manner and shredding services.

Join a Project Independence Advisory Committee-Get Connected 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! Meetings are at 10 a.m. and meet both in person and virtual. May 15, June 12, September 18, October 16, November 20, December 18 (PI Holiday Party) at Clinton G. Martin Park.

Spring Festival

Saturday, May 4 from 12 p.m. to 5 p.m. at Clark Botanic Garden

Enjoy with wildlife presentations, garden tours, arts and crafts, character meet-n-greets, and more!

Asian-American Festival

Saturday, May 18 from 11:30 a.m.-5 p.m. North Hempstead Beach Park

Come and enjoy cultural performances and market of a variety of Asian countries.

Funday Monday

will offer seniors from across the Town the opportunity to experience fun entertainment, games, crafts, fitness and more! Every Monday* from July 8-August 19 from 10 a.m.- 2 p.m. at North Hempstead Beach Park.

Health Fair - July 29 and Hometown USA August 19

*Rain Dates-Thursday of same week if there is rain on Monday.

Call 311 or 516-869-6311 for more information.

If you are interested in receiving monthly updates about all things going on in Project Independence and throughout the town, call 311 or 516-869-6311 to sign up for the monthly email newsletter.



Town Supervisor
Jennifer DeSena



Council Member,
 District 1
Robert Troiano, Jr.



Council Member,
 District 2
Edward Scott



Council Member,
 District 3
Dennis J. Walsh



Council Member,
 District 4
Christine Liu



Council Member,
 District 5
David A. Adhami



Council Member,
 District 6
Mariann Dalimonte



Town Clerk
Ragini Srivastava



Receiver of Taxes
Mary Jo Collins

Call 311 or visit www.northhempsteadny.gov for more Town information.

STAY CONNECTED

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