



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. 16 NO. 1

SPRING 2022

MESSAGE FROM SUPERVISOR DESENA:

Dear Project Independence Member,
Welcome! I am your new Town of North Hempstead Supervisor Jennifer DeSena and I am so honored to be taking over the reins of the Town. I promise to continue working to deliver our great programs and events, including all the good work that Project Independence does for our older residents. As we continue to adapt to the “new normal” that the pandemic has forced upon us, be assured that the Town will never stop working to provide the critical services our residents need and deserve.

During my time in office, I promise that working to meet the needs of seniors seeking support and assistance to live independently will be a top priority. This issue of the Pioneer has helpful information regarding the Circle of Support, staying motivated to exercise, mindful eating, helping seniors be independent through the use of technology, and so much more. I hope you find this information useful, and make sure to stay safe as we continue to move through this everchanging pandemic together.



Best wishes and warmest regards,

A handwritten signature in black ink that reads 'Jennifer S DeSena'.

Jennifer DeSena
North Hempstead Town Supervisor



The Top 5 Alexa Features to Help Seniors Be Independent

by Esther C. Kane & Robin Schiltz

(Senior Home Safety Specialists-SeniorSafetyAdvice.com)



Alexa is a voice assistant, like Siri or Cortana. You can ask it to set alarms and timers, look up the weather forecast, check your calendar, and more.

There are several types of Alexa devices but the ones most recommended are the Echo Dot and the Echo Show.

The Echo Dot

The Echo Dot is the smallest version in the line of Alexa devices. It comes in a small variety of colors and with its small size and small price – you can afford to purchase several and put them throughout your home. It's perfect for small spaces!

The Echo Show

The Echo Show device is honestly my favorite for many reasons. I recommend the 10 inch version just because it's easier for older adults. You can also use it for video chats, shopping and much more.

These devices allow you to tap into the very large library of features that Alexa calls "skills". Here are the top 5 "skills" that I recommend for older adults.

1. Ask My Buddy Skill

One of the best features Alexa offers for seniors is the ability to set up someone as your "buddy" so that in case you need help you can ask Alexa to contact them immediately. This can alert several people that you assign to the Ask My Buddy program.

2. Drop In Skill

This skill is used through the Amazon Echo Show device. The drop in skill does exactly what it sounds like. It literally allows someone with an Amazon Echo Show device to "drop in" on another person with an Echo device – visually. Think of it as turning on a video camera into the other person's room. Of course, the person being monitored has to give his/her Echo Show device permission to allow a specific person to "drop in" on them. It's a great tool for adult children caregivers who need to visually monitor a senior loved one.

3. Show and Tell Skill

A new skill launched in September 2019 is Show and Tell, which is used on the Echo Show. It gives anyone who is blind or visually impaired the opportunity to find out what they are holding simply by showing the product to the camera on the Echo Show.

This currently works only for objects / products that have written text on them like a can of soup or a box of instant rice, etc.

4. Calling 911

You can use Alexa to call 911 but you will need the paid version of the Buddy Skill to do that.

5. Alexa Guard

You can use Alexa to alert you if it detects the sound of an alarm (like a fire alarm or burglar alarm) or even the sound of breaking glass (if someone tried to break into your home through a glass pane or window). Pretty amazing, right?

Other Skills You May Find Useful Include...

Reminders and Notifications

Another great feature for anyone (but especially for seniors) is setting up Alexa to notify and remind you of events on your calendar or just daily events such as medication reminders.

This feature works well for adults who are dealing with some cognitive decline issues such as mild dementia.

Routines

One of my favorite additions that Alexa has done recently is the ability to set up what they call "routines".

Essentially, it's a way to set up a series of skills that you want to hear Alexa do.

An example would be...

You say "Alexa, good morning."

Alexa then tells you the time and date, gives you the weather news, then begins playing music.

All of these things were what you put into the Alexa routine so that when you would say "Alexa, good morning" she would begin the routine.



Will Read Books

If you have an account with Audible.com or Kindle, you can have your books read to you via any Alexa device.

Old Time Radio Shows

You can ask Alexa to open an old time radio show simply by saying “Alexa, open Vintage Radio.” This program features shows such as...

Dimension X, Suspense, Gunsmoke, Adventures of Sam Spade, Dragnet, The Abbott and Costello Show, The Jack Benny Program and more!

Call Friends and Family

You can make phone calls with any Alexa device and with the Echo Show device you can also make video calls to your friends and family.

Order Products from Amazon

Use your Alexa device to order products from Amazon. It’s a very easy way to order staples and other items.

Sleep Sounds

Weather and News

Listen to Music

Smart Home Applications

You can use Alexa to make your home a “smart home.” It can do things like turning on and off the light. It can also be connected to thermostats, garage doors, door locks and even the TV if you have a Fire TV or are using a Fire TV stick.

Use as a Speaker to Hear the TV Better

For more details and setup instructions visit www.SeniorSafetyAdvice.com

5 TIPS

to help you stay **motivated** to **exercise**



Being physically active is one of the most important things you can do each day to maintain and improve your health and keep doing things you enjoy as you age. Make exercise a priority with the following tips:

1 Find ways to fit exercise into your day. You are more likely to get moving if exercise is a convenient part of your day.



4 If there’s a break in your routine, get back on track. Start slowly and gradually build back up to your previous level of activity. Ask your family and friends for support.



2 Do activities you enjoy to make it more fun. Be creative and try something new!



5 Keep track of your progress. Make an exercise plan and don’t forget to reward yourself when you reach your goals.

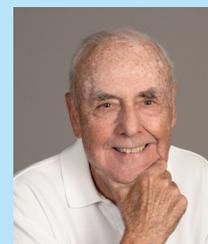


3 Make it social. Find a virtual “exercise buddy” to help keep you going and provide emotional support.



“Awe Walk”

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



When you were a kid going outside in the rain or on a winter day wasn’t a problem. A baseball bat would sting in your hand when you hit the ball. Popsicle stick races along the curb in rushing water was big fun. You might have been dressed for the weather but then again, maybe not. As we get older, we get more particular about the weather we venture out in.

As seniors, we still have to get outside for mental and physical reasons. This is what all “Dr. Google” experts say. Please take it as a fact – getting outside and moving provides a very long list of benefits. Doing this however also has a long list of possible hurdles depending on your age and health status.

What is a senior? Anyone between 60 and 100? Good health at 60 is quite different than good health at 100. What’s the point? We realize that everyone’s situation is different and how you go about going outdoors will vary greatly. In this brief article, the focus will be on walking – “awe” walking.

First step – dress for the weather. There will be days where common sense should prevail and you stay inside. Walk on a treadmill or around your dining room table.

If you are able, drive to a park and enjoy nature or just “awe walk” around in your neighborhood. An “awe walk” is a stroll in which you intentionally shift your attention outward instead of inward. Many studies have shown that a regular dose of awe can boost positive feelings. Absorb all the wonders around you – with all its problems, we truly do live in an amazing world.

Visit www.nia.nih.gov/health/staying-motivated-exercise-tips-older-adults to learn more.



The Five Essential Documents That Everyone Should Have

By Ronald A. Fatoullah, Esq.

It is important for all individuals, especially seniors, to ensure that their estate plans and all essential documents are in place. This is a brief overview of the five essential documents that all individuals should have:

Living Trust

A Living Trust is an essential document for most individuals and is created for a variety of reasons. A Living Trust can be used to protect assets (including the family home), to effectuate a Medicaid plan, to eliminate and/or reduce estate and other taxes, to provide for a disabled child, to provide for grandchildren, to avoid probate, to protect children of blended families, and for many other situations. The use of a trust can be an effective way for an individual to determine what happens to his/her assets not only during his/her lifetime but also after death.

Power of Attorney

A power of attorney (“POA”) is a legal document which allows a person (the “principal”) to appoint another individual (the “agent”) to act on his or her behalf with regard to financial matters. Therefore, should an individual become incapacitated and unable to make his/her own financial decisions in the future, the agent can act for the individual. This helps to prevent a time-consuming and expensive guardianship action in the future. It is critical to consult with an experienced elder law attorney as there are many important modifications that must be added to the POA to provide for proper Estate and Medicaid planning.

Last Will & Testament

A Last Will and Testament will help to ensure that an individual’s assets pass to his/her intended beneficiaries upon death. A Will can be a complex legal document that can include various provisions depending on the individual’s specific circumstances. For example, an individual who has a child or grandchild with special needs may want to include provisions in his/her Will that will prevent the child’s inheritance from jeopardizing his/her government benefits. It is very important that all family issues and financial situations are discussed with the attorney prior to finalizing a Will.

Health Care Proxy

A Health Care Proxy is a document whereby an individual (the “principal”), appoints an agent (the “proxy”) to make health care decisions in the event the principal is unable to do so.

It is critical for an individual to discuss his/her wishes with the proxy so that health care decisions will reflect the principal’s wishes. A provision regarding feeding tubes should be included in the Proxy.

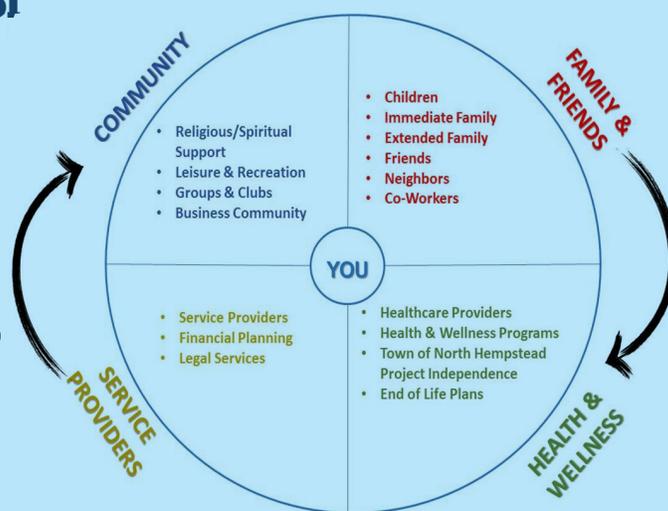
Living Will

A Living Will is an advance directive that expresses the health care wishes of an individual. This document is used in conjunction with a Health Care Proxy to enable the proxy to make appropriate health care decisions.

Circle of Support-A Life Planning Tool

The fundamental mantra of Project Independence is planning, planning, planning! The Project Independence Circle of Support is a life planning tool that includes trusted people, organizations, and other resources that come together to help you live a more healthy, social and productive life in your community. “YOU” control the process so that you can be the “Director of Your Life.” Your Circle is always changing as life circumstances change for you and members of your support pool. This tool helps to identify who is part of your Circle, and helps you determine the strengths and weaknesses in your Circle of Support.

You can request the Circle of Support booklet in a hard copy or in a digital fillable version. Please call 311 or 516-869-6311 to request your copy today!





Mindful Eating

by Nicole Borukhov, MS, RDN, CDN

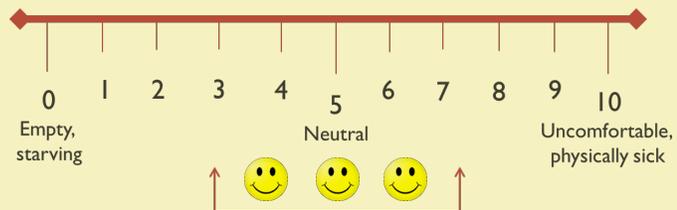
Community Nutrition Educator, Cornell Cooperative Extension of Nassau County

Mindfulness is a technique in which we focus our full attention only on the present, experiencing thoughts, feelings, & sensations but not judging them. Mindful Eating is paying attention while eating to physical reactions, as well as thoughts and feelings, without judgment. Being mindful of the food you eat can promote better digestion, keep you full with less food, and influence wiser choices about what you eat in the future. It can also help you free yourself from unhealthy habits around food and eating.

Eat in a healthier, more balanced way!

Mindful Eating at Home

- Plan and portion out your snacks and meals. This will make it easier to avoid grazing on whatever looks tastiest and quickest in the moment. Check the serving size on the label if you need extra guidance.
- Focus on real food, include protein, fiber, healthy fats, fruits, and veggies.
- Be careful of too much caffeine and drink plenty of water.
- When you eat, just eat! Distractions can lead to over-eating and decrease satiety.
- Know your hunger and fullness cues. Use a hunger scale ranging from 0 to 10 (0 being the most hungry and 10 being the least hungry). Staying in the moderate hunger and fullness ranges (from a 3-7) will help you avoid extremes in hunger and fullness.



Town of North Hempstead

Project Independence and You!

Radio Show
Fridays 10 am

Project Independence
LIVE

Go to www.WCWP.org
and click on the
Watch Project Independence LIVE
button on the home page!

Anyone can now join the Zoom webinar to watch the Project Independence and You Radio Show LIVE! All you have to do is call 311 or 516-869-6311 for the link.

Project Independence and You is on Fridays from 10 a.m. to 12 p.m. on WCWP 88.1 FM or wcwp.org or download the app. Past episodes are available at 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. The show usually airs at 9 a.m. and 2 p.m. daily, but check out www.myNHTV.com for up to date schedules.



Fridays at 10 a.m. on Zoom!



PI Transportation Program

Since 2009, 355,668 PI taxi rides have been provided for Town residents to go food shopping and/or to their medical appointments.

In 2021, there were 31,052 PI taxi rides.

The Project Independence taxi transportation program, at the start of the pandemic, immediately adapted all safety measures to keep PI Taxi riders safe while continuing to provide vital transport for our Town seniors 60+ and residents 21+ with disabilities. Safe travel and efficient operation continue to be the priority. The following PI transportation updates have been implemented:

- Ride sharing has been reimplemented for both medical and food shopping trips.
- PI Taxi food shopping continues to be FREE to the rider, is available twice a week – you choose which weekday – and operates between 10 a.m. & 2 p.m.
- PI Taxi medical cost to riders is now \$5 or \$10 depending on where you travel: the discounted rate is, \$5 each way for a fare under \$20; \$10 each way for a fare of \$20 and over.
- Taxi drivers depend on gratuities; tipping is recommended and most appreciated.

PI Taxi Best Practices:

- Always tell the dispatcher that you are a Project Independence rider when requesting your return ride.
- Always dial (516) 869-6311 from your cell when calling 311.
- Always have your cell phone charged, the ring volume up and keep handy; your taxi driver will call you for the best pickup location, ride details, etc.
- Avoid travel during AM and PM peak hours (rush hour). Expect long delays if you book during rush hour. Taxi companies are extremely busy during these peak commute times, therefore there are less drivers available, and traffic will be heavy. The best time to travel is between 10 a.m. – 2 p.m. when taxis are less busy.

PI Taxi Reminders:

- Call at least one day in advance for your PI Taxi reservation to (516) 869-6311.
- For a next day ride, please call before 4 p.m.
- Same day rides are not available.
- PI Taxi does not run weekends.
- For assistance along the way, call the 311-Call Center by dialing (516) 869-6311.
- When using public transportation, guidelines require that masks be worn at all times.

* Please note program details subject to change.

Project Independence Spring 2022 Exercise Fitness Classes, Dance Fitness, Yoga and Tai Chi

Sign up today for an in-person PI exercise class. There is a 1 class limit per participant. Classes are filling up fast. **CALL 311 or (516) 869-6311 TO REGISTER. MUST PRESENT RESERVATION CODE BEFORE YOUR CLASS.** PI exercise will continue to follow New York State and CDC COVID-19 Guidelines.

The PI exercise program is an asset for both the physical and mental health of our Town's seniors. During the pandemic, PI exercise classes aired on NHTV daily, bringing fitness and enjoyment into the safety of our resident's homes. With its great popularity, NHTV will continue to air PI exercise indefinitely. Live PI exercise classes were offered on ZOOM in 2020 and 2021 before in-person classes returned. These ZOOM classes had over 125 seniors participating each week, all enjoyed the socialization with the other members in their ZOOM class(es) and the interaction with their favorite PI exercise instructors. In 2021, there were over 4,000 views of PI exercise classes online, and an immeasurable number of views on NHTV. During the summer of 2021, outdoor classes were offered at North Hempstead Beach Park for Funday Monday attendees, and beginning in the Fall 2021, 9 in-person classes were offered weekly at various Town locations including: Fitness Classes, Dance Fitness, Yoga, and Tai Chi, while following NYS and CDC COVID-19 Guidelines. Over 130 seniors participated each week. The Town's PI exercise program is designed for seniors of all ages and fitness levels. Class offerings can be done standing, seated on a yoga mat or a sturdy chair; comfortable clothes and appropriate athletic-supportive shoes should always be worn.

You can also watch classes on Channel 18 or Channel 65 on Optimum or Channel 46 on Verizon Fios. View the schedule at mynhtv.com/schedule You can find the exercise classes on demand at mynhtv.com/fitness





Project Independence Highlights for 2021

2021 was certainly a roller-coaster ride for us all. However, the Project Independence team continued to make it their mission to help keep seniors healthy and connected.

- In 2021, there were **26,892 service requests** for Project Independence (PI). There were 62,674 service requests for the entire Town. PI's total SR count accounted for 43% of the total SRs created in 2021. Since 2020, there has been a **26.27% increase** in PI SRs.
- At the end of 2021, the total number of Project Independence members was 15,725. 618 new members joined within 2021.

Social Work and Nursing Updates

When the COVID-19 pandemic first hit, the Project Independence (PI) Social Work and Nurse Team immediately found creative ways to connect to seniors remotely. They worked tirelessly to help ease seniors' fears of isolation, anxiety, and fears of getting food, medical management, and many other services. And as the region began to reopen, the PI team understood that there was still a level of fear and anxiety that many seniors had and continue to have.

You can now visit PI Social Workers and Nurses in their offices or schedule a home visit, and the option of telephone calls or virtual programming is still being offered. The PI Social Work and Nurse Team provided 35,771 units of service in 2021.

The PI Veterans Caseworker provided 549 units of service including support/counseling and concrete services available to veterans. The caseworker ensured veterans to be aware of hotlines if needed and introduced local veterans through phone introductions, to decrease feelings of isolation, to increase contact and be mutually supportive.

A Special Thanks to the Blankets of Love group for giving back to the Community

In 2021, The Blankets of Love Group donated 175 blankets to Family & Children's Association, SCO Family of Services, Melville Hospice Inn, AHRC, For the Love of Pete's Pantry, NUMC, Mary Brennan Inn, NYU Langone Child Life Program, Long Island Coalition for the Homeless/Hope for Youth Foster Care, TONH Vets Donation Drive, EAC Adopt a Family, and Ronald McDonald House.



Tips for Self-Care During COVID-19

During times of change and uncertainty it is ever more important to incorporate self-care and structure into your schedule. And while your typical self-care routine may no longer be available, there are ways to stay healthy and remain connected. Every day take a moment (or more) to take care of yourself.

Exercising increases energy levels, improves happiness and doesn't have to take place in a gym. Take a virtual workout class at home or spend some time outdoors walking or biking.



Exercise

Eat Healthy



The foods we choose to nourish our bodies and the way we enjoy them can have a tremendous impact on our mental and physical health. Be purposeful when restocking on groceries and pick up foods that boost your mood such as oatmeal, nuts, and even dark chocolate.

Sleep plays a major role in our overall health, improving emotional regulation and management of anxiety. It's important to get 7 to 9 hours of sleep, especially during times of stress. Try to limit your exposure to the news and social media a couple of hours before bed.



Sleep

Learn and Explore



Research shows people engaged in learning feel more confidence, hope and purpose. Keep your mind active by taking virtual tours of museums, reading, trying new recipes, or solving puzzles.

Having regular times for eating, going to bed and rising in the morning, exercising, and working or studying can help maintain a sense of normalcy.



Structure and Routines

Practice Mindfulness



Take breaks throughout the day, first thing in the morning or before bed to slow down and be present. The practice of pausing, breathing, and just "being" is essential to our well-being and mental health because it helps us reduce stress, worry less and it enhances feelings of resiliency.

Our connections with others help us cope with the ups and downs in life. Keep in contact with friends, family and co-workers through phone and video calls.



Talk with a Friend

eachmindmatters.org



Town of North Hempstead
 220 Plandome Road
 Manhasset, NY 11030

PRST STD
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 Garden City
 NY, 11530
 Permit No. 460

**Sign up today for a
 PI Social Group or Community
 Education Chat by calling 311
 or 516-869-6311**

Blankets of Love
 Tuesdays, 1 p.m. at Clinton G. Martin Park

Virtual Caregiver to a Spouse Support Group
 Wednesdays, 3 p.m.

Golden Hearts Bingo & BP Screenings
 Thursdays, 11 a.m. at Roslyn Community Center

Virtual Social Discussion Group
 Thursdays, 11:30 a.m.

Exercise for Balance & Strength, What in the
 World is Going On? Color Me Calm
 Fridays, 9:30 a.m. at Yes We Can

Virtual Men's Discussion Group
 Fridays, 10:30 a.m.

**Join a Project Independence Advisory Committee via Zoom
 and Make a Difference!**

Come and discuss the needs of Town residents 60 and over and offer suggestions for new programs. The next meeting will be both in person and virtual-Wednesday, March 16 at 10 a.m. at Clinton G Martin Park

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

Saturday, March 19 between 9 a.m. and 3 p.m.
 at North Hempstead Beach Park

Saturday, June 25 between 9 a.m. and 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.

2022 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. Screenings are from 10 a.m. to 2 p.m.

Thursday, April 7, 2022
 North Hempstead "Yes We Can"
 Community Center

Friday, April 8, 2022
 Clinton G. Martin Park

Monday, May 2, 2022
 Port Washington Adult
 Activities Center

Tuesday, May 10, 2022
 Great Neck Social Center

Wednesday, May 18, 2022
 Magnolia Gardens

Thursday, June 2, 2022
 Manhasset Valley Residence

Please note all dates and times are subject to change.
 Please call 311 or 516-869-6311 before attending a program.

VIAL OF LIFE



The Vial of Life is a program that allows individuals to have their complete medical information ready in their home for emergency personnel to reference during an emergency. This program is used to provide the patient's medical information when a patient is not able to speak or remember this information. Call 311 or 516-869-6311 to receive a Vial of Life packet.



Town
 Supervisor
**Jennifer
 DeSena**



Council Member,
 District 1
**Robert J.
 Troiano**



Council Member,
 District 2
**Peter
 Zuckerman**



Council Member,
 District 3
**Dennis J.
 Walsh**



Council Member,
 District 4
**Veronica
 Lurvey**



Council Member,
 District 5
**David A.
 Adhami**



Council Member,
 District 6
**Mariann
 Dalimonte**



Town Clerk
**Ragini
 Srivastava**



Receiver of
 Taxes
**Charles
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Call 311 or visit www.northhempsteadny.gov for more Town information.

STAY CONNECTED



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