



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. 2

FALL 2022

Message From Supervisor DeSena:



Now that the warm weather has come to an end, I hope you all had a great summer! As the calendar turns to fall and we learn to reengage with the world as we continue to adjust to the 'new normal' of living with the pandemic, this new issue of the Pioneer will be very helpful. It contains important information regarding Project Independence programs, social groups, support groups, and events, as well as tips to reconnect after quarantine, tips to boost your health as you age, and the benefits of walking, exercise, and mindfulness. I hope you find this latest issue of the Pioneer chock full of useful information that will continue to support your good health and quality of life.

Best regards,

Jennifer DeSena
North Hempstead Town Supervisor

TIPS FOR Aging Gracefully

Here are some excellent tips that can help you age gracefully:



- Exercise on a Regular Basis
- Get Plenty of Sleep
- Maintain a Balanced and Nutritional Diet
- Find a Fun Hobby
- Enjoy Life



Benefits Of Walking Outdoors

by Esther C. Kane & Robin Schiltz

(Senior Home Safety Specialists-SeniorSafetyAdvice.com)

For people of all ages, the list of benefits of spending time outdoors and engaging in walking in natural environments should be long enough to encourage you to get outside!

Honestly, no matter what age you are – the benefits of being in the great outdoors are a great way to boost your quality of life and your overall health. The list of benefits is endless-vitamin D, exercise, immune boosting, social interaction, better sleep, and a mental and spiritual boost.

And walking is one of the simplest ways to enjoy the outdoors. In fact, walking has TONS of benefits – and you can join a walking program, no matter your age. Just be sure to check with your physician for guidance, first.

What can you expect to gain by taking more steps every day?

- More positive feelings
- Leads to a healthier heart
- May reduce depression and anxiety
- May help chronic pain
- Boosts stamina and energy
- Controls blood sugar more effectively
- Helps joint flexibility
- Better coordination and balance
- Helps bone and muscle health
- Maintains weight
- Increased confidence
- Better social life
- Inexpensive

After reading this list, there should be no doubt about how beneficial it is for seniors to start a regular walking routine.

To get in a 30-minute walk, simply lace up your walking shoes and walk 15 minutes in one direction. After 15 minutes, turn around and walk back to the starting point. Voila! You just took the first steps toward a healthier lifestyle.

For more information going to www.SeniorSafetyAdvice.com.

Stay tuned for more information on the Project Independence Mindful Walking Program!

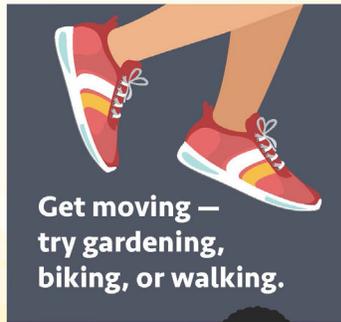
3-step process for mindful walking





Tips To **BOOST** Your Health as You Age

Did you know that making lifestyle changes can help you live longer and better? Try these tips to get started.



Get moving — try gardening, biking, or walking.



Choose healthy foods rich in nutrients.



Manage stress — try yoga or keep a journal.



Learn something new — take a class or join a club.



Go to the doctor regularly.



Connect with family and friends.

Learn more about steps you can take to promote healthy aging at www.nia.nih.gov/healthy-aging.



Register today for Fall 2022 Exercise Classes! Yoga, Tai Chi, Gentle Fitness, Dance Fitness, Line Dancing

Call 311 or 516-869-6311 to register for Fall 2022*, PI Exercise in-person classes. You must bring your confirmation letter to the class (no exceptions).

**2 class limit, excluding back-to-back classes. Must be a North Hempstead Town resident 60+.*

Space is limited, and classes are subject to change, pending CDC updates.

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 Taxi 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+.

The PI medical taxi cost to riders is \$5 or \$10 depending on where you travel: \$5 each way for a medical fare under \$20; \$10 each way for medical fare of \$20 and over. Tipping is recommended and most appreciated.

Free trips for food shopping are available twice a week between 10 a.m. and 2 p.m. You choose which day. Sharing a taxi with another rider should be expected, for medical and food shopping. All riders must continue to wear masks in the taxi.

Please avoid travel during AM and PM peak travel / rush hour. Expect long delays if you book during rush hour. The best time to travel is middle of the day when taxis are less busy.

Please call 311 or 516-869-6311 to learn more about the PI Taxi service or to book your taxi reservation. Please note that program details are subject to change.



10 Tips to Reconnecting After Quarantine

By Fran Greene, LCSWR, *The Flirting Dating and Relationship Coach and Author*



Staying home, not going out, not socializing and being a homebody has become the norm for many of us since the pandemic began in March 2020. For many of us reconnecting has been hard because the fear of Covid is still there. So, how do we get back out there, and still feel safe?

1. Be kind to yourself and do what feels comfortable

You miss going out to dinner with friends but don't feel comfortable dining indoors. It's the perfect time to try new places that have outdoor dining. Consider it a mini vacation by trying out places you would not have gone to. You are craving your favorite sushi place. Do take out and have your friends over to your house or meet at a park or an outdoor venue. Not sure if the restaurant you want to go to is too crowded for you, call the restaurant and tell them your concerns. Perhaps you can go at a time when the restaurant is slow or request to be seated in an area not too close to others.

2. Make choices that are good for you

You want to go to a wedding, party, funeral etc, you can be selective which events you attend. You do not have to go to every function that you're invited to. It's like any other decision that you make. You want to do what feels right for you at that time.

3. Don't feel pressured by friends and family

Everyone has a different comfort level. Respect each other and be honest about your feelings and see if there is any way you can figure out a way that feels right for all of you.

4. Take baby steps

Get together with one or two other people, wear a mask if that makes you feel less at risk, attend an outdoor event, go to a movie in the middle of the day, shop at off hours. Do anything to get yourself interacting with others.

5. Make compromises

You want to go to an event and your partner does not want to- consider going alone or going to part of it. (i.e. go to the wedding ceremony but not the reception, go the wedding reception but not the ceremony). Socialize sparingly, pick and choose what events you go to, and know that you are always the one to make the decision. No one can decide for you.

6. Try something new

Change up your routine. Check out a town that you have not been to; go to an outdoor concert; take a drive to a scenic location.

7. Keep up with virtual get-togethers

If virtual events feel more comfortable for you to stay connected take a class, visit with friends, have a virtual birthday party.

8. Take advantage of the warmer weather

There are so many events you can go to solo or with others such as concerts, art shows, craft fairs, the beach, the pool, etc.

9. Weigh the risk versus the reward

There will be times that you have to make a difficult decision whether to socialize or not. Only you can decide if it is more important to socialize or is it more important to feel safe.

10. Check in on friends and family who are alone

A great way to feel connected is to call or visit someone who is alone and needs your companionship. You are helping someone else and at the same time you are reducing your social isolation.

The National Library Service (NLS) for the Blind and Print Disabled

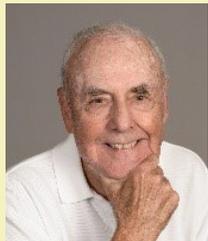
Recently, The National Library Service for the Blind and Print Disabled (NLS), Library of Congress, was featured on the Project Independence and You Radio Show. NLS administers a free national library program that provides braille and recorded materials to people who cannot see regular print or handle print materials. Access FREE talking books, braille books, magazines and more!

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Staying Connected as We Advance in Life

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



As we advance in life, things naturally change. Longtime family and friends may no longer be here, or their situation in life could have changed. Your children or grandchildren may not live near you. Your own life situation may have changed. Bottom line – it is what it is – whatever the circumstances – how do we stay

socially connected?

Our friend “Dr. Google”, here again, points out the importance of staying connected for mental and physical health. How do we stay socially connected? This can vary based on your situation – Mobility? Health? Technical capability? Mental outlook?

If you can handle email and social media, despite some negatives, it is a great way to stay connected with family and friends. You may not prefer this method, but it is the way of the world today. Besides communicating, you can share playing games like “Wordle” every day and share results with a group you can create or join. www.nytimes.com/games/wordle

If the internet is not for you, traditional phone calls and letter writing still work. If you are physically able, North Hempstead Project Independence has enough options to fill this newsletter.

Don't count on others to keep you socially connected – it is up to you – the options are endless. Take some time to ponder how to stay socially connected. Make a list and get started.

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Any resident of the United States or American citizen living abroad who is unable to read or use regular print materials as a result of temporary or permanent visual or physical limitations may apply for service.

If you or someone you know is interested in receiving more information about the braille and talking book program, call The New York Public Library, Andrew Heiskell Braille and Talking Book Library at (855) 697-6975.

To listen to NLS's Project Independence and You Radio Show interview visit www.northhempsteadny.gov/PI-Radio-Shows.

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!

The Project Independence and You Radio Show

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!



Fridays at 10 a.m.
on Zoom!

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 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, visit www.myNHTV.com for up to date schedules.

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!

Many of Project Independence's mainstay programs such as the PI and You Radio Show, the PI transportation program and pedestrian safety were a result of advisory committee meetings. Advisory committee members are the eyes and ears in the senior community and help us to respond to the needs and thus create and implement programs that are the most beneficial for senior residents in the Town. The Project Independence Advisory Committee meets in person and virtually.

Fall 2022 meetings will be held at Clinton G. Martin Park, 1601 Marcus Avenue, New Hyde Park on the dates below at 10 a.m.

**Wednesday, September 14, October 12,
November 9 and December 14**

Registration is required. Call 311 or 516-869-6311 to register for either the in person or Zoom advisory meeting.



American Heart Association.
Healthy for Good™

KEEP IT FRESH

Stretch your produce and dollars by knowing how to store fresh fruits and vegetables. The **American Heart Association** recommends 2 cups of fruit and 2.5 cups of vegetables per day.

Generally:

Fridge temperature should be at 40° F or below. Always refrigerate cut or peeled produce. Store vegetables and fruits separately. Keep apples, bananas, broccoli, cauliflower, cucumbers, onions, pears, potatoes and watermelon away from other produce, as they can affect how quickly other items ripen and rot.

Pantry

Pack away in a cool, dark place like your pantry or cellar:

GARLIC, ONIONS & SHALLOTS

HARD SQUASH

(Winter, Acorn, Spaghetti, Butternut)

**SWEET POTATOES,
POTATOES, & YAMS**

WATERMELON

Countertop

Store loose and away from sunlight, heat and moisture:

BANANAS

CITRUS FRUIT

Store lemons, limes, oranges and grapefruit loose or in a mesh bag. Refrigerate for longer storage.

STONE FRUIT

Ripen avocados, apricots, nectarines, peaches and plums in a paper bag, then move to the fridge where they'll last a few more days.

TOMATOES

Refrigerator

Store in plastic bags with holes in your produce drawer, unless noted:

APPLES & PEARS

BEETS & TURNIPS

Remove greens and keep loose in the crisper drawer.

BERRIES, CHERRIES & GRAPES

Keep dry in covered containers or plastic bags.

BROCCOLI & CAULIFLOWER

CARROTS & PARSNIPS

Remove greens.

CELERY

CORN

Store inside their husks.

**CUCUMBERS,
EGGPLANT & PEPPERS**

Store on the upper shelf, which is the warmer part of the fridge.

FRESH HERBS

Except basil. Keep basil stems moist and wrap loosely in plastic.

GREEN BEANS

LETTUCE & LEAFY GREENS

Wash, spin or pat dry, wrap loosely in a dish towel or paper towels and place in a plastic bag in vegetable drawer. Keep stems moist.

MELON

MUSHROOMS

Keep dry and unwashed in store container or paper bag.

PEAS

**ZUCCHINI &
SUMMER/YELLOW SQUASH**

More Food Storage Tips and Tricks

- To spruce up greens that have gone limp, immerse them in ice water for 30 minutes or place upright in a glass of water for a few hours.
- Berries can be more susceptible to mold than some other fruits, and too much moisture is often the culprit. Storing in an unsealed container increases air circulation and helps prevent mold, as does washing only prior to eating.
- One rotten grape can spoil the rest. With grapes – as with cherries and all berries – remove rotting fruit before storing.
- To make cut avocados last longer, leave pit in and brush surface with lemon or lime juice. Refrigerate in a sealed container.
- Freezing produce - veggies that are usually cooked before being eaten freeze well. Those high in water content such as cucumbers, lettuce, radishes, and tomatoes lose their crispness when frozen and become limp. For high quality and nutritive value, use frozen produce within 8-12 months (it will be safe longer if stored appropriately but the quality and nutritive value will suffer).
- The length of time you can store nuts depends on storage temperature and humidity. Storage life is shorter at room temperature than in the fridge or freezer. Unsalted and blanched nuts keep longer than salted.



Cornell University
Cooperative Extension
Nassau County



Learn more at heart.org/HealthyForGood

EAT SMART MOVE MORE BE WELL

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Project Independence community social workers and nurses are available to help provide and help connect you to various services and programs in the home, by phone or in the office.

Nursing Services

- Blood Pressure Screening and monitoring of other chronic conditions
- Health Information and/or education
- In-home assessment
- Medication management counseling and information
- Referral to home healthcare services
- Healthcare coordination
- Fall Prevention screenings and education
- Brain Games
- Flu Shots



Social Work Services

- Individual, family and group counseling
- In-home assessment
- Case Management
- Bereavement Support
- Caregiver Assistance
- Advance Directive education
- Entitlements/Benefits assessments and assistance (food stamps, home heating, low-income programs)
- Disability resource information
- Financial counseling (referrals)
- Food and nutrition support (Meals on Wheels, Food Pantries) (referrals)
- Medicare, Medicaid or other health insurance information
- Mental health referrals
- Respite care (referrals)
- Transition assistance from hospital to home or rehabilitation
- Support groups
- Veterans Assistance
- Circle of Support (Life planning tool)



In addition to all the various one on one services PI social workers and nurses provide, this Fall, join one of the many existing and new support groups or social groups! Call 311 or 516-869-6311 to register or for more information.

Caregiver to a Spouse Support Group via Zoom- Wednesdays – 3 p.m.

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

Blankets of Love (crocheting and knitting for a cause) -Tuesdays – 1 p.m. at Clinton G. Martin Park

Group resumes September 6. The group provides an

opportunity for seniors in the community to come together and work in a collaborative manner on a meaningful and rewarding project. Each blanket is donated to a worthy cause. The blankets have been given to various human service programs in Nassau County.

Project Independence Social Discussion Group via Zoom-Thursdays – 11:30 a.m.

Group resumes September 8. Facilitated by Andrea Taylor, LMSW (PI/EAC Social Worker). Come meet new friends via Zoom! Enjoy talking with others and meeting your neighbors.

Golden Hearts Bingo & Blood Pressure Screenings -Thursdays – 12 p.m. at Roslyn Community Center

Group resumes September 8. Facilitated by Krista Papatheodorou, MSW (PI Social Worker) & JoAnne Tricarico, RN (PI Nurse). Feeling Lucky? Come join Project Independence for a fun hour every Thursday and try your luck to win a prize. In addition to having some fun, a PI registered nurse will provide blood pressure screenings and health counseling.

What Matters to You Men's Community Group- Fridays – 10:30 a.m. at Hillside Public Library

Group resumes September 9. Facilitated by Krista Papatheodorou, MSW. The group is open to all men, age 60 and over living in the Town of North Hempstead. Come and discuss topics that are of mutual interest to men living in this community.

This Life of Mine: Sharing and Creating New Memories Through Journaling-Mondays – 11:30 a.m. at Westbury Public Library

Group begins September 12. Facilitated by Jina Etienne, MSW (PI Social Worker). This 8-session guided journaling group will inspire you to record the unique details and stories of your life, both for yourself and for your family and friends. Join this journaling group for seniors and recount the past and present memories through Journaling. SPACE IS LIMITED. REGISTRATION REQUIRED.

Coping with Loss Support Group-6 Sessions- Wednesdays – 11 a.m. at Hillside Public Library

Group starts on October 12. Facilitated by Krista Papatheodorou, MSW (PI Social Worker). Project Independence is offering a grief and loss support group for those who have experienced the death of a loved one. Coping with loss can be very difficult, and you are not alone. This group offers a safe, confidential, and supportive environment to learn healthy coping skills.

Watch Your Step: Fall Prevention Program- Wednesdays starting October 12 – 1 p.m. at Manhasset Public Library

Presented by Project Independence Nurses (Northwell Health). Come join this 5-session program and learn ways to decrease your risks of falling, simple exercises to increase strength and balance, the importance of medications for bone health, and community and home safety.



Town of North Hempstead
 220 Plandome Road
 Manhasset, NY 11030

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Medicare Part D-Which plan is right for you?

Facilitated by Danielle Ezzo, PharmD, BCPS, Associate Clinical Professor, St. John's University. Schedule your individual in-person or telephone appointment with a pharmacist to discuss which Medicare Part D plan is best for you.

In-Person Appointments

Tuesday, October 25, 2022 from 10 a.m.-2 p.m. at Port Washington Adult Activities Center (80 Manorhaven Blvd, Port Washington)

Tuesday, November 15, 2022 from 10 a.m.-2 p.m. at Great Neck Social Center (80 Grace Ave, Great Neck)

Telephone Appointments

Thursday, November 10, 2022 from 10 a.m.-1 p.m.

REGISTRATION REQUIRED.

Appointments are 30 minutes. For in-person appointments, please arrive 10 minutes prior to your appointment with a list of all medications (prescription and over the counter) and your Medicare card.

If you are interested in participating, please call 311 or 516-869-6311 to register.

Exercise for Balance & Strength.
What in the World is Going On?
Color Me Calm

Fridays-9:30 a.m. at Yes We Can

Upcoming Events

Fall Festival October 1 from 12-5 p.m. at North Hempstead Beach Park

9/11 Ceremony September 11 from 8-10 a.m. at Manhasset Valley Park

Shed the Meds Pharmaceutical Drop-off October 8 from 8 a.m. to 12 p.m. at the Michael J. Tully Park Parking Lot

Senior Halloween Dances October 21 from 11 a.m.-2 p.m. at Fuschillo Park
 October 28-11 a.m.-2 p.m. at Clinton G. Martin Park

Howl-o-ween October 22 from 11 a.m.-2 p.m. at Tully Park

Veterans Celebration November 4

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

Sunday, September 18 from 9 a.m. to 3 p.m. at North Hempstead Beach Park (North Lot)

Sunday, November 20 from 9 a.m. to 3 p.m. at North Hempstead Beach Park (North Lot).

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.

Upcoming 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, October 13, 2022
 North Hempstead "Yes We Can" Community Center

Friday, October 21, 2022
 Clinton G. Martin Park

Tuesday, November 1, 2022
 Great Neck Social Center

Monday, November 7, 2022
 Port Washington Adult Activities Center

Tuesday, November 15, 2022
 Fuschillo Park

Wednesday, November 16, 2022
 Magnolia Gardens

Thursday, December 1, 2022
 Manhasset Valley Residence

Call 311 or 516-869-6311 for more information on the 2022 Project Independence Flu Shot Program.



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 Berman

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

STAY CONNECTED



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