

NORTH HEMPSTEAD TOWN SUPERVISOR JENNIFER DeSENA
AND THE TOWN BOARD ARE PROUD TO PRESENT

Project Independence **E-News**

Project Independence **January 2026 Newsletter**



The New Year is a wonderful time to focus on wellness, staying active, and nurturing both body and mind. It's never too late to set new goals, explore new interests, and continue living life fully.

 **Physical Wellness**

- Move every day: Aim for gentle activity like walking, chair yoga, stretching, or tai chi.
- Strength & balance: Do light strength or balance exercises 2–3 times a week to reduce fall risk.
- Prioritize sleep: Set a consistent bedtime and create a relaxing evening routine.
- Stay hydrated: Make water a daily habit—keep a bottle nearby.
- Eat for energy: Add more fruits, vegetables, lean proteins, and whole grains.

Mental & Emotional Wellness

- Keep the mind active: Read, do puzzles, play cards, or learn something new.
- Practice mindfulness: Try deep breathing, meditation, or gratitude journaling.
- Reduce stress: Schedule time for hobbies you enjoy—music, gardening, crafts, or art.
- Ask for help when needed: Emotional health matters just as much as physical health.

Social Wellness

- Stay connected: Call or visit friends and family regularly.
- Join a group: Participate in senior programs, classes, or community events.
- Give back: Volunteer or mentor—helping others boosts mood and purpose.
- Meet new people: It's never too late to make new friends.

Preventive Health

- Keep appointments: Stay on top of medical, dental, vision, and hearing checkups.
- Manage medications: Review medications regularly with a healthcare provider.
- Stay safe: Review home safety and transportation needs.

Personal Growth & Joy

- Set one small goal: Big changes start with small steps.
 - Celebrate progress: Every healthy choice counts.
 - Focus on joy: Do more of what makes you smile.
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Town of North Hempstead

Project Independence Radio Show

The Project Independence and You Radio Show - Friday, January 2, 9, 16, 23, 30, 2026

Project Independence and You is designed with seniors in mind but enriching for the entire community! Tune in on Fridays from 10 a.m. to 12 p.m. on WCWP 88.1 FM or wcwp.org or download the app for engaging conversations, helpful resources, health and wellness tips, and stories that connect generations. Whether you're looking for inspiration, entertainment, educational information or some "golden nuggets." Project Independence and You is here to brighten your day. Because wisdom grows with age—but benefits everyone! 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 missed an episode, visit the Project Independence website 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 Shows

January 2 - Greatest Hits (The Story Round-Creative Writing Workshops for Seniors & How Meditation and Mindfulness Help in Speech Therapy)

January 9 - Greatest Hits (Supporting the Dementia Caregiver Around the Holidays & GetSetUp-Virtual Classes for Older Adults Taught by Peers)

January 16 - Greatest Hits (The Gut-Health Connection: How Your Gut Impacts Your Overall Well-Being & Medicare 2026 Updates)

January 23 - Rebecca Hoffmann (Director of Development, SPECIAL OLYMPICS NEW YORK) and Erin Lipinsky (GN Resident and Top Plunger)- Special Olympics and Polar Plunge

January 30 - Katie Stoll (Assistant Director of Long Island Crisis Center) and Dani Silverstein (988 Director for all of Nassau County)-Long Island Crisis Center

Blankets of Love - Tuesday, January 6, 13, 20, 27, 2026

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. The group meets on Tuesdays from 1 p.m. to 2 p.m. at Clinton G. Martin Park, 1601 Marcus Avenue, New Hyde Park.



North Hempstead Project
Independence invites all Town
residents 60 and over.

Please call 311 or (516) 869-6311 to
register or for more information.



Bridge Class - Wednesday, January 7, 14, 21, 28, 2026

Looking for a fun way to spend some time? Come and join us for Bridge. This classic card game is a great way to test your skills and strategy. Plus, it's a great way to stay sharp and keep your mind active. Whether you're a beginner or a seasoned pro, Bridge is a great game to play.

Beginner Class - Players with little or no knowledge of the game of bridge.

Intermediate Class - Players who have knowledge of how bridge is played and passed the basic knowledge stage.

The Beginner Class meets on Wednesdays from 10-11:30 a.m. and the Intermediate Class meets on Wednesdays from 11:30 a.m. to 1 p.m. at the North Hempstead "Yes We Can" Community Center, 141 Garden Street, Westbury.

North Hempstead Project Independence invites all Town residents 60 and over.

Please call 311 or (516) 869-6311 to register or for more information.



Project Independence Social Discussion Group - Thursday, January 8, 15, 22, 29, 2026

Come meet new friends via Zoom! Enjoy talking with others and meeting your neighbors. Open to North Hempstead residents aged 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.

North Hempstead Project Independence invites all Town residents 60 and over.

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

Golden Hearts Bingo & Blood Pressure Screenings - Thursday, January 8, 15, 22, 29, 2026

Facilitated by JoAnne Tricarico, RN (PI Nurse) & Eun Kyung Lee, LMSW (PI Social Worker). 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.



The program is on Thursdays from 12-1 p.m. at The Roslyn Community Center Auditorium, 53 Orchard Street, Roslyn Heights.

North Hempstead Project Independence invites all Town residents 60 and over.

Please call 311 or (516) 869-6311 to register or for more information.

**What Matters to You Men's
Community Group - Friday, January
9, 16, 23, 30, 2026**

Facilitated by Eun Kyung Lee, LMSW (PI Social Worker). 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. The group meets on Fridays from 10:30 a.m. to 12 p.m. at Hillside Public Library, 155 Lakeville Rd, New Hyde Park and via Zoom.



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

PROJECT INDEPENDENCE BOOK CLUB

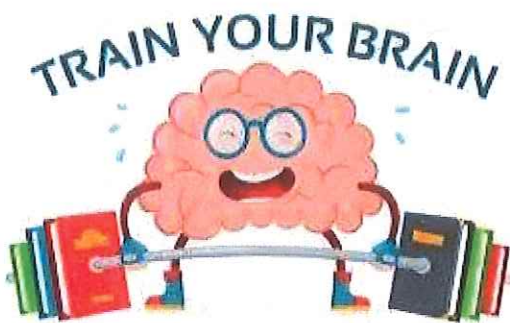


**Project Independence Book Club -
Wednesday, January 14, 2026 (2nd
Wednesday of the Month)**

Facilitated by Eileen Casey, MSW (PI Social Worker). Read. Reflect. Connect. Love to read? Enjoy thoughtful conversation? Join fellow book lovers for our Senior Book Club! Each month, we'll explore a new book and gather to share insights, laughter, and lively

discussion in a welcoming environment. The group meets on the 2nd Wednesday of every month from 2 to 3 p.m. at the Port Washington Adult Activities Center, 80 Manorhaven Blvd, Port Washington. North Hempstead Project Independence invites all Town residents 60 and over.

Please call 311 or (516) 869-6311 for more information.



Train Your Brain - Wednesday, January 28, 2026

Presented by Melissa Katz, LCSW, Senior Director of Programs and Services, Long Island Alzheimer's & Dementia Center. Join the Long Island Alzheimer's and Dementia Center for an interactive program focused on learning about dementia and Alzheimer's disease, including warning signs, the diagnosis process, and available community resources and support. The session will also highlight ways to maintain brain health and include fun brain games. Participants will have the opportunity to ask questions and engage in meaningful discussion.

Please join us on Wednesday, January 28, 2026 from 11a.m. to 12 p.m. at the Port Washington Library, 1 Library Drive, Port Washington. North Hempstead Project Independence invites all Town residents 60 and over.

Please call 311 or (516) 869-6311 for more information.

**Meet Your Neighbors - Wednesday,
February 4, 11, 25, March 4, 11, 25,
April 1, 8, 2026**

Facilitated by Eileen Casey, MSW (Project Independence Social Worker). Looking to connect with others in your community? It's never too late to make new friends! Join us for a welcoming group where seniors come together to share laughs, enjoy good conversation, offer emotional support, and build a true sense of community. Come meet friendly faces and be part of something meaningful!

Please join us on Wednesday, February 4, 11, 25, March 4, 11, 25, April 1, 8, 2026 from 11 a.m.-12 p.m. at the Port Washington Library, 1 Library Drive, Port Washington.

North Hempstead Project Independence invites all Town residents 60 and over.

Please call 311 or (516) 869-6311 for more information.

Meet Your Neighbors





Project Independence Exercise Classes Winter - Spring 2026 & North Hempstead TV

Project Independence offers various FREE exercise classes including Yoga, Line Dancing, Low Impact Aerobics, Tai-Chi, Fitness and more! The Winter-Spring 2026 session will kick off in February. For more information call 311 or 516-869-6311.

Join North Hempstead's Project Independence exercise classes today. At home virtual classes include Fitness, Tai Chi, Yoga and Dance. 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 65 on Optimum or Channel 46 on 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.

TRI Help at Home Program

The TRI Help at Home Program is designed to prepare individuals with disabilities to work in entry-level employment. Each student is trained to be proficient in Occupational Safety and Health Administration regulations (OSHA) and is supervised by a job coach.



Help at Home will be provided by TRI workers, supervised by their job coaches, to Town residents aged 60 and over. There is no charge for the service, but the homeowner/renter may need to pay for or provide any supplies needed. Services include gutter cleaning (1st floor), light yard work (minimal services), floor care (mopping or sweeping), moving heavy items, window cleaning (1st floor) and replacing batteries and lightbulbs. 516-869-6311 for more information.



Rebuilding Together LI

Rebuilding Together LI is a program to repair and rehabilitate the homes of low income, elderly and disabled homeowners. A work-scope visit is made by a skilled tradesperson. All repairs performed by Rebuilding Together Long Island, Inc. are completed by retired volunteers at no cost to the homeowner. This is an income-based program and services include grab bars, railings, weatherization and small repairs. Call 311 or 516-869-6311 for more information.

EAC Respite Program

In-Home Respite Services provides in-home caregivers (companions) to Nassau County residents caring for an elderly relative in their home so the caregiver can take much-needed time off.



PI Social Worker & Nurse Updates

The PI social work and nurse team are available for appointments via the phone, office and in the home. 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+.



The PI medical taxi cost to riders is \$5 or \$10 depending on where you travel: \$5 each way for a medical fare under \$22; \$10 each way for medical fare of \$22 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.

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.



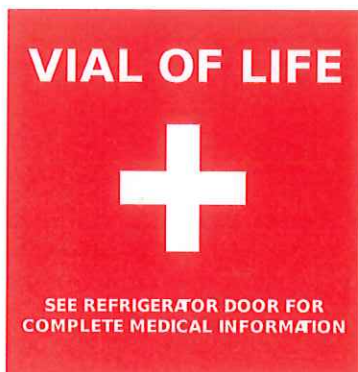
Circle of Support

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!

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 516-869-6311.



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.

Neighbors Helping Neighbors: Telephone Reassurance Program

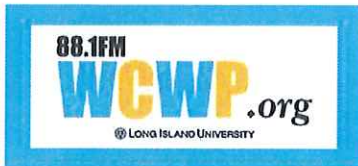
Would you like to make a difference in a Project Independence member's life or maybe you know a senior who would like to receive a friendly phone call for companionship and reassurance?

For many different reasons, seniors can feel isolated and disconnected. This program is designed to help keep seniors connected with one another. Our volunteers know that helping others adds meaning and fulfillment to their own lives;



they understand the importance of friendship and companionship.

Neighbors Helping Neighbors is for Town residents aged 60 and over to receive calls. Volunteers must be 21 or older and a Town resident. If you are interested in being part of this program, call 311 or 516-869-6311



Mobile App for WCWP-88.1

WCWP has an App so you can hear your favorite radio show Project Independence and YOU! The App can be downloaded to both iOS devices iPhone and iPad as well as Android devices like a Galaxy phone or Surface tablet.

To download the App go to the App store on your Apple device or the Google Play store if you use an Android device. Search: WCWP Radio

Not In Our Town

North Hempstead pledges to not remain silent in the face of hate crimes, intolerance or violence. Join us and take a stand. It is important to show unity and advocacy for all individuals. Change happens on a local level and can start with you.



Updates About the Town of North Hempstead

Are you interested in receiving emails about the Town of North Hempstead's events, programming and your local community? Click on the button below to subscribe to our email list.

[Learn More](#)

