A MESSAGE FROM SUPERVISOR BOSWORTH

It is such an honor to partner with the National Center for Suburban Studies at Hofstra University for our 3rd Aging-in-Place in Suburbia Conference on September 30, 2015. This year’s conference will focus on “Living Better Today, Planning for Tomorrow.” This is the signature event for Project Independence and will give you the unique opportunity to speak to nearly 100 exhibitors as well as to hear from a full lineup of experts who will help you achieve the goal of aging comfortably in your own home. We make it easy to attend by offering FREE transportation from designated spots in the Town and FREE lunch. I look forward to seeing you there!
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NNORC, otherwise known as a Neighborhood/Naturally Occurring Retirement Community. Programs and services were provided that enhanced the lives of seniors living in that area including transportation to medical visits, food shopping, health and human services and limited staffing. Today, Project Independence offers these services and more to every single Town resident who is 60 or older.

The demand for Aging-in-Place support and services is higher than ever. According to AARP, in 2011, the first of the Baby Boomers reached age 65, and for the next 18 years, Boomers will be turning 65 at a rate of about 10,000 a day. Most Boomers want to stay in their own homes and communities for the long-term. Unquestionably, the aging population is growing exponentially in our region, from the Baby Boomers to the rapidly growing centenarian population. This year’s Aging-in-Place in Suburbia: Living Better Today, Planning for Tomorrow Conference and Expo is designed to promote awareness of Project Independence and Aging-in-Place services within and outside of North Hempstead. The two previous conferences—August 2011 and August 2013—were both huge successes. Based on attendance from these conferences, we estimate hundreds of participants throughout the day.

The energy for this conference is already building! Registration has begun and all are encouraged to register ASAP by calling 311 as space is limited. You can expect a full and exciting day of Project Independence past, present and future. The morning presentation will be moderated by Lawrence Levy, Executive Dean of the National Center of Suburban Studies at Hofstra; NYS Comptroller Thomas P. DiNapoli will be the Keynote Speaker; Town Supervisor Judi Bosworth will address the conference; and many local dignitaries and senior service providers will be in attendance. You can expect conference attendees to include our Town residents, the leadership of many organizations that focus on servicing the older population, educators, health and human service providers and business and community leaders. The afternoon sessions will have topics focusing on Aging-in-Place lifestyles, and will include time to explore the Expo.

You will be able to visit over 100 exhibitors, all of whom serve the aging population with programs, products and services for aging Long Island. Project Independence staff will be on hand to talk about all the PI services and programs available to the senior residents of the Town: transportation programs (PI-taxi program and senior Town bus program), health and human services (nursing and social work), social activities, health-chats, fitness classes, Advisory committees, PI Pioneer Newsletter, PI Radio Show, and much more. Please call 311 or 869-6311 for more information and/or to register. Lunch will be served and transportation is available too! We expect to fill up quickly; please call today to register for the Conference.
Volunteering

If you are an organized individual and like to help within your community, please call and inquire about Conference volunteer opportunities, including but not limited to Greeters, Registration, Monitors, Clerical Staff, Guides, and more!

Exhibitors

The Exhibitors’ package for the day includes a table for materials, two chairs, access to continental breakfast, lunch for up to two, access to electrical outlets/wireless internet and a listing in the conference materials. Please call 311 or 516-869-6311 for more information.

Conference Sponsorship

A wonderful partnership opportunity is to be a Conference Sponsor. There are so many exciting ways and levels of sponsorship; your organization can also be a Vendor at the Expo.

Sponsorship opportunities include:
- Premier Sponsor • Primary Sponsor
- Lunch Sponsor • Breakfast Sponsor
- Transportation Sponsor • Bus Sponsor
Featuring at the Conference...

Edith Auguste
(Project Independence/JASA Social Worker)

Edith Auguste is a Licensed Master Social Worker (LMSW) and an MBA. Edith spent 28 years in corporate human resources—trailblazing work that took her to Europe, Asia and Africa to train staff. After receiving her LMSW, she was hired by JASA—a highly regarded social services agency and a Project Independence partner. Edith has been instrumental in the creation of “Circle of Support” for Project Independence members and is a key PI-Social Worker.

JoAnne Tricarico
(Project Independence/NSLIJ Nurse)

JoAnne Tricarico is a Registered Nurse with the North Shore/LIJ Health System. She has been with Project Independence since services began in 2005. JoAnne achieved her Bachelor of Science in Nursing (BSN) Degree from Adelphi University and has many years of experience working with the older population. Over the course of her career, JoAnne’s experiences have been varied, ranging from post-surgical care, to hospital discharge planning as well as experience with home care and community health nursing.

Paulette Taylor
(Conference Volunteer)

Volunteers for this Conference are an essential ingredient for its success. Paulette Taylor is a Project Independence member, a resident of Westbury and a graduate of Baruch College with a Bachelor of Science Degree in Business Management. Paulette spent the majority of her career in the field of Finance and Administration for telecommunications and the defense industries. She volunteers endless hours of her time in support of a number of organizations and causes.
Featuring at the Conference...

**Thomas P. DiNapoli**
(New York State Comptroller) (Keynote Speaker)

He is the 54th Comptroller of the State of New York who is known for his integrity, independence and steadfast leadership. Since taking office in 2007, Tom DiNapoli has aggressively fought misuse of public resources, strengthened one of the nation's top public pension funds, and consistently spoken out against fiscal gimmicks, imprudent actions and government inefficiency. His life of public service started when he was elected as a trustee of the Mineola Board of Education, becoming the first 18-year-old in New York State to hold public office. He has been making government more accountable and transparent to the people for more than 35 years.

**Lawrence Levy**
(Executive Dean, National Center for Suburban Studies at Hofstra University)

During his 35 years as a reporter, editorial writer, columnist and PBS talk show host, Lawrence Levy won many of journalism’s top awards, including Pulitzer Finalist, for in-depth works on suburban politics, education, taxation, housing and other key issues. As a journalist, he was known for blending national trends and local perspectives and has covered six presidential campaigns. He works closely with Hofstra’s vibrant academic community to shape an innovative agenda for suburban study, including a new Sustainability Studies degree. In addition, he forged alliances with other institutions, not-for-profit groups and government agencies and promoted the study of the suburbs nationwide. Levy is a member of a Brookings Institution advisory panel and was a keynote speaker at Brookings 2008 Metro Policy Summit in Washington, D.C. Hofstra and Levy continue to partner with the Town for this 3rd Regional Aging in Place in Suburbia Conference.

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**SENIOR TALK RADIO**

**Friday, 10 a.m. - Noon**

Listen at 88.1FM and WCWP.org

**YOUR neighbors on YOUR neighborhood radio station.**

From left, Councilwoman Anna Kaplan, Receiver of Taxes Charles Berman, Supervisor Judi Bosworth and Town Clerk Wayne Wink at a recent senior event.
Breakout Sessions

Following the morning presentations, there will be several Breakout Sessions in the afternoon. The plan is for each participant to attend many of these exciting and informative sessions, including but not limited to:

Circle of Support
Hear about this 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.

Project SAFE
Learn how to not fall prey to financial scams. Rarely a day goes by when you don’t hear about a scam. Knowledge is power, and we want to be sure that ALL of our senior residents are safe, know how to spot a potential scam, and know where to turn should there be an issue. Come and learn from a panel of experts about how to protect yourself and how to manage and understand your finances as you age.

Nutrition Based Instruction
Learn how to cook safely for one with demonstrations and instruction. Simple, healthy meals that are not only nutritional but delicious.

Brain Games
Feeling a bit forgetful? Not as sharp as you use to be? Lost keys? Missing appointments? Can’t remember names? In most cases, this is perfectly normal and part of the aging process. Learn how to exercise your brain to bring back its sharpness.

Exercise Classes
Dress comfortably and take part in Zumba Gold. Zumba is choreographed to energetic music that focuses on balance, range of motion and coordination. Zumba Gold focuses on all elements of fitness: cardiovascular, muscular conditioning, flexibility and balance. Go at your own pace and be prepared to have fun!

The CARING CORNER

Aging-in-Place in Suburbia Conference and Expo Vignette

As an RN and a Project Independence nurse, I primarily serve the senior population. Blood pressure screenings are something I do every day: sometimes a senior resident will stop by my office for a Blood Pressure check or while attending a senior program in the Town. At the last Aging-in-Place conference in 2013, a woman (Mrs. X) approached me and asked me to check her pressure; she hadn’t had it checked in a while. However, she figured that while she was at the conference, she would get a free screening. Mrs. X’s blood pressure check was considered outside the recommended reading, according to the American Heart Association. After discussing Mrs. X’s health status and risks of high Blood Pressure, I advised her to follow up with her doctor. A few weeks later Mrs. X contacted me as her doctor concurred that she had high blood pressure, and she started a medication to help lower it. Mrs. X continues to take her medication and follows up with her doctor regularly. She has significantly reduced her risk of heart disease and stroke by being proactive and having her blood pressure checked frequently. She also continues to receive health counseling and monitoring by a Project Independence nurse and has committed to a healthier lifestyle.
Emergency Preparedness Tips from FEMA for Older Americans

Get a Kit of Emergency Supplies:
- You will need basic supplies such as water, food, battery-powered or hand crank radio, flashlight with extra batteries, first aid kit, whistle to signal for help, dust mask, moist towelettes, wrench or pliers, local maps and pet food and supplies.
- Include medications and medical supplies and any additional items specific to your personal needs such as eyeglasses, hearing aids, wheelchair batteries and oxygen. Also don’t forget emergency documents such as family records, wills, deeds and more.

Make a Plan:
- Create a Personal Support Network: Make a list of family, friends and others who will be a part of your plan.
- Develop a Family Communications Plan: Plan how you will contact one another. Consider a plan where each family calls or e-mails the same friend or relative in the event of an emergency.
- Deciding to Stay or Go: Depending on the nature of the emergency, you might need to leave home or you might be able to stay. Plan for both possibilities.
- Consider your Pets: Make plans for your pets and service animals whether it be a public shelter or loved ones that live out of the area.
- Fire Safety: Plan two ways out of every room in case of a fire and check for any bookcases or hanging pictures that could fall and block an escape area.

EXPERIENCE AS PI MEMBER AND VOLUNTEER

by Otto Lohse

My mother lived with us for 11 years. Fortunately she was a very easy person to live with. As the years went by her medical needs grew and needed 24/7 care. Neither my mother nor my wife and I wanted a nursing home to be the solution and we did what was required to keep her at home. My wife and I both worked full-time and my job required a fair amount of travel. Time and energy were always a problem.

We didn’t have the experience to handle this kind of situation; lots of time consuming research was required. How would we handle her nursing and medical needs, transportation, food, social work, personal care, finances – the list goes on and on. Somehow, we plowed through it and my mother was able to live out her years at our home with family and friends around her.

Not long after my mother passed away and I semi-retired, we saw a notice in the local New Hyde Park newspaper about a new program that would help people stay in their own home as long as possible. The time frame was 2004-2005. We went to a meeting and learned that the Town wanted to start a pilot program in a small part of New Hyde Park. The program would be designed to provide guidance and support for residents 60 and older so that they could maintain good health and a rewarding quality of life in their own home and community for as long as possible. This combined with the sincerity of the staff led us to our immediate participation. It would have been great to have this program available when we were going through the challenges with my mom.

The Project Independence concept has been a positive contributing factor in keeping people out of nursing homes – resulting in cost savings and a much better quality of life for seniors in the Town of North Hempstead. My hope for the future is that the program continues.

The program is geared to support caregivers, friends, families or persons requiring assistance. You can learn more about Project Independence by attending this year’s Aging-in-Place Conference!
Veterans Corner

Many of our seniors in the Town have served our nation in the armed forces with such distinction and honor, and have provided us with the freedom and liberty that we enjoy today. In appreciation of this, the Town will once again hold a FREE Annual Veterans Breakfast that will take place Thursday, October 8, 2015 at 9 a.m. at Clinton G. Martin Park. Please call 311 today to reserve your seat!

For further questions on veterans services in the Town of North Hempstead, please log on to www.northhempsteadny.gov/veterans.

Top 5 Ways to Protect Yourself from Financial Scams

John Ryan, Moderator of the Project SAFE series

1. Never sign a banking-financial form that is not completely filled out. You don’t want someone else to have the opportunity to fill in the rest.

2. Never do business over the phone - always insist on a face-to-face meeting in a public place with an advocate.

3. Always get a second opinion or get a referral from family or friends.

4. Review your monthly statements when they arrive or have a trusted advisor put on to receive duplicate statements.

5. Take your time making any financial decisions and always trust your gut instincts - if it doesn’t feel right it probably isn’t.