

Program Name	Recording	Host(s) Name(s)	Program Topic	Guest	Guest: Title/Affiliation
PROJECT INDEPENDENCE	1/2/2024 12:16:29	Kristina Lew/Rebecca Miller/Otto Lohse	All About Allergies & Talk of the Town	Blanka Kaplan, MD FAAAAI, FACAAI	Adult and Pediatric Allergy, Asthma and Clinical Immunology   Director, Drug Allergy and Desensitization Center-Section Head, Adult Allergy and Immunology   Associate Professor of Medicine and Pediatrics at Donald and Barbara Zucker School of Medicine at Hofstra/Northwell
PROJECT INDEPENDENCE	1/12/2024 16:00:03	Kristina Lew/Rebecca Miller/Otto Lohse	Interesting People: Communication Tips and growing up in Great Neck & Talk of the Town	Tina Mosetis	Marketing/Public Relations Specialist   Award-Winning Communications Professional
PROJECT INDEPENDENCE	1/19/2024 14:55:15	Kristina Lew/ Rebecca Miller/Otto Lohse	ReACH Lab at Adelphi University and the RISE Study (learning how veterans cope with stress in their daily lives and how it affects sleep and well-being) & Talk of the Town	Christina M. Marini, Ph.D.	Assistant Professor, Gordon F. Derner School of Psychology
PROJECT INDEPENDENCE	1/26/2024 16:19:12	Kristina Lew & Otto Lohse	Keep Calm and get a Patient Advocate & Talk of the Town	Nicole Christensen, BCPA	President/Founder of Care Answered & Author: From Crisis to Calm
PROJECT INDEPENDENCE	2/2/2024 12:04:00	Kristina Lew/ Rebecca Miller/ Otto Lohse	Long Island Alzheimer's and Dementia Center & Talk of the Town	Tori Cohen, LCSW	Executive Director, Long Island Alzheimer's and Dementia Center

PROJECT INDEPENDENCE	2/13/2024 12:45:35	Kristina Lew/Rebecca Miller/Otto Lohse	The Heart of the Matter: Keeping Seniors Healthy & Talk of the Town	Maura A Calio, MA, RN	Community Health Educator, St. Francis Hospital, Catholic Health
PROJECT INDEPENDENCE	2/16/2024 12:03:22	Kristina Lew & Rebecca Miller	Staying Safe in Ice and Snow and the PI Transportation Program & Talk of the Town	Chari Biton	TONH Dept of Services for the Aging-Senior Mobility Manager
PROJECT INDEPENDENCE	2/26/2024 11:02:53	Kristina Lew/Rebecca Miller	2024 Changes in Medicaid & New Tax Guidelines & Talk of the Town	Ronald Fatoullah, Esq	Elder Law Attorney
PROJECT INDEPENDENCE	3/4/2024 12:01:49	Kristina Lew/Rebecca Miller/Otto Lohse	Book-Once Upon A time in Beverly Hills & Talk of the Town	Elaine Franklin	Author
PROJECT INDEPENDENCE	3/8/2024 15:34:00	Kristina Lew/Rebecca Miller/Otto Lohse	State of the Town 2024 & Talk of the Town	Supervisor Jennifer DeSena	Town of North Hempstead Supervisor
PROJECT INDEPENDENCE	4/3/2024 14:55:17	Kristina Lew/Rebecca Miller/Otto Lohse	Comprehensive Pain Management: Live your healthiest, most pain free life and Talk of the Town	Dr. Brian Mayrsohn	Comprehensive Pain Management Physician, Maywell Health
PROJECT INDEPENDENCE	4/5/2024 14:56:55	Kristina Lew/Rebecca Miller/Otto Lohse	Book-Caregiving Navigator Long Island Edition-How to Plan, What to Do, and Where to Turn When Caring for your Aging Loved Ones and Yourself & Talk of the Town	Ron Roel	Roel Resources, author, speaker and radio show host