

| Program Name | Recording | Host(s) Name(s) | Program Topic | Guest | Guest: Title/Affiliation |
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| Project Independence | 3/31/2023 | Kristina Lew/Rebecca Miller/Otto Lohse | Aging Alone and maintaining your quality of life! & Talk of the Town | Gregg Balbera, CSA | Owner Certified Senior Advisor-Right at Home Nassau Suffolk |
| Project Independence | 4/7/2023 | Kristina Lew/Rebecca Miller/Otto Lohse | Carfit: Helping Mature Drivers Find Their Safest Fit & Talk of the Town | Karen Blackburn | Public Affairs Specialist, AAA Northeast |
| Seldom Said | 4/14/2023 | Robert C. Amato | The need for reconciliation and meaningful exchange | Bernie Furshpan | Medical practitioner, motivational speaker |
| Project Independence | 4/21/2023 | Kristina Lew & Rebecca Miller | Book: Home Detox: Make Your Home a Healthier Place for Everyone Who Lives There & Talk of the Town | Daniella Chace, MSc, CN | Clinical practitioner, author and educator |
| Seldom Said | 4/21/2023 | Robert C. Amato | Actor's career as an impressionist. | Jim Meskimen | Actor, impressionist. |
| Seldom Said | 4/29/2023 | Robert C. Amato | Biography of Roy Rogers' family | Julie Rogers Pomilia | Roy Rogers' grand daughter |
| Project Independence | 5/10/2023 | Kristina Lew/Rebecca Miller/Otto Lohse | Oral Health for Seniors & Administration for Community Living-Older American Month-Aging Unbound | Jacqueline A. Sobota, DMD, PhD | (Interim Program Director, General Practice Residency Department of Dental Medicine, Northwell Health) |
| Seldom Said | 5/13/2023 | Robert C. Amato | Necessities needed in artistic production | Sally Antonaccio | Executive, owner: The Artist's Company |
| Project Independence | 5/19/2023 | Kristina Lew & Otto Lohse | May is Mental Health Awareness Month & Talk of the Town | Rachel E. Priest | Behavioral Health Educator, Mental Health Association of Nassau County |
| Project Independence | 5/26/2023 | Kristina Lew/Rebecca Miller/Otto Lohse | Skin Health for Seniors and Talk of the Town | Pooja R. Shah, MD, FAAD | Assistant Professor Department of Dermatology, Zucker School of Medicine at Hofstra Northwell Health |
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| Project Independence | 6/2/2023 | Kristina Lew & Rebecca Miller | Fall Prevention & Memory Retention: Learn how dual-task activities can help improve your memory and reduce your risk of falling at home or in the community and Talk of the Town | Mariel Hunerberg | Director of Speech Therapy, Metro Occupational and Physical Therapy |
| Project Independence | 6/9/2023 | Kristina Lew & Otto Lohse | You're Never Too Old to Harvest the Benefits of Gardening and Talk of the Town | Vincent Drzewucki | Horticulture, Urban & Community Forestry, Subject Educator, Cornell University Cooperative Extension of Nassau County |
| Project Independence | 6/16/2023 | Kristina Lew/Rebecca Miller | Project HELP Long Island-Education & Awareness on Mental Health & Addiction and Talk of the Town | Jeff Stone | Co-Founder of Project HELP |