

Program Name	Recording	Host(s) Name(s)	Program Topic	Guest	Guest: Title/Affiliation
Project Independence	1/6/2023	Kristina Lew/Rebecca Miller/Otto Lohse	Stress Management in the New Year & Talk of the Town	Bill Solz, LCSW, CASAC	Director of Stress Solutions NY
Project Independence	1/13/2023	Kristina Lew/Rebecca Miller/Otto Lohse	Winter Driving Safety & Laugh out Loud-Comedy for Seniors & Talk of the Town	KAREN BLACKBURN	Public Affairs Specialist, AAA Northeast
Project Independence	1/20/2023	Kristina Lew/Rebecca Miller/Otto Lohse	Long Island Housing Services, Inc.& Talk of the Town	Ian S. Wilder, Esq.	Executive Director, Long Island Housing Services, Inc.
Seldom Said	1/20/2023	Robert C. Amato	Quilting as an art form	Matt Collinsworth	CEO National Quilting Museum
Project Independence	1/27/2023	Kristina Lew/Rebecca Miller/Otto Lohse	Stay Informed and In Control of Your Own Healthcare! Tips From Your Neighborhood General Surgeon & Talk of the Town	Jessica Louie, MD	Surgeon, Northwell Health
Project Independence	2/3/2023	Kristina Lew/Rebecca Miller	Elder Law & Estate Planning Update for 2023 & Talk of the Town	Ronald Fatoullah, Esq	Attorney
Seldom Said	2/3/2023	Robert C. Amato	Making of documentary film.	David Millbern	Actor, Emmy Winner, Documentary Director
Seldom Said	2/10/2023	Robert C. Amato	Educational philosophies and approaches.	Christina Anderson	Principal, Westbury Friends School
Project Independence	2/17/2023	Kristina Lew/Rebecca Miller/Otto Lohse	February is American Heart Month & Talk of the Town	Dr. Evan Schwarzwald	Cardiologist, Northwell Health
Seldom Said	2/17/2023	Robert C. Amato	Intuitive thinking	Terri Jay	Author, spiritual advisor
Project Independence	2/24/2023	Kristina Lew/Rebecca Miller/Otto Lohse	State of the Town 2023 Recap & Talk of the Town	Jennifer DeSena	Town of North Hempstead Supervisor
Seldom Said	2/24/2023	Robert C. Amato	The Holocaust and recent events.	Sami Steigmann	Motivational speaker, survivor
Project Independence	3/3/2023	Kristina Lew/Rebecca Miller/Otto Lohse	Literacy Nassau & Talk of the Town	Karen Micciche, FIT/OGA	Executive Director, Literacy Nassau
Seldom Said	3/3/2023	Robert C. Amato	Author's new book	Johanna Siegman	Author, photographer

Project Independence	3/17/2023	Kristina Lew/Rebecca Miller/Otto Lohse	Deciphering Food Claims (nutrition labels vs. food package claims) & Talk of the Town	Khy Ee Siew, RD	Cornell Cooperative Extension Nassau County
Seldom Said	1/17/2023	Robert C. Amato	Program assisting Israeli youth.	Chen Drachman	Manager of Communications
Project Independence	3/24/2023	Kristina Lew/Rebecca Miller/Otto Lohse	Health & Healing for Life: An Introduction to Lifestyle Medicine & Talk of the Town	Penny Stern, MD, MPH, FACPM, FACOEM DiplABLM	Chief, Preventive & Lifestyle Medicine Northwell Health Katz Institute for Women's Health