

Aging in Place

In White Plains

May 2018

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Music Recital Highlights Spring Programs



Nancy Goodman, flute, in the recital at the Conservatory

In April, we were invited to a special recital arranged for AIPWP by the **Music Conservatory of Westchester**. Five adult Conservatory students--on piano, flute and voice--performed pieces by Beethoven, Schubert, Liszt, Richard Strauss and Piazzolla. The music was lovely, and the Conservatory was warm and welcoming, even providing printed programs for the occasion. Thank you to Jean Newton, Executive Director of the Conservatory, for arranging this special event, and to the performers for their fine playing and singing.

Other recent programs featured **Sue Weinstein, audiologist** with ENT Associates, and **Aaron Woodin, computer specialist**.

Ms. Weinstein, who holds a masters in speech and hearing sciences, encouraged those troubled by hearing loss to consult an audiologist. She talked about the use of hearing aids, and the need to replace them around every five years.

Since there is a connection between hearing loss and cognitive loss as we age, she said it is wise to have hearing checked every one or two years.

A "Caption Call" telephone with a screen displaying the conversation is available at no cost for those with hearing loss. For information, call 1-877-557-2227.

Aaron Woodin, who has his own company, PC Ventures, described areas of vulnerability for computers and the importance of having an external back-up.

He also discussed scams and advised against opening strange emails. In addition, he suggested keeping a list of user names and passwords.

As far as streaming of shows and movies, Netflix and Amazon are the main streaming services. In order to stream, you need a "smart" TV or a DVD player with streaming capability.

New Technologies Help Seniors Age in Place—And Not Feel Alone

by **Gabi Redford**

The Washington Post, Health and Science, March 12, 2018

The exorbitant costs of nursing home and assisted living care are driving sales — and innovation — in the technology market, says Dr. Eric Topol, director of the Scripps Translational Science Institute and author of “The Creative Destruction of Medicine: How the Digital Revolution Will Create Better Health Care.”

For many, technology offers not just the tools they need to continue to live at home, but newfound confidence and connectedness with faraway family and friends. Here are a couple of examples, among many innovative items:

Remote Monitoring System

Nancy Delano, 80, of Denver has no plans to slow down anytime soon. She still drives to movies, plays and dinners out with friends. A retired elder care nurse who lives alone, she also knows that “when you reach a certain age, emergencies can happen fast.” So, when her son, Tom Rogers, talked to her about installing a remote monitoring system, she didn't hesitate.

With motion sensors placed throughout the house, Rogers can see if his mom is moving around, if she's sleeping (or not), if she forgot to lock the door and, based on a sophisticated algorithm that detects behavioral patterns, whether her activity level or eating habits have changed significantly, for instance. “It gives both of us peace of mind, particularly as she ages and wants to live at home,” said Rogers, who lives near Washington, D.C., hundreds of miles away from her.

Fall Alerts

Until recently, Personal Emergency Response Systems (PERS) — made famous by the “Help, I've fallen and I can't get up” TV ads — was the only reliable technology to help older adults who had fallen, says David Lindeman, director of the Center for Technology and Aging at the University of California-Berkeley.

In April, MedHab, a Texas company best known for its wearable insoles for rehab patients, began shipping MyNotifi, a medical alert wristband designed to detect falls and send an alert to a family member or friend. “It looks like a watch, and Mom or Dad can invite anybody they want, family or friends, to get those alerts through the MyNotifi Fall Detection app,” said MedHab President and CEO Johnny Ross. (The device is available for \$299. For information, call 817-233-5271.)



Obituaries

We are saddened to announce the death of two people in our Aging in Place community.

Lois Steinberg, a Larchmont resident who died on March 1 at the age of 91, was co-founder and president of the Center for Aging in Place, an umbrella organization for aging in place groups in Westchester. She was also a founding member of At Home on the Sound.

Lois was invaluable in helping us establish Aging in Place in White Plains, and remains an inspiration to all in the aging in place movement.



Riena Kaplow, a longtime member of AIPWP, died on February 15. She was an eager participant in AIPWP activities, even when her health was impaired. Riena was also active in the League of Women Voters in White Plains and the White Plains Historical Society. Her four children and six grandchildren survive her.

New Meeting Place

We are beginning to hold some of our monthly events and other meetings at the newly renovated **White Plains Public Library**. We like it because of its central location and its flexibility in meeting our needs. Any refreshments we have at meetings will be catered by the library's new Everyday Healthy Café, run by Peter Herrero of Sam's of Gedney Way.

Take a Walk

Now that the weather is lovely—and before it gets too hot—if you're itching to get outside and walk, an excellent place to do that is the Kensico Dam Plaza.

Those with walkers and canes can enjoy strolling there, because the walking surface is completely flat, and there are plentiful benches for taking a rest.

The plaza is also the setting for "The Rising," the county's September 11 memorial.

The Kensico Dam Plaza is reached by taking the Bronx River Parkway north, to the end.



"The Rising," September 11 Memorial, designed by architect Frederic Schwartz

Future Events

AIPWP continues its series of monthly programs featuring outstanding speakers. Events take place at The White Plains Public Library or The Ethical Culture Society, 7 Saxon Wood Rd. Watch your emails for location. Please call us if you would like a ride.

Wednesday, May 16, at the library. Professor Gary Brown, Assistant Attorney General for New York State, will speak on **Consumer Fraud**, especially for seniors.

Thursday, June 21, at the library. Ben Gershman, professor of constitutional law, will talk about **The Second Amendment** and its relevance today.

July. To be announced.

To learn more about
Aging in Place in White
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