

Aging in Place In White Plains

October 2015

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Spring, Summer Programs Feature Museum Visit, Lunches and Talks

A varied menu of events was on offer for AIPWP members during the spring and summer. These included a trip to the Bruce Museum in Greenwich, CT in July, with a docent- led tour of **“Walls of Color: The Murals of Hans Hofmann.”** The exhibition featured murals and paintings by this major postwar artist. Several members enjoyed lunch afterwards at a restaurant in Greenwich.

Chinese and Indian cuisines tempted many to luncheons at **Imperial Wok** and **Taj Palace**, both in White Plains, during the summer.

In April, Jerry Stern, an attorney and WCC lecturer, talked to us about **Jackie Robinson**, who, along with Dodgers' general manager Branch Rickey, integrated major league baseball in 1947. Despite facing threats and abusive language, Robinson became Rookie of the Year in his first season with the Dodgers.

Our June event featured ShopRite registered dietitian In Jung Casseday speaking on how to help reduce the symptoms of arthritis. In **“Eating for Arthritis,”** she advised us to decrease foods that cause inflammation, such as those containing partially-hydrogenated fat; fried foods; fatty meats; and sugar. *ShopRite offers free individual nutrition counseling, as well as other programs. For more information, call In Jung Casseday at (845) 649-4766.*

In September, AIPWP member Michael Friedman, professor at the Columbia School of Social Work and founder of the Geriatric Mental Health Alliance, gave a stimulating talk on **Successful Aging**. Opposing the stereotypes of society at large, Michael's message is that old does not equal bad, and that despite the mental and physical declines that are inevitable with aging, “You can be old and okay!”



ShopRite dietitian In Jung Casseday offers nutrition advice

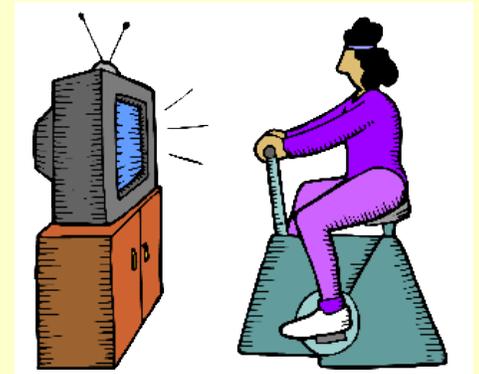
Body and Mind Care

Exercise for Limited Mobility

As someone with chronic joint problems—including an arthritic knee and lower back pain—that make it difficult to exercise, I've long been frustrated by the fact that exercise, especially walking, is recommended for longevity and as a preventive for almost every health problem.

Fortunately, there are alternatives to the usual walking or strenuous exercise regimens. An article in a recent issue of the Harvard Women's Health Watch, called "Staying Active When it's Hard to Move," outlines some of them:

- **Swimming** or other water exercise. (The YWCA has water exercise classes and open swim times at the pool. Burke has a warm-water therapy pool.)
- **Cycling** on a recumbent bike or with a mini-cycle bike that can be used while you're sitting. (The YWCA has a small gym, free with pool membership, that has a recumbent bike.) Mini-cycle bikes are lightweight and inexpensive; many models are available at Amazon.com.
- **Seated strengthening exercises**, such as straight-leg lifts and lateral arm raises.
- **Stretching**, to improve flexibility and prevent injury.



"If you're looking for something a little more individualized, check in with a physical therapist—someone who has credentials in exercise training," says Kailin Collins, a physical therapist at Massachusetts General Hospital. Ask the therapist to design a stretching and strengthening program for you and monitor your form as you work through the exercises. (I'm planning to do this first before attempting the other exercises.)

If you would like a copy of the original article, which contains much more detailed information, contact me, Helen Greer, at 914-949-6191 or hlgreer@yahoo.com.

Memory Maximizers

Avoid trans fats. A new study suggests that consumption of these unhealthy fats, found primarily in processed foods, is associated with memory impairment. Although trans fats are being phased out of most foods, check food labels to be sure.

Monitor and control blood pressure. Combating high blood pressure (hypertension), which can lead to strokes, is necessary for a healthy old age. Stroke prevention is essential to protect your brain from serious cognitive decline.

Around Town and Out of Town

Fall and Winter Day Trips

Cooler weather is coming, and various organizations are offering trips to view the beauty around us or to enjoy other diversions in our area.

The Upper Class, based in Mamaroneck, offers many day trips. Here is a small sampling:

- **Narrated Hudson River Cruise** on October 11 with champagne brunch at the Thayer Hotel at West Point.
- **Visit to Mohonk Mountain House** on October 22 for a buffet lunch and a stroll through the gardens and greenhouse.
- **Guided tour of the New York State Capitol Building** on November 17. The building has recently undergone a multi-million-dollar renovation.

For information on these and other trips, including costs, pick-up locations and times, call The Upper Class at (914) 725-5640 or visit their website, www.theupperclass.net.

The White Plains Recreation and Parks Department has trips and outings which vary from easy (little or no walking) to hard (lots of walking and standing). They include a trip to the **9/11 Museum and Memorial** (hard) on October 14; a **Holiday Tea Musicale and tour at Caramoor** (easy) on December 10; and others. For information about the programs, call (914)422-1336 or visit the Recreation and Parks Department at 85 Gedney Way for a catalog.

Art and Music

To mark its 50th Anniversary, ArtsWestchester is partnering with The Journal News to present **Through the Decades: Picturing 50 Years in Westchester**, a photographic exhibition featuring archival and crowd-sourced photographs. (Right) Pete Seeger at the 1978 Clearwater Festival.

On view at 31 Mamaroneck Ave. from October 5 through November 21.



Mark Vergara for the Journal News

Downtown Music at Grace, now in its 28th season, continues to present free concerts featuring outstanding professionals almost every Wednesday at noon at Grace Church.

Notices

Do you have a hobby or a skill you would like to learn or teach, or would you like to find other members of AIPWP who share your interests? If you call (914) 319-1609 and let us know, we will try to match you with members with similar interests.

Do you know of a member who would appreciate hearing from us to commemorate a sad or happy occasion? Or to whom we can offer support during sickness or recuperation from surgery? Please keep us informed by calling the Connections Committee, (914) 761-7140.

Future Events

AIPWP continues its series of monthly programs featuring outstanding speakers. All events are Wednesdays at 3 p.m. at Memorial Methodist Church unless otherwise noted. (Watch your emails and the AIPWP website for updates.)

- **October 21:** New York State Senator George Latimer
- **November 18:** Panel from White Plains Hospital on palliative and hospice care
- **December 16:** Fourth annual Holiday Party. *At Burke.*
- **January 20:** Merrill Harmin, retired professor of psychology and education and AIPWP member, on "How to relax profoundly"
- **February 17:** Pamela Katz in a discussion of her book, *The Partnership*, about the relationship between Bertholt Brecht and Kurt Weill

To learn more about
Aging in Place in White
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