

Aging in Place In White Plains

March 2017

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Jean Coppola speaks at the February event

Technology for Seniors and Local Building Boom Highlight Programs

- ❖ **Gerontechnology?** It's the interdisciplinary field of research in which technology is directed toward uses for older people. Pace professor and gerontechnologist **Jean Coppola, PhD.**, initiated a lively discussion with AIP'ers in February, who had questions about the place of gadgetry in their lives, including smart phones, iPads, and "brain games." (See article on page 3.)
- ❖ **White Plains Hospital** was the subject in January, when **Susan Fox, CEO**, described how the busiest hospital in the county keeps up with changes in health care—e.g., working toward being able to perform open-heart surgery—and expands its geographical reach within and outside of White Plains.
- ❖ **Nick Wolff**, Westchester native and chair of the White Plains Housing Authority, described a big construction boom in rental apartments in our city, fueled by the "new millennials" who don't want to pay twice the rent to live in New York city. Other projects in White Plains are a new assisted living at Church St. and Barker Ave. and developments at Good Counsel, along Post Road, and at the old Westchester Pavilion.
- ❖ Federal judges are appointed, while state judges are elected. According to **Attorney Jerry Stern**, we know so little about judicial candidates for election that they might as well all be appointed. Unlike a politician, a judge running for election can't make any campaign promises; all she can do is be seen smiling in a family picture.

*A **book club** and a **current events group** are in formation. If you're interested in either or both, please call AIPWP at 914-319-1609.*

Accessible Places

In an effort to make life a little easier for all of us, we're compiling a list of "**accessible places,**" restaurants and other venues where parking is easy and there are few if any steps to negotiate. So far, members have submitted the following:

Restaurants

- **Trevi Ristorante**, 11 Taylor Square, West Harrison (Silver Lake area). Back door into restaurant from their parking lot; no steps to the dining room, Wheelchair-accessible. 914-949-5810.
- **City Limits**, 200 Central Ave., White Plains. Parking lot can get crowded. One or two steps to get into restaurant; some seating is also up steps. Bathroom for handicapped on main floor. 914-686-9000.
- **So Cong Donga** (Korean), 411 N. Central Ave., Hartsdale. 914-397-1790.
- **7 Woks**, Golden Horseshoe Shopping Center, Scarsdale. 914-472-4774.
- **Epstein's Kosher Deli**, Dalewood Shopping Center, Central Ave., Hartsdale. 914-428-5320.

Gas Stations

- **CITGO**, 780 N. Broadway, North White Plains. They pump gas, clean windows and will check tire pressure on request.
- **CITGO**, 430 Mamaroneck Ave., White Plains. Same services.

Pharmacy: **Saxon Pharmacy**, 460 Mamaroneck Ave. Parking is not easy but they deliver prescriptions for \$3. 914-948-1900.



Libraries

- **White Plains Public Library**. A few parking spaces in front; otherwise, paid parking in underground lot, with an elevator. Elevator inside library also.
- **Scarsdale Public Library**. Free parking. Activities including free afternoon movies. To get to fiction stacks requires assistance in taking an elevator, or walking up a flight of stairs.
- **Greenburgh Public Library**. Parking on main entrance level. Art exhibits; ongoing musical and speaker programs. Assistance with Medicare questions once a week.

Banks

- **TD Bank**, 285 Mamaroneck Ave. (next to CVS). Own parking lot; bank is one step up from parking lot. Open Sundays 11-3.
- **Chase Bank**, 501 Mamaroneck Ave., parking in rear. Lobby and drive-up.

Dry Cleaners

- **Rose Cleaners**, corner Mamaroneck and Bryant aves. One step up from parking lot.
- **Fredericks**, 405 Mamaroneck Ave. Own parking lot. Open Sundays. Pickup and delivery options.

Thanks to Martina Brunner, Judy Meyer Morse, and Jean Pollak for their suggestions. We'd love to hear from other members about additional places, including hairdressers, grocery stores, hardware stores or anywhere else. Call the AIP phone at 914-319-1609. **Please note: AIPWP does not endorse these venues, but simply refers suggestions from members.**

Future Events

AIPWP continues its series of monthly Wednesday programs featuring outstanding speakers. All events will take place at The Ethical Culture Society, 7 Saxon Wood Rd., White Plains. Please call us if you would like a ride.

March 15, 2 pm. *Balance Training and Fall Prevention.*
Molly Roffman, P.T., M.A.

April 19, 2 pm. *White Plains Library: Looking Toward the Future.*
Brian Kenney, Director, White Plains Public Library.

May 17, 2 pm. *Home Modifications for Safety.*
Art Bartosch, president, Home-Safety Solutions and certified Aging in Place specialist.

To learn more about
Aging in Place in White
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visit our website at
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