

Aging in Place In White Plains

October 2016

Inside This Issue

- 1 Buchwald and Others
- 2 Poems by Our Members
- 3 Aging Together?
- 4 Future Events

Buchwald Champions Legislation for Seniors

**Welcome to another season of events and social activities.
To bring you up to date:**

- Do you know what your local politicians are doing for you? **NY State Assemblyman David Buchwald**, who represents half of White Plains and several other communities, is working hard for seniors. He sponsored the “Esplanade Bill”—named for the former senior residence in downtown White Plains that abruptly closed and evicted its residents—that would make it illegal to terminate such a lease without cause. He is also striving to protect seniors from elder abuse, including those all-too-familiar telephone scams. David spoke to us in September.
- Sorry if you missed it this summer when over 40 members enjoyed an outing to **“In the Heights” at the White Plains Performing Arts Center**. The musical by Lin-Manuel Miranda—author of the smash hit “Hamilton”—won multiple Tony awards in when it was first staged in 2008. We loved the spirited performance with terrific singing and acting (see photo below left).
- In the spring our **series of lunches** at Imperial Wok and Sam’s continued. The discussion group **“Let’s Talk”** met regularly under Doris Altman’s guidance, as did our **Creative Writing Group**, led by Lew Sunderland. Both programs will continue this fall. Feel free to come once or as often as you want. (Look for some of the poems written in Lew’s group on page 2.)
- Last spring also brought dynamic speakers to our monthly programs. The fascinating history of the Ethical Culture movement was related by **Bart Worden, Clergy Leader of the Ethical Culture Society of Westchester**. Founded as an alternative to established religions, it focused on working toward a better future society. The Ethical Culture movement was responsible for shaping many of the social programs we have today.
- Another engaging speaker was **Alfred Hunt, Professor Emeritus of History** at Purchase College, who covered current U. S. politics. He said politicians are able to play off people’s fears because most people are ignorant about how the political process works and about the issues. As far as how to make positive changes to the system, we need to be more conscious of how politics work and practice the essential art of compromise. (Continued on page 3.)



**Assemblyman
David Buchwald**



“In the Heights” stars Daisy Guevara, Nerice Gerena and Shaunice Alexander

Sunny Windows by Judith Meyer Morse

Looking out the church's large windows
reminds me of Kol Ami's windows this
morning – the sun streaking through, lighting,
brightening the sad and glad words one
after another about Mary.

It reminds me of the same room, spring 1966,
sun streaking – sharing sad and glad words
about Herb, 45- not 85-years old.

As I look out the large windows,
I wonder – does anything change?

Haikus by Simon Aronin

A QUANTIFIED HAIKU
If one, then many.
If many, a multitude.
If all, then nothing.

A HAIKU PRESCRIPTION
Forget the present
Remember your own future
Escape from reason

A NOURISHING HAIKU
Vegetables rock
Fruits are music of the heart
Food is for the soul

Rebirth by Lew Sunderland

Sky is blue and white
with a hint of hidden light.
Spring is here,
new life emergent.
Grass shoots rising,
trees budding, tulips and
azaleas unfolding,
birds chirping.

Surrounded by joyous
sounds, vibrant colors
and pungent smells,
I feel lucky!
I AM lucky!

Poetry by Members Of the Creative Writing Group

Pain by Harriet Slivka

You've a pain in the neck
And a pain in the butt
You've a pain in the head
And a pain in the mind
And you ask yourself
Which pain hurts more
Which pain hurts less
How do you treat all that hurts?

Medications might help you to look all around
As it loosens the tightness you feel in your neck
Medications may help you to sit in a chair
Without having a lumpy, bumpy rear
Medications may take the headache away

But what about the mind when things aren't clear?
When you can't stay on course
When all that you hear are the voices inside you
When all that exists is an emptiness
And you struggle each day
And you struggle each night
But the pain remains and the mind feels blank
Like an empty tank

Then suddenly some help arises
As she stands beside you and looks into your eyes
Then she holds your hands
Then she touches your face
Then she smiles and it is like an embrace
A light shines inside you
The pain is abating
You feel alive once again

For the moment.

*If you would like to try out the Writing Group,
contact Lew at 914-552-2229 or
Lew.private@verizon.net. **No previous
creative writing experience required.***

Letter from the Vice President

Aging Together?

by Norman White

Most of you joined AIP because you have a desire to make contact with other age peers. How did you envision making those contacts? As Vice President in charge of membership, I want to know if you would like to share more “together time” with other AIP members.

To that end, last year we sent out a questionnaire to which many of you responded: “We like events; we like small groups; we like to have lunch together.” So, we have events, we have small groups – and you can have lunch almost every month with AIP members.

By now you have all seen our events schedule with varied speakers. Most know about the small group called “Let’s Talk.” You may not know about the “Writer’s Group.” (See some of their work on the opposite page.) I would like to generate more groups with your input. One that we are looking to start is a tai chi group. We have an instructor who likes working with seniors. The price is reasonable and we are trying to secure a proper space.

In addition, I have proposed that we have a **special lunch – free to members**. You do have to do some “work” if you attend. Your “work”? You have to tell us what else we can do for you to aid you in “Aging in Place” in a better way. Is that a deal?

Would you like to have more *together time* with more age peers? Think about telling us what you want and we’ll try to make it happen.

To accept the free lunch offer, or for any other questions or suggestions, contact Norman at splash6am@verizon.net. If you don't use email, you can call him at 914-948-1837.



Programs and Activities (continued from page 1)

- Other speakers included **Dr. Patrick Raue of Weill Medical College** on the issue of late-life depression and anxiety, an under-diagnosed problem for which socializing and support systems are a good prevention. And we were brought up to speed about the Beeline Bus System by **program specialist Mary Ellen Burns**, who gave us the option of signing up for a Metro Card.

Future Events

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

October 19, 3 pm. Why We Are in the Dark When Electing Judges-- A Voter's Dilemma. **Gerald Stern, attorney**, former assistant DA, specialist in judicial ethics.

November 16, 2 pm. Future Development in White Plains—How Much Is Too Much? **Nick Wolff, chairman, White Plains Housing Authority**, lifelong resident of White Plains with 47 years in local real estate.

December 21, 12:30 pm (at Burke Rehabilitation Center). **Holiday Celebration.** Eat, mingle, and enjoy the jazz ensemble of pianist and AIPWP member Michael Friedman.

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