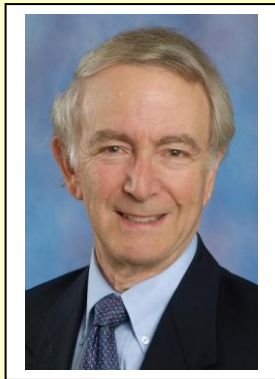


Aging in Place In White Plains

April 2012

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Paul Schwarz serves as AIPWP's first president. He has worked on behalf of numerous non-profit organizations in the city and is currently President of the Board of Meals-on-Wheels of White Plains and the Board of Directors of the White Plains Public Library.

Welcome from the President

By Paul Schwarz

Thinking about the time it took to bring the concept of Aging in Place in White Plains to fruition, some of us have aged quite a bit during that time!

A small group of interested and committed citizens had read about aging-in-place groups in Westchester and elsewhere. They had the idea to start a group here in White Plains, and enlisted the help of the then brand new Center for Aging in Place, a non-profit organization that promotes the growing aging-in-place movement in Westchester County. That was almost four years ago. After much hard work, our launch took place in September 2011.

With over sixty members, we are now one of ten AIP groups in Westchester that are up and running. Some of the others have offices and paid staff, but ours is an all-volunteer organization in order to keep membership fees at an affordable level for all sectors of the White Plains community.

Like the other groups, we are a membership organization, and have as our main goal helping seniors continue to live in their own homes, in their own community, safely, vibrantly, and with dignity. We do this by offering members assistance provided by volunteers, quality services from recommended vendors, enjoyable and informative social gatherings and trips, and more.

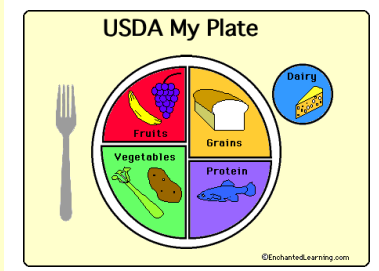
Now we are more than six months into our mission, and are "getting our sea legs," feeling our way, figuring out who should be doing what, and starting to provide services and activities for our members.

In the area of activities, following up on our September launch we held a successful holiday party last December, and a program on senior diets last month. We have a fun and interesting date slated for April 25, a social event with a speaker on "decluttering."

We're looking ahead to providing more services to more members and developing a robust schedule of activities. If you would like to take part in the planning, or in any way to take on a role in this membership organization, please get in touch. Email is the easiest way (aipwhiteplains@gmail.com). We'd love to hear from you, and hear your ideas, suggestions, and offers of participation.

Events

On Tuesday, March 6, a group of AIPWP members spent a fascinating hour and a half in the conference room at the ShopRite supermarket at City Center learning about nutrition and healthy eating. Stacey Jackson, the Registered Dietitian at ShopRite, discussed the five categories of the "Food Plate" (which has replaced the Food Pyramid)--vegetables, fruits, protein, grains, and dairy. She explained the virtues of each group and the best choices within each.



The new food plate stresses fruits, vegetables, grains and protein

Some other nutritional hints included:

- Limit sodium to no more than 1500 milligrams per day (a teaspoon of salt is approximately 2400 mgs.).
- Organic food is not better for nutrients, but avoids the chemical preservatives and pesticides.
- B-12 is an important vitamin, but is harder to absorb as we get older.
- If you eat chocolate, eat dark chocolate (at least 70% cocoa or higher).
- Whole grains are the best grains; read the package labels, and check the fiber content.

We all think we know what to eat, but it was helpful to hear from an expert, and maybe some of us will adjust our food intake. After the nutrition discussion, healthy snacks were served, courtesy of ShopRite.

Don't miss our upcoming "Spring Fling" at Burke on Wednesday, April 25 from 3-5 p.m. We will feature a speaker on decluttering, plus music and refreshments. Join us and bring your friends!

A Legacy of Meaning: An Ethical Will

By Sandy Meyers

Member Sandy Meyers recently retired as a social worker after 18 years at Jewish Home Lifecare in the Bronx. While there, she worked at trying to change the culture of the nursing home from one of merely sustaining life to one of infusing life with the joy of living it.

We all struggle with knowing we are going to die. As we get older, we may ask ourselves questions such as: How have I lived? Has my life mattered? What do I want my family and unborn generations to know about me?

One way to begin approaching these questions is through thinking about writing an **ethical will**. Unlike a regular will, an ethical will is not a legal document and does not deal with material possessions. Rather, it is a letter written as a legacy to those we love, leaving them our beliefs and values and what we feel has been most important in our life. An intensely personal statement, it may draw on our family history, personal wisdom, life experiences and aspirations to explain what we wish for ourselves, our loved ones, and our world.

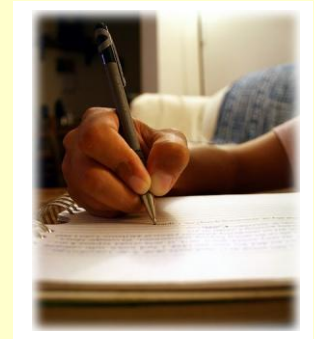
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Ethical Wills (continued from previous page)

Ethical wills were first described in the Hebrew bible 3000 years ago. They were also referred to in the Christian bible, and have been found in other cultures as well. We write them because we want to be remembered, to leave something of ourselves behind for future generations. Reflecting on the values we cherish, and the wisdom we may have to pass along to others, can help give us a sense of completion in our lives, and perhaps a greater acceptance of our own mortality.

An ethical will may begin simply, "Dear family and friends, I leave you these things that I have learned in my life;" or "Dear children, A few words to express my thoughts and feelings about what is important to me and I hope will be to you." It may touch on areas such as religion and spirituality and the importance of education and learning throughout life. It may communicate our thoughts about values such as honesty, forgiveness, courage, or good and evil. It may tell how we learned from our mistakes, what role humor played in our life, what we are most proud of, and how we have found meaning in our life.

Ethical wills are one of the most cherished and meaningful gifts one can leave. For some examples, go to www.ethicalwill.com. Click on the 100-year-old category, to see a living will on which I proudly worked with Bea, a resident at Jewish Home in the Bronx. At age 100, this was the first time she ever had anything published (in "Aging and the Human Spirit," from the University of Texas). It was a truly life-affirming work for her—and for me.



Ethical wills are one of the most cherished and meaningful gifts one can leave.

Member Activities

Michael Friedman, pianist, and his trio, along with Glenda Davenport on vocals, perform mainstream modern jazz at the Elements club and restaurant the third Tuesday of every month from 6:30 to 9 p.m. Relax to the sound of live music and order tasty food and drinks from the varied, reasonably priced menu. Elements, which presents jazz almost every Tuesday night, is located at 161 Mamaroneck Avenue. The Waller lot behind it affords easy parking. To make a reservation, call 914-358-4930. The next date to hear Michael's group is Tuesday, May 15.

White Plains and the surrounding area offer inviting opportunities for outdoor walking, particularly at this time of year. If you enjoy walking and would be interested in forming a group for local walks in White Plains (roads, parks) and nearby communities, contact **Ellen Blauner** at 914-948-4793 or at eblauner@verizon.net.

We like to let our readers know what other members are doing. If you are involved with, or would like to begin, a group or activity that you think would interest others, please contact newsletter editor Helen Greer at 914-949-6191 or email hlgreer@yahoo.com.

In Our Own Backyard: The White Plains Performing Arts Center

By Judy Meyer Morse

Please use it or we may lose it – the White Plains Performing Arts Center (WPPAC), the theatrical jewel located at 11 City Place, in the City Center, on the same floor as the movies. Now finishing its tenth season, it is a fully professional, live, 410-seat theater, with Equity actors and impressive sets.

Going to WPPAC is so much easier than going to Manhattan. Tickets are reasonable. Making a reservation is hassle-free. This season the theater has presented "Cats" and "Lend Me a Tenor." Its final show will be the Tony Award-winning family musical, "The Secret Garden," from Friday, May 11 to Sunday, May 20.

Reviews this past season reflect the consistently high quality of performances. "The original 'Cats' magic is back in WPPAC's best show ever," said John Bailey in the White Plains CitizeNetReporter. And reviewing "Lend Me a Tenor," Debra Banerjee in the Scarsdale Inquirer wrote, "An appealing cast and a very polished production call for a bravo."

One would expect a full house at each performance. Unfortunately, at some performances, the house is barely half full. Perhaps the, "If it's not in New York City, I won't go," mentality is stopping some from taking advantage of such an accessible resource.

As for ticket prices, individual tickets are \$40; a subscription for the three shows was \$92 this past season.

For more information or to purchase tickets by phone, call 914-328-1600 or go online at: www.WPPAC.com.

See you at "The Secret Garden" in May!

For More Information

To learn more about Aging in Place in White Plains, visit our website at www.aipwhiteplains.org or contact us at 914-319-1609 or aipwhiteplains@gmail.com.

This is the first in a series of articles devoted to cultural and other treasures in and around our community. Have a favorite that you would like us to write about? Let us know.



"Cats" on the prowl at WPPAC

Judy Meyer Morse was one of the founders of AIPWP and is currently corresponding secretary. Judy has had a career in public relations, including running her own firm for 15 years.