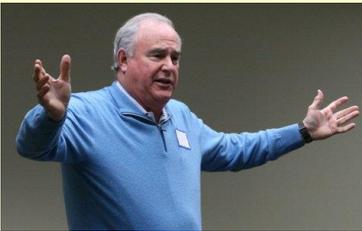


# Aging in Place In White Plains

July 2014

## Inside This Issue

- 1 Spring Events
- 2 Annual Meeting
- 3 Keep on Learning
- 4 Future Programs



*Andrew Morse takes a broad view of economic policy.*

## AIPWP Spring Events Feature Economics, Home Care and Yoga for Seniors

Our monthly programs continued to prove popular with members and guests.

**On March 19, a de-cluttering program** featured Susan Berenson, a specialist in estate and tag sales. Her advice: Take a good look at your “stuff,” and if you don’t need it, get rid of it. Some novel ideas for places to donate specific items included pet rescue organizations for old towels and blankets, and women’s shelters for makeup.

**April 16 brought Andrew Morse**, managing director of Hightower Advisors, who gave us some understanding of the economic situation in the U.S. and abroad. Despite some areas of growth in the U.S. economy, middle class income has stagnated and resulted in severe social problems. Economic uncertainty in China, and military activity in Russia and Ukraine, among other trouble spots, contribute to market jitters.

**A panel on home care, on May 21**, featured a highly informative review of the home health care benefits available to Medicare and Medicaid recipients. The three presenters were Ellen Wright, director of Azor Home Care, affiliated with United Hebrew in New Rochelle; Miriam Scholl, of Westchester Elder Care Consultants; and Laura Himmelstein, coordinator of the Caregivers Support Program at White Plains Hospital. The takeaway message was that lots of benefits are available; you have to find out about them and advocate for them. The three speakers are excellent resources to go to for help in accomplishing this.

**Yoga for Seniors, on June 18**, under the direction of Debra von Glahn, gave us a mindful, mainly seated, workout. Debra defined yoga as “union,” the science of bringing the body and the mind together. Through a series of poses, with a focus on breathing, we attempted to open up the energy that flows through the spine. Debra explained that one can gain all the benefits of yoga whether seated, standing, or lying on a mat.

## Lois Steinberg Addresses Annual Meeting



*Lois sees an expanded mission for the aging in place movement.*

Our annual meeting on June 24 featured a talk by Lois Steinberg, co-founder and current president of CAP (Council on Aging in Place in Westchester County). She reported that there are currently 125 "villages" or aging in place groups nationally, with seven in Westchester County. Despite efforts to diversify on the part of many groups, including our own, more than 90% of all AIP members across the country are white and middle class.

In view of the increasing number of seniors living longer, often with a chronic disability that Medicare does not cover, Lois sees a broader mission for the aging in place movement. It is to find an "affordable model" that will incorporate services for people regardless of their race or economic status and allow them to stay in their homes.

CAP is planning to initiate a campaign to support New York State legislation to further this goal. State Senator George Latimer has submitted a bill that will probably be discussed in 2015. Money to support an affordable model will need to be raised through membership fees, private donations and some government funding.

Also at the meeting, co-president Simon Aronin introduced the WPAIP officers newly elected for a one-year term, as follows: he and Ellen Blauner, co-presidents; Judy Meyer Morse, vice president; Norman White, treasurer; Helen Greer, recording secretary; and Paul Schwarz, corresponding secretary.

Simon also drew attention to our Strategic Planning Committee, chaired by Mimi Koren; and our "Let's Talk" monthly discussion group, led by Doris Altman. He urged all members to contribute both their ideas and participation. The next regular steering committee meeting will be held in September.

## Keep on Learning

In addition to the abundance of courses offered by institutions such as the White Plains Senior Center, the Scarsdale Adult School, and many others, several more structured programs are available in the lower Westchester area.

For those seeking a more complete educational and social program, the **Collegium for Lifelong Learning** at Westchester Community College in Valhalla, and **LIRIC (Learning in Retirement at Iona College)** in New Rochelle provide such an experience. Both programs present a variety of courses in the fall, winter and spring, with no tests or grades (LIRIC also has a July intersession). All course "leaders" are volunteers and are either professors or highly informed laypersons.

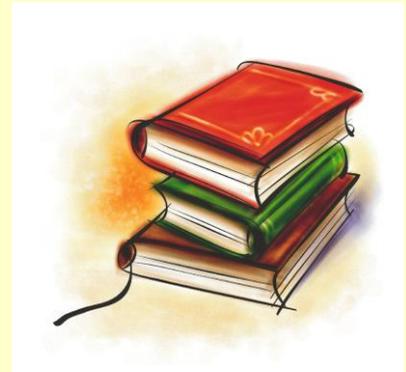
LIRIC has more than twenty study groups each semester. Topics this spring ranged from playreading and painting to bioethical issues in contemporary society. Collegium courses similarly cover a broad spectrum, including history, science, music and film. Opportunities for socializing are stressed by both programs. Collegium invites lively discussions in classrooms and at lunchtime, and offers cookie-and-coffee breaks between classes. LIRIC features trips to places of cultural interest.

According to AIPWP member and Collegium participant Mimi Koren, "Collegium offers the opportunity to stretch your mind and your horizons in a congenial environment. The discussions among the students, an integral part of the classroom experience, are stimulating and enlightening."

To find out more about LIRIC, go to [www.iona.edu](http://www.iona.edu) or call 914-633-2675. For information on Collegium, go to [www.sunywcc.edu](http://www.sunywcc.edu) or call 914-606-6748.

Westchester Community College also offers a program called **Mainstream**, the Institute for Mature Adults. More loosely organized than Collegium, it is designed for adults over 50, with courses covering skill development for new careers, enrichment and personal growth. For information, call 914-606-6793 or email [mainstream@sunywcc.edu](mailto:mainstream@sunywcc.edu).

At many colleges and universities, seniors can audit credit courses tuition-free. At **Purchase College**, New York State residents aged 60 and over may enroll in a maximum of two credit-bearing courses each semester, including summer session. There is an auditor's fee and a fee for a student ID. At **Manhattanville College**, the minimum age for enrollment is 62, and any fee may be waived at the time of registration. All courses at both schools are on a space-available basis. Contact the Registrar's Office at Manhattanville, 914-323-5337; for Purchase, call 914-251-6500.



## Future Programs

**Watch your email and the AIPWP website for details on these and other upcoming events.**

- **August 10, 2 pm.** Theater at the White Plains Performing Arts Center. The play is "Parade." Call Rhoda Fidler at 914-683-6226 for more information and to reserve.
- **September 17.** Political talk by history professor emeritus Allen Hunt.
- **October 15.** League of Women Voters discussion by Madeline Zevon.
- **November 19.** Sleep habits and sleep problems of seniors.
- **December 17.** Gala Third Annual Holiday Party.

To learn more about  
Aging in Place in White  
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