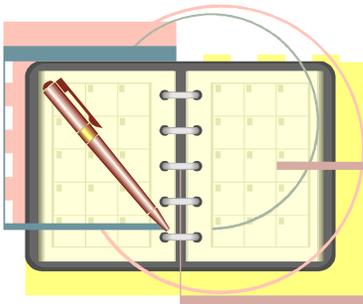


Aging in Place In White Plains

October 2013

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Local Assemblyman Favors Fresh Perspective

Nine communities including White Plains make up the district of New York State Assemblyman David Buchwald, who spoke to AIPWP members on September 24. Helping his more than 130,000 constituents is his favorite part of the job, says the White Plains resident and former Common Council member, who was elected to the Assembly in 2012.

Buchwald's background in economic analysis and law are invaluable assets as he deals with the realities of government. Yet it is evident that he has not lost his idealism either. Speaking on "A Fresh Perspective in State Government," Buchwald believes that legislators should read every bill they vote on. And according to legislation he wrote, public officials convicted of corruption should be stripped of their pensions.

He also feels that the establishment of an independent commission for redistricting of legislative districts, and the public financing of political campaigns, would help improve the quality of candidates and elected legislators. On a different subject, in answer to a member's question, Buchwald stated that although he is generally in favor of nuclear power, he is opposed to the relicensing of Indian Point, because the risks of accidents in such a heavily populated area are too great.

Upcoming Events

Get special discounted tickets and join the group at the White Plains Performing Arts Center for a performance of "The 39 Steps," on Sunday, October 20, at 2 pm. Tickets are \$33.00. To order tickets, call 914-328-1600 and say you are a member of AIPWP. For more information or help with transportation, call AIPWP at 914-319-1609.

The following events are free of charge and open to members and friends:

Wednesday, October 16, 3-5 pm. A Chinese and a Mexican immigrant describe the experience of attaining the American dream for themselves and their families. Memorial United Methodist Church, 250 Bryant Avenue, White Plains.

Wednesday, October 23. "Let's Talk." Monthly discussion group at 1:30 pm. Memorial United Methodist Church. November and December dates to be determined.

Wednesday, November 20, 3-5 pm. Gary Brown, Assistant Attorney General, Westchester County, speaks on consumer fraud. Memorial United Methodist Church.

Wednesday, December 18, 3-5 pm. "Birthday Party" with music by Michael Friedman's jazz ensemble and light refreshments. Burke Rehabilitation Hospital, 785 Mamaroneck Avenue, White Plains.

Monthly and special events will continue in 2014. Watch your email for notices. Rides are available for those who need them.

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



Simon appreciates the importance of community

Introducing Simon Aronin, Co-President

Two years in the Peace Corps (1964 -1966) in Malawi, East Africa, gave Simon Aronin an appreciation for the importance of community. Simon observed how people living close together in villages shared their lives. "They helped each other in many ways every day," says Simon. "They shared food with those who needed it, they got together to share stories, they even shelled peanuts (a cash crop) together by hand. Extended families continued living in the villages and took care of each other. But, different from our modern lives, they didn't help each other with transportation, because they didn't need to. They lived in close proximity and walked everywhere."

After retiring from the magazine business (as head of marketing for *Consumer Reports* and as Associate Publisher of *Scientific American* magazine), Simon, an 18-year resident of White Plains, heard from several friends about older relatives of theirs who needed transportation. That led him to AIPWP, where he felt he could participate in helping to fill this need. Simon has been an active member and served as Treasurer of AIPWP from 2011 until this year when he was elected Co-President (with Ellen Blauner).

Ever aware of the benefits of community, Simon's goals for the organization are:

- to give people the support they need to continue living in their own homes in White Plains;
- to increase membership and also broaden it to include a more diverse group of people;
- to create a variety of different kinds of events, both social and educational, to regularly bring people together.

Simon and his wife Rosie have lived in White Plains since 1994. All three of their children graduated from White Plains High School. Outside of his community activities, Simon still does some marketing consulting and enjoys writing short stories with a writing group.

New officers elected for 2013-14

Simon Aronin and Ellen Blauner, Co-Presidents
 Judith Meyer Morse, Vice President
 Helen Greer, Recording Secretary
 Paul Schwarz, Corresponding Secretary
 Norman White, Treasurer

Recent Events

Ranging from baseball to tai chi to elder law, our Spring 2013 events attracted numerous enthusiastic members and guests. Some of the highlights were:

New director of the White Plains Public Library, Brian Kenney, spoke to us at the library on March 20. "This is a great time for libraries," he said. The dire predictions that first computers and then e-books would make libraries obsolete have not come about, and libraries are busier than ever. New programming, including formal classes and entertainment-based programs, has been a key to expanded library use. Dr. Kenney spoke of increasing programs coordinated with community organizations such as AIP.

The White Plains library is in the process of a three-year renovation of its main floor. Phase one will provide a home for kids aged 12-16, including a social area and a digital media lab, in addition to a traditional library. Future phases will comprise a redesign of the adult area with increased technology and better working space; and a café and bookstore.

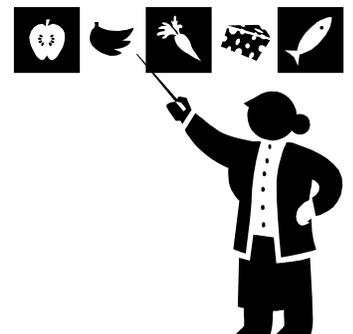
Baseball was the topic of David Leinwand's lively and enjoyable talk on April 17.

Steven Schurkman, elder care lawyer with Keane and Beane in White Plains spoke to us on May 15. His clear and concise explanations of elder care law covered some of the following topics: health care documents—power of attorney, healthcare proxy and living will; wills and trusts; and Medicaid.

Participation was the order of the day at a **Tai Chi class led by certified instructor Gene Nelson** on June 5. Many of us tried the movements and patterns that make up this ancient martial art.

A healthful lunch and nutritional discussion took place at Graziella's Restaurant on June 12. Patricia Coar, nutrition manager at Burke, advised us to eat a variety of foods to achieve "balanced eating" and to aim for nutrient dense foods. Among the nutrients important as we age are protein, carbs, calcium, vitamin D, zinc and B12. She stressed the importance of drinking water and supported dark chocolate as a good source of magnesium. Even ice cream in small amounts was promoted as a good source of dairy.

"Let's Talk," our monthly informal discussion group led by Doris Altman, continued, with participants contributing their experiences and ideas on a variety of topics, including ethical wills and the influence of early memories. The series is ongoing.



Around Town: Programs in White Plains

The White Plains Performing Arts Center: Theater and Music at 11 City Place.

October 11-27. "The 39 Steps." (See page 1 for 10/20 group showing.)

November 15-17. "Avenue Q" (Resident Theatre Training Program)

November 21. Singer/songwriter Holly Williams.

December 13-31. "Les Miserables."

Purchase tickets online at www.wppac.com or call 914-328-1600.

Downtown Music at Grace: Free, 45-minute programs at 12:10 pm each Wednesday (Main street and Mamaroneck Ave.)

October 16. Pianist Juyeon Kang.

October 23. Violin duo Jorg-Michael Schwarz and Karen Marie Marmer.

October 30. Nancy Donaruma, cello, Judith Muir, clarinet, Peter Muir, piano.

November 6 & 13. Musicians of the Westchester Philharmonic.

November 20. Alan Woo, piano.

December 4. Pianists Svetlana Gorokhovich and Irena Portenko.

December 11. Karen Marie Marmer, violin, and Dongsok Shin, fortepiano.

December 18. Angelica, women's chamber choir.

For more information, including a list of full-length weekend concerts, go to www.DTMusic.org or call 914-949-0384.

ArtsWestchester: Exhibition, Classes, Holiday Boutique, 31 Mam'k Ave.

October 25 through November 30. **Pushing the Line: Drawing in an Age of Anxiety.** (Main Gallery). Images and narratives that reflect the shifting realities of an anxious age. Opening Reception: October 24, 6:00 – 8:30pm. (www.artsw.org/pushingtheline)

Telling Our Stories with Denise Bessette (for adults 55+). Class on 8 Fridays, 12:00 – 1:15pm, October 4 – November 22. Fee: \$170 / \$160 ArtsWestchester members. Students write their individual stories based on specific memories and perform them for one another as monologues in an enjoyable and nurturing environment. No acting experience or memorization is necessary. (www.artsw.org/classes)

December 7 - 8 & 14 - 15. **ArtsWestchester's 4th Annual Holiday Boutique.** Featuring unique creations in areas such as paper arts, jewelry, ceramics, textiles, glass, knitwear, food & culinary specialties, holiday items, and children's toys & accessories, by artists with roots in or ties to Westchester County. (www.artsw.org/holiday)

To learn more about
Aging in Place in White
Plains
visit our website at
www.aipwhiteplains.org
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914-319-1609 or
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