

Aging in Place

In White Plains

November 2017

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Home Safety, Fall Prevention Highlight Spring, Summer Programs

Welcome to Fall, even if the temperatures can't seem to make up their minds. AIPWP members have been busy, attending our new **Current Events Monthly Discussion**, led by former White Plains social studies teacher Beth Kava; a **Picnic at the beautiful Passidomo Park in Silver Lake**; and a bittersweet **Farewell Luncheon for Ellen Blauner**, White Plains native and former co-president of AIPWP.

In addition, we've had informative and helpful monthly programs, led by expert presenters, as follows:



Molly Roffman and Nancy Nemlich

- **Molly Roffman, P.T., M.A.** on **Balance Training and Fall Prevention**. Falls are the leading cause of loss of independence, and they are preventable, according to Molly. Good balance is crucial to preventing falls. Balance is enhanced by: 1) Slowing down; and 2) Exercising. Tai chi is one of the best exercises because it improves stamina, strength, flexibility and balance. Molly gives balance classes, and also suggested a simple balance routine to do at home. (See page 2 for a description of our recent Tai Chi program.)

- Examples of 3D printing, including a comb, were part of a talk/demo by **White Plains Public Library president Brian Kenney**, with the help of **Austin Olney**, who runs computer classes. Libraries serve a variety of purposes, Kenney said, providing not only books but a place for business meetings or for silence. Help with filling out applications or tax forms is available, and a café is to come.
- Reliable and easy to work with is the word on **Art Bartosch**, who described various home improvements for safety—everything from installing grab bars to renovating whole kitchens or bathrooms. A licensed home remodeler with certification in making the environment safe for older people, Art established **Home-Safe Solutions in Yorktown**. He will come to your house or apartment to do a safety assessment. Telephone 914-302-2177.
- **David Leven**, attorney and **Executive Director Emeritus of End of Life Choices New York**, stressed the importance of advance planning to make sure your wishes about dying are respected. It is crucial to choose a health care proxy who will know exactly what you want and be a strong advocate for you. The organization offers counseling services free of charge to New Yorkers. Call 212-252-2015.

(Programs are continued on p. 2)

Recent Member Activities

A farewell and thank-you lunch for Ellen Blauner was held in September at Aquario Restaurant, one of her favorite spots. About 15 members came to celebrate Ellen, who was one of the original members of AIPWP and served as co-president.

Ellen was a social worker at Greenwich Hospital and at the Jewish Home and Hospital in the Bronx. A native of White Plains, she was actively involved in many city institutions including the Democratic Party, the Youth Bureau, and the White Plains Library. She also carried out projects for NASW (National Association of Social Workers) and the League of Women Voters. After her retirement, she also volunteered at City Hall.

We will miss her and wish her the very best as she moves to Massachusetts to be closer to her family.



Ellen showing off her AIP memento



Current Events Meeting with Beth (r.)

Our new monthly Current Events group is led by Beth Kava, well known to anyone whose children attended the White Plains schools. She was Social Studies Coordinator for the White Plains public schools, and head of the High School's Social Studies department. Beth, who plans topics for discussion ahead of time and hands out printed versions, has a comfortable and relaxed demeanor that encourages everyone to contribute to the discussion. **All members are invited to attend any or all of the meetings, which are held once a month on Thursdays at 2 pm at Ethical Culture.**

Putting aside seriousness for a while, on a perfect day in

September we had a picnic at Passidomo Park in Silver Lake overlooking the lake, to which all members were invited, free of charge. Martina Brunner, a resident of West Harrison, arranged for us to use the covered area, complete with picnic tables. People found themselves sitting next to and getting to know other members, whom they may have met for the first time.

It was a lovely setting and a lively, casual event which we may want to repeat.



AIP picnickers at Silver Lake

(Programs, continued from p. 1)

- **Tai Chi instructor Margaret Matsumoto** showed us a sequence of movements and said that the goal of the practice was relaxation and the release of tensions through conscious movement and breathing. We were encouraged to try some of the simpler movements. AIPWP members are invited to try a beginners' class starting up at Ethical Culture. Margaret can be reached at 914-720-8646.

Lewis Sunderland Leads Writers Group

Our **AIPWP Writers Group** has met for over a year and a half, consistently attracting a group of members who enjoy expressing themselves on paper in whatever form they choose—poetry, essay or short story.

Lew—who founded the group—is very well organized, at each session offering prompts or hints for writing. Then participants write for about 30 minutes, and finally the writing is read aloud.

The group has been meeting every few weeks at Trinity Lutheran Church in White Plains, and all members are invited to come try their hand at writing. (Watch your emails for the next meeting.)

Here is a poignant piece by Lew, whose two children live in Japan, where he recently went to visit:



Lew (seated, r.) and fellow writers at a recent workshop

Rolling the Dice of Life

by Lewis Sunderland

Life is a struggle, nothing guaranteed.
 Each journey is different, but the outcome is the same.
 Arrogantly, we try to plan our journey,
 but the power in control, rolls dice with our life,
 while we struggle to improve our odds.
 Fortune favors the brave, the ones with hope,
 for if nothing is ventured, nothing can be gained.

The doctor reviewed my situation, mentioning all my problems and said
 “Do you think you’re able to go to Japan?”
 I frowned and said, “Not now, but I will be at the time when I leave.”
 He said, “We’ll meet again, before you leave, after your tests and see then.”
 I said nothing, just smiled and thought of what I could say:

“A coward dies a thousand deaths, a hero only one,” or
 “The heart tells you when,” or
 “Everybody dies but not everyone lives,” or
 “The rewards outweigh the risks.”

In the end, time is our most precious possession.
 Look, the clock is ticking, the bell is tolling.
 Let’s hurry for the dice is rolling.

Future Events

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

November 15, 2 pm. *Housing Options for Seniors.*
Lisa Curtis of Charter Wellness.

Monday, Dec. 18, 12:30 pm. *Annual Holiday Lunch/Party, with music by Jesse Beller. Members and guests are welcome. **Note: this event takes place at Burke Rehabilitation Center, Billings Building** (first building on the right).*

January 17, 2 pm. *To be announced.*

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