

Aging in Place In White Plains

November 2014

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*Madeline Zevon
speaking on the
upcoming elections*

Politics, Sleep and Gala Holiday Party Highlight AIPWP Programs

In July, AIPWP members met at **Imperial Wok** to enjoy an informal lunch, and **in August**, a group went to the White Plains Performing Arts Center to see the musical “**Parade.**”

In September, Professor Emeritus of history **Alfred Hunt** spoke on The Decline of American Democracy, citing loss of trust in government and poorly informed voters and politicians as two of the contributing factors to this decline. In addition, said Hunt, “There will be no change in governing until we remove money from campaigns.”

In October, **Madeline Zevon**, former president of the White Plains League of Women Voters, gave a talk. She reviewed the three propositions on the ballot and discussed some of the League’s activities, which include a variety of youth programs.

November 19, 3 pm. **Geoffrey Levy**, physician liaison to the White Plains Hospital Sleep Disorders Center, and lecturer on sleep deprivation as we age, will discuss sleep habits and problems of seniors. At Memorial Methodist.

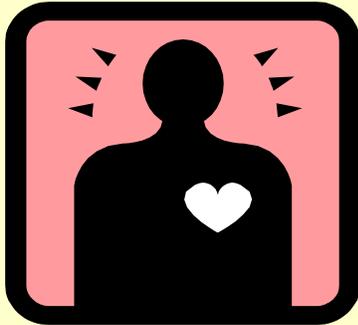
December 17, 1 pm. **Holiday party** at Burke Rehabilitation Institute will feature a lavish buffet lunch and the music of Michael Friedman’s jazz band, with vocalist Glenda Davenport. Guests are invited, along with members, as we celebrate another year of successful projects and camaraderie.

For the coming year, we look forward to a variety of stimulating events. They will include our first-ever program in collaboration with the **Mt. Hope AME Zion Church** on Lake Street in White Plains. The topic will be **Jackie Robinson** and the desegregation of baseball.

Our next “Let’s Talk” discussion group will be held on Wednesday, November 12 at 2 pm at Memorial Methodist.

Please watch your email for details on these and other events.

Health Alert: Heart Attack Symptoms Differ in Men and Women



Women may experience heart attack symptoms without chest pain

Heart disease, not breast cancer, is the biggest killer of women in this country. Its frequency increases with age, so knowing the symptoms of a heart attack is vitally important.

Most people think that crushing pain, “an elephant sitting across the chest,” is the main prelude to a heart attack. While this may be true for the majority of men, women can experience a wide variety of symptoms.

Common symptoms in women include sudden onset of weakness, shortness of breath, nausea or vomiting, indigestion, extreme fatigue, and/or body aches. Chest pain may be present, but often there are unusual feelings of discomfort in the back, arms, neck or jaw, without chest pain. The key word here is “unusual.” According to a recent New York Times article by Martha Weinman Lear (September 28, 2014), her doctor advised her not to report “every little kvetch. Use discretion. But if it is a symptom unlike any you have experienced before, make the call. Get a reality check.”

Although more men have heart attacks, a greater percentage of women die from them—if not immediately, then within a year. Anatomical differences between women and men may account for some of this disparity. Gender bias also has a role to play. Ignorance or denial of the frequency of heart attacks in women was prevalent until early in this century. Thus crucial research on heart attack virtually excluded female subjects, and women’s symptoms, including test results, were treated less aggressively than men’s.

If you think you may be having a heart attack, do the following: call 911, and chew one uncoated aspirin while waiting for the ambulance to arrive. Do not drive yourself to the hospital. And don’t delay in taking these steps—minutes and even seconds count in your chances for survival and a good recovery.

Sources: American Heart Association and Centers for Disease Control.

Feasts for the Eyes

Area galleries and museums are offering a wide variety of innovative art exhibitions this fall. Here is a selection of some of the displays.

In the **White Plains Public Library's Museum Gallery**, artist and White Plains High School English teacher Peter Wood combines print with paint to tap both the mind and the emotions. *The exhibit is on view through November 28, 2014 during library hours.*

Also in White Plains, **ArtsWestchester** at 31 Mamaroneck Avenue is featuring 60 celebrated contemporary artists in **Drawing Line into Form: Works on Paper by Sculptors from the Collection of BNY Mellon**. Paper can act as a space to test ideas that may later evolve into three-dimensional works. Drawings may also be an end in themselves as artists work with color, contour and geometry. *The exhibition is on view until December 6, from Tuesday to Saturday, 12-5 pm.*

At the **Rye Arts Center**, intricate sculptural works constructed of cut, folded and glued paper are featured in **Irving Harper: A Mid-Century Mind at Play**. Mr. Harper's paper sculptures were made for his own relaxation from his demanding job as a designer, from 1963 to around 2000. Fanciful animals including owls and snakes; pieces evoking African art and masks; and works inspired by great 20th-century artists including Picasso and Mondrian are among the objects in this unusual and striking display. *The Rye Arts Center is located at 51 Milton Road in Rye. The exhibit will run through January 24, 2015. Call 914-967-0700 for more information.*

The **Bruce Museum** in Greenwich, a 20-minute ride from White Plains, has a sumptuous display entitled **Northern Baroque Splendor: The Hohenbuchau Collection from Liechtenstein**, one of the largest and most varied collections of Northern Baroque art assembled in recent years. Primarily comprised of Dutch and Flemish seventeenth-century paintings, the works include examples of portraiture, still life and landscapes, as well as paintings executed by artists working in collaboration. *The Bruce Museum is open Tuesday through Sunday. Admission is \$6. The exhibit continues until April 29, 2015. For more information, call 203-869-0376.*



Martin Creed, Work No. 1367, 2012, at ArtsWestchester

Keeping Connected

In line with our goal of helping our members to age safely and comfortably in White Plains, we want to stay connected.

We would like to recognize happy occasions as well as lend support related to illness or loss faced by members.

Please inform us if you or another member have an occasion that warrants our attention or concern. Call the AIP phone at 914-319-1609. Thank you.

--The Connections Committee

To learn more about
Aging in Place in White
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