

Aging in Place

In White Plains

March 2016

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State Senator George Latimer Speaks at October Event

Latimer Proposes New York State Aging in Place Task Force

Our **October** speaker, **State Senator George Latimer**, outlined his proposal for establishing an Aging in Place Task Force within the New York State legislature. The purpose is to “create a different climate toward aging in the state,” with a goal of finding ways to make it easier for older people to remain in their homes. The bill would consider infrastructure and transportation improvements, zoning changes to facilitate home care, enhanced nutrition and home medical care options, among other topics.

The challenge is to get the bill to the floor in a Republican-dominated Senate. Although all four Westchester legislators are in favor, to date there are no Republican sponsors. If you would like to send a letter urging that the bill be voted on in the full Senate, please call WPAIP. A pre-written letter is available and just requires your signature and address.

In **November**, representatives of **Hospice and Palliative Care of Westchester**, including Executive Director Mary Spengler, spoke about the benefits of hospice care, which can be delivered at home or in an assisted living or skilled nursing facility. Health care, spiritual support and such modalities as massage and music therapy are provided to maintain the highest quality of life possible.

January brought an invitation to challenge the disconnect between what our culture leads us to want and what we really need to feel fully alive. **Merrill Harmin**, a psychologist and White Plains native, led us through an exercise in focusing on our breathing when we are lost in frustrating or “unhealthy” thoughts.

Intergenerational Programs were the focus of a discussion in **February** with **Janice Lubin Kirschner**, director of JCY-Westchester Community Partners. Programs labeled “intergenerational” are geared toward specific activities that are intended to benefit both parties. Examples are DOROT, in which high school students visit older people; and “Reading Buddies,” where seniors help elementary school students with reading and homework.

Classes Begin for AIPWP Members

Many of our members welcome the opportunity to get to know others while doing something they enjoy.

- A writing group, led by member and experienced writing teacher Lew Sunderland, is open to all who would like to try their hand at this craft. Already under way, the group has been meeting on Monday afternoons. Lew generally suggests a few topics, and after writing for a half hour or so, members share what they have written. It's not necessary to come every time, or to have prior writing experience. Please call AIPWP if you would like to join this informal group.
- We have a willing teacher for a photography club, but we need more people who are interested. Member Marty Kantor, former president of the Westchester Photographic Society, will lead the group, explaining how to take good pictures with your camera or phone. Members' interests will guide the focus of the group. Please call AIPWP if you are interested in improving the quality of your pictures or just would like to learn more about photography and camera use.
- Do you have another idea for a group? Would you like to share in a specific activity? One example would be a game get-together, with card games or Scrabble. If you can think of others, please let us know and we will try to put together a group that matches your interests.



In addition to our regular monthly events, AIPWP offers other opportunities for members to get together:

Monthly lunches, held at local restaurants, at a cost of \$12-15 per person. The group has so far tried Chinese, Indian and Italian food, and will explore other cuisines as well.

Let's Talk, an informal discussion group led by PhD psychologist **Doris Altman**, held at the Ethical Culture Society.

Please watch your emails for notices of these events.

Around Town

ArtsWestchester, 31 Mamaroneck Avenue.

- Spring Exhibition. SHE: Deconstructing Female Identity, through June 25. Themes of the exhibition include the body, its adornment and presentation, women in the domestic sphere and feminine symbols. In conjunction with the exhibit, ArtsWestchester will partner with local women's organizations to present programs on women's rights, relationship abuse, self-image, and career development, particularly in science and technology.

City Center 15: Cinema de Lux, 19 Mamaroneck Avenue, shows not only live opera performances, but also ballet, art, and music films. Call (800)315-4000 for times and ticket information. Coming in the near future are:

Metropolitan Opera

- March 5, 9, 10. Puccini, "Manon Lescaut"
- April 2, 6, 7. Puccini, "Madama Butterfly"
- April 16 (live), 20, 21. Donizetti, "Roberto Devereux"
- April 30 (live), May 4, 5. Strauss, "Elektra"

Bolshoi Ballet

- March 31. "Spartacus"
- April 10. "Don Quixote"

Art & Architecture

- March 31. "Leonardo da Vinci"
- April 21. "Renoir"
- May 11. "Painting the Modern Garden—Monet to Matisse"

Music

- March 19. Berlin Philharmonic, "The Beethoven Project"

Downtown Music at Grace. Concerts every Wednesday at 12:10 pm at Grace Church, 33 Church Street. Through June 1. Admission free; \$10 donation suggested.

Special Concerts (senior admission \$20):

- Sunday, March 6, 5 pm. White Plains Centennial Celebration, featuring Mindy Kaufman, flute, and William Wolfram, piano, with the Downtown Sinfonietta.
- Sunday, April 10, 5 pm. 28th Anniversary Concerto Concert, presenting the young prizewinners of the New York International Piano Competition.



Future Events

AIPWP continues its series of monthly programs featuring outstanding speakers. All events take place on Wednesdays at 2 p.m. (note new time) at our new meeting place, The Ethical Culture Society, 7 Saxon Wood Rd., White Plains.

March 16. Understanding the Beeline Bus System and Paratransit—Mary Ellen Burns, Program Specialist, Westchester Department of Public Works and Transportation.

April 20. Late-life Depression and Anxiety—Patrick Raue, PhD, Associate Professor of Psychology in Psychiatry, Weill Medical College of Cornell University.

May 18. Ethical Culture and the Humanist Movement—Bart Worden, Clergy Leader of the Ethical Culture Society of Westchester.

June 15. Topics in Current Events—Alfred Hunt, Professor Emeritus of History, Purchase College.

Watch your emails and the AIP website for details on coming events.

To learn more about
Aging in Place in White
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