

# Aging in Place In White Plains

February 2014

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David Lopez and his daughter Alessandra

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

## American Dream, Consumer Fraud, City History Highlight Fall/Winter AIPWP Events

Our monthly events featuring fascinating speakers and topics continued to attract members and guests.

**October 16. Realizing the American Dream.** “My hero is my father,” said Alessandra Lopez. Her father, David Lopez, came to the United States from Mexico at age 16. He worked himself up from busboy in a restaurant (“I didn’t know what a fork was”) to waiter, and finally men’s locker room manager at the Fenway Golf Club in Scarsdale, a position he has held for 30 years. His two daughters have finished college; his son is still in high school. David is very proud of being self-sufficient and not taking government help.

In a sea voyage lasting 56 days, Gui An Lin came from China on a ship carrying illegal immigrants. After a stint in immigration jail and a \$40,000 payment to the Chinese mafia, he worked in his uncle’s restaurant in New Rochelle before becoming a busboy and then waiter at Fenway, where he is now assistant manager of the dining room. Married with a 6-year-old son, Lin is overjoyed to now be a citizen of the United States. *(continued on page two)*

## Upcoming Programs

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

**Wednesday, March 19, 3-5 pm.** Organizing and Decluttering. Susan Berenson, partner in a tag sale company with seventeen years’ experience in arranging and decluttering contents of homes. Memorial United Methodist Church.

**Wednesday, April 16 3-5 pm.** Economics and Investing. Andrew Morse, managing director and senior partner, Hightower investment company. Memorial United Methodist Church.

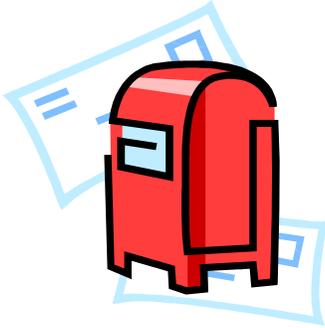
**Wednesday, May 21, 3-5 pm.** Home Care. Panel discussion led by Laura Himmelstein, social worker and program coordinator for Care Givers Support Program at White Plains Hospital. Memorial United Methodist Church.

Our regular “Let’s Talk” discussion group will continue. Please watch your email or mail for notices of dates.

Note: Rides to and from these events are available on request.

## Note from the Editor to All AIPWP Members:

We decided to mail, rather than email, this latest newsletter. Some of you are not that comfortable with the Internet. Moreover, the newsletter contains information on upcoming events that may be convenient to have at hand when you want to consult it. Please let us know whether you like this new idea. I would also like to know if the newsletter is meeting your needs. Is it missing information that would be useful to you? Or does it include information that you don't care about? Your feedback is important to the continuing success of the newsletter. Please take a moment to call me at (914) 949-6191, or e-mail me at [hlgreer@yahoo.com](mailto:hlgreer@yahoo.com) and tell me what you like or dislike and, especially, what else you would like to see included. You don't have to write anything yourself unless you want to—I will take care of that! I look forward to hearing from you. And thanks in advance.



Helen Greer

## Fall/Winter Events *(continued from page one)*

**November 20. Consumer Fraud.** Enlightening and a bit frightening was the talk on consumer fraud and scams by Gary Brown, assistant attorney general for Westchester County. Prevention is key, asserted Brown. His suggestions: think of the telephone and internet as one-way streets: don't give out personal information unless you make the call or send the email. Carry only two or three credit cards and not your social security card. Block out most numbers on medical cards. Credit cards are safer to use than debit cards. Online banking and shopping are secure if you see an "s" after the HTTP on the checkout page of a website. If you are the victim of a scam, call the FTC or the attorney general's office.

**December 18. Holiday Party at Burke.** Over forty members and guests attended our December "birthday party," featuring jazz combo Michael Friedman and Abe Silverman, and a luscious carrot cake. Why birthday party? "Well," said AIPWP co-president Simon Aronin, "different people celebrate different holidays, but everyone has had a birthday in the past year!"

**January 15. Historical Epochs of White Plains.** The history of White Plains, a city over 300 years old first populated by Algonquin-speaking tribes, was described by Robert Hoch, president of the White Plains Historical Society. During the American Revolution, it was in White Plains that New York declared itself a state. When the first train stopped in White Plains in 1844, the agrarian society began to become more commercial. Successive migrations, first of Irish and Italians, then blacks, and recently Latinos and East Asians, created the mixed population that we have today.



Robert Hoch, President, White Plains Historical Society

## Preventing Falls in Your Home

About one-third of people over 65 fall each year. Once people reach 80, one-half can expect to fall annually. Fifty percent of all falls happen at home, and are often due to hazards that are easy to overlook but easy to fix.

Here is a checklist of tips to make your home safer. Check off the ones you already do; circle the ones you want to try.

1. Arrange furniture to create plenty of walking room.
2. Wear sturdy, non-slip shoes or slippers in the house.
3. Remove or secure any tripping hazards, like small rugs or telephone cords. Rugs can be secured with double-sided tape or a non-slip backing.
4. Avoid wet floors. Clean up any spills immediately.
5. Use a non-slip mat in the shower or tub.
6. Install grab bars in the shower, tub and next to the toilet.
7. In the kitchen and elsewhere, keep items you use often in cabinets you can reach easily without using a step stool.
8. If you must use a step stool, make sure it has a secure hold. Don't ever stand on a chair!
9. Keep your home well-lit and use a nightlight. Place a lamp next to your bed, within easy reach.
10. Make sure stairs have handrails, and use them.
11. Get up slowly after sitting or lying down.



The following may take a bit more time and effort, but consider:

1. Getting regular exercise. Exercise makes you stronger and improves balance and coordination.
2. Having a health care provider or pharmacist review your medications, including over-the-counter medicines and supplements.
3. Getting regular eye exams.

*Rhoda Fidler and Doris Altman contributed material for this article.*

**To learn more about Aging  
in Place in White Plains  
visit our website at  
[www.aipwhiteplains.org](http://www.aipwhiteplains.org)  
or contact us at  
914-319-1609 or  
[aipwhiteplains@gmail.com](mailto:aipwhiteplains@gmail.com)**

## Around Town: Programs in White Plains

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

Purchase tickets online at [wppac.com](http://wppac.com) or call 914-328-1600.

Saturday, February 22, pm, The **Bossy Frog Band**, Adults \$15, kids \$12. Saturday, March 15, 8pm, **Gilbert Gottfried**, "The Comedian's Comedian," \$55 (premium seats including post-show reception), \$35, \$25 (last 2 rows). Saturday, April 12, 11am & 2pm, Ballet for Young Audiences presents **Snow White**, \$15, kids \$12. Saturday, April 12, 8pm, **National Comedy Theatre**, an improv comedy show, \$25. April 25 & 26, 8 pm; April 27, 2 pm, WPPAC Conservatory Theatre presents **Rent**, School Edition, \$25 adults; \$20 high school and younger. Saturday, May 3, 8pm, **The Magnet Theater Touring Company** brings a showcase of long-form improvisation. \$25. *(Around Town continued on page 4)*

## Around Town *(continued from page 3)*

**Downtown Music at Grace:** Free, 45-minute programs at 12:10 pm each Wednesday at Grace Church, corner of Main and Church streets. The month of March features performers from the Metropolitan Opera Orchestra. *For more information, including a list of full-length weekend concerts, go to [DTMusic.org](http://DTMusic.org) or call 914-949-0384.*

**ArtsWestchester:** Exhibitions, Events and Classes at 31 Mamaroneck Ave. February 9 through April 12, **HATtitude** (Main Gallery). Featuring over 150 hats from 40 contemporary milliners and private collections, HATtitude highlights the hat's function in global cultures and its position in 20<sup>th</sup> and 21<sup>st</sup> century couture fashion.

Several associated lectures and workshops take place throughout the exhibition. All of the details related to the show can be found at the website, [ArtsWestchester.org](http://ArtsWestchester.org).



*Ciboulette by Ellen Christine Colon-Lugo of Ellen Christine Millinery (photo by Sandy Ramirez) at HATtitude*

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