

# Aging in Place In White Plains

February 2013

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## "Let's Talk" Debuts

AIPWP's new discussion group series, "Let's Talk," met for the first time on Wednesday, January 9 at Memorial United Methodist Church. About 20 members took part in the conversation, ably facilitated by Doris Altman.

The first meeting focused on getting acquainted and sharing our stories. Attendees answered such questions as "How have you changed over the years?" and "How did you meet your spouse?" In answer to the second question, one person volunteered, "We met at Madison High School in Brooklyn. I sat next to him because there weren't any more chairs."

Speaking about memorable events in their lives, Rhoda Fidler recalled meeting President Obama at a dinner after his first inauguration, where she said, "Thank you very much for what you are doing, and what are you going to do about unemployment?" Gene Sosin met Eleanor Roosevelt at her town house when she was sending a message to Russia via Radio Liberty, for which Gene worked for many years. Many spoke about World War Two and its aftermath.

Everyone participated, and all are looking forward to the next discussion on Thursday, February 28 at 1:30 p.m. at Memorial Methodist.

## Upcoming Events

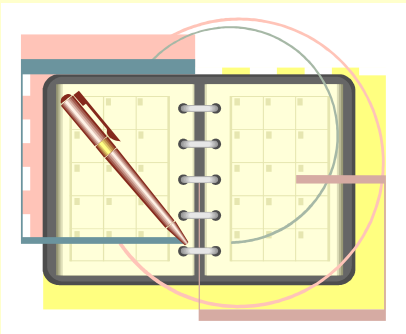
**March 20, Wednesday, 1 p.m.** White Plains Public Library. Our library director, Brian Kenney, has been interviewed on NPR and network TV on the topic of e-books and libraries. He will talk with us about this, about programs for seniors, and the upcoming renovation of the main floor. An optional tour will follow.

**April 17, Wednesday, 3 p.m.** Memorial United Methodist Church, 250/252 Bryant Avenue, White Plains. David Leinwand, who addressed us last fall on the subject of FDR, will be returning with a talk entitled, "The History of Baseball: Facts and Myths."

**May 15, Wednesday, 3 p.m.** Memorial United Methodist Church. Steven Schurkman, an attorney with Keane and Beane in White Plains, will talk about elder law, giving us important information and answering our questions on the subject.

**June 5, Wednesday, 3 p.m.** Memorial United Methodist Church. Gene Nelson, a certified Tai Chi instructor, will lead a participatory class for seniors.

**June 12, Wednesday, 1 p.m.** Luncheon and a talk by a dietitian on healthful foods for older adults. At Graziella Restaurant in White Plains. Members, \$15.00; nonmembers, \$22.00. Reservations and advance payment a must; for details and information, call Carla Anderson, 914-328-6497.



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

## Stay Connected With a Simple Computer

Video-chat with family. Interact with friends on Facebook. Communicate directly with your doctor by email. Sound difficult or intimidating for you, especially if you're just starting out with computers?

It doesn't have to be. Two new computers especially designed for seniors, the Telikin and the Wow! Computer, make all these things much simpler than on the traditional PC or Macintosh. Dr. Jean Coppola, Associate Professor in Information Technology at Pace, says that within a month and with just a few lessons on the Telikin, an 86-year-old friend could use Skype, Facebook and email and read the newspaper online with ease.

Advantages over the usual computer include the touchscreen, which eliminates the need for a mouse, and can be activated with the finger, the fingernail, or even a pencil or stylus if that's better for arthritic hands. Extra-large icons take the strain out of viewing. Best of all, the device is immune to viruses and is practically crash-proof, so new users who typically are afraid of breaking something don't have to worry.

For some seniors, says Professor Coppola, the computer has changed their life. One said, "I've become closer to family and friends, and I no longer feel left behind, but included in the world."

Being connected to others enhances well-being and self-esteem, but there are other health benefits from using the computer as well. For example, according to Jane Brody ("Health Advantages Worth a Digital Leap at Any Age," New York Times, Tuesday, October 9, 2012), you can use the computer to learn more about your health problems and how best to manage them, and as a result become an informed and active participant in decisions about your health. You may also be able to communicate directly with your doctor by email or Skype.

Telikin offers a 20" model, which lists for \$999.00, and an 18.6" model, which lists for \$699.00. Both come with software and programs fully installed. Special pricing options are available; call for details and mention this article.

The web site for the Telikin is [www.telikin.com](http://www.telikin.com), and the phone number is 800-230-3881. For the Wow! Computer, which is similar in many respects, go to [www.mywowcomputer.com](http://www.mywowcomputer.com) or call 800-268-1912. As with any computer, you will also have to pay a monthly charge for an internet service provider such as Optimum or Verizon.




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*The Telikin's  
touchscreen makes a  
mouse unnecessary*

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## Recent Events

### The Roosevelt Era

"The Roosevelt Era: How History Is Made " was the topic of a talk by Professor David Leinwand of Iona College on Wednesday, October 10, attended by 50 members and friends.

Prof. Leinwand provided a fascinating analysis of the central part FDR's paralysis from polio played in his life and how he managed not to be perceived by the public as being disabled. Louis Howe--a close personal friend and "a political genius"--and Eleanor Roosevelt were the two people most responsible for managing FDR's public image and masking his infirmity.

At the start of the talk, Prof. Leinwand stated how proud he was to have been born in 1936, the year FDR was first elected to the presidency. A spirited Q & A session followed the talk.



### Holiday Festivities

More than fifty members and guests enjoyed the second annual AIPWP holiday party in December. Live music from member Michael Friedman's jazz trio created a festive atmosphere for socializing. Mayor Tom Roach mingled with AIPWP members and then offered holiday greetings to the group. The mayor announced that AIPWP co-president Paul Schwarz had been appointed to serve on the city's newly-revived committee on disabilities.

In keeping with the spirit of our organization, members provided rides to the party for those who do not go out frequently and/or could not get there on their own. In addition, contacts were made at the event between some who needed services—such as help with using the computer—and others who could provide those services.

*Thanks to Burke Rehabilitation Hospital and Research Institute for providing the space for the party. Richard Sgaglio, Director of Marketing and External Relations at Burke, welcomed us and reminded us that Burke offers a variety of support groups for the older population. Call 914-597-2848 for information, or go to [www.Burke.org](http://www.Burke.org), click on Community Programs, and then at top left, click on Community Calendar for the current month's events.*



*Special thanks to Carla Anderson and the events committee for organizing this successful party, as well as all our other events in 2012.*

## ArtsWestchester: The Lively Arts Downtown

You may know the Grand Banking room of ArtsWestchester, at 31 Mamaroneck Avenue, as a venue for exhibits and concerts. You may not know that the entire restored nine-story building, purchased in 1998 and dedicated to the arts, is on the National Registry of the Historic Trust.

ArtsWestchester is a countywide organization, but, according to CEO Janet Langsam and Deputy Director Joanne Mongelli, "it is a White Plains institution whose presence downtown makes a statement about the importance of the arts to our residents." The building is a mixed-use cultural space, containing artists' studios, arts-related commercial businesses, rehearsal and meeting spaces for arts groups, and an additional ninth-floor exhibit space.

### Look for the following current and upcoming programs:

In the Main Gallery: From Shore to Shore: Boat Builders and Boat Yards of Westchester and Long Island (through March 9). Contemporary boat builders and restorers reflect over 200 years of a maritime tradition in the Hudson Valley and Long Island Sound. Explore the world of boat building, and help preserve these places and practices for future generations.

Beginning March 22. Through the Lens of Local Photographers. (Main Gallery). Community exhibit featuring residents' stories and photos during and in the wake of Hurricane Sandy. Opening reception Thursday, March 21, 6-8:30 p.m., a fundraiser for habitat of Humanity, Westchester Chapter. \$10 donation suggested.

**The LIVE@ArtsWestchester Spring Performance Series.** This series of live performances of music and dance will be held in the main gallery:

Saturday, March 16, 8 p.m. Folk Arts Concert: Bulgarian Dance Evening with Cherven Traktor. Dance instruction from 7 to 8 p.m.

Saturday, March 23, 8 p.m. Fred Smith and the Masters of Swing: When Harlem Was King and the Music Was Swing Street and Broadway.

Saturday, April 6, 8 p.m. The Jerry Malkin Jazz Collective.

Saturday, April 27, 8 p.m. Folk Arts Concert: Sounds of Japan.

Sunday, April 28, 3 p.m. Jazz & Poetry Choir Collective.

Friday, May 3, 8 p.m. Folk Arts Concert: An Evening of Piedmont Blues, featuring special guest Phil Wiggins.



*Musicians for Bulgarian Dance Evening, March 16, 8 p.m.*

Concerts are \$20 at the door, \$15 in advance by calling 428-4220, ext. 330. For listings and details about current and future ArtsWestchester events in White Plains, go to [www.ArtsWestchester.org](http://www.ArtsWestchester.org), click on Calendar, and then on ArtsWEvents. For details about membership, which includes a subscription to the monthly ArtsNews, go to [www.ArtsWestchester.org](http://www.ArtsWestchester.org) and click on Get Involved.

**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).**