

# Aging in Place In White Plains

**April 2015**

Inside This Issue

- 1 Membership Drive
- 2 Essential Documents
- 3 Arts around Town
- 4 Upcoming Events

## Membership Drive Brings New Faces To March Special Event

More than 65 people turned out for our Prospective Members' Event on Wednesday, March 19. Guests, many who came because they had received our mailing to over 3,500 seniors in White Plains, were welcomed with an explanation of how AIPWP works, and the offer of 50 percent off a one-year membership.

Lois Steinberg, president of Center for Aging in Place in Westchester County, described a petition urging the New York State government to consider funding for the aging in place movement. She brought copies for our members to sign.

This month's speaker was Carolyn Cunningham of Federated Conservationists of Westchester County, who discussed the effects of climate change on the county. She said that emissions of greenhouse gases will continue to affect wildlife and crops and cause extreme weather. Westchester is particularly threatened by rising sea levels. Among the solutions she suggested are hybrid and electric cars, LED bulbs and solar panels. Dryers, refrigerators and air conditioners are the biggest users of electricity. For more information about her organization, go to [FCWC.org](http://FCWC.org).

Refreshments and lively conversation added to the festiveness of our welcoming event. Several people signed up on the spot to become members, and many others took information and membership forms home with them. To date, about twenty-five new members have joined.

*For upcoming events, see page 4.*



*Carolyn Cunningham discusses the effects of climate change on Westchester County*

## Essential Documents

When I had a major birthday five years ago, I thought it was time to get my papers in order so my daughters would know where everything was in case something happened to me. I came up with the following list:

- Important phone numbers: doctor, lawyer, accountant, financial advisor, and some lawyer friends who could help with any questions.
- Where to find the following documents (e.g., filing cabinet, desk, etc.):

**Will, living will, health proxy, power of attorney.**  
**Burial information** (e.g., deed to cemetery plot).  
**Long-term health care policy.**  
**Car and homeowners insurance policies.**  
**List of what's in the safe deposit box,**  
 along with location of box and keys.  
**Tax returns** for the last several years.  
**Other documents** such as birth and marriage certificates.



- I directed them to a folder on my desk that contains paid bills for the last six months, and current bills. I told them what bills I regularly receive: mortgage, condo fees, Verizon, Con Ed, E-z Pass, and credit card bills. I listed my credit cards with phone contact numbers, and my online banking passwords.
- I told them where to find the following: Social Security card, health insurance cards, driver's license, deed to condo, title to car, list of bank accounts and checkbooks.
- I listed friends and neighbors with their phone numbers, and those of the doormen, super and management company of my building.
- Finally, I added some notes about who they could offer certain of my possessions to.

Now with another big birthday coming up, I'm about to revise the list to reflect changes I've made in the past five years. I'm sure I left out some information, and each of you will have your own personal list. The important thing is to provide your adult children or other family members with the information they may need in an emergency situation.

*From your Editor*

*(For an excellent, concise Essential Document Locator Checklist, go to <http://www.aplaceformom.com> and click on Resources and then Checklists.)*

## Arts around Town

**ArtsWestchester**, 31 Mamaroneck Ave., White Plains.

- Through May 2. Crossing Borders: Memory and Heritage in a New America. Ten artists representing nine different nationalities explore memory, identity and cross-culturalism within New York's immigrant community.
- ARTSEE. A festival of new work in celebration of ArtsWestchester's 50<sup>th</sup> anniversary. Throughout the county. Through July. Visit [Artsw.org/Artsee](http://Artsw.org/Artsee).
- Artsbash. Cocktails, hors d'oeuvres, and open artists' studios. Friday, May 15.
- Jazzfest. September 13-19.

**Westchester Broadway Theatre** (formerly Westchester Dinner Theater), Elmsford. Enjoy a meal and a matinee or evening show. Coming up:

- West Side Story. April 9 – July 5.
- Godspell. July 9 – August 16.
- Backwards in High Heels. August 20 – September 27.

For more information, call 914-592-2222 or go to [broadwaytheatre.com](http://broadwaytheatre.com).

### White Plains Performing Arts Center.

- Carrie the Musical. (Presented by Conservatory Theatre Students) – April 24 – 26
- Toys in the Attic. May 1, 7:30 pm.
- Back to the Garden 1969– The Woodstock Experience. May 16, 8:30 pm.
- The Pretenders. June 27, 5 pm.
- Bye Bye Birdie (Featuring Summer Theatre Academy Students) – July 24 & 25.

For more information, call 914-328-1600 or go to [wppac.com](http://wppac.com).

### Downtown Music at Grace.

- Weekly free programs every Wednesday at noon in April and May.
- 27<sup>th</sup> Anniversary Concerto Celebration, with works by Chopin and Schumann. Sunday, April 19, 5 pm. Seniors \$15.



Co-directors of REBEL Ensemble perform in a Downtown Music at Grace program

## Upcoming Events

Free to our members and their guests, these monthly events take place at Memorial United Methodist Church on Bryant Avenue, White Plains, on Wednesdays at 3 pm.

April 15. “**How Jackie Robinson and Branch Rickey Integrated Baseball,**” talk by attorney Jerry Stern, who has lectured at the Collegium for Lifelong Learning at WCC.

May 20. The collaboration between **dramatist Bertolt Brecht and composer Kurt Weill**, best known for **The Threepenny Opera**, will be discussed by Pamela Katz, author of a new book on the subject.

June, July, August. **TBA.** Watch your emails for information.

Sept. 16. **Bud Nicoletti**, White Plains Commissioner of Public Works.

October 21. **George Latimer**, New York State Senator.

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)

Aging in Place in White Plains  
P.O. Box 815  
White Plains, NY 10602

