



Heritage Hills Newsletter

April 2020



Happy 9th Anniversary, Heritage Hills Newsletter!

Text by Sue Shea, photo by John Lucas

Sensing the need to make the Newsletter more relevant to residents by a writing staff of residents, former long-term residents Loring Mandel and Barry Singer sought and received approval from the Society and Bill Harden, Publisher, to go forth and do good works! And so, they did, first requesting writers to join the new Committee. If you ask, they will come, and they did: Stan Pearlman, Robert Lundry, Terry Clifford, Sue Shea, Cindy Kennedy, Bruce Prince, and Connie Glickman.

Stan writes: "I responded when Barry Singer broadcast an email calling for membership. Barry loved to start new undertakings, and he was good at it. The Newsletter was a way to continue to use my skills. To me, writing is the most creative of endeavors. A well written piece not only informs, it draws pictures in the mind, and moves emotions."

And thus, in April 2011 the metamorphous began with a new vibrancy in subjects relating to the life and times of Heritage Hills. At each meeting Loring would ask for ideas for articles and photographs for the cover. Writers came up with their ideas for adding spark.

Cindy Kennedy shared her professional writing experience with *The Book Shelf*, a monthly book review. A *Sports* section reported team and individual achievements in golf, tennis, and bocce. *Meet Your Neighbor* was about various residents with interesting stories of their lives both here and before they came to Heritage Hills. The *Collectors Corner* featured photographs of many of our treasures from teacups to martini glasses. Special holidays and events



Photo of early Committee. Front row, left to right, Russ Ward, Bruce Prince, **Barry Singer**, Stan Pearlman, and Bernie Bernstein. Back row, left to right, Connie Glickman, Terry Clifford, Linda Grassia, Phyllis O'Brien, **Loring Mandel**, Sue Shea, and Rosamarie Ruggiero



continued on page 16

Heritage Hills Society Information

Address 8 Heritage Hills, Somers, New York 10589

Website www.hhsociety.org

Television..... Channel 12

CONTACT INFORMATION – EMAIL

Society society@hhsociety.org

Activities Office..... activities@hhsociety.org

CONTACT INFORMATION – TELEPHONE

Security276-2592

Bus.....276-2877

Society Office276-2908

Library.....276-7655

Activities Office.....276-2636

Fitness Center669-5028

Hours of Operation

Activities Center 7 am - 11 pm daily

Fitness Center..... 4:30 am - 11 pm daily

Fine Arts Center Group instruction and free time are scheduled by the Activities Office at 276-2908

Library Weekdays 10 am - 3 pm

Saturday 10:30 am - 1 pm

Woodcraft Club Mon., Tues., Thurs. & Sat. 8:30 am - 12:30 pm

Call 276-2908

Bus Service - Operates on Weekdays Only (except holidays)

5:20 to 8:15 am & 2:45 to 4:40 pm

To/from train station only – **Reservation required**

4:02 to 8:45 pm

Pick-up at train station only – **NO reservation required**

Midday schedule with list of ten possible stops is available in the Activities Office and online at www.hhsociety.org under General Information, Transportation – **Reservation required**

UTILITIES CONTACT INFORMATION

EMERGENCIES **9-1-1**

ConEd 800-752-6633

Verizon 800-922-0204

Comcast 866-478-7266

NYSEG 800-572-1131

Water/Sewer Your Condo Mgt. Co.

SERVICES & ACTIVITIES FOR SENIORS

TOWN OF SOMERS SENIOR SERVICES

Adult Transportation (accessible/assisted)

Reservations Required - Barbara Taberer- 232-0807

Door-to-door, round trip, for the following:

Various Free Activities at Van Tassell House (exercise, art, games)

Monday & Wednesday exercise/line dancing pick-ups start at 9:45 am, Monday thru Friday other activities pick-ups start at 10:30 am; return trip starts at 1:30 pm. Current monthly schedule can be picked up at the House; or call 232-0807; or go online to somersny.com, click on Senior Services; or on Facebook go to Somers Senior Services.

Hot Lunch - Monday thru Friday – Suggested contribution: **\$2**

At Van Tassell House (10:30-11:30 am pick-up) or delivered to shut-ins (meals leave Van Tassell House starting at 11:30 am)

Shopping - Suggested round-trip donation **\$1**

Destination stores vary each week. Pick-ups start at 10:15 am; drop-off is by 2:43 pm.

Mondays: **Shopping Plazas**. Fridays: **Grocery Stores**

Medical Appointments - Suggested round-trip donation: **\$5**

Tuesday thru Thursday, 10 am to 3 pm. Call for details – 232-0807

Somers Library (approximately there for 1 hour)

Alternate Tuesdays - Pick-ups start at 10:15 – **FREE**

OTHER SENIOR SERVICES

Alzheimer's Disease - 212- 263-8088

free information on coping with this disease

RideConnect - 242-7433

Transportation services seven days a week. Call to register.

EPIC - 800-332-3742. NYS Senior Prescription Reduction

My Second Home - Karen Bisignano - 241-0770

Geriatric Day Care Intergenerational Program.

Northern Westchester Hospital Center 666-1200

Volunteer Office: 666-1254

Somers Senior Citizens Club

Events and Trips

Program list available at the Amawalk Fire House

Club meeting and Bingo Every Wednesday at the firehouse

Call 232-0807 for transportation assistance

Westchester County Senior Programs and Services

Geri Crisco 813-6300

Referral agency for senior services including legal - 949-1305

Social Services: 995-5889

SERVICES FOR ALL AGES, INCLUDING SENIORS

AA - 949-1200. Info and literature National Council on Alcoholism

Adult Protection Services Intake - Natalie Siler 995-2259.

Cancer Care - 800-ACS-2345

Northern Westchester Hospital - 242-8115

Putnam Hospital - 845-279-5711 ext. 4673

The Dominican Sisters - Family Health Service 941-1654

Long- and short-term registered nurses.

Hospice - 666-4228 - Visiting Nurse Association State-certified program

providing home health care and emotional support for terminally ill patients and their families

Project Time Out / Jewish Community Services - 761-0600 - Provides in-home respite services matching families with trained sitters/companions. Contact Judy Fink, Coordinator, ext. 340; Carol Kobroff, Respite Specialist, ext. 310

Putnam Hospital Center - 845-279-5711 - Inpatient and outpatient medical surgical care, emergency services, health screenings and community outreach.

Transportation for Cancer Treatments (free):

American Cancer Society Road to Recovery program. 1-800-227-2345

Transportation for Disabled Residents - County Office of Transportation 813-7777

Para-Transit - 995-7272 provides modified vans with ramp for curb-to curb service.

Fare \$5 each way. Medical pre-authorization required. For eligibility call 995-2960.

Private Ambulette Services

Superior Brewster 845-278-6992

CLC Trans 241-0112

Ambulance: Westchester EMS 866-666-9367. Accepts Medicare.

Westchester County Office for the Disabled, includes hearing-defect

Lighthouse Inc. - New York City 212-821-9200. For sight impaired.

Veterans Guide to VA Health Care Benefits -

VA Hudson Valley Health Care System - 800-269-8749

Monday through Friday 8 am - 4 pm

Visiting Nurse Association of Hudson Valley

666-7616 - 8:30 am - 5 pm - Home care aides nursing, Nutrition consultation

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THE ACTUAL DATES, TIMES, AND LOCATIONS OF ALL EVENTS AND ACTIVITIES THAT APPEAR IN THIS ISSUE MAY HAVE CHANGED OR BEEN CANCELED. UPDATES WILL BE—OR HAVE ALREADY BEEN—COMMUNICATED BY THE ACTIVITIES OFFICE.



2020 BOCCE LEAGUE SIGNUP

Wednesday, April 8, at 3 pm
in the Heritage Room

Bocce is easy to learn and fun to play. The league plays Thursday mornings at 9 am from May through October. There is also open play on Wednesdays from 1 to 3 pm, and on Saturdays from 9:30 am to noon. For additional information contact Diane at 617-9338.

* * *

ENERGIZE @ HERITAGE HILLS

Friday, April 10, at 11 am in the Activities Center

Need to feel more comfortable in your own home? Wouldn't it be nice to pay a lower electricity bill? Here's a way to make your condo unit more energy efficient: Heritage Hills, in collaboration with EnergizeNY and the Town of Somers Energy & Environment Committee, is offering personalized assistance in applying for a **FREE** comprehensive assessment of your home. No prior registration is required for this information session; just walk in.

* * *

SOCIETY BOARD MONTHLY MEETING

Monday, April 13, at 1:30 pm in the Activities Center, Rooms 2/3

All owners are welcome to attend this meeting. Shuttle bus service is available (reservations required). The meeting will also be broadcast live on channel 12 and rebroadcast daily on channel 12 at 7 pm, and on Tuesdays and Thursdays at 2 pm.

At the beginning of the meeting, owners will have an opportunity to raise matters of concern. If you can't attend the meeting, such matters can be submitted by email to society@hhsociety.org or by mail to Society Board, 8 Heritage Hills, Somers, New York 10589. You must provide your name and unit number on written correspondence or when speaking at the meeting.

HERITAGE HILLS NEWSLETTER COMMITTEE

Administrator: Susan Statkowski-Rivalsi; Graphic Editor: Annette Bensen
Writers/Editors: Terry Clifford, Eric Felderman, Cindy Kennedy,
Shirley Kesselman, Karl Milde, Stan Herz Pearlman, Elizabeth Royston,
Sue Shea, Ami Stokhamer

HEALTH & SAFETY COMMITTEE SPRING PROGRAM SCHEDULE

MINDFUL AGING WORKSHOP

Friday, April 17, at 1 pm in the Heritage Room

SURPRISING NEWS FROM THE SOMERS FIRE DEPT!

Monday, May 6, at 1 pm in the Heritage Room

CPR/BLS TRAINING WITH AMERICAN HEART ASSOCIATION CERTIFICATION

Thursday, May 7, from 6 to 10 pm,
Room 3 of the Activities Center



This advanced four-hour class will train participants in life saving techniques for infants, children, and adults. Our certified instructor will be Dave Jacobsen of Command Security. The cost is \$25. Pre-registration is required, and space is limited. Please include a telephone number and an email address with your check made payable to "Dave Jacobsen" when registering at the Activities Office. A light dinner will be served.

OH, MY ACHING KNEES!

Wednesday, May 20, at 7 pm in the Heritage Room

THE FUTURE OF SMART HEARING

Wednesday, June 17, at 7 pm in the Heritage Room

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COMING EVENTS



By Joyce Spector

MUSIC AND SONG WITH RANDY HERMAN, THE JEWISH PIANO MAN

DATE CHANGE: Sunday, April 19, at 7:30 pm in the Activities Center

Enjoy a performance and commentary by Cantor Randy Herman, pianist, singer and songwriter, riding a lively wave of delightful piano music, including original songs, folk rock, older songs, and everything in between. Randy has recorded and produced videos of his own songs and has performed throughout the world. Light refreshments will be served.

Admission is \$15. Checks should be made payable to "Club Shalom" and placed in our mailbox **by April 13**. If you have any questions, call Nancy at 519-7622 or Joyce at 419-7230.

AN EVENING WITH STEVE ROSS

Saturday - May 9, at 7:30 pm in the Activities Center

The "Crown Prince of New York Cabaret" (*The New York Times*) performs music of the *Transatlantic Songbook* with songs by and stories about such classic composers as the Gershwins, Cole Porter, Irving Berlin, Stephen Soundheim, Charles Trent and Noel Coward. He will make you smile with his delivery of the humorous numbers and touch your heart with the love-songs. Light refreshments will be served.

Admission \$15. Checks should be made out to "Club Shalom" and placed in our mailbox by May 3. Payment at the door will be accepted if space is available. If you have any questions, call Nancy at 519-7622 or Joyce at 419-7230.

CLUB SHALOM WELCOMES THE ISRAELI SCOUTS

Wednesday, June 3, at 7:30 pm in the Activities Center

The Tzofim Friendship Israeli Scouts Caravan bring a message of hope and peace through music, dance, and entertainment. The Friendship Caravan consists of five boy scouts and five girl scouts that are hand chosen from over a thousand applicants as emissaries to represent their country. They travel to our country the summer before their senior year in high school.

Fun for all ages. The entire community is invited. Admission is \$5. Children under 16 are admitted free of charge when accompanied by an adult. Checks should be made out to "Club Shalom" and placed in our mailbox by May 27. Payment at the door will be accepted if space is available. If you have any questions, call Judy at 277-5089 or Allan at 342-3279.

* * *

CONTINUING ED

All events take place in the Heritage Room.

CHINA UPDATE: HONG KONG AND TAIWAN, WITH MARJORIE MILLER

Tuesday, April 14, at 1:30 pm

Marjorie Miller, Professor Emerita of Asian Studies, Purchase College, SUNY, will summarize what has been going on in the past few months in Hong Kong and Taiwan—protests, riots, violence fed by distrust, and anxiety; provide some historical background; analyze the likely immediate and long-term consequences of these very serious current events to the people who live in these areas that China considers its own; and, of course, consider the consequences or impact on the U.S.

Admission: \$10. For more information, call Ann at 617-9434.



ANDY WARHOL & JEAN-MICHEL BASQUIAT TWO MODERN ART LECTURES BY HEATHER COTTER Andy Warhol & His Impact

Tuesday, April 21, at 1:30 pm

Andy Warhol, in the late 1950s, was a virtually unknown artist creating window displays for high-end department stores. Within a few short years, he would become one of the best-known artists in the world. His uncanny knack for anticipating and creating new trends established his reputation as an artist far ahead of his time.



Jean-Michel Basquiat - The Rise of Street Art

Tuesday, April 28, at 1:30 pm



Jean-Michel Basquiat, at the end of the 1970s, was still a teenager, a kid who painted with a grit and vigor previously unseen, whose paintings reflected his own hard life's experience on the streets of lower Manhattan. His style stunned and captivated audiences, opening their eyes to an entirely new genre of art.

Admission: \$15 for the series; \$10 per lecture. For more information, call Ann at 617-9434.

THE HISTORY AND LEGACY OF SLAVERY

THREE LECTURES BY AL HUNT

Al Hunt, professor emeritus of history at SUNY Purchase, will address why and how slavery and its aftermath have been, arguably, one of the most influential institutions in American history.



1619 Project

Tuesday, May 5, at 1:30 pm

As early as one year before the Pilgrims landed, what would someday become the United States of America developed into a uniquely harsh type of slave society.

This "Peculiar" Institute was not Monolithic

Tuesday, May 12, at 1:30 pm

Slavery in America was diverse in its daily existence over 250 years, becoming a complex system that defined American society and was central to the development of American capitalism.

Legacies of Racial Slavery in America Today

Tuesday, May 19, at 1:30 pm

Long after slavery was abolished, its influence still haunts us as an institutional racism that justifies our system of oppressive segregation, e.g. consider Ralph Ellison's *Invisible Man*.

Admission: \$25 for the series; \$10 per lecture. For more information, call Ann at 617-9434.

* * *



TECHNOLOGY HELP DAYS

By Teresa Chang and Terry Clifford

Saturdays, April 18, May 9, from 1 to 3 pm at Lake Lodge

At Home in Heritage Hills is sponsoring the above Technology Help Days at Lake Lodge. Bring your **fully charged** electronic devices with you, and volunteer Somers High School students will assist you. These will be the last Saturday Tech Days until school resumes in the fall. Sign up for the date you want now. To save your spot, RSVP to Teresa Chang via email at tchanghome@gmail.com or call/text her at 907-0881 a week before the session. In case of inclement weather, class may be cancelled.

* * *

THE CONCERT SOCIETY

By Teddi Meltzer

Sundays at 3 pm in the Heritage Room

May 17—Jenny Lin, Pianist

June 14—The Frisson Ensemble

September 13—Chloé Kiffer, Pianist

October 25—Yoonah Kim, Clarinetist

Details on the artists can be found in the COMMUNITY NEWS section of this issue. All four concerts will be followed by a wine and cheese reception at which you'll have the opportunity to meet the artist/artists. Full subscription price is \$80 or pay \$23 at the door per concert. Subscription forms are available at the Activities Office. If you have questions, please call Arlene at 277-4703.



HERITAGE HILLS GARDEN CLUB

THE IMPORTANCE OF POLLINATORS IN OUR GARDEN

Text by Karl Milde, photo by Regina Blakeslee

Monday, April 27, at 7 pm in the Heritage Room

Come to the Garden Club's Spring Lecture about gardening and planting for pollinators, followed by a question-and-answer period, presented by Cornell University Cooperative Extension Master Gardener Regina Blakeslee. Ms. Blakeslee is co-founder of Hudson Valley Natural Beekeepers and teaches beekeeping at Hilltop Hanover Farm in Yorktown Heights.

For more details, see the column *How Does Your Garden Grow?* on page 28 of this issue.



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ACTIVITIES/CLASSES/CLUBS

UPCOMING ACTIVITIES & EVENTS

Produced by the Activities Office

Phone: 276-2636 or go to activities@hhsociety.org

REGISTRATION PROCEDURE FOR ACTIVITIES, CLASSES AND CLUBS

1. Make the check payable to the instructor or club. Include your telephone number on the check.
2. For class registration, bring your check to the Activities Office or leave it in the Activities mailbox.
3. For individual Club activities, leave your check in the appropriate Club mailbox.
4. For information where a telephone number is not provided, call 276-2636.

DETAILED FLYERS ARE AVAILABLE IN THE ACTIVITIES CENTER.

REMINDER: ALL EVENTS AND CLASSES ARE FOR HERITAGE HILLS RESIDENTS AND THEIR GUESTS ONLY.

We recommend that all residents with email register on our website. Updated information and alerts are sent via our website on a regular basis. Go to www.hhsociety.org and click on "log in request." Fill in all the fields, and a user name and password will be sent to you. Our website is full of valuable and useful information.

SPECIAL Activities & Events

For detailed information about the following SPECIAL Activities & Events, see either the COMING EVENTS or COMMUNITY NEWS section of this issue, flyers at the Activities Office and Activities Center and Lake Lodge posters.

BOCCE LEAGUE

Sign up for 2020 Bocce League Play

Wednesday, April 8, at 3 pm in the Heritage Room

Contact: Diane Purr, at 617-9338

CIAO ITALIA

Pizza Night

Wednesday, April 22

Members Only. \$5 per person.

CLUB SHALOM

Music And Song With Randy Herman: The Jewish Piano Man

Sunday, April 18, at 7:30 pm in the Activities Center

Admission \$15. Payment due by April 12.

An Evening With Steve Ross

Saturday, May 9, at 7:30 in the Activities Center

Admission \$15.

CONCERT SOCIETY

Four Concerts

Sundays at 3 pm in the Heritage Room

May 17: Jenny Lin, piano

June 14: Frisson Quartet

September 13: Chloe Kiffer, violin

October 25: Yoonah Kim, clarinet

Subscription Forms available at the Activities Center.

Contact: Arlene Brown at 277-4703

CONTINUING EDUCATION

Andy Warhol & Jean-Michel Basquiat—Two lectures by Heather Cotter

Tuesdays, April 21 and 28, at 1:30 pm in the Heritage Room

Admission: \$15 for series; \$10 per individual lecture

Contact: Ann at 617-9434

The History And Legacy Of Slavery—Three lectures by Al Hunt

Tuesdays, May 5, 12, and 19, at 1:30 pm in the Heritage Room

Admission: \$25 for series; \$10 per individual lecture

Contact: Ann at 617-9434

DANCE—ROCK 'N' ROLL REVIVAL CLUB

Homecoming Celebration!

Saturday, April 25, from 7 to 10 pm in the Heritage Room

DJ Johnny Angel will be kicking off the season playing the Greatest Hits from the 50s, 60s, 70s & 80s!

\$5 Admission (includes bottled water, coffee, and treats). BYOB and snacks.

Next Dance: Saturday, May 30.

DANCE—SOCIAL

Friday, May 1, from 7 to 10 pm in the Heritage Room

Contact: Dorothy at 276-2894.

HEALTH & SAFETY

Mindful Aging Workshop

Friday, April 17, at 1 pm in the Heritage Room

Must register in advance with the Activities Office

Surprising News from the Somers Fire Dept!

Wednesday, May 6, at 1 pm in the Heritage Room

Fall prevention program and information on a new service to check on people with chronic conditions to prevent hospitalization.

CPR/BLS with AHA Certification

Thursday, May 7, at 6 pm in Activities Center, Room 3

Cost: \$25. Must register in advance in the Activities Office.

Oh, My Aching Knees!

Wednesday, May 20, at 7 pm in the Heritage Room

The Future of Smart Hearing

Wednesday, June 17, at 7 pm in the Heritage Room

INDEPENDENT & FOREIGN FILM CLUB

The Biggest Little Farm

Thursday, April 23, at 7 pm.

Annual Membership is \$20 for all films—checks only. Make your check payable to the "Ind. Film Club" and place it in the club mailbox or bring to the door on film night.

Next Film: *The Cake Maker*, Sunday, May 17.

SINGLES CLUB

Dinner Out—location TBD

Thursday, April 16

Dinner at Bernard's

Thursday, May 21

Annual BBQ

Thursday, June 11

WOMEN'S CLUB

Nutrition discussion with Leslee Kavanagh, MS ACN

Wednesday, May 13, at 1:30 pm in the Activities Center

Spring Luncheon

Members: Free. Non-Members: \$5

Wednesday, June 10

RECURRING Activities

The activity takes place at the Activities Center unless otherwise indicated. (See "Registration Procedure" at the beginning of this section, or call 276-2636.)

ARTS & CRAFTS:

Gushing With Paint: With Fran Schultzberg. Wednesdays from 1 to 3 pm and Thursdays from 10 am to noon. Fee of \$125 includes materials for four paintings in this new art technique. Space is limited. For information, contact Fran at 806-6696 and leave a message.

Needlecraft Club: Charitable needlecraft group meets Wednesdays at 12:30 pm in the Game Room. All skill levels welcome.

Paint & Sip: With Judika Lieberman. \$40 once a month at 7 pm in Lake Lodge. All paint supplies included. BYOB. Look for flyers and email blasts. For information, call Judika at 438-6750.

Photo Club: Second Tuesday of the month at 3:30 pm in Room 2 of the Activities Center. For more information, call John at 925-277-3955.

Sketch Workshop: Wednesdays at 9:30 am. No fee. Beginners welcome. For information call Richard at 617-9011.

Silk Fabric Painting: Mondays and/or Thursdays at 10 am. Fee \$120. Must sign up for a full 4-week session. Space is limited. For information, contact Evey at 276-0737, or email her at evymusart@comcast.net.

Watercolor Class—All Levels: With Lynn Shulman. Mondays from 9:30 am to noon. Fee: \$60 for a 4-week session.

Wood, Stone, and Clay Sculpture Class: With Ron Mineo on Mondays at 2:30 pm. \$120 for 5 weeks.

Woodcraft Club: The shop is open on Mondays, Tuesdays, Thursdays, and Saturdays from 8:30 am to 12:30 pm. A limited amount of scrap wood and kindling available.

AARP SMART DRIVING COURSE

2020 Dates: April 30 (Class is full), May 16 (Class is full), and June 4. Price: \$20 for AARP Members, \$25 for Non-AARP Members. Make check payable to AARP and leave in the AARP mailbox. **Include your name, phone number, and the class date on the check.** Bring lunch and AARP card. You will be contacted if the class you selected is full.

CULINARY CLUB

Monthly dinner held on a Wednesday during each month at 6 pm. Contact Susan at 276-3176.

DANCING

Line Dancing: Fridays at 11 am. Join in at any time. No Fee.

Square Dancing: Sundays at 7 pm. No partners needed.

EXERCISE: Please get your checks in ASAP for all classes to ensure they will run.

Exercise: With Lori Barr. Tuesdays and Thursdays at 9:30 am.

Fee: \$8 per class, please register in advance.

15/15/15: With Theresa. Wednesday mornings at 11:15 am in the Gym. Cardio, strength, and stretch in 15-minute intervals. See flyers for details.

Hikers & Walkers: Weekly hikes from September to June.

Schedule is available at the Activities Center or at hhsociety.org.

Move & Groove Line Dance: Tuesdays at 12:30 pm with Theresa. Fee: \$24 to \$40 per session. See flyer.

Pilates Morning Class: With Tracey. Mondays at 9 am and Wednesdays at 10 am in Lake Lodge's upper level. Fee: \$40 per month for 4-week session.

Strengthen & Stretch Classes

With Ingrid Rodgers: Mondays at 10:30 am. Fee: \$30 per month. See flyer.

With Theresa: Saturdays at 8:30 am. Fee: \$24 to \$30 per month. **On Haitus.**

Saturdays with Joe: Saturdays at 9 am at Lake Lodge. Fees: \$10 per class or \$40 per month. Most classes are 60 to 75 minutes long.

Tai Chi: With Ellen Hollenbeck. Tuesday from 11 am to 12:15 pm. Fee: \$60 for 4 weeks.

Video Aerobics: Mondays, Wednesdays, and Fridays at 9 am in the Gym. No fee.

YOGA

Chair Yoga with Satish: Tuesdays and Fridays at 10 am in Lake Lodge. Fee: \$5 per class.

Classes with Cheryl Aiello:

Beginner/Intermediate Yoga: Mondays 10:15 to 11:30 am in Lake Lodge's upper level. Fee: \$15 per class.

Yoga-Chi: Thursdays at 4 pm in the Activities Center. Fee: \$12 per class.

TaiJiFit: Tuesdays at 4:15 pm in Lake Lodge's upper level. \$9 per class.

Yoga Class with Joe: Mondays at 5 pm at Lake Lodge. Fees: \$10 per class/\$40 per month. Most classes are 60 to 75 minutes long.

Yoga Iyengar Classes with Kate Graham—All classes held in Lake Lodge's upper level. See flyer for full schedule:

General Iyengar: Mondays at 12 noon. Fee: \$12 per class.

Chair Yoga: Mondays at 1:45. Fee: \$12 per class.

General Iyengar: Tuesday at 11:30 am. Fee: \$12 per class.

Gentle Back-Care Yoga: Fridays at 10:30 am. Fee: \$12 per class.

Zumba with Theresa:

Gold: Fridays at 10:30 am. Fee: \$24 to \$40 per month. See flyer.

ACTIVITIES/CLASSES/CLUBS

FUN & GAMES

Billiards: Drop-in games on Thursdays at 1:30 pm.

Bocce: April through October: Wednesdays at 1 pm and Saturdays at 9:30 am.

Bowling League: Tuesdays at 12:45 pm at Jefferson Valley Lanes on Hill Boulevard.

Bridge—Duplicate: Mondays at 12:30 pm, Tuesdays at 7 pm, Thursdays at 12:30 pm.

Bridge Lessons: Lessons will resume in the Spring.

Bridge—Casual: Mondays and Thursdays at 1 pm. All are welcome.

Bridge the Gap Bridge: Tuesdays and Fridays at 1 pm.

Bridge—High Scorers: A casual game. Wednesdays at 1 pm at Lake Lodge.

Mah Jongg Club: Mondays at noon. Tuesdays and Thursdays at 11 am at Lake Lodge (not accepting new Tuesday/Thursday members at this time; call Rebecca Fiero at 669-5460 to be placed on the waitlist). Wednesdays at 1 pm and Fridays at 7 pm at the Activities Center.

Pickleball: Mondays and Tuesdays from 2 to 5 pm, Wednesdays from 6:30 to 10 pm (Level 2 play), Thursdays from 1 to 5 pm, Fridays from noon to 5 pm, and Saturdays from 1 to 3 pm. Location: Fitness Center Gym. Sneakers required. Platform Tennis Court 1 is also available for Pickleball.

Ping Pong Group: Thursdays at 10 am. Open to all residents.

Playtime: Games, cards, and socializing. Mondays at 1 pm.

Scrabble: Thursdays at 1 pm in the Library.

Shuffleboard: October through March on Wednesdays, from 1 to 3 pm, and on Saturdays, from 9:30 am to noon.

ENERGIZE HERITAGE HILLS

Fridays, April 10, August 14, September 11, and November 13 at 11 am. Heritage Hills, in collaboration with EnergizeNY and the Town of Somers Energy & Environment Committee, is offering personalized assistance in applying for a FREE comprehensive assessment of your home. No prior registration needed, just walk in.

FAMILY NETWORK GROUP

Meets for family-oriented events, days and evenings. Go to *Facebook.com* to join the group “heritage hills family network”

FRENCH CONVERSATION GROUP

Thursdays at 10 am in Lake Lodge Room 1. Come learn and practice speaking French. *Venez causer avec nous.*

GOLF

East Hill Men's Golf Association: Since 1989 we have provided a 9-hole venue for friendly, sociable, and light golf competition at Heritage Hills on Wednesday (Stroke Play) and Friday (various formats) mornings from April thru November at the Somers National Golf Course. Pick up a membership application at the Activities Office or contact Bob Kenney, Membership Chairman, at 617-9884 or rlkret@aol.com.

Heritage Hills Women's Golf Association: A friendly, vibrant group of women who enjoy a weekly 9-hole round of golf on Tuesdays at 9 am from April through October at Somers National Golf Course. Contact Janet by email at jparke27@comcast.net or by telephone at 277-5460 for more information.

HEALTH AND SAFETY

Blood Pressure Readings: The second Friday of each month from 10 to 11:30 am in the Activities Center.

File of Life Packets are used to provide essential information in an emergency situation, and are available in the Activities Office, Security Office, and Society Office.

Spousal Bereavement Support Group

Every first and third Tuesday of the month from 2 to 3:30 pm in the Game Room.

LIBRARY

Monday through Friday 10 am to 3 pm. Saturday from 10:30 am to 1 pm. Free Children's Book Exchange available all day, every day in the corridor outside of the library.

MORNING DISCUSSION

Mondays at 9:30 am. Discussion group on current event topics. No fee.

NEWCOMERS COUPLES CLUB

Contact us at hnewscomerscouplesclub@gmail.com.

RAINBOW CONNECTION

First Thursday of the month, from 7 to 9 pm in Lake Lodge. A relaxed, social environment for LGBT residents as well as their families, friends, and neighbors. For more information, email us at hhillsrainbow@gmail.com.

SHAKESPEARE READING AND DISCUSSION GROUP

Open reading of Shakespeare each Tuesday at 10 am.

TEN-A-MEN

Wednesdays at 10 am. Coffee, bagels, rolls, *etc.* Discussion and conversation, sometimes controversial. Occasionally there are guest speakers.

TENNIS

Friday evening Round Robin: Courts 1, 2, and 3 at 6:30 pm. Doubles games at all levels of play. For information, call Barry at 617-9259. For information about the Tennis Committee, call Jan at 276-2106. Reminder that all tennis reservations are made via our website at hhsociety.org.

WEIGHT WATCHERS GROUP

Two plans, lower prices: *Digital* or *Digital plus Workshops*. *Digital* has been reduced to \$18 per month and *Digital plus Workshops* is now \$40 per month. Visit wellness.weightwatchers.com and enter Employer ID: 59693. For questions or assistance registering contact the Weight Watchers Wellness Hotline at 866-204-2885.

WRITERS WORKSHOP

Remembrance: Wednesday mornings at 10 am in Lake Lodge. The Fee is \$150 per six-week session. Rolling admission. Sign up in the Activities Office.

YIDDISH CONVERSATION CLASS

If you're interested in Yiddish classes, please contact Gilda Simpkin at 203-219-0589 to organize a convenient time for the group to meet.

* * *



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Sunday, April 26, 11 a.m. to 1 p.m.

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WINE DOWN WEDNESDAYS.

Wednesdays in April, 3 to 4 p.m.

Unwind at The Club with wine and Chef's samplings. You'll find friends waiting for you here.

TAKE THE STRESS OUT
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Tuesday, April 21, 5 to 7 p.m.

Join Mark Seiden and The Club at Briarcliff Manor team for tips on simplifying and de-stressing household downsizing.

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For more information or to RSVP for an April event, call **914-922-0794**.

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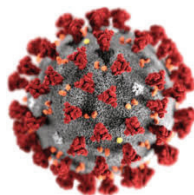


WHAT'S GOING ON

Text by Karl Milde, photo from the CDC

Coronavirus

In the first week of March the lead subject in all the news media was the "Coronavirus," so-named because the tiny virus itself, when sliced in half, looks something of like a crown. This new strain of virus, which caused death in about one person in fifty who contracted the disease, had the potential of becoming pandemic. If an infected person infected two or more other people, and if each of them infected two or more others and so on, the process could quickly result in an exponential rise in the affected population. By the time this Newsletter reaches your mailbox, you may have learned whether this viral disease has been, or can be, contained. Either way, it is instructive to review how we are handling this new challenge.



While the Centers for Disease Control (CDC) and the Trump Administration dealt with the problem on a national scale, we were doing our part locally. The Somers Emergency Council met in early March and, after much debate, issued a new policy: 1. Use caution, 2. Be prepared, and 3. Don't panic. Sound advice I thought.

Meanwhile, the Heritage Hills Society was also doing its part to meet the challenge. Our Property Manager, John Milligan, asked the cleaning staff to not only clean, but also to disinfect our bathrooms, door handles, and other objects that our hands frequently touched. He also asked our Shuttle Bus drivers to wipe down the seat frames and railings with a disinfectant before each bus run. At the gym and Fitness Center our residents were asked to disinfect the equipment they use both *before* and *after* they exercise.

Thereafter, during the second week of March, all activities in Heritage Hills were shuttered, but the buildings remained open. Then on March 12 at midnight the Activities Buildings and Lake Lodge were locked, and everyone was asked to stay home until April 15. On March 20, for the first time ever, the Shuttle Bus runs were discontinued.

The folks we rely on to keep us safe are doing the best they can, but we must all take personal responsibility for containing this new disease. The Corona is both a *contact* and an *airborne* virus, so wash your hands as often as practicable, do not to bring your hands to your face, and try to stay away from public places where others just might have the disease.

Roadside Lawn Mowing: For the past thirty years the Heritage Hills Society has mowed a ten-foot strip of lawn on both sides of the roads it maintains (those with the yellow stripe down the middle). That land is actually owned by the Condos, and now many of them have that area mowed by their landscape company. The Society hopes this trend continues.

Heritage Hills Sales: Sales of Condo Units in Heritage Hills have increased for the past three years: 129 units sold in 2017, 131 units sold in 2018, and 143 units sold in 2019. The 143 units sold last year were as follows: 19 one-bedroom, 90 two-bedroom, and 30 three-bedroom.

SOCIETY NEWS

NEW FITNESS CENTER RULE

For everyone's health and safety, please wipe down each piece of Fitness Center equipment you use prior to using it as well as after using it.

SOCIETY BOARD MONTHLY MEETING

Monday, April 13, at 1:30 pm in the Activities Center, Rooms 2/3

See the COMING EVENTS section for details.

BULK PICK-UP

BULK PICK-UP will occur first thing in the morning on the following dates:

Condos 1 thru 16 Saturday, April 18

Condos 17 thru 30 Saturday, April 25

All bulk items should be placed near the trash containers the prior evening. Electronic items should be plainly visible. Items containing flammable or hazardous material are not acceptable. Paint cans must be open and empty or dry.

The following items will not be accepted:

Tires, Propane tanks, Wet paint, Batteries, Fluorescent light bulbs, Bio-hazardous waste of any kind, Oil of any type, Cement, Red bricks, Rocks, Dirt, Electronics of any type, Monitors, Old phones.

SECURITY REPORT

February security call amounts will appear in the May issue.

* * *

FEBRUARY COUNCIL OF CONDO PRESIDENTS MEETING SUMMARY

By Terry Clifford

Condo President

Please share the minutes of each Council Meeting with your Council representatives and your Condo board members.

Fire and Safety

Assistant Fire Chief Ray Carile said the number of medical calls exceeded the number of fire calls.

For Fire Safety be sure smoke detectors are up to date, pay attention while cooking meals, be sure strip plugs are not overloaded and have surge protection, and your dryer vents are cleaned.

Last year there were 1,000 Medical calls—mostly for falls, which is the major cause of accidental death for those over 65 years of age. He suggests those living alone use an alert system or have a 24-hour live in aide. Heritage Hills Security also provides wellness check-ups.

Somers Fire Department has initiated a "HUGS" program which provides regular check-ups for those in need. Sign up online at hugs@somersfd.com. Somers will be initiating flyers which say, "KEEP OUT OF THE AMBULANCE" and "HELPING PEOPLE".

Assistant Fire Chief Carile encourages attendance at the 10 A MEN and Health & Safety presentations, where he will be speaking in-depth on these subjects.

Fraud Prevention

Somers Police Officer David Burpee spoke about scams and tips on how to identify them.

1. Never give out personal information over the phone—especially social security or Medicare numbers, date of birth, address, driver's license number, bank account number, credit card or debit card number, cell phone number or email address.
2. If they ask you to call back a phone number **DO NOT DO SO**. Call the organization or bank directly.
3. **Do Not** make a payment when asked for it in a gift or cash card.
4. **Do Not fall for someone claiming your grandchild is in trouble. Call their parent immediately.**

A Fraud Reporting and Prevention Resources flyer will be on the Heritage Hills website and in the Activities Center.

Heritage Hills Road Signs

Twenty Heritage Hills street names are too close to established Town of Somers street names.

Comcast

The Franchise Committee got approval for Comcast to notify property managers before they dig in any Condo in Heritage Hills and to have better identification of trucks and worker uniforms. All Comcast customers pay a 5% franchise fee which is paid to the Town of Somers. All free services to Heritage Hills Society or the Town will be deducted from that fee. Kristen Parker will be at the Activities Center from 11 am until 1:30 pm on the first Wednesday of each month to answer any questions or concerns you have with Comcast.

TVision

Merger with Sprint will be approved. Upon completion they will provide a less expensive "Resident Program" to include premier channels, DVR, wireless/internet, and phone service.

Hydrant Flushing

The fire district will inspect and flush all hydrants.

Water and Sewer

Suez Water Company will have meeting with all Condo Presidents in April.

April Meeting Notice

The April Council Meeting will take place on Wednesday, April 15, at 7 pm in the Activities Center. Condo Presidents or their representative are invited to attend.

* * *



By Terry Clifford

We are a club which encourages intergenerational and interactive adult activities.

• Tech Days

Held at Lake Lodge from October to May, at these events volunteer Somers High School seniors assist on a one-to-one basis addressing your issues or answering your questions about cell phones, tablets and computers. See the COMING EVENTS section of this issue for details about the April 18 Tech Day.

• Swapping Stories

We arrange for "Swapping Stories" with Somers Middle School students in their School Library. Eight to ten sixth grade students tell an adult a short story and eight to ten adults tell a student a short story. Student gets in front of the group and retells your story and you get up and retell their story. It is a great learning experience for young and old alike. We are looking for volunteers to participate in this enriching program which has been going on annually for the past 15 years. We are working to arrange a "Swapping Stories" day in June. To join Swapping Stories, contact Terry at 519-7392 or email her at tcperson@comcast.net.

• The Living Room

Our newest venture is a social outreach program to encourage interaction with others within our Heritage Hills community. We couldn't find a more welcoming space than the lobby of Lake Lodge with its enormous fireplace, beautiful views, and comfortable chairs. We will gather once a month in this warm, inviting space to listen to music, play games, or just chat while sipping tea or drinking coffee. Join us for our first Living Room on Monday, May 18, from 1 to 3 pm. Need a ride? Our shuttle bus can pick you up on the closest "A" or "B" road to your Condo unit and take you home at 2 or 3 pm. Call on the meeting date at 9 am to schedule a ride: 276-2877.

There is no membership fee or charge for any of our activities. However, we ask for donations for worthy causes in Heritage Hills and Somers at the end of the year.

The members who organize these activities are: President Terry Clifford, Vice President Jackie Cannino, Treasurer Faye DeSanto, Secretary Mary Anne McMullen, "Living Room" Committee Chair, Ellen Oksman, along with Mary Anne, Jackie, and Susan Statkowski-Rivalsi; "Swapping Stories" Chair Ernie DeInegro; and "Tech Day" Chair Teresa Chang, along with Mary Anne, Jackie, and Terry.

* * *

MUSICAL NOTES FROM THE CONCERT SOCIETY

by Teddi Meltzer

Nature is poised to shower us with beauty, and the Heritage Hills Concert Society is getting ready to provide wonderful music for our 2020 season.

On May 17, we present pianist Jenny Lin, and on June 14, the Frisson Ensemble. On September 13, we welcome violinist Chloé Kiffer, and on October 25, clarinetist Yoonah Kim.

Jenny Lin: One of the most respected young pianists today, Taiwanese-American Jenny Lin is admired for her adventurous programming and charismatic stage presence. She has been acclaimed for her “remarkable technical command” and “a gift for melodic flow” by *The New York Times*. *The Washington Post* praises “Lin’s confident fingers and spectacular technique,” writing, “Miss Jenny Lin is a very gifted young musician and a brilliant pianist.” Her recordings have earned her numerous awards and lavish praise. Lin serves on the faculty of New York City’s 92nd Street Y.

The Frisson Ensemble: From New York City, this ensemble features the best and brightest of classical music’s rising stars, drawn from many of the nation’s major music schools, including Juilliard, Curtis, and Yale. There are nine musicians playing violin, viola, cello, bass, flute, oboe, clarinet, bassoon, and horn. The group size expands and contracts into a variety of ensembles, including quintets, sextets, nonets, and a small chamber orchestra. As an ensemble winning many prestigious awards, their touch is light and their musicianship perfect.

Chloé Kiffer: An early success led Ms. Kiffer to solo and orchestra engagements throughout Europe, Canada, North and South America, the Middle East, and Asia, playing in some of the world’s most prestigious concert halls. She made her American debut in 2016 at Carnegie Hall’s Stern Auditorium and has claimed top prizes at multiple national and international competitions. A native of France, Kiffer is an enthusiastic chamber musician and has been a teaching artist at both Bard University Precollege and Stony Brook University.

Yoonah Kim: Hailed by *The New York Times* for her “inexhaustible virtuosity,” clarinetist Yoonah Kim is rapidly earning recognition as an artist of uncommon depth and versatility. The first solo clarinetist to win the Concert Artists’ Guild International Competition in nearly thirty years, this Korean-Canadian has performed at prestigious venues including Carnegie Hall, Alice Tully Hall, and Symphony Space. An active chamber musician, Kim tours regularly with ensembles like Frisson. She is currently on the faculty of the New York School of Music. The best classical music value in Westchester and beyond!

That’s quite a varied and interesting selection of talented musicians, wouldn’t you say? And all their performances are yours to enjoy for a subscription fee of \$80. The cost of a single concert at the door is \$23. All four concerts occur on Sunday at 3 pm in the Heritage Room, followed by a wine and cheese reception, with the opportunity to meet the artists. If you have question, please call Arlene 277-4703.



HERITAGE HILLS COMMUNITY THEATER

By Diana Richter

The Heritage Hills Community Theater is sponsoring something very special for its next production. On the evenings of June 26 and 27, we will present an evening of Gilbert and Sullivan songs. More details are on the way. Keep watch for flyers, emails, and the TV scroll for full information.

Anyone interested in directing one of HHCT’s plays should contact Co-President Muriel Weiss either by email at must87@comcast.net or phone at 277-8825. She will provide full details regarding this paid position.

* * *

Library

SUNDAY MATINEES— MONTHLY DURING THE WINTER



Performance information can be found in email blasts and in the Activities Center.

SCRABBLE

Thursdays at 1 pm in the Library.

HERITAGE HILLS LIBRARY CINEMA

Will resume in May.

NEW ADDITIONS TO OUR COLLECTION IN MARCH

The following books are located on the shelves of our NEW BOOKS section:

Newly Published Books

Biography

Maher, Sanam *A Woman Like Her*

Fiction

Allende, Isabel *A Long Petal of the Sea*

Anappara, Deepa *Djinn Patrol on the Purple Line*

Cain, Amina *Indelicacy*

Offill, Jenny *Weather*

Mystery

Hauty, Chris *Deep State*

Gardner, Lisa *When You See Me*

Kellerman, Jonathan *The Museum of Desire*

Patterson, James *Lost*

Non-Fiction

Larson, Erik *The Splendid and the Vile: A Saga of Churchill, Family, and Defiance during the Blitz*

Newly Acquired Books

Fiction

Bradford, Barbara Taylor . *Master of His Fate*

Quick, Amanda *The Girl Who Knew Too Much*

Sparks, Nicholas *The Lucky One*

Steel, Danielle *Toxic Bachelors*

Mystery

Baldacci, David *The Simple Truth*

Cornwell, Patricia *Blow Fly*

Follett, Ken *Hornet Flight*

Grecian, Alex *The Yard*

Larsson, Stieg *The Girl Who Kicked the Hornet's Nest*

Sanders, Lawrence *Guilty Pleasures*



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GOLF

EAST HILL MEN'S GOLF ASSOCIATION

Text by Harvey Friedman, photos by Harvey Friedman and Ed Yee

The East Hill Men's Golf Association will open the 2020 season on Friday, April 10, with a stroke play tournament followed by another stroke play tournament on Friday, April 17. The opening breakfast will be Thursday, April 23 at Lake Lodge at 8:30 am. This will be followed, the next day, by the very popular Captain's Choice (scramble) tournament.

The EHMGA officers are Jack O'Hanlon, President; Ed Yee, Vice President; Bob McVeigh, Secretary; and Al Longhitano, Treasurer



The EHMGA chairmen are Harvey Friedman, Handicaps and Publicity; John Mahoney, Prizes & Awards; Ed Sottile, Grounds; Vin Marrone, Rules & Grievances; and, missing, Yogi-Santa-Donato, Tournaments; Bob Kenney, Membership; and Ray Ormerod, Hospitality



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SOMERS VOLUNTEER FIRE DEPARTMENT

FILL THE PANTRY

Submitted by Robert Weinstein

Wednesday, April 1, from 5 to 7 pm

The Somers Volunteer Fire Department is assisting St. Luke's Church in its effort to fill their food pantry. Please bring your donations to the Somers Fire House on route 202 across from the main entrance to Heritage Hills on Wednesday, April 1, between the hours of 5 and 7 pm.



* * *

SOMERS LIONS CLUB—APRIL MEETINGS

**Tuesdays, April 7 and 21, at 7 pm
at Mama Rosa Restaurant**

The mission of the Somers Lions is "to create and foster a spirit of understanding among all people for humanitarian needs by providing volunteer services through community involvement and international cooperation."

Prospective members are welcome to attend a meeting, but need to contact the president, Heritage Hills resident Dr. Louis Bisogni, in advance. President Lou's cell phone number is 318-9950. Guests need to come to three dinner meetings (no charge) before acceptance into Somers Lions. For more info about Somers Lions you can go to their website, somerslions.org.



* * *

NORTHEAST WESTCHESTER ("NEW") ROTARY CLUB—APRIL MEETINGS

**Tuesdays, April 14 and 28, at 6:15 pm at
Le Fontane Restaurant**

Rotary's guiding principles include the Four-way Test (Truth, Fairness, Goodwill, and Friendship) and Rotary's commitment to Service above Self, which is focused on Preventing Disease, Supporting Education, Promoting Peace, and Providing Clean Water.

Prospective members are welcome to attend a meeting, but need to contact the club secretary, Heritage Hills resident Pat Ploss, in advance. Pat's phone number is 669-9021. For more information about NEW Rotary, go online to NEWRotary.org or [Facebook.com/NortheastWestchesterRotaryClub](https://www.facebook.com/NortheastWestchesterRotaryClub).



* * *



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SOMERS LIBRARY BOOK SALE AT REIS PARK

Friday, April 24, from 4 to 8 pm

Saturday, April 25, from 10 am to 5 pm

Sunday, April 26, from noon to 5 pm

Details are available at www.somerslibraryfoundation.org.

* * *

FREE BALLROOM DANCE LESSONS

Thursdays, from 10:30 am to noon at Van Tassel House

Let ballroom dance instructor Frank Elia keep you moving. Yes, beginners are always welcome. If you have any questions, call Frank at 845-628-0036. And to arrange for free door-to-door transportation, call Somers Senior Services at 232-0807.

* * *

TOWN OF SOMERS

ENERGY AND ENVIRONMENT COMMITTEE MEMBERS NEWED

The following summarizes a notice from Don Bleasdale, Chairman of the Town of Somers Energy and Environment Committee:

This Committee—which acts as a conduit for the purpose of promoting and communicating environmentally sound and cost-effective initiatives in order to reduce carbon dioxide emissions and energy consumption while making effective use of relevant Town resources—is seeking new members. The Committee looks to take steps to determine and communicate measures to reduce the Town's greenhouse gas emissions and thereby lower energy use, leading to reduced energy costs for both residences and businesses. It meets once a month on the second Thursday of the month at 6 pm in Somers Town House.

If interested, or for additional information, contact the Somers Energy and Environment Committee Secretary Denise Schirmer at dschirmer@somersny.com or 277-5582.

* * *

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Newsletter 9th Anniversary (continued from page 1)

were highlighted in colorful and imaginative centerfolds—introduced were a colorful heart themed spread for Valentine's Day of our couples at their weddings and today, professional concert performances, young families and their babies and toddlers, interior unit architectural and decorating innovations, and fashions of the years. *On the Road Again* was a travel column by Bruce Prince. The Fitness Center director added *Fit Bits*, monthly advice for exercise. There were also descriptions of the various Society activities, including a tribute to Dave Jacobsen by Bob Lundry. In 2012, we ran a special *Six Good Reasons to Live in Heritage Hills*.

When I asked Loring how he accounts for the successful changeover to the Newsletter, he replied, "I think it was because both Barry and I enjoyed the work and the give and take. We weren't on power trips."

All copies of our Newsletter are maintained and catalogued by Society Office Manager Mary Lou Martelli.

We are grateful to Loring and Barry for giving the Newsletter new life.

And so it continues, with a changing administration and new writers maintaining a prize-winning quality.



NEEDLECRAFT CLUB HIGHLIGHTS

By Cindy Kennedy

Our busy Heritage Hills Needlecraft Club celebrated its productive 2019 fall season with a holiday luncheon in November at Le Fontane. Twenty-one club members attended the annual festive event which Evelyn Mahoney had arranged. The women enjoyed good food and good conversation, as well as discussions about their continuing knitting projects.



Holiday luncheon at Le Fontane

At the end of September, the Needlecraft Club visited Northern Westchester Hospital's Special Care Nursery to deliver 120 "preemie" hats. Annette Serrano, from the Northern Westchester Hospital Foundation, introduced the group to NICU Nurse Lisa



Elizabeth Royston, Linda Neira, Sandy Waldman, and Lisa Aftel

Aftel, who told the women that their timing was impeccable, as the NICU was running out of tiny hats. "As usual," said Elizabeth Royston, "it was a delight to deliver our preemie hats to the hospital. The nurses were so enthusiastic."

On October 17, three club members went to Blythedale Children's Hospital to donate 45 baby blankets that had been made by the club. Debbie Sicari, Director of Therapeutic Recreation, took them on a tour which included the school, occupational therapy "Village," and baby therapy areas. It was a first-time visit for Emilia Liteplo and Susan Wildstrom. "Everyone—kids and teachers—throughout the hospital and school seem to be enjoying their work and relationships," Susan noted. "I hope the blankets that we donated," said Emilia, "will bring some smiles and love to those who will receive them."

A few weeks after the Needlecraft Club's holiday luncheon at Le Fontane, club leader Linda Neira, Ginger Weir, and Ruth Santacroce arrived at the Community Center of Northern Westchester with eight large bags full of hats and scarves for children, teens, and adults which the club had made for the Center's "Share the Warmth" program. Susan Bretti, the Center's Assistant Director for Operations, was pleased to see the large donation, and later she emailed her thanks: "The clients are loving the handmade items. We are so appreciative of the generous donation."



Emilia Liteplo, Debbie Sicari, Linda Neira, and Susan Wildstrom

The Needlecraft Club meets on Wednesdays at 12:30 pm in the Activities Center. After the knitting session, several members head over to Bobo's for coffee and chat. For more information about the club, call Linda at 277-2776.



Ginger Weir, Linda Neira, and Ruth Santacroce





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WHAT IS A SERIOUS COLD FRONT?

Text and photo by Stan Herz Pearlman

So I was spending time in Florida when I came across this headline that jumped out at me: Serious Cold Front on Way. I am a native New Yorker and as such I have experienced torrential rains, blinding blizzards, sizzling heat, and in the case of Sandy, dangerous hurricanes. But what exactly is a serious cold front? I have heard of severe weather, but how severe does weather have to be to become serious? Or for that matter, what is serious weather in the first place?

I initially looked at antonyms for the answer. If an adjective makes sense, then the opposite will also be appropriate in a reverse situation. For example, if the forecast is for a sunny day, then it is no less meaningful to describe a day as being cloudy.

So apparently if we don't have a serious cold front, we will be encountering a frivolous or comical cold front, maybe even loony weather. (all antonyms). But that doesn't work. Why would a respected local newspaper report on frivolous weather?

Okay, so surely I would find the answer if I looked at synonyms. Maybe another word with the same meaning would sound better to my ears. Some of the adjectives I came across in doing this were: humorless, sober, staid, and dignified. Substituting each of these words in respective order leads one to conclude that: there is nothing funny about a cold front, people consume less alcohol, it is boring, and it is noble. Still nothing makes sense in the use of this word.

Finally, I decided to peruse the article in search of meaning. I had to find out what the newspaper meant by a serious cold front. And indeed, I did! The writer described upcoming temperatures that would range from a high in the 60's to nighttime lows in the mid 40's. That might not seem particularly drastic to New Yorkers. But, as noted in a previous article written by my wife, when the temperatures get that low, cold iguanas, an invasive species more acclimated to Central and South America, drop out of trees posing a danger to passersby. A heavy iguana falling on someone's head is undeniably serious.



Photo by Cheryl Milde

HILDA & ME

By Flo Brodley

I met Hilda Miller in 1996 when we were taking folk dance lessons at the Yorktown Jewish Center. Hilda was with her good friend, Pearl Scher, both of them 80-year-old Heritage Hills residents who went out to meet life even in their advanced years. It was this dynamic duo who convinced me to live at Heritage Hills after the death of my husband three years later, although it took me two years to make that transition.

It was Hilda who taught me how to navigate the backroads of Northern Westchester through our visits to tag and estate sales and made me fall in love with this semi-rural area, surrounded by so much water. She also introduced me to the members of the Somers Democratic Party, like our County legislator Mike Kaplowitz, who served us for 22 years and now serves us in the County George Latimer Administration; and Christine Robbins, who chairs the Somers Democratic Committee.

As I was the Deputy Director of the Medicare Rights Center in Westchester, I helped Hilda with Medicare issues and she taught me other kinds of lessons—how to be patient when things didn't go my way, and how to be kind even to someone nursing a chip on her shoulder—important lessons.

Hilda and I had many discussions about what to do about our health at this time of our lives. Since we both believed in making sure that our final wishes were observed by our families, I helped her with her Health Care Proxy and other Advanced Directives, and she made sure that I did the same.

Pearl moved to Manhattan when she couldn't drive anymore and passed away some months after 9/11. Hilda moved to Florida soon after that.

Each winter, when I flew south, I would visit Hilda in Coconut Creek where she hosted me royally. She would ask me to drive her around to stores selling vintage clothing—still showing me the way!

Hilda passed away on February 26th this year. She was 101 years old. I cherished her friendship and will remember especially those early days.

* * *



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THE MANSION IN HERITAGE HILLS

By Karl Milde

Those who have read the article last November about Jerry Billingsley and the founding of Heritage Hills will know that this beautiful environment was conceived way back in the 1960's by a visionary developer named Louis Henry Paparazzo. What you didn't know (until now) is that Mr. Paparazzo originally planned to live here.

Yes, that's right!

According to my sources, Mr. Paparazzo was so pleased by the success of his development in Connecticut called "Heritage Village" that he wanted to create another one. Having gained vast knowledge and experience from creating and building "The Village," he looked for a chance to build both bigger and better. He thus bought land in Somers and set to work designing and building what is now Heritage Hills Westchester.

Mr. Paparazzo, I've been told, was a refined gentleman—quiet and reserved, and not given to braggadocio. He was clearly a leader, and when he entered a room people listened. But he kept to himself and maintained a reserve so that only a few had a glimpse of his personal life.

He did not live lavishly, although, understandably, his business successes made him enormously wealthy. He preferred to live out of sight and out of mind. "It's not easy being me," he would say when asked why he so zealously guarded his privacy. How ironic it is that Mr. Paparazzo was such a different personality from those openly brazen photojournalists known as the "paparazzi."

As plans took shape for Heritage Hills Westchester, Mr. Paparazzo secretly moved ahead on his plan to live here and designed a condo unit for himself that had all the amenities of a huge mansion. In outward appearance, the unit comprised five normal condo units, A through F, and were labeled as such. Units A and F at each end had a two-car garage; the three in the middle had single garage doors, but they were *fake*. With nearly 5,000 square feet of living space inside, one can only imagine the luxurious layout. (The work was secretly done after the five certificates of occupancy were issued, and to this day they're taxed as five separate units.)

Alas, Mr. Paparazzo never moved in. Upon completing Heritage Hills Westchester, he continued his illustrious career as a real estate developer, taking on projects in Florida, Pennsylvania, and finally northeast Maryland where, after completion, he lived out his retirement.

But "The Mansion" in Heritage Hills is still there—or still *here* I should say. However, its existence and its ownership remained closely guarded secrets since it was originally conceived and built; and all those involved with its construction have long since passed away.

I have no idea where it is, and my sources aren't telling. Someone lives there now, but who?



THWARTING PICKPOCKETS

By Shirley Kesselman

When I lived in Queens some thirty years ago there were signs in the public library warning visitors to watch their belongings. However, upon moving to northern Westchester I gradually relaxed about handling my belongings, including my purse, in public places. Once I carelessly left my wallet on the checkout counter of an A&P and returned to find it had been turned in to the cashier. The incident contributed to my sense of security. Nowadays when I travel into New York City I am watchful, but I've become lax in other locales. A result, recently I had my wallet stolen from my handbag at a flea market in southern Florida.

There are over 25 articles on thwarting pickpockets on the internet. Following are the most frequent suggestions.

- Keep valuables close to your body. A purse should be strapped across your body so that it is in front of you, not hanging off your shoulder. Men should carry their wallet in a front pocket.
- Don't put a purse on the floor, in a shopping cart, or in a baby stroller.
- Be extra careful in crowds. If possible, keep others from brushing up against you—an arm's length distance is suggested. In a mall, walk close to the stores shielding yourself from potential pickpockets on at least that one side. Where you can't maintain distance, as on a crowded subway, STAY AWARE.
- Distractions are dangerous. Often we create our own distractions. For example, we chat on the cell phone. Thieves know it is difficult to concentrate on two things at once. Sometimes they work together to distract. One may bump against you, and while you react to that the other will pilfer your wallet from your purse or pocket.
- When traveling, consider pickpocket proof clothing and other devices designed to discourage the pickpocket. An S-Biner on zippers is an example. Available on Amazon.
- Unless necessary, don't carry your Social Security card, a list of passwords, multiple credit cards, or more checks than you'll need for the day. All these can be used by a knowledgeable thief. Do you need those museum membership cards? Replacement is time consuming.

Luckily for me, I do keep a picture of all my wallet cards in a safe place at home. Therefore, it was easier, but not easy, to replace my driver's license, car registration, list of medications, insurance cards, credit cards and a bank debt card. Security experts heartily recommend this practice, as do I.

* * *

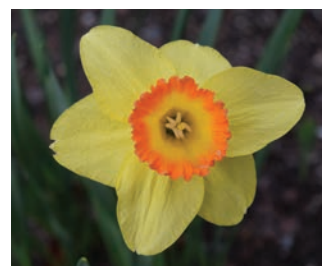
HAIKU FOR APRIL

Verse and photo by Sue Shea

Spring is here, tra la !

An impatient wait for us all

Oh joy, to see it!



THEN AND NOW

Text and photo by Sue Shea

Plymouth cars were no longer made after 1973. Online I found one at auction for \$5,500 last bid. Station wagons are now replaced by larger SUV's.

IBM's current share price is \$154.12 (2-11-2020).

Another example of past and present: My first house, a three-bedroom ranch on the Scarsdale-New Rochelle line cost \$25,000 then, now, \$666,000.

Oh, the glories that once were!

* * *

MAN VS. MAN CANE

By Susan Statkowski-Rivalsi

He waddles when he walks...
won't use a walker or cane.
"They'll think I'm old!" he says,
pride winning (but...the pain).
"Take a look in the mirror, guy,
they already know your old!"
But his stubbornness and ego
have this manly stranglehold.
Then he takes another tumble,
not his first, but the fateful one, alas.
And it does so very much more
than just land him on his #ss.
That new joint? It will work
if he goes for therapy,
or a wheelchair and assisted living
is where he'll ultimately be.
But the simple truth is that
that might never have been his fate,
had he bought himself a man-cane
and strutted the safer way.



Photo by Cheryl Milde

THE ORCHID SHOW AT THE NEW YORK BOTANICAL GARDEN

Text by Karl Milde, photos by Cheryl Milde



They say "Variety is the spice of life." If you love flowers, as my wife Cheryl and I do, head on down to the Orchid Show at the New York Botanical Garden (NYBG). You'll find literally thousands of orchids and no two are alike. The show is going on right now, but you'll need

to hurry. The last day will be Sunday, April 19. For details, go here: www.nybg.org/event/the-orchid-show/.

The theme this year is COLOR. A floral designer named Jeff Leatham, artistic director of the Four Seasons Hotel George V in Paris, has turned each gallery of the Haupt Conservatory into a unique color experience. They call it "Jeff Leatham's Kaleidoscope" because the visual effect is like a rotating kaleidoscope.

Here are just a few of the photos Cheryl took of these colorful flowers.



Especially with Jeff Leatham's overhead arches, vine-inspired ribbons, mirrored sculpture, and dramatic lighting, I think you'll agree that this 18th year of NYBG's annual extravaganza is the best Orchid Show ever.

* * *

HERITAGE HILLS VOLUNTEERS AT THE SCHOOLHOUSE THEATER

By Madeline Acton Rae

April is National Volunteer Month. President George H.W. Bush created the month in 1991 as part of his 1000 Points of Light campaign.

Acknowledging the Heritage Hills volunteers at the Schoolhouse Theater in Croton Falls, Bram Lewis, Artistic Director said, "Our volunteers are our light! Oftentimes they are the first voice people hear when calling and the first face people see when visiting—and they greet everyone with great cheer. They play a part in keeping us organized and offer us valuable suggestions on productions and theater matters."



The Core 4 volunteers, seen here. Front: Muriel Weiss, and Helen Berman, rear: Myra Linker, and Marilyn Gabriele.



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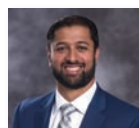
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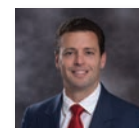
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THE BOOK SHELF

By Cindy Kennedy

Olive Kitteridge, the cantankerous title protagonist of Elizabeth Strout's Pulitzer Prize winning novel, takes center stage once more in *Olive, Again*. A complex, unforgettable character, Olive is equal parts exasperating and endearing.

Set in the coastal town of Crosby, Maine, *Olive, Again* begins where *Olive Kitteridge* had left off. Olive, widowed in her 70s, embarks on an unlikely relationship with retired Harvard professor Jack Kennison. Jack couldn't be more different than Olive's late husband, Henry, the town's pharmacist. Jack is proud and arrogant; Henry was cheerfully optimistic and forgiving.

Seemingly a mismatched pair, Olive and Jack are drawn to each other a few months after he is widowed. "Tall, big; she was a strange woman," Jack thought. "She had an honesty...she had something about her." Jack was estranged from his daughter Cassie. He had that in common with Olive whose own relationship with her son Christopher often is contentious.

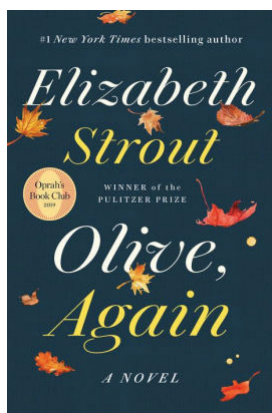
Similar in structure to the original *Olive Kitteridge* novel, *Olive, Again*, also features thirteen short-story-like chapters wherein Olive interacts with a variety of characters. Some of the characters are new; others, including the Burgess brothers and Isabelle Goodrow, had appeared in Ms. Strout's earlier novels. In her encounters with the townspeople of Crosby, Olive continually discovers she still has a lot to learn.

As Olive looks back, she reflects on her life: "She thought about Henry, the kindness in his eyes as a young man...still there when he was blind from his stroke. She thought about Jack, his sly smile, and she thought about Christopher. She had been lucky, she supposed. She had been loved by two men, and that had been a lucky thing; without luck, why would they have loved her? But they had."

Quite often, an acclaimed novel's sequel isn't as compelling as the original book. *Olive, Again*, however, with its depth of feeling, biting wit, and tender poignancy, is a worthy coda to *Olive Kitteridge*. Indeed, reading *Olive, Again*, is like revisiting a cherished old friend.

(Note: *Olive, Again* is part of the Heritage Hills Library and Somers Library collections. For a list of new books at the Heritage Hills Library, please see page 12 and 13.)

* * *



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SUCCESS STORY

By Mary Tedesco

Here at the Fitness center we have been keeping our eyes on our residents. There are so many people that have made tremendous healthy progress by incorporating exercising one, two, or three times a week into their schedule, thereby building strength, stamina, bone density, and using exercise for weight loss. Here is one of Jonathan and my favorite, fun success stories:

Mary and Irene came to the Fitness Center back in 2018 for their complimentary consultation. They each came in individually but had an awesome fitness goal in common. They both wanted to lose between 20 and 30 pounds, and together they wanted to climb Mount Maunganui an extinct volcano in Tauranga, New Zealand. Climbing the Sydney Bridge in Australia was on their list for the same trip!

Mary had been a hiker, Irene had not. Neither had been lifting weights or truly pushing themselves beyond their comfort zones for quite some time. They had a timetable that was definitely doable if they stuck to the workouts and nutritional tweaks to their diets we discussed ... AND THEY DID!

Mary and Irene made a serious commitment to themselves and to each other and thrived. They worked out at the Fitness Center a few times a week weight training, and incorporated challenging hikes into their weekly bodywork. It was not always easy for them, especially at the beginning. We saw them struggle, but they persevered; they never gave up!

Last November they climbed both the Sydney Bridge and Mount Maunganui. They are truly an inspiration!

Next up for Mary and Irene? Hikes in Nevada, Arizona, and Glacier National Park in Montana, as well as Banff and Jasper National Parks in Canada this summer!

Cheers to success! Hike away!



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HOW DOES YOUR GARDEN GROW

WHAT IS A “MASTER GARDENER”?

By Karl Milde

“Emerging research says time spent working the soil is a means to build community, improve strength and fitness, slow dementia in seniors, and improve school performance in teens.” Daphne Miller, MD: *Farmacology*

Are you interested in nature, gardening, growing organic food, teaching, sustainability, and improving your health? Becoming a Master Gardener volunteer may be just what you are seeking. Master Gardeners are a group of volunteers trained by Cornell University-Cornell Cooperative Extension (CCE) to perform community outreach in the field of horticulture and gardening. CCE volunteers work throughout the county to promote successful, safe, and environmentally prudent, research-based horticulture practices.

Master Gardener candidates attend an intensive 75-hour training course over a ten-week period, followed by a two-year, 100-hour, commitment to serve. While the training is not a formal certificate program, it provides its students with a strong, knowledge-based education so that they can, in turn, teach gardening in the community.

The Master Gardener Program covers a broad range of horticulture subjects, including:

- Garden Botany
- Structural Pest management
- Soils and Composting
- Garden Design
- Lawn Care
- Plant Pathology
- Entomology and Integrated Pest Management
- Woody Plants and their Maintenance
- Plant Physiology
- Pruning
- Climate Change
- Growing Fruit, Vegetables and Herbs
- Native Plants/Invasives/Weeds
- Management of Nuisance Wildlife

The Heritage Hills Garden Club holds a spring lecture event each year at which a Master Gardener volunteer is invited to speak. This year, on Monday, April 27, at 7 pm in the Heritage Room, Regina Blakeslee will speak about “The Importance of Pollinators in the Garden” and will offer tips and answer your questions on gardening and planting for pollinators. A Master Gardener since 1996, Regina is passionately devoted to helping people connect to nature for their own health, the health of other species, and of the Earth itself. She is co-founder of Hudson Valley Natural Beekeepers and teaches beekeeping at Hilltop Hanover Farm in Yorktown Heights. She is also a Horticultural Therapist, providing therapeutic horticultural activities at The Center at Mariandale community garden in Ossining.

If you are interested in applying for the Master Gardener Program at the Cornell Cooperative Extension of Westchester County, go to <http://westchester.cce.cornell.edu/horticulture-environment/master-gardener-program> or contact the director of the Program, Amy Albam, by phone at 285-4640 or email at Aa79@cornell.edu.



DISPATCH FROM THE PROVINCES

Text and drawing by Eric Felderman

PLATYPUS SYNDROME

Although most of the manias have been known and studied for centuries—Robert Burton’s encyclopedic monograph on melancholia was printed in 1621—it is only recently that a new syndrome was added to The American Council on Psychology’s official catalog of the neuroses: Platypus Syndrome.

For some still unknown reason this blameless marsupial, the Australian platypus, has become a source of obsession for many otherwise normal individuals. The afflicted, often incapacitated for gainful employment, find themselves stumbling about the house all day, muttering to themselves over and over such bizarre phrases as the following:

- Y Platypus Unum.
- A fool and his platypus are soon parted.
- They don’t make platypuses like they used to.
- Various lines and stanzas from Keats’ famous Ode to a Platypus.
- You take your platypus, and I’ll take mine.
- My platypus, may it ever be right, but right or wrong, still my platypus!
- Once upon a time there was a young platypus (followed by various fairytales and instructive fables).
- Call me Platypus (followed by an epic novel of platypite adventures).
- To platypus or not to platypus, that is the question.

(Here the patient seems tentatively to be attempting self-cure.)

Note: The illustration depicts the celebration staged by The Bronx Zoo to welcome the platypus to America in 1952. A new separate building at the Zoo was devoted solely to the platypus. Thoughtfully, a countryman—an Australian aardvark, or anteater—was included in the welcoming committee. But the platypus, a notoriously shy animal, refused to enter the picture, and is hiding in the cellar, despite the earnest efforts of the top-hatted gentleman to induce it to emerge so that its likeness might be included in the commemorative group portrait.”

* * *

DID WE FOOL YOU?

Were you one of our April Fools, or were you smart enough to figure out that the FEATURE article on page 22 was perhaps too far-fetched?

* * *

* * *

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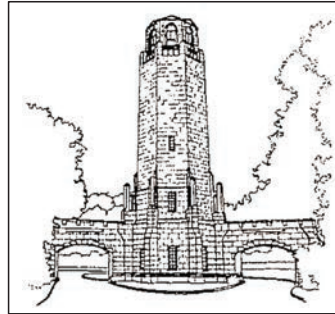
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MONROE

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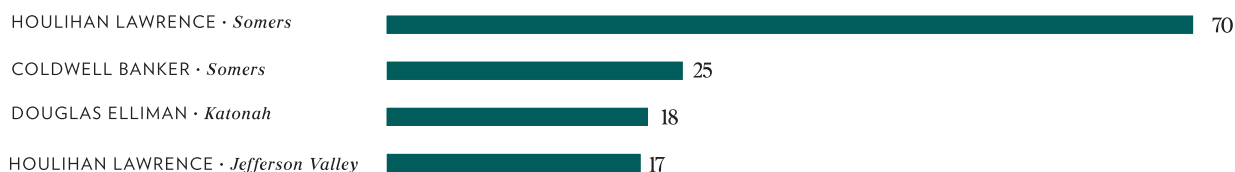


SOMERS

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Offered at \$439,500

IN CONTRACT

2019 Heritage Hills Sales | TOTAL UNITS SOLD



Source: HGMLS, 1/1/2019 – 12/31/2019, Condominiums, total units sold by office, Somers P.O.

The Schoolhouse Theater & Arts Center

Dear Hearts,

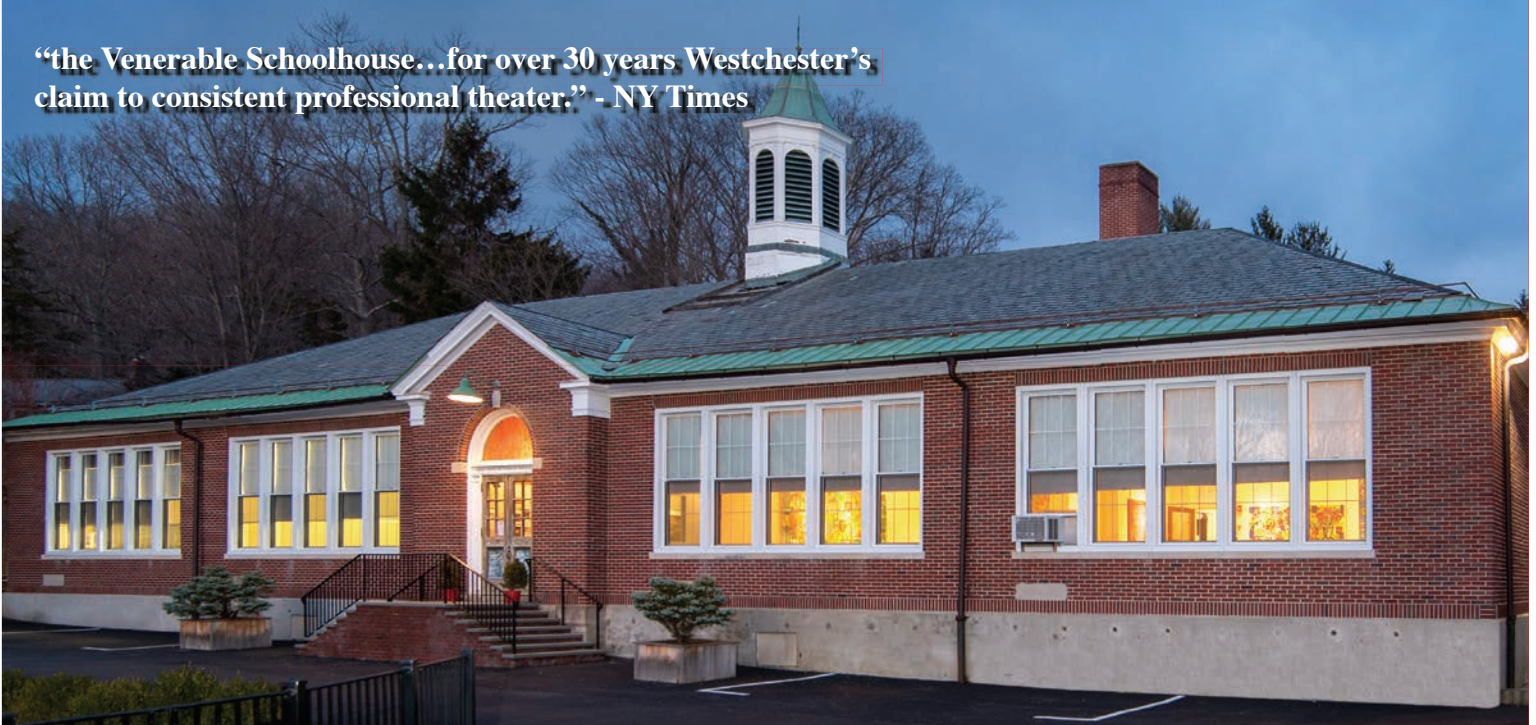
After a long hard think...I believe we have to knuckle down and protect our subscribers by closing our doors. 7 weeks. Let's give it until May...once this vicious virus has passed, we come roaring back... It takes courage but I think it's correct... Please know, precious people...you are the Schoolhouse and, as The New York Times has said: We are VENERABLE... let's act like it. Check in...if the spirit moves you.

Be safe and fierce elbow hugs,

Bram Lewis Artistic Director

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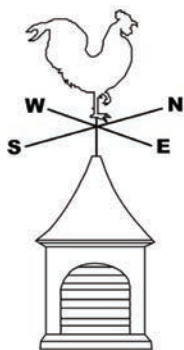
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And the people stayed home.
And read books, and listened, and
rested, and exercised, and made art,
and played games, and learned new
ways of being, and were still. And
listened more deeply. Some
meditated, some prayed, some
danced. Some met their shadows.
And the people began
to think differently.

And the people healed.
And, in the absence of people living
in ignorant, dangerous, mindless,
and heartless ways,
the earth began to heal.

And when the danger passed,
and the people joined together again,
they grieved their losses, and made
new choices, and dreamed new
images, and created new ways to live
and heal the earth fully,
as they had been healed.

Anonymous



Photo by Cheryl Milde



MARTHA "MARTI" LOWENFELD

Real Estate Associate Broker Broker, CRS, SRES

Cell: 914-420-1850 Home: 914-277-4350

email: mlowenfeld@houlihanlawrence.com

Total units sold by Hudson Gateway MLS agents from 1/1/2020 to 3/10/2020

	2020	2019	2018	2017
TOTAL SOLD	18 (\$249,500-\$670,000)	16 (\$285,000-\$610,000)	7 ((\$225,000-\$514,000)	16 (\$270,000-\$483,500)

Various units sold by MLS agents from January 1 to March 10, 2020

1 BEDROOM

AMHERST \$380,000 FRANKLIN \$249,500 GUILFORD \$282,500

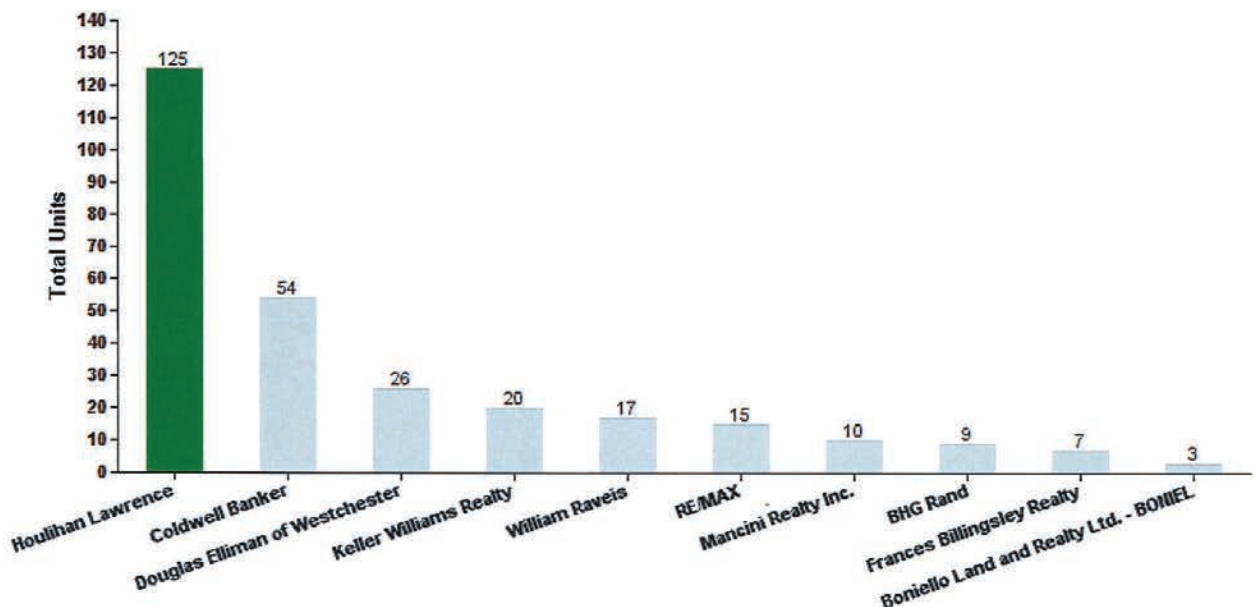
2 BEDROOM

ARMONK \$375,000 HARVARD \$550,000; \$650,000; ROCKLAND \$365,000
 ARMONK \$375,000 \$670,000 STRATFORD \$510,000; \$449,000
 HAMILTON \$255,000 MONROE \$318,000; \$322,000

3 BEDROOM

JEFFERSON \$340,000; \$365,000 SHERMAN \$512,500; \$574,000 SHERMAN II \$552,500

According to the HGMLS (Hudson Gateway Multiple Listing System), the following graph shows the 10 real estate firms that sold the greatest number of homes in Heritage Hills between January 1, 2020 and March 10, 2020.



If you have any questions or would like to know about sales for your particular model, please do not hesitate to contact me. Cell: 914-420-1850 or send an email to mlowenfeld@houlihanlawrence.com

**Thank you,
Marti**

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