



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

Publisher: Heritage Newsletters, Inc. | P. O. Box 185 • Somers NY, 10589 • 914-277-1122

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AS OF THE DATE OF PUBLICATION, ALL EVENTS, CLASSES, AND ACTIVITIES HAD BEEN CANCELLED UNTIL ALL FACILITIES ARE ABLE TO RE-OPEN. THEREFORE, THE INFORMATION IN THIS ISSUE ABOUT FUTURE EVENTS MAY BE INCORRECT. UPDATES WILL BE—OR HAVE ALREADY BEEN—COMMUNICATED BY THE ACTIVITIES OFFICE.

CONTINUING ED

Submitted by Rosetta Benson

All events take place in the Heritage Room.

FIVE DECADES OF THEATRE POSTER ART

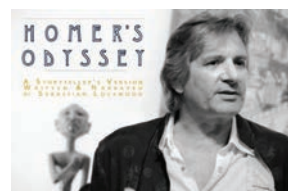
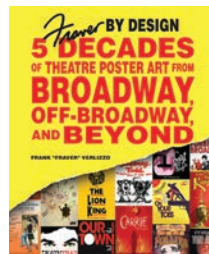
LECTURE BY DRAMA DESK

AWARD WINNER FRAVER

Tuesday, June 2, at 1:30 pm

Drawing upon his recently published monograph, theatre poster artist Frank Verizzo, who is renowned professionally as “Fraver,” shares with us his world of theatrical advertising—how he embeds “lure” into his art, his own personal behind-the-scenes view of favorite shows, and a lifetime of memories—including anecdotes and commentary by theater glitterati.

Admission: \$10. For more information, call Linda at 617-9328.



HOMER'S ODYSSEY DRAMATIC PRESENTATION BY STORYTELLER

SEBASTIAN LOCKWOOD

Tuesday, June 9, at 1:30 pm

Come be enthralled by this dramatic storyteller's version of Homer's *Odyssey*, written and narrated by Sebastian Lockwood. In classical Greece men called *rhapsodes* memorized and recited great epic tales to audiences who were jolted by their immediacy and vitality. Lockwood is one of today's best American *rhapsodes*. We urge everyone to come and experience *The Odyssey* as it was intended to be heard—out loud, up close, and personal.

Admission: \$10. For more information, call Rosetta at 277-5217.

ON THE COVER

From late May through early June, when Susan Statkowski-Rivalsi steps out her front door in Condo 20, she is greeted with beautiful, bright yellow bearded irises standing tall in front of a cluster of miniature lilac bushes in her cul-de-sac's center. Susan captured the image—alas, not the sweet fragrances — for us all to see.

ONCE UPON A TIME...THE MUSIC OF ENCHANTMENT TWO LECTURES BY MICHAEL LANKESTER

Internationally renowned conductor, musician, and educator Michael Lankester has used this quote from Bruno Bettelheim's book, *The Uses of Enchantment: The Meaning and Importance of Fairy Tales* as a springboard for two fascinating music lectures: “The unrealistic nature of these tales is an important device, because it makes obvious that the fairy tales' concern is not useful information about the external world, but the inner process taking place in an individual.”

Alice in Wonderland (Taylor); *Dream Children* (Elgar); *Sleeping Beauty* (Tchaikowsky)

Tuesday, June 16 at 1:30 pm

Mother Goose (Ravel); *A Midsummer Night's Dream* (Mendelssohn and Britten)

Tuesday, June 30, at 1:30 pm

Admission: \$15 for the series; \$10 per lecture. For more information, call Rosetta at 277-5217.

* * *



FLAG DAY

Sunday, June 14

The stars-and-stripes header on page one is a reminder that Flag Day is June 14. In preparation, why not use this as an opportunity to support retail business by buying a new one? Old flags can be deposited in the Flag mailbox outside the Somers Library for proper handling.

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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

HEALTH & SAFETY COMMITTEE SUMMER SCHEDULE

Submitted by Flo Brodley

IS IT REALLY SCIATICA?

Friday, June 5, at 1 pm in the Heritage Room

THE FUTURE OF SMART HEARING

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

DOROT WORKSHOP

Wednesday, July 1, at 1 pm, in Room 3 in the Activities Center

MINDFUL AGING WORKSHOP

Sunday, July 12, at 1 pm in the Heritage Room

W.I.N.K.

Wednesday, August 12, at 1 pm in the Heritage Room

OH, MY ACHING SHOULDERS

Wednesday, August 26, at 6 pm in the Heritage Room

* * *

HERITAGE HILLS GARDEN CONTEST

Application Deadline: Friday, June 19

The Garden Contest Committee hopes that, notwithstanding winter's late departure, your gardens are almost ready for this year's contest. You can enter any one of the following three areas: front of unit, patio area, or deck (sorry...no common areas). The three winning gardeners (one winner for each area) will appear on the cover of the Heritage Hills Newsletter, and a photo layout of their garden areas will be inside the issue.

Fill out the application on the next page and follow the instructions to submit it so it is received no later than June 19. Judging will take place soon thereafter.

This is an amateur competition. The contestant must agree that the gardens being entered into this competition have not been designed, arranged, planted, or installed by a professional landscape artist, a landscape company, or an employee of a landscape company. All plantings must be in accordance with the rules and regulations of the contestant's condominium.

* * *

THE NEWSLETTER WELCOMES ARTICLES FROM HERITAGE HILLS RESIDENTS

OUR DEADLINE IS THE 6TH OF THE MONTH.

If we print your submission, your name will be indicated. We cannot guarantee that every submission will be used, and all submissions are subject to being edited for format, length, acceptability of language, and suitability of content.

Submissions should be in email attachment format (preferably *Word*) or by hand to the Heritage Hills Activities Center or Society Office.

OUR EMAIL ADDRESS IS: HHillsNewsletter@gmail.com.

When Submitting Photos to this Newsletter



If you take a picture using your phone instead of a camera, please use the highest resolution.

Unless it's a scenic vista, concentrate on faces. Most photographs are taken from too far away, and when the image is cropped, the faces will be blurred. Get closer.

Please do not incorporate art or a photo in a *Word* file. Attach it and *Word* files to emails as separate items.

We cannot use anything taken from the internet without authorization from the source.

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2020 HERITAGE HILLS GARDEN CONTEST APPLICATION

The three areas being judged are Unit Front, Unit Deck, and Unit Patio (no common areas).

In addition to the glory of winning, First Place winning gardeners will appear on the cover of the August issue of the *Heritage Hills Newsletter*, and there will be photo layouts of their garden areas inside that issue. Judging will take place in late June or early July, depending on weather conditions.

Deadline: A completed form must be received **no later than Friday, June 19.**

By email: Send a scanned copy to ciwhitestar@comcast.net.

The email subject must be **2020 GARDEN CONTEST.**

By USPS Send the form to Garden Contest, 807b Heritage Hills, Somers, NY 10589.

You should receive acknowledgement within three days of receipt.

PRINT all information (except signatures).

Name(s): _____

Unit Number: _____

Telephone Numbers: Home _____

Cell _____

Other _____

Email address(es): _____

Area being entered in the competition (choose one):

_____ Unit Front

_____ Unit Deck—only accessible through unit? ____ Yes ____ No

_____ Unit Patio—only accessible through unit? ____ Yes ____ No

Agreement:

I / We understand that this is an amateur competition and agree that a professional landscape company / employee will not design, arrange, or plant / install the materials used in the area(s) being entered in this competition. All plantings will be in accordance with my/our condominium association's rules and regulations.

Signature(s): _____

ACTIVITIES/CLASSES/CLUBS

THESE RECURRING ACTIVITIES AND CLASSES WILL RESUME WHEN ALL FACILITIES ARE ABLE TO RE-OPEN

To receive the latest updated information and alerts, all residents with email should register on the Society website. Go to www.hhsociety.org and click on "log in request," fill in all the fields, and submit it. A username and password will be sent to you.

The following Activities and Classes take place in the Activities Center unless otherwise indicated. When they resume, the registration procedure will be as follows:

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.

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

All 2020 classes will be rescheduled.

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.

ENERGIZE HERITAGE HILLS

Fridays, August 14, September 11, and November 13, at 11 am in the Activities Center.

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.

EXERCISE:

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.

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.*

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.

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. Please contact Janet Parke at *jparke27@comcast.net* or 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. **Scrabble:** Thursdays at 1 pm

MORNING DISCUSSION

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

NEWCOMERS COUPLES CLUB

Contact us at *hhnewcomerscouplesclub@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 Workshop* is now \$40 per month. Visit *wellness.weightwatchers.com* and enter Employer ID: 59693. For questions or assistance registering contact the WW Wellness Hotline at 866-204-2885.

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.



SOCIETY NEWS

SOCIETY BOARD MAY 11, 2020, MEETING MINUTES

The following was transmitted via blast email on May 11, 2020:

Hello Everyone, welcome to our first email minutes of the Society Board meeting.

PRESIDENT'S REPORT—DOM RUBINO

- **Primary Elections**—In order to protect the health and safety of our residents, we have advised the Board of Elections that the Activities Center will not be available for the June 23 primary elections.
- **Walkers**—Please walk towards oncoming traffic, walk single file, walk to the side of the road, and, if possible, move onto the grass as cars come towards you.
- **Drivers**—Our speed limit is 30 MPH, but with many walkers on the roads, we ask that you drive no more than 25 MPH and be mindful of persons who are walking.
- **Comments from Residents**—Please call us at 276-2908 or email us at society@hhsociety.org if you have any questions or comments.
- **Minutes of February 13, 2020, meeting**—Approved.

* * *

TREASURER'S REPORT—BILL HARDEN

- April 2020: Income—\$446,997
Expenses—\$318,925
Net Surplus—\$128,072

* * *

COMMITTEE REPORTS

Activities Reopening Committee—Gloria Anderson, Chair

- The Reopening Committee has been busy gathering information and working on a draft of how to reopen Heritage Hills's many and varied activities and facilities in a way that is safe for our largely older and more vulnerable population. The Committee has determined that, at a minimum, none of the facilities should be opened before state and local authorities say it is permissible to do so. At this point in time, none of the HH facilities/activities meet governmental guidelines to reopen, except tennis. The authorities recently stated that outdoor tennis courts may operate, but only with restrictions—e.g., reservations by internet; singles only; masks to be worn at all times, including during play; and no access to bathrooms, benches, chairs, etc. The USTA published guidelines for play that are even more stringent. After consultation with the HH Tennis Committee, the Reopening Committee recommended to the Society that none of the tennis courts should be reopened at this time. The Society Board voted to approve the Committee's recommendation. The Committee understands our residents' eagerness to resume outdoor activities, especially now that the weather is warming, but while the number of

COVID-19 cases in Somers and in HH continues to escalate on a daily basis, we must prioritize our residents' health and safety.

Activities Committee—Christine Choka, Chair

- The Welcome to Heritage event, usually held in August, is cancelled for this year.

Community Affairs—Jack Mattes, Chair

- Art Show: A decision will be made shortly whether this event will be held or no.
- 2020 Census: Right now Heritage Hills is running behind much of Westchester's response rate. It is very important to complete your 2020 Census form. If you need assistance accessing or completing the form contact activities@hhsociety.org or call the Society office at 276-2908. A member of our Census Committee will contact you by email or phone to guide you through the process.

Heritage Hills Newsletter Committee—Susan Statkowski-Rivalsi, Chair

- All residents are welcome to submit for publication items that may be of interest to other residents. Written material, photography and photographs of various art forms are welcome.
- Submissions should be sent to hillsnewsletter@gmail.com. The deadline is usually the 6th of the month.

Landscaping Committee—Christine Choka, Chair

- We are happy to announce that we will have a Heritage Hills garden contest again this year. Interested residents should plan their gardens now (no professional help) and submit their application no later than June 19. Applications can be found on the website or on page 12 of the May newsletter (also on page 5 of this issue). Judging will be late June or early July. Good luck to all!
- Mulching is complete and we will start planting of flowers around May 18.
- Two landscaping projects will be taking place at Lake Lodge this summer.

Rules and Regulations Committee—Pat Ploss, Chair

- The R & R Committee has completed revisions and they are ready for full Board review.

* * *

SECURITY—DAVE JACOBSEN, PROSEGUR SITE SUPERVISOR

- Reminder: to prevent car break-ins, all cars left outside should be locked and no valuable items should be visible.

TV NEWS

- Pursuit of the T-Vision project from T-Mobile has been cancelled. Comcast is offering two new movie pay-per-view channels. They are also offering Peacock TV, a free channel. For details call the Comcast 800 number.

PROPERTY MANAGER—JOHN MILLIGAN

- New steps, railings, and additional lighting were recently installed from the overflow parking lot to the Activities Center parking lot.
- Obtaining quotes to redo the entire front entrance to the Activities Center, to be done in bluestone or similar material. The entrance is unsightly due to more than 30 years of use.
- Maintenance has purchased a Clorox 360 electrostatic sanitizer that will make it easier and faster to sanitize the buses, fitness center equipment, bathrooms, pool cabanas, etc.
- Permanent speed humps have been installed on Heritage Hills Drive by Condo 4, and on West Hill Drive by Condo 29.
- Plans are in progress to repair the catch basin at the Route 202 entrance to Heritage Hills; awaiting permits.
- The NYSEG project will continue on the East Hill throughout the summer and into the fall.
- Curbs damaged by snowplows on Society property will be identified and repaired.
- Our maintenance crew, headed by Marcus Lovell, has been working steadily throughout the quarantine, working on projects in the buildings and on the grounds, while maintaining social distancing and wearing masks.
- Becht Engineering has been retained to conduct a reserve study.

APRIL SECURITY CALL REPORT

During the month of April our Security staff received and responded to a total of 134 calls regarding the following matters:

Medical	48
Security	173 (fire/carbon monoxide alarms, open garage doors, other security concerns)
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HOW TO RECEIVE IMPORTANT HERITAGE HILLS NOTICES

By Annette Bensen

Do you get Blast emails the Heritage Hills Society?

Do you get email announcements concerning road and pool closures, power outages, etc.?

It is important for you to get announcements from Heritage Hills first-hand, rather than hearing someone else's interpretation of what they have read. These email blasts give you secure information and guidance.

If you do not get these announcements or are new, then you need to take the following steps.

1. From your laptop, computer, tablet, or phone go into **HHSOCIETY.ORG**.
2. Click **Log In** and type in your email address or user name (if you have one).
3. If it takes either one of those and but you have forgotten your password, follow the instructions to make a new password.
4. If it does not take recognize either one then please send an email to activities@HHSociety.org. We will then send you an email with a name and a password to use until you change the password to one you can either remember easily (or make sure to write it down).
5. After you receive that email, in a few days you will start to get any Society or special announcements from Heritage Hills.

Contact activities@HHSociety.org if you have difficulty signing into the site.

If you have previously unsubscribed from getting emails and now want to get them again, please contact activities@HHSociety.org and we will send you information on how to make that happen.

* * *

LUNCHEON IS SERVED!

By Susan Statkowski-Rivalsi

Around noon every Monday, Wednesday, and Friday, Somers Senior Services volunteers deliver two lunches—one for today, one for tomorrow—to 160 homes in Somers, North Salem, and Lewisboro. 50 such deliveries are to homes right here in Heritage Hills.

The cost is \$2 per meal, and many folks pay by check once a month at month-end (postage prepaid envelopes are sent to the home). If you'd like to take advantage of this service or need more information, call 232-0807.

* * *

PRIMARY DAY—JUNE 23—VOTING BY ABSENTEE BALLOT

As indicated in the May 11 Society Board Meeting minutes, due to the pandemic, in-person **voting will NOT take place at the Activities Center on Tuesday, June 23**. Rather, voting will take place using the Absentee Ballot method.

If you did not already receive an absentee ballot application in the mail, you may request one using the procedures indicated here. Applications sent by mail must be **mailed no later than seven days in advance of the election, or delivered in person no later than one day in advance of the election**.

1. Print the application found here:

<https://www.elections.ny.gov/NYSBOE/download/voting/AbsenteeBallot-English.pdf>

Check **"temporary illness or physical disability"** as the reason you are requesting an absentee ballot.

2. Request an application by letter sent by mail or email to:

Westchester County Board of Elections
25 Quarropas Street
White Plains, New York 10601
Email: BOE-west@westchestergov.com

The letter must contain your name, date of birth, address where you are registered to vote, and this reason for the request: **temporary illness or physical disability**.

If you use one of these methods, when you received the actual application form, it will be accompanied by the absentee ballot. Both can be mailed together.

* * *

FREE MEALS DISTRIBUTED AT SOMERS HIGH SCHOOL AND THE GRILLE AT SOMERS POINTE

By Susan Statkowski-Rivalsi

Starting back in early April, The Grille at Somers Pointe partnered with Gullotta House to feed those in need in the Somers Community and first responders with healthy free meals.

Every Thursday, it's a grab-and-go arrangement—curbside pick-up—at Somers High School from 4 to 5:30 pm and right here in Heritage Hills at the Grille at Somers Pointe from 5 to 6 pm. Volunteers put the meals into the trunks of your cars, following social distancing guidelines.

If you'd like to make a donation to support this worthy cause, go to gulottahouse.org or call 525-0744.

* * *

ON LINE WITH THE HERITAGE HILLS BRIDGE CLUB

By Shirley Kesselman

Thirty-six members of the Heritage Hills Bridge Club sat down with their computers, laptops or iPads and played in our first online duplicate bridge game on April 23. A huge THANK YOU goes to Guy Hochgesang for doing the painstaking, preliminary work necessary to set this up. Elyse Stein communicated via Email with club members inviting them to participate and supplied necessary instructions.

Due to the success of our first month's virtual games, in mid May our club joined with the Salisbury, Connecticut, Duplicate Bridge Club to increase game times available to our members. As long as social distancing is required, these virtual tournaments will be held every Monday, Tuesday, and Thursday beginning at 12:30 pm. On Friday the game will begin at 10 am. Each session is approximately 2¼ hours long.

Our games are played on "Bridge Base," a site popular with bridge players. In order to play in their tournaments, one must first register with Bridge Base and set up an account. We are charged \$5 per tournament, the same amount that we pay to play at Heritage Hills. While many of our members approached their first game with misgivings, these were soon overcome. We greatly enjoy having the opportunity to team up with a friend, meet with other players online, and play our favorite game. Bridge players are cordially invited to join us. For further information call Joyce Hochgesang at 276-2497.

* * *

A MESSAGE FROM THE HERITAGE HILLS TRAVEL CLUB

Submitted by Elaine Soliman

The Heritage Hills Travel Club is a very unique club. Club activities require traveling on either a bus, plane, or train to arrive at our planned destination. Thus, because of the Covid-19 virus we have put all our activities on hold. We are continually speaking with our various tour company partners and will have exciting trips planned when it is safe again to travel.

We miss all our travelers and the fun times we have shared and hope to see you all soon!!! Meanwhile stay safe.

* * *

HERITAGE HILLS COMMUNITY THEATER

By Diana Richter



The Heritage Hills Theater Company wishes everyone good health, and a complete recovery for those who have caught Covid 19. Our plans, like everyone's, are uncertain; but we still hope to bring you one or two shows this year, with Gilbert & Sullivan songs continuing on the agenda (dates TBA).

Take care, stay well, and let's all look forward to better days.



By Joyce Spector

During these difficult times Club Shalom hopes that all of our friends and neighbors in Heritage Hills are safe and healthy. Unfortunately, social distancing regulations have caused us to cancel our June program. And at this time, we have put our July program on hold as well. Please look for our announcements via email or newsletter regarding any change in our schedule.

While we are waiting to resume our regular routine, we have been looking for opportunities to serve our community. With this in mind, we have made donations to the Somers Volunteer Fire Department and Somers Food Pantry.

* * *

MUSICAL NOTES FROM THE CONCERT SOCIETY

The best classical music value in Westchester and beyond!

By Teddi Meltzer



Well folks, it appears that our 2020 concert season is kaput. However, we *will* rise like a phoenix from this Covid-19 mess, and we look forward to our 2021 season, which promises to be wonderful. We offer you a complimentary guest ticket to any of the 2021 concerts when you roll over your subscription to 2021. Please call Arlene Brown at 277-4703 and let us know.

Stay well and wash your hands.

* * *

TENNIS COMMITTEE

Friday evening Round-Robin play and all Tennis Committee-sponsored activities have been suspended until further notice.

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HOW TO RECEIVE TIMELY TOWN AND COUNTY NOTICES

Submitted by Terry Clifford

We are fortunate to have viable communication systems in Somers and Westchester County. Please sign up for the following options so you can receive timely information:

TOWN OF SOMERS

You can sign up for our town's CODE RED alerts either electronically or by telephone. Once you have done that, you will receive telephone / text / email messages from the town about emergencies and other pertinent information.

Electronic Sign-up

Go to www.Somersny.com, click on "Emergency Services," then "Code Red" at the bottom of the home page.

Telephone Sign-up

Call the Town Clerk at 277-3323.

WESTCHESTER COUNTY SPECIAL NEEDS REGISTRY

Electronic Sign-up

Go to www.westchestergov.com/specialneeds.

Telephone Sign-up

Call 211

* * *

LET'S GO OUT TO EAT...IN

By Susan Statkowski-Rivalsi

Supporting our local small businesses supports our town, as doing so puts them in a position to continue to pay their taxes.

One group of such local businesses is our many wonderful restaurants. As the reality of the pandemic's long-term impact became evident, our local restaurants seized the opportunity to adapt. Many, if not all, offer take-out and even free delivery (tips welcome, of course), and one even offers an "early bird" 10% discount to Heritage Hills residents for meals delivered between 4 and 6 pm. All of them accept payment by credit card, of course.

The additional good news is that, since sit-down service doesn't exist, the overhead associated with that doesn't exist either, so the prices are lower! And this writer has found the quality is still there and volume is quite generous.

So, call your favorite restaurants and go out to eat...in!

* * *

SOMERS VOLUNTEER FIRE DEPARTMENT

FILL THE PANTRY

Submitted by Robert Weinstein

Wednesday, June 3, 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 the above dates.



SOMERS LIBRARY VIRTUAL PROGRAMS

Programs are funded by the Friends of the Somers Library through your donations.

Due to the Covid-19 pandemic and NY PAUSE Executive Order, all *in-person* programs have been canceled for the month of June. Below is a sampling of upcoming virtual programs being offered by the library. To register in advance, go to the online calendar at www.somerslibrary.org.

PLANNING FOR PANDEMICS AND BEYOND

Tuesday, June 2, from 12:30 to 2 pm

Join us for this informative Zoom webinar for top lessons learned, proactive strategies to take, and key documents to have in place for life's expected and *unexpected* events. Speakers will be Lauren Enea, Elder Law & Estate Planning Attorney with Enea, Scanlan & Sirignano, LLP; and Judi McAnaw, Financial Advisor from Edward Jones. You must register in advance to be invited to this Zoom meeting.

NEW YORK SKYSCRAPERS 1870-1931

Saturday, June 6, 11 am to 12:30 pm

Using original photographs and historic images, Kevin Woyce tells the story of New York's greatest skyscrapers, from the 1890 New York World building to the Woolworth, Chrysler, and Empire State buildings. He will explain how and why they were built and introduce the architects and businessmen whose visions shaped New York City's world-famous skyline. You must register in advance to have access to this program.

THE SPACE RACE 1957-1975

Saturday, June 27, 10:30 am to noon

The Soviet Union stunned the world in 1957 by putting the first artificial satellite into Earth orbit. By 1961 the Russians had also launched the first manned spacecraft and sent the first robotic probes to the Moon. In May 1961 President John F. Kennedy announced his daring plan for the American space program—landing a man on the Moon before the end of the decade. This presentation is packed with historic photographs and vintage concept art. Relive the dramatic "Space Race," from the pioneering Mercury and Gemini flights to the first Apollo Moon landings and the lesser-known scientific missions that followed. Along the way, you will learn about the visionaries and scientists who made space travel possible, and the American astronauts who boldly traveled "Where no one has gone before." You must register in advance to have access to this program.

* * *

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Anthony Guarino
Funeral Director

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BITS AND PIECES RE JIGSAW PUZZLES

Text and photos by Shirley Kesselman

As I stood contemplating beginning the 500-piece jigsaw puzzle that was sitting on my dining room table I began wondering, “Where did this all begin?” So, to escape the daunting challenge of doing the puzzle, I decided to look up the history of jigsaw puzzles and write about that, instead. Here I’ll share with you what I learned on the internet.

The earliest jigsaw puzzles were maps. In around 1760 John Spilsbury, a London mapmaker, pasted a map onto wood and cut it into small pieces. Early jigsaw puzzles, known as “dissections,” were used to teach geography. Maps were mounted or painted on hardwood and cut along national boundaries.

Today’s jigsaw puzzles are made out of paperboard. Map puzzles are still very popular with children as well as adults. Perhaps, as I do, you will recall your youngsters working on a jigsaw puzzle of the United States where each state was one puzzle piece. Jigsaw puzzle images are often scenes from nature, fairy tales, buildings, unusual art—a very wide range of subjects. Currently popular is the personal jigsaw puzzle—an individual’s photo made into a puzzle. My brother has used these as gifts.



Nowadays jigsaw puzzles come in a wide range of sizes. Very young children may handle as few as 4 large pieces. For adults 300, 500, and 750-piece puzzles are considered “small.” More difficult are the 1,000, 1500, and up to 52,000-piece puzzles. My grandson’s family does “Family Puzzles,” which come in 100 to 550 pieces, with three differently sized pieces from large to small. These jigsaw puzzles encourage

shared time and allow both adults’ larger and children’s smaller hands to work on the puzzle at the same time. Having family members contribute to completing a jigsaw puzzle when gathered before and after Thanksgiving dinner provides socialization away from the television.

The price of a jigsaw puzzle varies depending on complexity, number of pieces and brand. A simple puzzle may cost around \$10. *The Wall Street Journal* in late April suggested jigsaw puzzles for “weary quarantiners” ranging in price from \$15 to \$1,187. In 2005 a jigsaw puzzle was sold at a charity auction for \$27,000.

Persons who greatly enjoy jigsaw puzzles are known as “dissectologists.” I do not fall into that category. However, we have more than a few dissectologists right here in Heritage Hills, as evidenced by the fact that there is always a puzzle being worked on in our HHLibrary. I do find jigsaw puzzles useful when cooped up at home for some reason.

Jigsaw puzzles are reputed to increase short term memory. According to the Alzheimer Society of Canada, jigsaw puzzles can help keep the brain active and may contribute to reducing the risk of Alzheimer’s Disease. I guess I’ll start now sorting out my jigsaw puzzle’s border pieces.

* * *

THE HUNGRY BIRD

Text and photo by Stan Herz Pearlman

As of this writing, I am trapped here in Southeast Florida. JetBlue cancelled my flight back to Westchester, so I “decided” to spend more time in the sunshine state. Of course, everything is closed now: restaurants, beaches, movie theaters, and even the doors to the community center have been locked.

Any semblance of normality is prized, and I have found one little miniscule world in which a corona virus does not exist.

About two blocks from where I am staying is a plaza surrounded by several restaurants. The plaza itself is punctuated by green cast-iron tables, accompanying chairs, and matching benches. All this is sheathed within a canopy of oak and palm trees providing alternating shade and sunlight. The centerpiece is a 20-foot diameter pool with 15 upward sprays continuing to spew forth oblivious to the absence of people.



This oasis is now deserted with the closing of the eclectic eateries. No longer could I buy a cup of coffee, find a seat among the populace, and read a newspaper in my reverie. But I still savor the peace of this comfortable routine, and so I now take a thermos of coffee and a snack with me and ensconce myself in the familiar musing. But instead of reading my newspaper, I now spread it out on the table as a shield of protection. I then engage in the ritual of lathering my hands with an antibacterial gel. Then I sit back, slowly sip my java, enjoy my snack, and daydream of other worlds.

It is in this solitude that I heard a chirping that got louder as it approached. I looked down and saw a small dark bird hopping from table to table. It may have been a plaintive sound emanating from the visitor who was looking for food in a familiar setting. In other times the plaza would have been crowded with lunchtime patrons carelessly dropping their food detritus to the terra cotta brick floor. But now there were only the two of us. I shared part of my snack with the bird. In a very small way, I made a difference. He reminded me that we are all in this together and have to find ways in which we can help.

Every few days I returned to the plaza looking for the bird. But it was no longer there.

SPEEDY-SEEDY, THE FOLDABLE SEED PLANTER

Text and photos by Karl Milde

Planting individual vegetable seeds – beans, beets, carrots, peas, and corn – in a row inches apart is not only difficult to do but, in addition, bending over to do so is a royal pain in the you-know-what. My beet and carrot seed packets say two inches apart; my garden pea packet says three to four inches apart; my corn packet says five inches apart; and my lima bean packet says six inches apart. You can easily pick up a single bean, pea, or kernel of corn to place it in the ground, no problem; but my back aches just thinking about the bending down! Also, those tiny carrot and beet seeds?? *Fuggetaboutit!* I don't know about you, but they're much too small for my fat fingers.

I was about to go out and plant five rows of corn, twenty-five kernels in each ten-foot row, when an idea struck me. Instead of reaching down and placing each kernel of corn in the earth, one at a time, suppose I placed the seeds *in advance* in tiny cups of a device arranged in a row with the proper spacing, and just tipped the device so that all the seeds fell into a furrow at once?

Having come up with this idea, I turned to the Internet to see what was out there. I typed in “seed planter” and pressed “enter.” The Google search engine turned up quite a few complicated-looking gadgets with wheels, all for about one hundred dollars. They dispensed one seed at a time from a small reservoir, as you traversed the row. Nothing like what I had in mind or wanted.

The closest thing I found to my idea was a seed “spacer”—pretty much a ruler with holes in it—that you lay down on the ground. Cost: twenty dollars plus shipping. This device required you to bend over, pick individual seeds from the pack with your fingers, and drop them, one by one, into the spaced holes. Not easy to use, and still requiring one to bend over to get close to the ground.

Not wanting to pay for a manufactured seed planter that didn't really meet my needs, I decided to make a device myself out of materials found right here at home. Figuring I'd use the device year after year, I wanted to make it foldable for easy storage. Looking around, I found pieces of wood—paint stirrers mostly—and a couple of screws from

which I fashioned a flat foldable stick. Then using some CA (otherwise known as “model airplane glue” or “superglue”) I glued plastic water bottle caps at five-inch intervals along one side of the device and *voila!* The whole thing took only a half-hour to make.



Out to the garden I went to try it out. There were eight little pockets in the device I made, so I used it three times for each ten-foot row of corn seeds. No fuss. And, best of all, almost *no bending down*. Within fifteen minutes I'd finished planting my garden square with the corn seeds spaced perfectly. Knowing this, it will be easy to make similar devices for seeds requiring a different spacing or, better yet, an improved device with adjustable spacing.

“Necessity is the mother of invention,” as they say, and that's just what happened here. As a retired patent attorney, I could easily apply for a patent. But if you want to make and use this little device, which I've dubbed “Speedy-Seedy,” you've got my permission. Just remember, you saw it first right here in the *Heritage Hills Newsletter*.

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WHAT EXACTLY IS THE CORONA VIRUS?

By Alan Tepper

The coronavirus is actually a large family of viruses which cause a range of diseases including everything from the common cold to the flu to MERS (Middle Eastern Respiratory Syndrome), SARS (Severe Acute Respiratory Syndrome), and the current pandemic. The term “coronavirus” comes from the crown-like structures that can be seen on the surface of the virus when it is viewed through an electron microscope. These structures are used by the virus to attach itself to, and infect, cells in the human body.

Early in March a team of virologists gave the specific virus that we are dealing with the name SARS-CoV-2. I have also seen the word “novel coronavirus” used in conjunction with this particular bug. The disease caused by that virus is called COVID-19. I have also seen the word COVID used as a name for the virus.

SARS-CoV-2, like all viruses, is not, strictly speaking, a living organism. It's a collection of protein molecules covered by a protective fat layer. When that fat layer is disturbed, the molecule disintegrates, inactivating it. The rate of that disintegration depends on a number of environmental factors, including the surface that the viral particles sit on. The virus likes cool, dark, and moist conditions. Its disintegration is accelerated by heat, dry air, and bright light—particularly the ultraviolet light found in sunshine. For the sake of simplicity, even highly respected scientific sources often refer to the process of killing a virus.

A person becomes infected by the virus when it attaches itself to the mucus membranes inside the nose and mouth, at which point it proceeds to hijack the reproductive mechanisms of those living cells, causing them create additional virus particles. Those particles attack other body tissues, particularly lung tissue, but also the heart and the pancreas. Ongoing studies also seem to indicate that the virus causes general inflammation throughout the body.

It is important to remember that scientists have only been aware of this virus for a few months, and that our understanding of it is rapidly evolving. By the time you read this article it is possible that some of the things that I write here will have been proven wrong. Nonetheless, this is what we know now.

* * *

ME AND MY TAVR

By Sue Shea

Both by choice and necessity, modern medicine and knowhow has given me two gifts of life...knee replacements 24 years ago and a new heart valve last September. The knee replacements are more common since their introduction and general use by 1974. but the transcatheter aortic valve replacement (“TAVR”) is relatively new, only launched in 2007.

A heart valve replacement previously required invasive open-heart surgery and general anesthesia, with all their accompanying risks, as well as a prolonged recovery and rehabilitation. And then came the

TAVR, a minimally noninvasive procedure, stent-less and suture-less. The TAVR was indicated for me when tests showed my valve was leaking and not opening and closing as it should, making me extremely tired and short of breath after a short walk, indicating a lack of oxygen. The new collapsible heart valve, either bovine or pig, is inserted via a small incision in a major artery, usually through the groin, and threaded up into the heart area.

My cardiologist had been monitoring my heart rhythms for three years. In September he announced I had the window of opportunity for the TAVR. What followed were a series of multidisciplinary tests at Westchester Medical Center in Valhalla. The surgeon showed me a video of the entire procedure tracking the robotic access to the heart area.

In simple terms the surgeon's access to the heart is achieved with a robotic probe inserted through the groin and threaded up to the valve in the heart “arena.” Once in place, the new valve expands, pushing aside the diseased valve to increase blood flow to the heart. Following a full day of tests at the Westchester Medical Center, which were reviewed by the cardiac team, the procedure was scheduled.

My daughter drove me to Westchester Medical Center at 10 am on the day of my procedure, and after multi form signatures at several data recording desks/cubicles, I was assigned to a cubby pre-op room, received more tests, and answered a lot more questions about my medical history.

Quite a long wait later I was finally rolled into the operating room and given intravenous anesthesia. I was aware of where I was, heard voices, and could watch the live video on the monitor at the surgeon's eye level. I felt nothing. Nor did I feel pain at any time in recovery.

I fully awoke from the procedure, still in the operating room, after two-to-three hours.

The hardest parts of all this for me were the following what seemed like hours of lying still on the operating table, fully aware of the flow of medical personnel around the room; and my hunger...not having eaten or been given even a sip of water for over 24 hours. Begging for something to eat, I was allowed a thick-crusted dry meat sandwich and then moved to the cardiac ICU where the vigil and care I was given were extraordinary.

The following day I was moved to the regular cardiac floor where I was constantly monitored and thankfully allowed full meals and walking. Discharge is usually on the second day when everything has gone well...mine was on the third day, as my cardiac nurse practitioner granddaughter could then come after her office hours to take care of me. However, I needed little care as I felt fine and could easily move about.

I was encouraged to take ten-minute walks the first week, and then full exercise is allowed the second week onward. Driving and flying are usually postponed for two to three weeks post-procedure. Any dental work is put off for a month—after I stopped taking the blood thinner medication. A thoughtful friend gave me a week/month supply box for my medications, seven pills a day!

Almost 8 months later, I am fully engaged in life, walk up to a mile every day, get periodic stress tests and follow ups, and look forward to playing golf come summer.

The miracle of the TAVR has granted me a longer and fuller life. What better gift can we receive!

SEEK AND YE SHALL FIND— THE LOOPHOLE

By Susan Statkowski-Rivalsi

The original owners of my unit chose natural gas, but only for heating purposes—heating unit and fireplace—not for the cookstove, water heater, or clothes dryer. When I started to receive bills for months in which I was not using gas, I called Con Edison and was told I was being billed a base charge. I ultimately learned that I could *suspend* my account in the spring and would not be billed until I reactivated my account in the fall (I had to call before using the gas for the first time). I did that each year for June through September for a few years, saving about \$1,000 total.

Well...mid-May 2019, when I called to once again suspend my account, Con Edison's agent said they no longer do that, and that I would be billed the base amount for my unit—\$60 a month!!! \$60 a month even though I would not be using their product?!?!? The word *Con* in the name Con Edison took on a whole new meaning for me.

As livid as I was, I somehow maintained decorum (okay, I may have raised my voice a tad) and inquired if the Public Service Commission was aware of this change. The Con Edison agent advised me that it had approved the change to take effect in November of 2017. When I mentioned—and the agent confirmed—that I had successfully suspended my account in Spring of 2018, she said that should not have occurred; I got lucky.

I'm a "where there's a will there's a way" person, and, to make long story short, I found a loophole through which I could slip. The loophole? If a residential account is closed, and a new account at that residence is opened in less than six months, there will be no expense incurred (no deposit), as long as the customer has a good credit rating.

This was a "no-brainer." Con Edison was *not* going to get the \$240 they thought they'd sneakily collect for providing me with *nothing* for four months. I closed my account.

A few days later, I received a paper notice advising that if Con Edison had to turn the gas off "from the street," a plumber would have to be involved with the reconnect. When I called for clarification, I was advised that it was a "standard notice" which only applied if the gas line ran into my home from underground and the meter was not easily accessible (was inside the home). Since the gas hook-up and meter here are easily accessible above ground on the side of my neighbor's unit, I was told I could ignore that notice.

Mid-September I called and set up a new account. The agent provided the account number and said I should call on the day I wanted to be hooked up (I couldn't book it in advance), and someone would come that day to turn on the service and make sure my heater and fireplace were fully functional. So, when I knew cold weather was imminent, I called, someone came that day, and I was back in business for fall/winter/spring.

Yes...I once again closed my account this May. So there, Con Edison!

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WHAT WE DID WHILE SHELTERING IN PLACE

Text and photo by Terry Clifford

During April Jack and I purchased a jigsaw puzzle to pass the time while sheltering in place. The picture on the box looked daunting, so it took a week to get the courage to even open the box. The puzzle has 1,000 pieces and Jack and I did not know how to start. Neither one of us ever did a special shaped puzzle before. It is called "Feathered Friends," artwork by Aimee Stewart.

Upon opening the box of this 1,000-piece puzzle—with a finished size of 38.625" x 16.625"—and putting the pieces on the table, we tried to put it in color order. We then let it sit there a day or so before starting anything. We thought it would take at least two months to do such a daunting project. However, this puzzle became a huge part of our life for three full weeks.

During the last two weeks when we were really getting it together, we each confessed we woke in the morning thinking of the different pieces belonging to the more than 30 different birds depicted in the puzzle. The puzzle became an obsession with both of us.

For most puzzles you start with the edges or framing. With this type of puzzle, we had to start with the birds, bird houses, and flowers and then work to the outside edges. The thrill of finishing this puzzle was very exciting. When Somers Framing is open again, we will have it framed and everyone will be able to see it as soon as we open our front door.

* * *

COMMEMORATING 50 YEARS OF EARTH DAY—1970 TO 2020

Submitted by Flo Brodley

To help you be a steward of the earth and live sustainably, here are some of the *50 Tips for 50 Years* the New York State Department of Environmental Conservation offers:

IN THE KITCHEN

- Set the refrigerator temperature between 38- and 42-degrees Fahrenheit.
- Set the freezer temperature between 0- and 5-degrees Fahrenheit.
- Microwave whenever you can.
- Don't wash dishes with the water running.

IN THE DINING ROOM

- Use cloth napkins.
- Use washable plates, cups, and silverware.
- Serve condiments from recyclable containers.
- Provide personal glasses for beverages.



IN THE LAUNDRY

- Wash and dry only full loads.
- Wash with warm water instead of hot.
- Rinse with cold water instead of warm.
- Hang wash to dry it.

IN THE BATHROOM

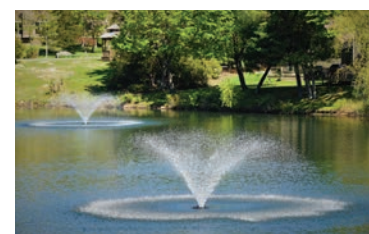
- Shut off the sink while brushing your teeth.
- Shut off the shower while soaping or scrubbing.
- Install a low-flow shower head.
- Reduce the volume of water in your toilet tank.

* * *

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Verse and photo by Sue Shea

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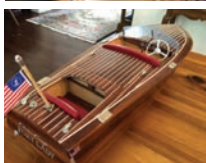
Text and photos by Karl Milde

The Woodcraft Shop has just about everything you need to make just about anything you want. For crafting something as large as a park bench, or as small as a chess set, both woodworking hand tools and wood crafting machinery stand in the ready for Heritage Hills residents to use. And the nice thing is, you don't have to be expert at making stuff. You can start with simple projects, like making a wood toy for the Marine Reserve Corp's Christmas "Toys for Tots" program, making a wine-rack, or perhaps a small table lamp.

Everyone is equal in the Woodcraft Club: be they long-time members or newbies; be they experienced woodworkers or not. After you've filled out an application for membership, and paid your \$25 annual dues, just find an empty workbench and start woodworking.

Since joining the Woodcraft Club two years ago, I've crafted (and given away) dozens of Toys for Tots, maybe fifteen wood-clad ballpoint pens, five kitchen cutting boards, four table lamps and tic-tac-toe games, three chess sets, a floor lamp, a salad bowl, a cocktail table, and a dollhouse--all made with wood provided by the club. You can never run out of ideas, which leads me to my current project: A model boat.

This time I sprang for a kit--complete with the mahogany wood needed to make a classic Chris-Craft runabout--and set to work. I can't begin to say how much fun I've had building this boat, so I won't even try. I'll just show a few photos:



After I finished the hull, I placed it in our bathtub and, to my pleasant surprise, the darn thing could float! From that point on it was merely a matter of installing the motor, the battery, and all the electronics to make the boat operate remotely.

Two weeks and many tech challenges later, I got the boat working and took it to the pond behind the pergola near the three-way stop at the bottom of the East Hill. I lowered it into the water and pushed it away. Using the remote control, I ran the motor first forward, then backward, and wiggled the rudder. I was concerned I'd have to wade out to retrieve an errant craft, but everything worked perfectly. I quickly gained confidence and powered the boat out toward a family of geese floating peacefully in the pond. They stared curiously at first at the incoming craft, then paddled out of the way. I reversed the propeller, did a K turn, and sped the boat back to its starting point at my feet.

I felt that rush of joy one always gets when successfully completing a project at the Woodcraft Shop.

I've christened the boat "Cheryl."

* * *

NATURE'S TRANQUILIZER

By Susan Statkowski-Rivalsi

I stepped outside on a placid May night.

My deck was dappled in a half moon's bright light.

With the air full of pine scent, thanks to yesterday's rain,
off in the distance I heard tree frogs' refrain.

I looked up above, and what did I see?

The Big Dipper's starshine pouring down on me!

"A nice end to the day," to myself I said,
and, nature-tranquilized, I took to my bed.

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THE BOOK SHELF

By Cindy Kennedy

Historical novelist Hilary Mantel had won the prestigious Booker Prize for each of the first two books in her *Wolf Hall* trilogy about Thomas Cromwell. It remains to be seen if *The Mirror & the Light*, her new third novel in the Tudor-era series, will complete the hat trick.

The Mirror & the Light begins where the second book, *Bring Up the Bodies*, had left off.

Thomas Cromwell, the son of a lowly blacksmith, had risen through the ranks to become King Henry VIII's trusted chief minister. Through ruthless ambition, Cromwell did the king's bidding at his will. When Henry had tired of his second wife Anne Boleyn, Cromwell dispatched the queen on trumped up charges, taking her brother George and four ill-fated courtiers down with her.

"It is I," Cromwell mused, "who tell (the king) who he can marry and unmarry and who he can marry next, and who and how to kill." Cromwell then plotted Henry's third marriage to pale and complacent Jane Seymour, the polar opposite of dark and mercurial Anne Boleyn.

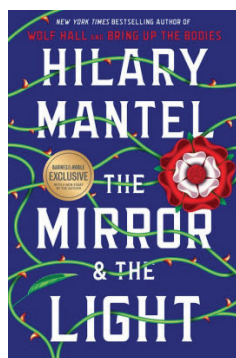
As Cromwell's influence over Henry grew, he used guile and flattery to secure his position. He told the vain Henry, who owned 100 looking glasses, that he was "the mirror and the light," outshining all other kings. However, a man willing to sell his soul in service to his king risks losing his life in the process. Powerful enemies, who seek to undermine Cromwell's standing with Henry, lurked about.

Soon after the dutiful Jane Seymour succumbed giving birth to Henry's long-desired son, Cromwell was tasked with finding a fourth bride for the now corpulent Henry. Seeking a political marriage to solidify England's standing with the Protestant Reformation, Cromwell suggested a match with Anne of Cleves, a German princess. Instead of vetting the young woman in person, Cromwell based his recommendation on a flattering portrait of Anne of Cleves, painted by the renowned artist Hans Holbein. Alas, art did not imitate life; Henry was repulsed by his ungainly bride-to-be. "I like her not!"—Henry's interjection upon their first meeting—sealed Cromwell's fate.

The Mirror & the Light might not be every reader's cup of tea. Even Tudor enthusiasts may agree that Ms. Mantel included too many obscure characters in her novel. However, her ability to keep the narrative suspenseful, although we know what will happen, is a mark of her brilliance.

It is interesting to note that Hans Holbein also had painted portraits of Thomas Cromwell and his nemesis Sir Thomas More, whose Cromwell-engineered demise is depicted in Ms. Mantel's *Wolf Hall*. Those famous paintings currently are part of the Frick Collection in a mansion on Manhattan's Fifth Avenue. Mortal enemies in life, Cromwell and More now face one another on opposite sides of a fireplace in the elegant museum. Five centuries later, Thomas Cromwell continues to hold court.

(Note: *The Mirror & the Light* is part of the Heritage Hills Library and Somers Library collections.)

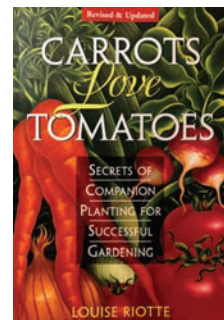


HOW DOES YOUR GARDEN GROW? WHAT TO PLANT IN YOUR GARDEN SQUARE

By Karl Milde

Did you know that you can increase your vegetable yield by placing certain vegetable plants together, or mixing vegetable plants with certain types of flowers in your garden? It's true! But you will need to know what to plant with what.

If you really want to get the most from your garden square, order a copy of *Carrots Love Tomatoes—Secrets of Companion Planting for Successful Gardening*, by Louise Riotte. In it you'll learn, to your amazement, that certain plant combinations enhance growth, ward off diseases and pests (e.g., insects), and help nourish the soil. On the other hand, other plant combinations will diminish your plants' natural disease and pest repelling ability.



Use the book as a reference guide, since it can be a challenge to remember which vegetable plants have a beneficial effect on each other and which combinations to avoid. Simply look up the vegetable variety you'd like to plant (they are all listed) and voila; the book will tell you what to do.

As one example, you'll learn that tomatoes and members of the cabbage family repel each other and should be kept apart. Tomatoes also dislike potatoes and fennel. On the other hand, tomatoes will protect asparagus against the asparagus beetle. I'll bet you didn't know that! Tomatoes are also particularly compatible with carrots, chives, onions, and parsley. I'll bet you didn't know that either!

The book also includes sample garden plans and a chapter on gardening techniques. It's a veritable treasure trove of gardening knowledge and wisdom.



Another book I recommend on this same topic is *Vegetables Love Flowers—Companion Planting for Beauty and Bounty*, by Lisa Mason Ziegler. This work is a compendium of all the gorgeous flowers you can plant in your vegetable garden. Not only do they add beauty (the book is filled with information about literally hundreds of flowers, complete with colorful photos), but the flowers also fight garden pests, increasing your vegetable yield.

Like *Carrots Love Tomatoes*, consider this book a reference guide, not only about what flowers to plant next to your veggies in the Community Garden, but also what flowers to plant period—in front of your unit, around your patio in the back, or on your deck. If you choose wisely, which this book will help you do, you'll be the envy of your neighbors. You might even win the Garden Contest!

The best time to order these books is *now*, at the beginning of the gardening season. If you want to get serious about gardening, or just dabble on weekends, do yourself a favor and get copies of these deep wells of gardening information.

FIT-BITS

THE BENEFITS OF OUTDOOR EXERCISING

By Mary Tedesco

Now that we're entering into spring and summer and people have been cooped up inside for the last couple of months, it's a great time to get outside into the fresh air, expand your lung capacity, and enjoy Mother Nature.

A few ways to do this safely right now is walking, hiking, and biking. These forms of exercise all have extremely good cardiovascular benefits, and we all want to be increasing our lung capacity and getting the heart pumping. And your risk of heart disease, high blood pressure, and diabetes go down as a response to increasing your level of physical activity.

Walking

Everybody loves a good walk, especially if you get to see a friend and chat about the day and your friend Challenges you to walk faster. A few ways to increase your walking workout would be to carry hand weights. You can carry 2, 3, 4, or 5-pound weights and pump your arms into bicep curls or triceps press-backs as you walk. Another way would be to wear a backpack that's slightly weighted. Keep your chest lifted, abs tucked in, and good posture and that will increase your workout, as well. Doing intermittent squats or lunges as you walk is also great for building strength in your lower body.

Hiking

This is one of my favorite exercises. While there are still places you can hike in parks in our area, take advantage of it! Hiking improves overall fitness, it gives you time in nature which improves your creativity, and nature can help your body heal. Hiking also helps you lose weight and burn calories, helps improve mental clarity, and eases anxiety and depression. Make sure to have a good pair of hiking boots such as Merrill or High Tech.

Biking

There are a lot of great reasons to choose bike riding as your newest fun outdoor exercise. Biking promotes weight loss, it builds muscle and core strength, increases your lung capacity, and it's a low impact exercise everyone can do. It's a quick timesaver because all you have to do is jump on your bike and take a nice ride. Biking will also help you sleep better and improves your mental health and alertness.

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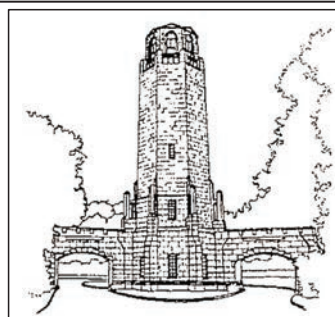
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House Cleaning - The many satisfied Heritage Hills residents I've served for 10 years are my best references. I'll come to your unit to provide a free estimate. **Call Neide Oliveira 203-617-7752**

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I will walk your dog or stay in your home to give care while you are away.
Please call: **914-715-6753** or email: MoseyOnOver@yahoo.com
References available. Christine Streisfeld

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Power washing Deck & Furniture, BBQ Tank replacement, if needed.
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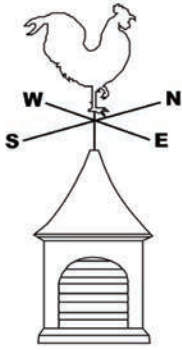
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Your kids are so busy, let me help you with your errands, transportation, cooking, laundry, ect. Personalized warm, loving care.
Excellent references. **Renee 914-645-8477**

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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 5/10/2020

	2020	2019	2018	2017
TOTAL SOLD	33 (\$249,500-\$670,000)	41 (\$247,000-\$610,000)	37 (\$225,000-\$645,000)	27 (\$270,000-\$739,000)

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

1 BEDROOM

AMHERST \$380,000 GUILFORD \$282,500; \$321,652 RADCLIFFE \$420,000
FRANKLIN \$249,500

2 BEDROOM

ARMONK \$375,000; \$460,000 KENT \$410,000 SOMERS \$425,000; \$430,000
DARTMOUTH \$452,500 MONROE \$318,000; \$322,000; STRATFORD \$510,000; \$449,000;
HAMILTON \$255,000 \$389,000 \$525,000; \$435,000
HANOVER \$394,500 ROCKLAND \$365,000 STRATFORD II \$495,000
HARVARD \$550,000; \$650,000; SALEM \$455,000

3 BEDROOM

JEFFERSON \$340,000; \$365,000 SHERMAN \$512,500; \$574,000; SHERMAN II \$552,500
\$555,000 YORK \$425,000

**Our inventory is low and people still want to buy and live
in Heritage Hills.**

**If you have any questions or would like to know more
about your condo home, please feel free to contact me.
Call 914-420-1850 or email: mlowenfeld@houlihanlawrence.com.**

Stay healthy and safe.

Marti

RAVEIS Refresh

Are You Looking to Sell, however, your home needs to be Refreshed? Raveis Refresh, a new, premium service designed to present your home in the best possible light. Fixing a few things here and there, from light carpentry to staging your furnishings, our expert team provides a face-lift for your place.

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- Kitchen and bath improvements
- Updated HVAC and plumbing
- Roofing repairs

PROFESSIONAL STAGING & DESIGN:

Raveis Refresh helps present your home in it's best light.

- Painting
- Professional Staging
- Patio, deck, walkway maintenance
- Landscape & Fencing

CUSTOMIZED SERVICES:

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- Specialized services for the elderly
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