

Heritage Hills Newsletter

MAY 2022



Heritage Hills Society Information

Address 8 Heritage Hills, Somers, New York 10589

Website www.hhsociety.org

Television..... Channel 21

CONTACT INFORMATION – EMAIL

Society society@hhsociety.org

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

CONTACT INFORMATION – TELEPHONE

Security 914-276-2592

Bus..... 914-276-2877

Society Office 914-276-2908

Library..... 914-276-7655

Activities Office..... 914-276-2636

Fitness Center 914-669-5028

EMERGENCIES 9-1-1

Hours of Operation

Activities Center

Building.....9 am to 11 pm

Activities Office.....9 am to 5 pm

Society Office.....9 am to 1 pm

Fine Arts CenterGroup instruction and free time are scheduled
by the Activities Office at 914-276-2908

Library.....Monday thru Friday Noon to 3 pm

Fitness Center & Gym ...Daily 4:30 am to 11 pm

Lake Lodge.....9 am to 11 pm

Meadowlark ParkDawn to Dusk

Park Place.....Dawn to Dusk

Bus Service – Weekdays Only (except holidays) – 914-276-2877

Goldens Bridge MetroNorth Station Trips

Morning to/from: 5:15, 5:45, 6:45, and 7:45 – **Reservation Required**

Evening **PICK-UPS ONLY**: 5:35, 6:35, 7:35, and 8:35 – **No Reservation**

Midday Trips – Reservations Required

To Activities Center, Lake Lodge, Meadowlark Park, and off site

Outbound, hourly 8:45 am to 2:45 pm

Inbound, hourly 9 am to 3 pm; 3:45 pm

To Pools 2 thru 5 / Tennis areas

To: 8:45 am (pool 4), hourly, 9:45 am to 2:45 pm

Hourly from 11 am to 3 pm; 3:45 pm

UTILITIES CONTACT INFORMATION

Comcast 800-934-6489

NYSEG..... 800-572-1131

Water/Sewer (Veolia)..... 877-426-8969

ConEd 800-752-6633

Verizon 800-922-0204

SERVICES FOR SENIORS

TOWN OF SOMERS SENIOR SERVICES - 914-232-0807

Barbara Taberer, Director

Hot Lunch

- At Van Tassel House – **Free Transportation Available**
Monday thru Friday at noon
- Delivered to home-bound, Monday thru Friday
Meals leave Van Tassel House for delivery starting at 11:30 am
Suggested contribution: **\$3** per meal

Medical Appointments - Transportation Available

Tuesday thru Thursday, 10 am to 3 pm

Suggested round-trip donation: **\$10**

Shopping Trips by Bus

Monday and Fridays at 10 am

Suggested round-trip donation: **\$2**

OTHER SENIOR SERVICES

RideConnect - 914-242-7433

Transportation services seven days a week. Call to register.

Medicare - 800-633-4227 and medicare.gov

Medicare Rights Center – 800-333-4114

EPIC - 800-332-3742

New York State Senior Prescription Reduction

My Second Home - 914-241-0770

Geriatric Day Care Intergenerational Program

Westchester County Senior Programs and Services - 914-813-6300

Referral agency for senior services including legal - 914-949-1305

Social Services: 914-995-5889

SERVICES FOR ALL AGES, INCLUDING SENIORS

AA - 914-949-1200. Info and literature National Council on Alcoholism

Adult Protection Services Intake - Natalie Siler 914-995-2259.

Cancer Care - 800-ACS-2345

Northern Westchester Hospital - 914-242-8115

Putnam Hospital - 845-279-5711

The Dominican Sisters - Family Health Service 914-941-1654

Long- and short-term registered nurses.

Hospice - 914-666-4228 - 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 - 914-761-0600 - Provides
in-home respite services matching families with trained sitters/companions.
Contact Judy Fink, Coordinator, ext. 340; Carol Kobroff, Respite Specialist, ext. 310

Transportation for Cancer Treatments (free):

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

Transportation for Disabled Residents - County Office of Transportation 914-813-7777

Para-Transit - 914-995-7272 provides modified vans with ramp for curb-to curb
service. Fare \$5 each way. Medical pre-authorization required. For eligibility call
914-995-2960.

Private Ambulette Services

Superior Brewster 845-278-6992

CLC Trans 914-241-0112

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

914-666-7616 - 8:30 am - 5 pm - Home care aides nursing, Nutrition
consultation

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MASKS ARE STRONGLY RECOMMENDED BUT ARE OPTIONAL FOR RESIDENTS AND THEIR GUESTS IN ALL SOCIETY BUILDINGS. INDIVIDUAL CLUBS/GROUPS MAY REQUIRE MASKS AND/OR PROOF OF VACCINATION TO ATTEND THEIR RESPECTIVE EVENTS AND ARE RESPONSIBLE FOR CHECKING ATTENDEES' PROOF OF VACCINATION.



CABARET NIGHT FEATURING STEVE ROSS

By Joyce Spector

Saturday, May 7, at 7 pm in the Activities Center and on Zoom

Dubbed the “Crown Prince of Cabaret,” Steve Ross has been a fixture in the entertainment community for over 40 years. Stephen Holden of *The New York Times* described him as “the personification of the bygone dream world that his music summons.” He has appeared on Broadway in Noel Coward’s *Present Laughter* and off-Broadway in his tribute to Fred Astaire entitled *I Won’t Dance*. In the past decade he has performed around the world in every kind of venue – from Rio de Janeiro to Sydney, from Carnegie Hall to Lincoln Center, and from cabarets to theaters.

Light refreshments will be served. Admission is \$15 per person at the Activities Center and \$15 per family on Zoom. **Proof of vaccination at the Activities Center is mandatory.** Make checks payable to Club Shalom and place them in our mailbox along with your name, phone number, and email address. If you would like to sit with friends, please place checks in one envelope. **Checks should be dropped off by May 3.** If you have any questions, call Alan Tepper at 914-342-3279 or email him at astepper@gmail.com.

JEWISH CAROLING: THE MUSIC OF CAROL KING, CAROLE BAYER SAGER, AND CAROYL LEIGH PERFORMED BY DEBORAH ZECHER

Saturday, June 11, at 7 pm in the Activities Center and on Zoom

When most people hear the term “Jewish Caroling,” their first thoughts turn to the many Christmas carols created by Jewish song writers. Rabbi Deborah Zecher’s cabaret has a very different focus. This show celebrates the work of extraordinary songwriters all of whom are Jewish women with the same first name. Rabbi Zecher weaves together the songs and lives of these iconic artists in a show that *broadwayworld.com* called “divine.” This show debuted at the famed club Don’t tell Mama in New York City in 2021 and returned for encore performances in 2022. Deborah was nominated for the Manhattan Association of Cabarets Award as Best Female Vocalist.

ON THE COVER

Barbara Pollack captured this image of a squirrel resting on a branch by some of our white pine trees.

HERITAGE HILLS NEWSLETTER COMMITTEE

Editor in Chief: Susan Statkowski-Rivalsi; Graphic Editor: Annette Bensen
Writers/Editors/Photographers: Phyllis Bradbury, Dassi Citron,
Terry Clifford, Cindy Kennedy, Shirley Kesselman, Karl Milde,
Stan Herz Pearlman, Elizabeth Royston, Keri Reitman Schnapper

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CONTINUING EDUCATION CLUB

Submitted by Rosetta Benson

The following lectures will be presented in person in the Heritage Room. **Proof of Covid vaccinations and booster required.**

STRANGERS IN OUR OWN LAND THREE LECTURES BY ALFRED HUNT



The issue is how America has changed. In this series of three lectures, Alfred Hunt, Professor Emeritus of History, SUNY Purchase, begins with an America that fosters a strong belief in the American Dream in our lifetime: a steady job, a house, a sense of community, pride in our educational system; a United States that is the “leader of the free world” – to a society rife with political dysfunction, disaffected youth and minorities, an unreliable economic future, and the loss of a sense of community. He ends with the question: Will we recover our civic pride and a sense of accomplishment?

POLITICS: WINNING IS EVERYTHING

Tuesday, May 10, at 1:30 pm

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COMING EVENTS

THE AMERICAN DREAM: FAMILY, FRIENDS, THE MEDIA

Tuesday, May 17, at 1:30 pm

EDUCATION: TRUTH IN THE FAULTY TOWERS

Tuesday, May 24, at 1:30 pm

Admission: \$10 per lecture (pay at the door). If you have any questions, call Ann at 914-617-9434.

CARNEGIE HALL

TWO LECTURES BY MICHAEL LANKESTER

Michael Lankester is hailed both as a symphony conductor and as an extraordinary fine arts educator.

Carnegie Hall opened its doors to the public on May 5, 1891, with a five-day festival culminating in a performance of Tchaikowsky's First Piano Concerto *conducted by the composer*. Michael Lankester will trace the history of Carnegie Hall from that first memorable night to the present day, focusing not only on the impressive array of composers and performers who have stepped onto that stage – pianists such as Rachmaninov, Horowitz, Van Cliburn; violinists Kreisler, Heifetz, Perlman, and Isaac Stern (whose heroic efforts saved the hall from the wrecking ball); singers: Caruso, Callas, Pavarotti, the Beatles; Jazz greats; and comedians – but also world movers and shakers. When Andrew Carnegie laid the cornerstone in 1890, he promised, "All causes may here find a place." It is a promise kept.



THE BEGINNINGS

Tuesday, June 14, at 1:30 pm

THE HALL THAT WOULDN'T DIE

Tuesday, June 21, at 1:30 pm

Admission: \$10 per lecture (pay at the door). If you have any questions, call Rosetta 914-277-5217.

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THE WOMEN'S CLUB

Submitted by Phyllis Bradbury

BINGO PARTY

Wednesday, May 11, at 1:30 pm in the Heritage Room

Free to paid members, non-members \$5. Refreshments will be served. Flyers are available in the Activities Office. For more information, call Joan at 914-276-0488 or Angela at 914-276-0056.

If you would like to know more about our club, please call membership chairperson, Alfreda Savarese at 914-617-2007.

* * *

INDEPENDENT AND FOREIGN FILM CLUB

By Stephen Klepner

SOME KIND OF HEAVEN

Thursday, May 12, at 7 pm in the Heritage Room

A critical look at The Villages, Florida, the largest retirement community in the United States. Most residents like it but a few have their reservations. Heritage Hills, of course, is much smaller. How do we compare? Are we envious or satisfied with what we have?

There will be a post-film discussion led by Bill Costanzo, retired film studies instructor. The cost is \$20 for the Club's nine-film series, April through December. Payment by check made payable to IFFC can be left in the club's box in the Activities Center. Payment only by check can also be made at the door. For the 2022 schedule, see page 9.

Proof of vaccination required. Masks must be worn.

* * *

SINGLES CLUB

By Diane Purr

AUCTION / PIZZA PARTY

Thursday, May 19, at 5 pm in the Heritage Room

Bring the treasures you have been saving so someone else may enjoy them. Includes pizza, salad, and cold drinks. BYOB. \$15 per member. **RSVP by May 12** by putting your check in our mail slot at the Activities Center. If you have questions, call Pat Caruso 914-276-2224 or Olga LaBoy 914-276-2646

* * *

HEALTH & SAFETY COMMITTEE

Submitted by Flo Brodley

WESTCHESTER COUNTY SENIOR ENTITLEMENTS PROGRAM – MEDICARE AND DENTAL COVERAGE

PRESENTED BY JADE LEW

Friday, May 13, at 1 pm at Lake Lodge

By appointment only, limited to 10 guests*

- In what instances will Medicare cover dental procedures?
- What is a Dental Plan, vs. Dental Insurance?
- Do Medigap (Supplemental) plans cover dental?
- Do Medicare Advantage Plans cover dental?
- What is a Dental rider?

* Register via email only at jadewonglew@gmail.com. The subject line should show: "Senior Entitlements – Medicare and Dental – [add your initials]." Include in the email content your name, unit number, phone number, and email address.

OSTEOPOROSIS AND BONE HEALTH

June 15 at 1:30 pm in the Activities Center

Mark your calendars for this informative session hosted by Northern Westchester Hospital. Further details will follow.



By Michael Lanotte

PIZZA NIGHT

Friday, May 20, in the Heritage Room

\$5 per person. Checks due by May 13

Doors will open at 6 pm. Pizza and salad will be served at 6:30.

Have one person from your group submit the names of those you wish to sit at your table – only 8 per table. Remember...pizzas only come with 8 slices per pie!

Pick up a flyer containing all the details outside the Activities Office.

Due to the Society's Covid requirements only 90 persons are allowed in the Heritage Room at this time. Attendance will be: First Come/First Served. After 90 you will be placed on a waitlist. If the Society restrictions are lifted an email blast will be sent.

* * *

MUSICAL NOTES FROM THE CONCERT SOCIETY

By Teddi Meltzer

The best classical music value in Westchester and beyond!

JENNY LIN, PIANIST

Sunday, May 15, at 3 pm in the Heritage Room

The Heritage Hills Concert Society is excited to announce the beginning of our spring concerts. Pianist, Jenny Lin, a Steinway Artist, has made a name for herself on the world stage. Please join us as we begin a new season of beautiful music.



We welcome your membership in the Concert Society for the truly bargain price of \$80. Subscription forms are available at the Activities Center. Everyone is welcome to attend, as tickets are available at the door for \$23. If you have any questions, contact Raina Lefkowitz at 914-262-4407

* * *

BOWLING LEAGUE GROUP

By Joe and Jan Thornley

Starting May 24 at Jefferson Valley Bowl

The Summer Bowling League competition goes through August 16. We bowl every Tuesday from noon to 3 pm. All Heritage Hills residents are welcome; we are a 100% handicap league. If you'd like to join in the fun, contact Joe Thornley at 914-276-2106.



SOCIETY BOARD

CANDIDATES NIGHT

Monday, May 23, at 7:30 pm
in the Heritage Room

All unit owners are invited to attend this meeting to listen to, and ask questions of, the eight candidates running for the five Society Board positions whose three-year terms are expiring. See their bios on pages 20 to 23. At its Annual Meeting on June 30, the Board will announce the successful candidates.

MONTHLY MEETING

Wednesday, May 25, at 1:30 pm in the Heritage Room

All unit owners are welcome to attend the meeting in person. It will be broadcast on Channel 21 while in progress and will be rebroadcast daily on that channel at 2 and 7 pm until the next meeting occurs.

Owners are welcome to raise matters of concern in person in the Heritage Room and can submit such concerns by email to society@hhsociety.org or by regular mail to Society Board, 8 Heritage Hills, Somers, New York 10589. You must provide your name and unit number when speaking at the meeting and on written correspondence.

* * *

FAMILY NETWORK GROUP

SEE A "GARDEN RAILWAY"

Saturday, June 11, at 10 am in Lake Lodge's Room 3

Heritage Hills children of all ages are welcome to watch model trains in a "Garden Railway" – so-called "G-scale" toy trains. This event was anticipated on page 23 of the March issue of this Newsletter.

The trains – including a model of the famous Disney choo-choo train that runs around the Magic Kingdom – will be on view during this unique presentation in Lake Lodge's large room.

To keep everyone safe, please wear a mask. If you have questions, call/email Karl Milde at 914-342-3068 / karlmilde@aol.com.

* * *



COMMUNITY THEATRE GROUP

By Diana Richter

AN INSPECTOR CALLS

Friday and Saturday, June 24 and 25, at 7:30 pm

Sunday, June 26, at 3 pm
in the Heritage Room

The Heritage Hills Community Theater presents J. B. Priestley's classic, *An Inspector Calls*, under the direction of Sherry Asch. Watch for email blasts, TV notices, flyers, and this Newsletter for details regarding ticket reservations and possible virus-related requirements.

GOOD NEWS - NO MINI GOLF

The Society Board and the Council of Condos are pleased to report that the Somers National Golf Club has agreed to withdraw its application to the Somers Planning Board for approval of a miniature golf course and 24 additional parking spaces. In exchange, Society agreed not to oppose the golf club's application for a cigar bar/lounge and four golf simulators and to withdraw its related appeal to the Zoning Board of Appeals, which was scheduled to be heard this evening.

Thank you to the many residents who sent letters to the Somers Record and the Planning Board and who signed the Council of Condo's petition opposing the golf club's application. It shows what can happen when we work together!



THE NEWSLETTER WELCOMES ARTICLES AND PHOTOS FROM HERITAGE HILLS RESIDENTS

OUR DEADLINE IS THE 6TH OF THE MONTH.

Authors' names will be indicated. We cannot guarantee that every item 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 or mail to the Heritage Hills Activities Office or Society Office at 8 Heritage Hills, Somers, NY 10589.

OUR EMAIL ADDRESS IS: HHillsNewsletter@gmail.com.



When Submitting Photos:

If 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 if 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.



SOCIETY NEWS

SUMMARY OF PORTIONS OF THE MARCH 24 BOARD OF DIRECTORS MEETING MINUTES

The full transcript of this meeting can be found on the Society website.

Board members in attendance: Gene Archer, Annette Bensen, Frances Cicogna, Bill Harden, Ann Harper, Dorinda Haskell-Palladino, Jack Mattes, Mark Packer, Patricia Ploss, Bruce Prince, Dom Rubino, Deica Ruiz, Art Singer.

Board members absent: Gloria Anderson and Alan Tepper.

Also attending: John Milligan

DOM RUBINO, PRESIDENT, mentioned it was the first of four evening meetings to accommodate residents who cannot attend during the day.

TREASURER'S REPORT – BILL HARDEN

• February Financials

Income.....	\$478,022
Expenses.....	(522,856)
Deficit	\$(44,834)

In February we had a large deficit due to two insurance invoices from 2021 totaling \$35,000 that had not been received until this year. Legal counsel specializing in land matters has been hired with a retainer of \$5,000. March should provide us with a surplus.

- **Continuing Education Club:** The club requested \$2,500 to improve the quality of the presenters they engage. The motion for same was approved.

ACTIVITIES REOPENING STATUS – JOHN MILLIGAN

- There are no **pool capacity** limit changes from last year. Capacity limit in the Heritage Room remains at 90. Capacity limits will increase in time.
- **Masks** remain optional for residents, guests, and employees. Instructors must still wear masks.
- Flo Brodley is a **new addition to this Committee** to help advise on all matters of health and safety.

SOCIETY BOARD ELECTION – DORINDA HASKEL-PALLADINO

Ballot packets will be mailed to owners on May 16, with a deadline return date of June 8. Candidates' night is May 23 [see candidate bios on pages 20 to 23]. New Board members will be announced at the annual meeting on June 23. Please mark your calendars.

MEADOWLARK PARK COMMITTEE – PATRICIA PLOSS, CHAIR

- **Park Place:** Furniture has been moved in and the building is open for residents to enjoy.
- **Pets:** Please pick up after your pet, a significant amount of pet waste has been seen in and around the patio, playground, and sand box. Dogs are not allowed in the sandbox or near the playground.

• Landscaping

- Shrubs and trees are being planted in the front of Park Place. Rhododendrons will replace existing plants off the rear of patio.
- A memorial tree will be a Dogwood, location to be determined.
- Recommended for the Meadowlark Park sign are low maintenance, deer resistant and long blooming perennials.
- Garden Club planning a natural species garden, small area near a trail.

COMMUNITY AFFAIRS COMMITTEE – JACK MATTES, CHAIR

- **NYSEG:** As per its public relations department, a meeting should be scheduled every three to four months to meet with residents for bill related issues. It is scheduled to be here on October 26 to discuss smart meters, since beginning next year all meters will be replaced with smart meters which will provide actual readings.
- **Elections:** Primaries will be in the Activities Center on June 28 and general elections will be held there on November 8.
- **School Board Elections:** Occur May 17 from 7 am to 9 pm
- **Utility Pedestal Removal:** These do not belong to Society. They might belong to Comcast/Verizon/NYSEG. Please contact your Condo representative to investigate removal.

SECURITY - JOHN MILLIGAN ON BEHALF OF DAVE JACOBSEN, PROSEGUR SUPERVISOR

- **Walkers:** Please walk facing traffic, but we advise you to walk in Meadowlark Park instead of on the roads.
- **Drivers:** Please obey the speed limit.

OPERATIONS REPORT – JOHN MILLIGAN, PROPERTY MANAGER

- **Town**
 - Town of Somers Highway Dept. is about to start on Warren Street drainage work, followed by re-paving of most of that roadway from Fred's Way to the traffic light.
- **Meadowlark Park**
 - Two message boards with a map of the park along with rules and regulations will be installed.
 - Two dog waste stations have been installed and we encourage all dog owners to use the bags and receptacles.
- **Veolia/NYSEG**
 - NYSEG began this year's infrastructure work in Condo 11 on Monday, March 14. Condos 13, 15, 16 & 17 are part of this year's project within Heritage Hills.
 - The Society Board is continuing its effort to schedule a meeting with the water and sewer company now that Suez has been acquired by Veolia.
- **Pools**
 - In April we are expecting new blue pool canopies at all five of our pools, replacing what has been described as the mud-colored canopies.

- Installation of new pool heaters at Pool #3 is underway and preparation of plans to submit to the Westchester County Dept. of Health for new pool mechanical equipment. Approval will allow for the installation of new equipment in the spring of 2023. Therefore, three of our oldest pools will have had new equipment installed within a span of the last 5 to 6 years.

• Fitness Center

- New equipment (3 ellipticals, 1 rower) delivered and installed. Please ask Mary or Jonathan for a quick lesson on their use and features.
- Free consultation appointments are available.

• Tennis/Pickleball

- Three proposals were obtained for tennis court reconditioning and grooming. Oval Tennis will perform the work. .
- Maxner Landscaping will install a walkway and patio at the pickleball courts.
- SportTech will put an additional gate at mid-point of pickleball courts.

* * *

MARCH SECURITY CALL REPORT

By Dave Jacobsen, Prosegur Security

During the month of March our Security staff received and responded to a total of 184 calls regarding the following matters:

Medical	57
Security	37 (open garage doors, other security concerns)
Fire	8 (the majority of which were fire alarms)
Service	71 (including 40 lift assists, 7 persons locked out, and 9 welfare checks)
Maintenance	11
Car Accidents	0
Parking Violations	0 (in handicapped spaces, fire lanes, A roads, or B roads)

* * *

FREE SMOKE DETECTOR INSTALLATION/REPLACEMENT

Working alarms can cut in half the risk of death from home fires.



American Red Cross

The American Red Cross is installing free smoke alarms in our community. For details about this program go online to SoundTheAlarm.org/MNYN. You can make an appointment by phone by calling 845-673-1198.

* * *

COUNCIL OF CONDOS

By Terry Clifford

A Zoom meeting was held on March 16, 2022, at which the following Condominiums were represented: 1, 2, 3, 4, 5, 7, 8, 11, 12, 15, 16, 17, 18, 19, 20, 21, 23, 26, 27, and 30.

Updating Vendor Directory – Send information concerning vendors and contractors you have done business with to Linda Grassia at lgrassia@hotmail.com. While we appreciate you supplying vendor and contractor information, please be aware “.....the list is not an endorsement of these contractors nor is it a recommendation of their workmanship. The Council does not solicit business for these contractors, nor does it receive any remuneration.....”

Somers National Golf Club – A total of 1,528 petitions and 347 signed letters were presented to the Town of Somers - a fabulous response from Heritage Hills residents. Society's attorney filed an appeal to The Somers Zoning Board on the interpretation of the Heritage Hills DRD by the Somers Building Inspector, Tom Tooma, concerning the proposed Mini Golf project.

Catastrophic Losses: What to Expect – Jason Schiciano, President of Levitt-Fiurst Insurance, indicated after calling 911, the Condo President or Property Manager must notify the insurance company.

- Catastrophic property losses may result from fires, storm damage, fallen trees, auto accidents, and other incidents.
- The Property manager or Condo President must reach out to emergency workers, contractors, vendors to assist in providing protection for the property.
- An insurance claims manager will be assigned to the Condo if the damage is more than \$100,000.
- After damage is assessed, the insurer will provide a cost estimate which is then compared to the estimated costs provided by the Condo.
- Depending upon the extent of damage, you may hire a public adjuster. They will represent you for settling the claim. They work for a percentage of up to 10% of the cost of the claim.
- Claims take a long time to remedy. Levitt-Fiurst has a Claims Department to help move things along. However, if all else fails you may contact New York State insurance regulators regarding an unreasonable response time.

Liability Claims – Contact your property manager and Levitt-Fiurst immediately for a slip-and-fall or damage-to-common-areas claim. Get statements from witnesses and the claimant immediately.

Prevention of loss from Dryers, Fireplaces, Barbeques – Dryers and fireplaces should be cleaned on a regular basis. Grills must be a distance from the unit.

Electric Car Charging Units – A variance must be submitted to the Board of Managers for a plug-in car garage power station. Jason suggests a written agreement must be signed that any loss or claim for

property damage or injury resulting from a charger is the unit owner's responsibility and have them add you to their homeowner's policy and provide proof of insurance annually.

The next meeting will be held on Wednesday, May 18 at 7 pm.

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POOL SCHEDULE

Opening Day for Pools 1, 3, and 4: Saturday May 28

Pool 1 – Open daily for lap swimming only from 8 to 10 am, then open swimming 10 am to 6 pm

Pool 3 – Open weekends only from 10 am to 6 pm

Pool 4 – Open daily from 10 am to 6 pm

All five pools open daily starting Saturday, June 18

Pool 1 – Open daily for lap swimming only from 8 to 10 am

Pools 1, 2, 3, 4, and 5 – Open daily from 10 am to 8 pm

Monday, September 5

All pools close at 8 pm

Any additional Pool extensions TBD

For Pool Rules, see page 11.

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FRIDAY NIGHT SOCIAL DANCE

By Ami Stokhamer

2022 SCHEDULE

With DJ Johnny Angel

at 7 pm in the Heritage Room

Friday, May 6

Friday, June 3

Friday, July 1

Friday, August 5

Friday, September 2

Friday, October 14

Friday, November 4

Friday, December 2

Admission is \$10 per person at the door. No more than two non-resident guests per unit are welcome. Refreshments will be served. BYOB. For additional information, call Ami at 914-486-9677.



Chuck Rinka
Security Professional

Chuck@StratagemSecurity.net
www.stratagemsecurity.net



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INDEPENDENT AND FOREIGN FILM CLUB

By Stephen Klepner

There will be a post-film discussion led by Bill Costanzo, retired film studies instructor. The cost is \$20 for the nine-film series, April through December. Payment by check made payable to IFFC can be left in the club's box in the Activities Center. Payment only by check can also be made at the door. For additional information, contact me at spk010@yahoo.com or (845) 297-7066.

VIEWING SCHEDULE THRU YEAR-END

Viewing starts promptly at 7 pm in the Heritage Room. **Proof of vaccination required. Masks must be worn.**

Thursday, May 12. *Some Kind of Heaven*. United States, 83 minutes. A critical look at The Villages, the largest retirement community in the United States.

Thursday, June 30. *Return of the Hero*. French, 90 minutes. A returning soldier, greeted as a war hero, has a secret.

Sunday, July 17. *Coco*. Spanish. 105 Minutes. Pixar film about a boy's search for his mysterious heritage.

Sunday, August 21. *The Truffle Hunters*. Italian, 104 minutes. A group of men and their cherished dogs hunt for a rare truffle.

Tuesday, September 20. *Young Ahmed*. French/Arabic, 84 minutes. Radicalized teenager hatches a plot to murder his beloved teacher.

Tuesday, October 13. *East Side Sushi*. United States. 108 minutes. Hispanic Juana faces opposition when she aspires to become a sushi chef.

Sunday, November 20. *Bead and Tulips*. Italian, 116 minutes. Rosalba discovers a new life but must face her husband.

Sunday, December 18. To be determined.

* * *

THE TRAVEL GROUP

By Elaine Soliman

Welcome May – the most beautiful month in the year! We are excited for this trip on May 18 to see the Tribute To ABBA. Whenever we travel to the Aqua Turf Club an enjoyable time is had by all.

In June, we are traveling to South Dakota for a week to visit Mt Rushmore with 24 fellow travelers.

On Thursday, July 14, we have planned a wonderful day which we call *Pride Of The Hudson*! For those of you who enjoy a walk, experience *Walkway over the Hudson*. You can walk as much or as little as you want, but we can all experience the spectacular views! Lunch will be at the River Grill located in the Hudson River District, with your choice of entree. After Lunch we will board the *Pride of the Hudson* docked in Newburgh, New York, which has an air conditioned salon that features huge windows. For those who prefer, relax on the sun deck!

The cost is \$134 per person. We will depart Lake Lodge at 10:30 am and estimate returning at 6 pm. For reservations call Pam Arena at 914-276-4295. Place checks payable to Heritage Travel Club in our Activities Center mail slot. Flyers are available in activity center.

To all the Heritage Mothers and Mothers to be, Happy Mother's Day!!

* * *

EAST HILL MEN'S GOLF GROUP

By Ken Freeman

Whether you live on the East Hill or the West Hill, it's not too late to join the East Hill Men's Golf Association (EHMGA). EHMGA is open to all the men of Heritage Hills. And it plays on the beautiful Somers National course on the West Hill. You do not need to have a Somers National membership in order to join.

While our official season started April 7, April weather hasn't started off ideally. As I write this on April 3, to meet Heritage Hills Newsletter's April 6 deadline for the May issue, it's a rainy 41 degrees, and the forecast for April 7 is similarly cold and wet

But Somers' average high temperature in May is 71 degrees. Perfect for golf! And 90% of the season is still ahead.

So if you enjoy golf (or if you just can't avoid its irresistible frustration), NOW is the time to join the EHMGA if you haven't already done so. We play Tuesday and Thursday mornings on the Somers National back nine. Tuesdays we meet for standard stroke play. On Thursdays we play varying tournament formats. And don't worry about your skill level. Our handicap system gives everyone a chance to win.

One annual fee covers the cost for prizes, three luncheons, plus discounts on golf fees and on merchandise at the pro shop.

It's not too late. Contact the group's membership chair, Bob Kenney, right away at rlkret@aol.com or 914-617-9884 so you don't miss out.

* * *

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James D Warnock (Somers, NY)

GETTING TO KNOW YOUR LOCAL EXPERT



Hope Mazzola is a local Somers resident who, along with her amazing husband, Jim, has 3 young adult sons. The boys all attended Somers schools and two have gone on to graduate college, their youngest is currently a sophomore at the University of Rhode Island. Pictured here are Hope and Jared. Hope says the only way she can still control the situation is by tickling him first. She has lots of ways of negotiating deals - whatever it takes to get the job done!



With such a busy market, Hope was able to negotiate a sale price 20% over asking for the beautiful condo in Stoneleigh Woods and helped her buyers find and get their perfect Stratford model in Heritage Hills.



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2022 HERITAGE HILLS SOCIETY SWIMMING POOL RULES

Lifeguards have **ABSOLUTE AUTHORITY** at all times for the safety and enjoyment of all residents.

For safety, please **DO NOT CONVERSE WITH LIFEGUARDS** while they are on duty.

If Security is called due to a violation of Pool Rules/Abusive Behavior, there may be a Loss of Pool Privileges.

ALL POOLS ARE UNDER 24 HOUR VIDEO SURVEILLANCE

- No admittance is allowed without a lifeguard present.
- No admittance without a valid HH Society Photo ID card displaying a 2022 sticker. **NO EXCEPTIONS.**
- All persons under the age of 16 must be accompanied, at all times, by an adult resident with a valid HH Photo ID and 2022 sticker.
- 5 guests per unit, per day allowed. A resident must remain with their guests at all times.
- Non-competent swimmers of any age must wear a US Coast Guard Approved Type II or Type III lifejacket, which must be provided by resident. Flotation devices may **NOT** be inflatable.
- Children not toilet trained must wear a waterproof diaper.
- Approved toys are only permitted in Pool 3. Standard foam noodles and foam dumb bells are permitted at all pools.
- **NO FOOD OR SNACKS** of any kind permitted within the gated pool area. **NO EXCEPTIONS.**
- Beverages must be in resealable containers. **NO** glass. **NO** alcohol permitted at any time.
- Lap lanes are for the exclusive use of lap swimmers, up to two lap swimmers at one time. 30-minute limit imposed if there is a waiting list.
- Kick boards may **ONLY** be used as a swim aide in lap lanes.
- **NO** diving, jumping, running, Marco Polo, hanging on ropes, abusive or rowdy behavior. Electronic, audio and cell phone devices must be used with headphones.
- The Safety Zone between the pool and the white line must remain clear at all times.
- Stairs must remain clear at all times.
- Chairs, lounges, and umbrellas may not be reserved.
- **NO** street clothes permitted in the pool.

Mandated NYS Sanitary Codes

- Shoulder length or longer hair must be tied back or in a bathing cap.
- All persons must shower before entering the pool.
- Persons with communicable diseases, open sores/bandages are prohibited from using the pool.
- At the first occurrence of thunder or lightning, **EVERYONE MUST VACATE** the entire gated pool area.
- Pools reopen 30 minutes after the last sign of thunder/lightning at Lifeguards authority.

NO FOOD/SNACKS.



NO GLASS.



NO SMOKING.



NO PETS.



Approved Life vests - USCG approved PFD Type II or III vests only!



U. S. Coast Guard & Heritage Hills requires Personal Flotation Device Type II or III Life Vests for non-competent swimmers.

Many other options are available, but **NOT** allowed in the Heritage Hills Pools.

HLibrary COMMITTEE LARGE PRINT BOOKS



HLibrary is continuing to grow our Large Print collection. More new titles will be coming this month. We have many popular authors' works in large print. The collection is located next to the volunteer's desk in the Library. Even readers without vision problems might find large print books more restful on their eyes and ideal for reading outdoors in warm, sunny weather which hopefully will be with us soon. Stop by the Library and take a look.

PUZZLE SWAP

We're pleased to announce the start of a new Puzzle Swap initiative. Anytime the Library is open you may bring in jigsaw puzzles that you'd like to trade in and then pick up a new one to complete at home. The puzzles will be located in the Library. Puzzle boxes should contain at least 500 pieces and have no missing pieces.

NEW ADDITIONS TO OUR COLLECTION IN MAY

Newly Published Books

Fiction

Egan, Jennifer	<i>The Candy House</i>
Fowler, Karen Joy	<i>Booth</i>
Mandel, Emily St. John	<i>Sea of Tranquility</i>
Patterson, James, and Parton, Dolly	<i>Run, Rose, Run</i>
Serle, Rebecca.	<i>One Italian Summer</i>
Tyler, Anne.	<i>French Braid</i>
Quinn, Kate	<i>The Diamond Eye</i>

Mystery

Baldacci, David	<i>Dream Town</i>
Box, C. J.	<i>Shadows Reel</i>
Macmillan, Gilly	<i>The Long Weekend</i>
Preston & Child	<i>Diablo Mesa</i>
Woods, Stuart	<i>A Safe House</i>

Non-Fiction

Bloom, Amy	<i>In Love</i>
Newton, Maud	<i>Ancestor Trouble</i>

Newly Acquired Books

Fiction

Emmich, Val.	<i>Dear Evan Hansen</i>
Landau, Alexis	<i>Those Who Are Saved</i>
Picoult, Jodi.	<i>The Tenth Circle</i>

Mystery

Adler-Olsen, Jussi	<i>Victim 2117</i>
Bass, Jefferson	<i>Carved in Bone</i>

Non-Fiction

Cohen, Michael	<i>Disloyal</i>
Stanton, Brandon.	<i>Humans of New York</i>

MASKS ARE STRONGLY RECOMMENDED BUT ARE OPTIONAL FOR RESIDENTS AND THEIR GUESTS IN ALL SOCIETY BUILDINGS. INDIVIDUAL CLUBS/GROUPS MAY REQUIRE MASKS AND/OR PROOF OF VACCINATION TO ATTEND THEIR RESPECTIVE EVENTS AND ARE RESPONSIBLE FOR CHECKING ATTENDEES' PROOF OF VACCINATION.

GENERAL CLUB/CLASS INFORMATION AND

REGULARLY OCCURRING ACTIVITIES

Produced by the Activities Office

Phone: 914-276-2636 or go to activities@hhsociety.org

Advance registration is required. To book a space for your group/club, contact Andrew Kaplan in the Activities Office by email at activities@hhsociety.org or by phone at 914-276-2636.

ARTS & CRAFTS

I Love Art Class: After school art class in Heritage Hills for children grades K to 6. Hosted by Miss Judika, M.S. For detailed information, 914-438-6750.

Needlecraft Group: Charitable needlecraft group meets Wednesdays at 12:30 in the Game Room. All skill levels welcome. Must bring proof of Covid-19 vaccination. To register, call Linda at 914-277-2776.

Painting with Judika Class: Create a different painting in each class once a month. Step-by-step instructions given, and everyone leaves with a masterpiece! \$40 per class includes all supplies. Bring your mask and your creative spirit! To register, call Judika at 914-438-6750.

Sketch Workshop Group: Wednesdays at 9:30 am in Studio A. No fee. Beginner's welcome.

Silk Fabric Painting Class: Fee \$135. Must sign up for a full 4-week session. Space is limited. For more information, contact Evey at 914-276-0737 or email her at evymusart@comcast.net.

Woodcraft Club: The shop is available Monday thru Saturday from 9 am to 4 pm. For information and to register, contact Club President Ed at 914-276-0671 or 914-552-2303.

CHORAL GROUP

Wanted: singers for "The Meadowlarks," the newly formed Heritage Hills Choral Group directed by Peter Muir. Preference for those who can harmonize. If interested, contact: Janice Malett at 914-715-8247.

CIAO ITALIA CLUB

Dues are waived for 2022 if you paid your membership for 2020-2021. If you wish to become a New Member, dues are \$12 per person for 2022. Membership forms are available outside the Activities Office. You can also print a copy (at home) from an email blast.

CLUB SHALOM

Watch for communications about upcoming club events.

CONCERT SOCIETY CLUB

We sponsor four classical concerts each year in May, June, September, and October, Sundays at 3 pm in the Heritage Room, each followed by a wine and cheese and meet-the-Artists reception. The annual subscription rate is \$80 per person or \$23 per concert at the door. Forms are at the Activities Center. If you have any questions, call Arlene Brown, 914-277-4703.

CONTINUING EDUCATION CLUB

Our mission is to educate and *entertain* with monthly presentations by experts in the fields of art, literature, music, theatre, history, and politics on specified Tuesdays at 1:30 pm in the Heritage Room and via Zoom. See the COMING EVENTS section of the Newsletter for more information or call Ann at 914-617-9434.

EXERCISE

Getting Back on Track (15-15-15) with Theresa: Wednesday at 10:30 am in the Fitness Center and Zoom. Light cardio and balance, functional strength

and stretch, restorative breathing and relaxation. Great class to begin or continue your fitness journey. Contact Theresa for more information at zumbawithme@aol.com.

Body Sculpting Class: Warmup low impact cardio, strength and balance abdominal exercises on the floor or in a chair, and stretch relaxation cool down. Monday thru Thursday at 9 am and Thursday nights at 6 pm in Lake Lodge. \$10 per session or three classes for \$20. Call / email to register at 718-541-0861 / Labzeiss@gmail.com.

Cardio/Strength/Stretch Class with Lori Barr: Tuesdays and Thursdays from 9:30 to 10:30 a.m. All levels are welcome, and modifications will be demonstrated. Bring a resistance band to each class. Weights are available for use or bring your own. Classes are \$8 each. Try the first for free!

Chair Yoga with Satish Class: Chair Yoga aimed at toning the entire body and increasing flexibility. Breathing and meditation for relaxation and mind body connection. Live music. Practice every Tuesday from 10 to 11:15 am in Lake Lodge with Satish Gambhir, Registered Yoga (500-RYT) and acupressure teacher with over twenty years of experience. \$8 per class. Call or email to register at 914-646-0887 or Satishgambhir@gmail.com.

Chair Zumba/Toning with Theresa: Monday at 9:45 am. Zoom only. Zumba for anyone who prefers a seated workout. Contact Theresa for more information at zumbawithme@aol.com.

Gentle Yoga with Lisa Thomas: Mondays at 1 pm and Fridays at 10 am. \$12 for a 75 minute class. Lisaathomas@optonline.net or 914-497-0243.

Lyrical Arms Class with Theresa: Friday at 10:50 am in the Fitness Center and on Zoom. Build upper body strength and increase range of motion using fluid movements and light weights to lovely music. Contact Theresa for more information at zumbawithme@aol.com.

Move and Groove with Theresa: Tuesday at 11am at the Fitness Center and on Zoom. Easy-to-learn and easy-to-follow beginner line dances to ALL music genres. Contact Theresa for more information at zumbawithme@aol.com.

Pilates Barre Class: Monday, Wednesday, and Thursday in Lake Lodge at 10:15 am and Monday at 6 pm. \$10 per session or 3 classes for \$20. Call or email to register at 718-541-0861 or Labzeiss@gmail.com.

Zumba Gold with Theresa. Friday at 10 am at the Fitness Center and on Zoom, and Saturday at 10 am on Zoom only. Fun, easy to follow, low impact dance fitness class. Contact Theresa for more information at zumbawithme@aol.com.

FAMILY NETWORK GROUP

Arranges organized family-oriented gatherings, days and evenings, several times a year. Go to [Facebook.com](https://www.facebook.com) to join the group "Heritage Hills Family Network" or email keri.reitman@gmail.com.

FRIDAY NIGHT SOCIAL DANCE

Friday, May 6, from 7 to 10 pm in the Activities Center. \$10 per person includes coffee and cake. BYOB. For more information, call Ami at 914-486-9677. Next Dance: Friday, June 3.

FUN & GAMES

Bridge—Duplicate Club: Mondays and Thursdays at 12:30 pm in the Activities Center—vaccinated only. For information, call Marie at 914-277-4266.

Bridge Lessons Class: Contact Marie at 914-277-4266.

Scrabblers Group: Casual Scrabble game play on Thursdays starting at 1 pm usually in the Game Room of the Activities Center. All levels of play, including newbies, are welcome. Proof of CDC – recommended Covid-19 vaccination and boosters required; masks optional. For more information, just walk in or contact Susan at 914-617-9228 or ciwhitestar@comcast.net.

Mah Jongg Group: Mondays at noon in Lake Lodge and Wednesdays at noon in the Activities Center (space is available—contact Sue Furino 914-617-9110). Fridays at 1 pm in Lake Lodge (contact Olga LaBoy at 914-276-2646). Tuesdays and Thursdays from 11 am to 1 pm in Lake Lodge (contact Rebecca Fierro at 914-669-5328 - if you are not a member, please call as we are at capacity and are taking a waiting list).

Ping Pong Group: Thursdays at 10 am in the Game Room. Open to all residents. Come hang out and play!

GARDEN CLUB

For information, including questions on membership and use of the Community Garden, please send an email to hbgardenclubsecretary@gmail.com. If you would prefer to speak by phone, please contact Club President Joanne Meder at 914-318-5808 and leave a message.

HEALTH & SAFETY COMMITTEE

Blood Pressure Screenings With a Smile: Nurse Ellie Eidam offers screenings and good advice on the second Friday of the month from 9 to 11 am in the Game Room of the Activities Center. Your temperature may be taken.

A mask is required at all times. Do not come to the Activities Center for your Blood Pressure Screening if you have tested positive for Covid-19, were recently exposed (within 14 days) to the virus, or travelled to areas that have experienced high levels of the virus. Contact Ellie at elliebob1@gmail.com or 914-617-2109 for more information.

Alzheimer's/Dementia Caregivers Support Group: Caring for someone with Alzheimer's/Dementia is a difficult and painful challenge. A support group can help. Meets on the first Thursday of the month at 12:30 pm in Lake Lodge. Facilitated by Linda Ludwig, Psy.D. To register, call 914 617-9328 or email ludwiglr@aol.com.

Spousal/Partner Bereavement Group: A support group that provides an opportunity to be with others who have lost a spouse or partner. Meets the second Thursday of the month at 12:30 pm in the Activities Center. Facilitated by Linda Ludwig, Psy.D. To register, call 914 617-9328 or email ludwiglr@aol.com.

Senior Entitlements Program – Westchester County: The Committee continues its free public service. Watch for communications about our upcoming monthly session.

HIKERS & WALKERS GROUP

Weekly hikes from September to June. Information and our schedule are available at hhsociety.org / Activities / All Activities / Hikers and Walkers.

LIBRARY

Open Monday thru Friday from noon to 3 pm, For information on the collection, visit the webpage at hhsociety.org or call 914-276-7655.

MORNING DISCUSSION GROUP

Discussion group on current event topics. Mondays from 9:30 to 11 am in the Activities Center or by Zoom with closed captioning. For information, email Ken Benjamin at kenbenja@aol.com or call 914-617-9817.

RAINBOW CONNECTION

A group for LGBTQ residents and their families, friends, and neighbors. All are welcome. We meet the first Thursday of each month at Lake Lodge from 5 to 7 pm. For more information contact Joanne at 914-450-5609.

SHAKESPEARE GROUP

Meets in person and on Zoom. See a film of a classic Shakespeare play, then read it and join in lively discussions. We meet every Tuesday from 10 to 11:30 am in the Activities Center, Room 3. All are welcome! For more information, call Susan Ray at 914-391-6686 or Margaret Howlett at 973-746-7816.

SPORTS

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

Pickleball Group: Pickleball on the outdoor courts is open play, no reservations required. The gym is also available for indoor play. For details on both, and about the Pickleball Committee and community, email PickleballHH@gmail.com. See you on the courts!

East Hill Men's Golf Group: Join the East Hill Men's Golf Association to enjoy weekly Thursday 9-hole casual competitions in a variety of formats as well as Tuesday Stroke Play opportunities from April thru November at Somers National Golf Club's course right here on Heritage Hills' West Hill.

ACTIVITIES/CLASSES/CLUBS

For more information, contact Membership Chairman Bob Kenney at 914-617-9884 or rlkret@aol.com.

Shuffleboard Group: October through March on Wednesdays, 1 to 3 pm, and on Saturdays, 9:30 am to noon in the gymnasium.

Tennis Group: All tennis reservations are made via the Committee webpage under Activities at hhsociety.org. For general information, at hhsociety.org go to Activities / All Activities / Recreation / Tennis Committee or call Barry at 914-617-9259. For information about the Tennis Committee, call Dena at 914-589-3560.

TEN-A-MEN'S CLUB

Come at 9 am and have continental breakfast for \$2. Meeting starts at 10 am in the Heritage Room.

HERITAGE HILLS TRAVEL CLUB

Our mission was designed for those who enjoy traveling on trips, whether they are near or far. All details are handled by the Travel Club. Buses leave and return to Heritage. Information on our trips is available on flyers in the Activities Center, on TV, and in this Newsletter.

WOMEN'S CLUB

Meets the second Wednesday of the month at 1:30 pm in the Heritage Room, except in January, July, and August. Traditionally in June we have an off-premises luncheon. For details on our special events, see the COMING EVENTS section of this Newsletter. For more information, please call our membership chair, Alfreda Savarese at 914-617-2007.

WRITERS WORKSHOP CLASS

Workshops on *Google Meet*! Mondays at 1 pm and Saturdays at 10:30 am in Lake Lodge. Email Linda Spear, workshop facilitator, to arrange to join us! Lindaspear211@gmail.com.

FAMILY FOCUS



TOY CHOO-CHOO TRAIN SHOW!

Saturday, June 11, at 10 am, in Lake Lodge's Room 3

Come see the iconic DisneyWorld steam train that circles the Magic Kingdom!

Sponsored by the Family Network Group.

To keep everyone safe, please wear a mask.

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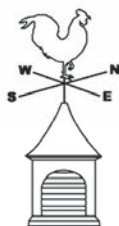
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MEET YOUR NEIGHBOR SHEELAGH KAPLAN

Text and photo by Shirley Kesselman



"Libraries are my passion," says a dimpled, smiling Sheelagh Kaplan in a heavy Scottish brogue. Three years ago Sheelagh and her husband, Bruce, moved to Heritage Hills from Yorktown Heights. Quickly she volunteered to devote time to our Library.

Sheelagh comes to us with a near lifetime of experience in library work. After graduating from the University of Edinburgh she earned an advanced degree in Librarianship at the University of Wales, after which she was employed at the library of the London Institute of Historical Research. During her three years there she met Bruce, an American working on his PhD. They married and together came to the United States, settling in Chicago. Sheelagh served as a librarian in Chicago for ten years. In 1990 Bruce accepted a job with a publishing company in New York City, and the Kaplans moved to Yorktown Heights.

The Kaplans raised two daughters and a son. The daughter who resides in White Plains visits Sheelagh every weekend. Sheelagh's two grandsons live in Atlanta.

Sheelagh worked for 25 years at the Mahopac library, 12 of them as Assistant Director, seeing the library grow from 5,000 to 30,000 square feet, while purchasing all the library's fiction and leading two book clubs. "I very much enjoy book selection," she says. An "Author of the Month" program was her project.

At our Library Sheelagh is volunteer Librarian on Mondays from noon to 3 pm. She states, "People are always asking me what to read." A member of the Library Committee, she chooses the ten books acquired each month; and she envisions starting a book club open to all residents. "A book club saved my sanity when my husband was sick." Although Sheelagh was recently widowed, she maintains a cheerful demeanor. She belongs to five book clubs which meet regularly as well as several groups which meet sporadically.

Sheelagh has joined the Scrabble players here on Thursday afternoons, as she's a huge fan of word games. She plays "Words with Friends" on the computer with family, friends, and former coworkers. She finds "Wordle" fascinating and feels *The New York Times*' crossword puzzle and its acrostics, plus the *Journal News*' cryptogram "help me keep my mind sharp."

"People at Heritage Hills have been very welcoming," Sheelagh says. She was invited join a Maj Jong group, and in the summer she swims in Pool 4. She occasionally joins a Hikers and Walkers Club outing. "I very much enjoy the beautiful scenery here," she says. At her Community Garden square, she grows herbs and vegetables.

Pre-Covid, Sheelagh traveled a lot, mostly to Europe, often to Scotland to visit friends and also to historical sites within the United States. Jekyll Island is a favorite destination.

"NO HATE" PROGRAM HOSTED BY CLUB SHALOM

Text by Shirley Kesselman, photo by Elizabeth Cohen



Heidi Cambareri, Patricia Adams, Hannah Goldenberg, Michel Cohen, Ann Harper, Harriet Leib, and Judy Weber.

Club Shalom, in conjunction with the Tamar Hadassah Advocacy Committee, presented a four-speaker panel, *Experiencing Hate/Combating Hatred*, on April 3 in our Activities Center. A subcommittee, which worked hard to assemble the panel, consisted of Leslie Guttman, Hannah Goldenberg, Jane Elisofon, Ann Harper, Harriet Leib, and Judy Weber. In addition to over 50 in-person attendees, 30 persons joined the presentation via Zoom.

Alan Tepper, President, Club Shalom, welcomed the audience and introduced Harriet Leib, Chairperson of the committee. She, in turn, introduced the panel's moderator, Ann Harper.

Speakers included Patricia Adams, a Heritage Hills resident and author on race relations; Michael Cohen from the Simon Wiesenthal Center; Bhavana Pahwa, a leader of Asian/Indian American organizations; and Heidi Cambareri, President of the Somers Board of Education. They spoke of various forms of hate, how this effects our larger community, and what is being done to push back on bigotry.

* * *

HERITAGE HILLS RANCH?

By Susan Statkowski-Rivalsi

Rob Casasanta of our Security team posted on the Family Network Facebook page that he "received a call from a resident on April 3 at about 3 am reporting horses walking around the cluster [in Condo 12]. 'I'm working and think to myself no way...must be large deer.' On arrival, guess what? Two horses. Just hanging out eating some grass. Very friendly. State Police responded to assist us locating the owners. They came from Smith Lane off Warren Street. Most definitely a call I will remember."



By Rob Casasanta



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SOCIETY BOARD

Here are the bios of the eight candidates



KARL MILDE

My wife, Cheryl, and I moved to Heritage Hills in 2018 from our home in Mahopac, where we had lived for 35 years.

My Background: I am a graduate of M.I.T. and of Georgetown University Law Center. I recently retired from a fifty-year career as an attorney specializing in intellectual property law (patents, trademarks, copyrights, and trade secrets), serving clients to protect their creative endeavors and their businesses. I am also a veteran, having served two years as a lieutenant in the United States Army.

My Service in Heritage Hills: Since moving to Heritage Hills, I have become involved in many facets of this wonderful community, including (1) Member of the Condo 26 Board of Managers – As such, I recently assisted in a complete review and revision of the Condo's Rules & Regulations; (2) President of the Garden Club from 2019 to

2021 – Together with the Board members, I led one of the largest activities in Heritage Hills: the Community Garden. I arranged for the annual Garden Lectures in the years 2018 to 2020 and for a Garden Seminar in 2020. While President, I oversaw the installation of a new tool shed at the Community Garden; (3) Member of the Heritage Hills Newsletter Committee – I author a monthly garden column called “How Does Your Garden Grow” and have written numerous feature articles about what goes on in our community; (4) Co-founding member of the Garden Contest Committee – I assisted in creating the original forms and publicity, served on the panel of judges, and promoted this event in the Heritage Hills Newsletter; (5) Member of the Society Landscaping Committee – I'm involved in selecting the flora that adorn the entranceways and Activities Center, as well as pergolas and other areas of Heritage Hills; and (6) Member of the Woodcraft Club. I enjoy working in the woodcraft shop and, as a “Santa's helper,” I make Toys-For-Tots as well as many other things, such as lamps, tables, and chess sets and the like for family and friends.

My service to the larger Community: As a member of Rotary, the world's largest community service organization, for over 30 years I have joined with others in “service above self” both in New York City and in White Plains, where I worked. I was elected President of New York Rotary in 1990 and President of White Plains Rotary in 2000. As a Governor Assistant in 2002, I cofounded the Somers Rotary Club. As Rotary District Governor during the years 2009/2010, I oversaw the efforts of 45 Rotary Clubs in New York City, Westchester County, and Bermuda in their work to make the world a better place.



TINA VOLPE

Eighteen years ago, I drove up to Heritage Hills to view the area. I was captivated by the beautiful landscaping that greeted me at the main entrance. I immediately knew that Heritage Hills would be my forever home.

Throughout my seventeen years living here, I dabbled in various activities including bowling, pickleball, tennis, platform tennis, ping pong, ballroom dancing, bocce, card games, Shakespeare, and the Knitting and Garden clubs. I've used the shuttle service and fitness center. I also frequent the swimming pools and enjoy walking around our delightful development. While participating in these activities, I always enjoy meeting many residents and hearing what they love and do not love about our community. After hearing their thoughts, I brainstormed ideas to make Heritage Hills an even better place to live.

I believe it is important to have someone on the Society Board who not only lives here, but also uses our amenities and is actively involved in many activities. I want to use my friendly nature and communication skills to let the residents' voices be heard and to help the Board make informed decisions based on the residents' perspectives.

Since I taught in New York City public school system for over 32 years, I have demonstrated that I have the necessary communication, leadership, and organizational skills to serve you on your Board. In addition, I have owned condos elsewhere and have seen the ins and outs of what makes them run effectively. I want to be on the Society Board because I'd like to learn things from their point of view rather than just indiscriminately oppose or accept decisions.

Since our homes are our greatest asset, I will work to protect our investments by making smart and informed financial decisions.

D CANDIDATES

for the five openings on the Society Board.



JAY F. WRIGHT

I was born and raised in The Bronx, New York, and moved to New Rochelle while attending Iona College where I met my wife of twenty years. In 2005, a few years after the birth of our son Justin, we moved to Heritage Hills.

My first professional job out of college was with the Archdiocese of New York, working on the Cardinal's Appeal fundraising. After a few years I changed careers and spent the next 13 years in the staffing industry in human resources and recruitment, holding a variety of roles including leadership ones in international and domestic firms. That included several years as a program manager for one of the largest corporate relocation companies in the United States, managing employees in Connecticut, Texas, and Tennessee. In 2013 I purchased a shipping franchise and have been running my own business since.

Since 2019, I have served as President of the nonprofit Somers Track & Field Booster Club (SMTBC), which supports the Somers High School Track & Field Team. SMTBC's mission is to raise funds needed to fill the financial gaps where the school budget falls short, and support student athletes in financial need. As president, I created the first Somers Track & Field Booster Club Turkey Trot, which has since become an annual event raising several thousands of dollars each year.

I am also Vice President of New York's largest Business Networking International group, with a membership of 86 members. In 2020 my family and I began volunteering at the Community Center of Northern Westchester's food pantry, and quickly developed a deep appreciation and admiration for the work being done by the team there and the clients being served. I recently joined the Center's Board.

Between my professional and volunteer experience, I feel like I could be a great asset to the Society Board..



JACK MATTES (Incumbent)

I have lived in Heritage Hills for the past 18 years after residing in Great Neck for 30 years. In Great Neck I served as an advisor to one of the largest Adult Education Programs in the United States, and as President of the Civic Association for our part of the community. I ran my own business specializing in visual merchandising and display design for 48 years; I studied Biology at SUNY Farmingdale and Hofstra University.

I served four terms on the Condo 6 Board of Managers as Landscape Chair, Maintenance Chair, Vice President, and President.

My three terms of Society Board service include two years as first Vice President and one as Treasurer; was instrumental in collection of Society fees and tightening the way we manage that aspect of our operations.

Currently, I chair our Community Affairs program, including the Emergency Preparedness Committee for Heritage Hills; Chair the operation of the Emergency Shelter; originated and conduct the Saint Luke's Food Pantry Food drives here, and work on our Toys-For-Tots program. I established a relationship with the American Red Cross for emergencies in our area, introducing the Smoke Alarm Program of the American Red Cross to Heritage Hills and the entire Town of Somers. In 2018 and the early part of 2019, more than 10% of Heritage Hills units received new smoke alarms at no charge. Suspended for two years during Covid-19, that program was restarted early this year.

I have served as Chairperson of our annual Art Show for the past 14 years and was President of the Heritage Hills Bowling League.

Within the Town of Somers, I serve on the Planning Board, the Somers Community Council, and the Telecommunications Task Force. I was instrumental in writing our Town's Police Reform Proposal for the State of New York and ran the 2020 Census effort for Heritage Hills and the Town of Somers. I helped bring Covid-19 vaccinations to homebound residents. I interface with the Town regarding operation of the Emergency Shelter. I interface with County Board of Elections for general election activities at Heritage Hills.

Within Westchester County, I have been inducted into the Senior Citizen's Hall of Fame.

If re-elected to our Society Board, I will continue to strive for transparency in all Board actions, and work to improve communication between the Society Board, Council of Condos, and the 30 individual Condo Boards.



MARK PACKER (Incumbent)

I moved to Heritage Hills in October of 2001. I have a B.S. degree in Business Management with a minor in chemistry. My professional career included Chief Executive Officers of a commercial metal finishing corporation, an architectural metal finishing corporation, and a commercial real estate corporation; and District Sales Manager for a major pharmaceutical corporation. I served in the military from 1962 to 1968 both in active and reserve capacities. I have been semi-retired since 2001 when I closed my business and moved to Heritage Hills. My multi-faceted experience in business and engineering, finance, planning, contract negotiations, bid proposals, labor management, design and implementation of manufacturing and engineering process, environmental controls, and regulations (E.P.A.), production controls and scheduling have all been invaluable assets in my present service on the Society Board. I am currently a member of my Condo Board serving on the Maintenance Committee. I also

served on the Architectural Control Committee of a homeowners association in southern Vermont. Before moving to Heritage Hills, I served on our Village Board of Directors, on the Planning and Zoning Board, and as Police Commissioner. My community service has included membership in the Masonic Order where I became Master of my lodge.

At Heritage Hills, I am an active member of the Woodcraft Club where I serve on the Board of Directors and have been president, vice president, and monitor during the years of membership. I am also a member of the 10-A-Men Club, Garden Club, Club Shalom, and an active participant in the Fitness Center.

Finally, I have been a member of the Heritage Hills Society Board of Directors for the past eleven years. I have served on the Audit, Transportation, Facilities, Planning, and Roads Committees. It has been a privilege to be a part of Society Board that, among other things, has added a new state-of-the-art Fitness Center, Lake Lodge, LED lighting, repaving of the Activities Center parking lot and road, where required. I hope I have the opportunity to continue to work for the residents of Heritage Hills and look forward to having your support. Thank you.

* * *



DOM RUBINO (Incumbent)

Currently, I serve as the Society Board President – for the past 3 years. Previously, I had served as Treasurer for 1-1/2 years.

I have also served as President of Condo 24 for seven years and have since retired from that position. I am very active as the Condo Vice President and the Maintenance Manager of our Condo Board. I'm a member of Council of Condos and belong to several groups and clubs in Heritage Hills which include Ciao Italia, Club Shalom, Continuing Education, Garden Club, and Ten-A-Men. I'm a member of Somers Seniors and the Katonah Library Discussion Group. Previously, I was Financial Chairperson for Saint Luke's Church for 10 years, was Council member at Grace Church in Yorktown Heights, and a Library Trustee in Harrison, New York.

I was born and raised in Harrison, New York and attended college at the State University of New York at Utica, New York, majoring in Accounting and Marketing. My wife Betty and I have three children and seven grandchildren. We moved to a private home in Somers in 1996 and into Heritage Hills in 2003.

My business career began in marketing with the Richardson-Merrill Company. I rose to the level of Sales Promotion Manager for Vicks Cold Products. In 1974, I purchased an interest in a major printing and mailing company in New York City, where my primary responsibilities were Human Resources and Marketing. I sold my interest and retired in 1994. In 1996, I was employed as a full-time consultant for a major marketing company in Greenwich, Connecticut. I retired in 2003.

* * *



DEICA RUIZ (Incumbent)

My husband and I have been residents of Condo 4 since 1997, having moved here from Bergen County, New Jersey to be closer to my office in Stamford, Connecticut. Born and raised in New York City, I attended Hunter College and subsequently went to work at Towers Watson, a human resource consulting firm, where I was an Executive Assistant to two chief executive officers, a chief operating officer, and a managing director over 39 years. My responsibilities encompassed all areas of administration, including internet research, meeting planning, and budget creation. I was fortunate to have had the opportunity to work with individuals at every level of the firm, to travel extensively within the United States and overseas, and to meet people from many cultures and walks of life. I retired from Towers Watson six years ago.

I have been a member of the Heritage Hills Society Board since 2018. I am a member of the Executive Committee, Secretary of the Board, and served on the Finance Committee, among others. The last 2-1/2 years have been challenging for everyone, but it has also been a gratifying time to be on the Society Board, and to work with so many dedicated individuals.

In addition to Society Board, I have been on my Condo Board for over fourteen years, twelve of those as President, and most recently as Maintenance Chair. I am a member of the Heritage Hills Library Committee, where I work with the volunteers and do much of the administrative work. Until recently I was a Mentor at the Somers Middle School.

I am enjoying retirement, balancing time with family and friends with volunteer work, walking the hills of Heritage Hills (and now Meadowlark Park) with our dog Charlie, and trying to give back in a small way to this lovely community.

* * *



ARTHUR SINGER (Incumbent)

In 2016 my wife Jean and I moved to Heritage Hills from the Town of Kent. While residing there, I was a member of the town's Planning Board, serving as its chairman for three years. Also, for several years I was a member of the Board of the Homeowners Association of the Sedgewood Club, located in Carmel, New York.

Jane and I are now both retired from our former full-time careers, she as Manager of the Picture Library at Scholastic Publications (formerly Grolier) in Danbury, Connecticut, and I as a Photographer/Graphic Designer at West Point Military Academy in West Point. My work there, spanning close to ten years, included documenting cadet military training exercises and preparing photographs for internal and external educational publications. That included the preparation of brochures and displays for exhibition purposes. Prior to that, I worked for almost twenty

years as Chief Photographer at the American Museum of Natural History in New York City, photographing historic artifacts for print publications and archival purposes in support of the Museum's mission as a preeminent scientific research institution as well as a world renowned cultural/educational destination.

Since moving to Heritage Hills, I have immersed myself in the life of the community. I served as a member of the Condo 20 Board of Managers for approximately two years, and currently I'm a member of the Woodcraft Club and the Garden Club. I have served on the Garden Club Compliance Committee and Bylaws Committee and am currently serving as Chairperson of the Club's Maintenance Committee.

I began attending Society Board Meetings on a regular basis simply to become better informed, long before I became a member of the Board in 2021. It was readily apparent to me that it requires considerable effort and dedication to maintain the community attributes and lifestyle that are so highly valued by most residents here – something that should not be taken for granted. As a current member of the Board, I have focused my attention on infrastructure-related work, which encompasses the maintenance of all Society buildings, recreational facilities, and the Maintenance Yard.

I believe that my diverse background as well as my analytical and problem-solving skills have effectively served the Society Board well. I would like to continue making contributions to this special community and hope I will be given the opportunity to do so.

* * *

HOME FIRE PREVENTION

By Terry Clifford

1. **Call 911** for all emergency situations.
2. **Install and test smoke alarms.** If you have not called the Red Cross to install / replace smoke alarms in your unit, do it today. They install smoke alarms with a 10-year battery for FREE (Call 845-673-1198) (see page ## for details). Smoke Alarms save lives. Smoke Alarms do not have to be hard wired to your ceiling to be effective.
3. Fully charged Fire Extinguishers must be in the kitchen, garage, and nearby when using your fireplace. Check them each year.
4. **A Fire Escape Plan** is necessary.
 - a. Each of our units has at least two exits. Break a window to escape a fire if necessary.
 - b. If you are in a two- or more-level unit or your unit does not have an easy escape because windows are too high off the ground, acquire fire escape ladders from either "First Alert" or "Kidde." These companies have two-story (13 or 14 feet) and three-story (25 feet) ladders. Contact Home Depot, Lowes, online shopping, or your favorite hardware store.
5. **Cooking** - Don't leave the kitchen stove top, or the outdoor gas grill when preparing meals. A few minutes can cause a fire in your home.
6. Your **fireplace** should be inspected and cleaned at least every three years even if you don't use it often. Rodents sometimes make nests at the top of your fireplace, and, if yours is a wood-burning type, flammable residue may adhere to the walls of the flue inside the chimney, depending on the type of wood you use.
7. **Space Heaters.** When using space heaters, keep them a minimum of two or three feet from walls, furniture, or other materials which burn. Turn off heaters when leaving the room and at bedtime.
8. If your unit has **heating panels** within the ceiling, please contact your management company if you see cracks, buckling, or other deformities in the ceiling.
9. **Use Gas Grills**, not charcoal. Keep grills several feet from the unit.
10. **DO NOT use water** on a grease fire.

Reminders:

- Our Heritage Hills Security Office located in the Fitness Center building should have a copy of your house key and emergency contact information. All staff members are trained EMT's, and you never know when you need them to enter your home either because you left your garage door open or a friend or relative has been unable to contact you.
- Provide a member of your family or close friend important contact information.
- Scan your insurance policies, birth certificates, wills, etc. to a flash drive and give it to a good friend or family member. Do not place any of this information in your bank safety deposit box.

HAIKU FOR MAY

Photo and verse by Sue Shea

May ushered more Spring
we have touch and color
Pink velvet tulips



HOW I WAS SCAMMED - PART 2

By Stan Herz Pearlman

In last month's issue I told of my ill fated misadventure in attempting to sign up for a popular streaming service. Somehow, I was misdirected to a "help desk" that was anything but. It was a scam! By following the directions I was given, I unwittingly turned over control of my cell phone to the operator. Instead of registering for the streaming service, I found a mysterious charge on my credit card and an unexplained gift card purchase on my Amazon account. I am not going into the details again, but I suggest you read last month's article if you have not done so.

Fortunately the fraudulent charges were easily reversed, but if the scammer gained cell phone access to my bank account, as she wanted, it would have been a different story.

The New York Times, on March 27, published a movie review on three films about people taken in by con artists. The title of the article was "The Victims of the Scammers Aren't Stupid. They're Human." That is how I felt. I have a financial background and I enjoy reading about frauds – *when the victims are others*. How could this happen to me?

I have arrived at three reasons:

First, the con artists are professionals. This is their fulltime job, and no matter how smart you think you are, you are dealing with careerists who are far more practiced than you are defensive.

Second, you are distracted. It is the same way a magician directs you to follow one hand while the deception is going on in the other. I thought I was correcting a streaming registration issue, and I did not even think about watching my back.

Third, and perhaps most frightening, the average person cannot keep up with all of the latest technology being used by scammers. Unknowingly, following instructions, I downloaded software called "AnyDesk" to my phone. That is what gave away access to the device.

Following this incident, I eliminated the downloaded software, changed any compromised passwords, and locked my credit card. But alas, I no longer automatically consider my cell phone the same faithful companion she used to be.

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CONTINUING EDUCATION CLUB LECTURES BY RICHARD CLINCHY

Text by Karl Milde, photo by Cheryl Milde



When Richard Clinchy smiles, he lights up the whole room. And he smiles often. He has addressed Heritage Hills audiences many times as guest lecturer for the Continuing Education Club's series, and this March he presented not one, but two lectures, filling the Heritage Room both times. In addition to the chocolates he shares with his audience he brings brain food. His topics this March were *Historical Parallel: 1850s to 2020s?* and *Contemporary Economics 101*.

Who is Richard Clinchy? He earned his BA from Hobart College and a MAT (Master of Arts in Teaching) in Political Science and American Studies from Boston College, then added graduate courses in Economics at Pace and SUNY Purchase. For thirty-two years he taught Economics, Government, and Law at John Jay High School where he was Faculty President for fifteen years. He coached the basketball, baseball, and softball teams at John Jay, and still coaches basketball at Valhalla High. Meanwhile, Richard served as Trustee on the Somers Board of Education for twelve years, seven of which he was vice president and then president, before running for Town Council in 2011.

Richard is a gifted teacher: articulate, organized, and enthusiastic. That's an unbeatable combination of qualities for getting his point across, especially when he laces them with humor as he often does.

In Richard's first lecture, the thesis – that civil war might break out in this country – improbable and even inconceivable as it seems, was well-researched and ably argued. There were the usual maps of the United States, blue on east and west coasts with red in the middle "fly-over" country, and a strange map showing the country broken up into five different parts. There were lists of differences between the blue and red areas, such as opinions on guns, abortion, racism, immigration policy and *culture*, with emphasis on the culture.

The second lecture focused on *productivity*, which is the key to increasing wealth. It included some astounding statistics. The United States Gross National Product last year was \$23 trillion as compared to \$94 trillion for the entire world. With only 3% of the world's population, the United States generated nearly 25% of the world's wealth. Although unemployment is currently at an all-time low at 3.7%, the rise and fall of the economy can have grave consequences for many. This became personal to Richard, when his father lost his job and desperately searched for a new one to provide for his family.

Endorsed by the Somers Republican Club as well as the Somers Democratic Party, Richard repeats the mantra he used when he first ran for the Somers Town Council: "Reasonable people can agree to disagree reasonably and respectfully and that is how progress comes about."

Richard Clinchy bills himself as "Available for guest speaking, morale building, grievance hearings, and contract negotiations." Take your pick. Richard can do it all.

WOODCRAFT CLUB ELVES

Text and photo by Martin Spar

Although its only spring, The Woodcraft Club has already started working on its annual handmade toy donations to the *Toys for Tots* program. No battery-operated gadgets, no LCD screens, no virtual anything here – just brightly-colored, handmade, old-fashioned wooden toys which stimulate a young child's imagination and let them be a race car driver, a budding artist allowed to color *outside* the lines, take a floppy-eared dog for a walk, fly a plane, and so on.



Under the direction of long-time Santa's chief elf, Doug Hager – seen above with Bill Christiano working in the background – the elves of the Wood Shop are busy sawing, sanding, gluing, assembling, and painting many different original and traditional toys; and many new models are in the works for this year's collection. We expect to complete the usual 120 to 130 toys, or more, in time for distribution at the year-end Holidays.

In years past, all the material for the toys, wood, paint, dowels, crayons, etc., has been donated by, or purchased by, members of the Club. This year, the Heritage Hills Society has most graciously offered to reimburse the club for the cost of all materials used in making the toys.

Thank you, thank you, thank you Society!

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HEALTH & SAFETY COMMITTEE MAY IS MENTAL HEALTH AWARENESS MONTH

By Mona Moriber, LCSW

A few weeks before Spring 2022 officially arrived there seemed to be a general relief and respite from COVID/Omicron fears and anxiety. However after two plus years of being hyper vigilant living our lives adapting to major lifestyle changes and uncertainty about each present moment and the future, there still remained apprehension about how to move forward. As we began the process of figuring that out, along came the unfortunate update about another variant in China and Hong Kong making its way to the United Kingdom and other European countries, with the real possibility that it was heading here. In fact it's already here even though the numbers remain relatively low.

Many are feeling the stress and strain from the effects of the devastation and loss from the war in Ukraine. This may illicit guilty feelings. How can we justify our own distress compared to those suffering in Ukraine?

That said, the question of how and when to move forward may cause more anxiety as we seek answers about what to do next. Information from the CDC and other medical experts on how to live our lives "safely" can be confusing. Mandates including social distancing and wearing masks that have potentially kept us safe from Covid have been lifted as everyone is moving forward at their own pace in their own way. Vacation planning, air travel, and indoor dining are on the rise.

As we welcome the hopeful Spring season, many still struggle with depression and anxiety which present with both emotional and physical symptoms. Signs of depression may include isolating oneself, frequent negative thoughts and recurring feelings of sadness, loss of appetite, change in sleep patterns, and fatigue. Signs of anxiety may include increased heart rate, racing thoughts, muscle tension, and excessive worry. And stress – defined as a state of mental or emotional strain or tension resulting from adverse or very demanding circumstances – has taken its toll on many.

May has been designated as *Mental Health Awareness Month*. Take this time to pause, take deep breaths, and practice being more mindful as you move thru each day. If you recognize you've been experiencing signs of depression and anxiety and are feeling stressed, there's no need to struggle alone. There are many Mental Health resources available online or thru referrals from your Primary Care Physician.

Thich Nhat Hanh, Master Buddhist Teacher, and Peace Activist, has said:

When we are mindful, deeply in touch with the present moment, our understanding of what is going on deepens and we begin to be filled with acceptance, joy, peace and love.

* * *

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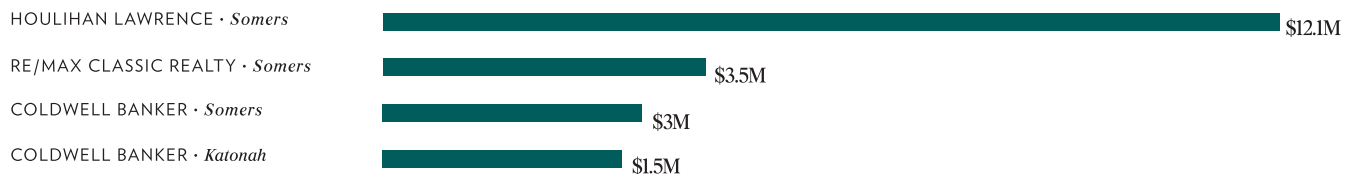


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Source: OKMLS, 1/1/2022 – 3/31/2022, Condominiums, total volume sold by office, city/town Somers

THE BOOK SHELF

By Cindy Kennedy

Taste, Stanley Tucci's delectable memoir, is aptly subtitled "My Life Through Food." The award-winning actor's celebration of Italian cuisine and culture is a veritable feast.

A Westchester native, Tucci, along with his two younger sisters, grew up in Katonah. Both sets of his grandparents, who had immigrated from Calabria, lived nearby. "Food, its preparation, serving, and ingesting," he notes, "was the primary activity and the main topic of conversation in my household growing up."

Tucci's parents had worked at Horace Greeley High School in Chappaqua, where his father Stanley Sr. was head of the art department, and his mother Joan was the school's office secretary. Tucci maintains that his mother's cooking, "like that of any great cook or chef, is proof that culinary creativity may be the most perfect art form." While his classmates' lunch boxes likely contained a peanut butter sandwich, his often included an eggplant parmigiana wedge or a chicken cutlet on homemade bread.

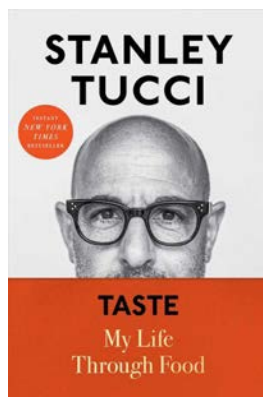
When Tucci was 12, the family moved to Italy for a year as his father took a sabbatical leave to study at the renowned Accademia di Belle Arti in Florence. Tucci was enrolled in an Italian school where he learned to speak the language fluently. His opportunity to live in Italy further cemented his interest in Italian culture and cookery.

Interspersed in the narrative of *Taste* is a bounty of recipes from a simple *Frittata* to the hearty *Ragu Tucci*. (Reader beware: If you weren't hungry at the beginning of *Taste*, you will be at its conclusion.) The most elaborate recipe in the book is *Timpano*, the over-the-top concoction Tucci had made famous in his breakout film *Big Night*. Not for the fainthearted, *Timpano* – "a baked drum of pastry-like dough filled with pasta, ragu, salami, various cheeses, hard-boiled eggs, and meatballs" – is a Tucci family favorite served for Christmas dinner.

In *Taste*, Tucci describes his gastronomic experiences around the globe from Iceland and France and now to London where he lives with his second wife and young family. He expresses how his culinary interest has sustained him through turbulent times, including the untimely passing of his first wife.

Without self-pity, Tucci succinctly relates his battle five years ago with an oral cancer that had rendered him unable to eat for several months. Now fully healed, Tucci has embarked on a new chapter in his culinary journey. The second season of his acclaimed CNN documentary series *Stanley Tucci: Searching for Italy* is slated to air this spring.

(Note: *Taste* 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.)



HOW DOES YOUR GARDEN GROW? TIME TO PLANT THE TOMATOES

By Karl Milde

Mother's Day is Sunday, May 8. In addition to finding just the right flowering plant for Mom, it's time to start planting your own garden. You can repeat what you did last year – a path that's tried and true – but you might want to experiment a bit and try planting something new.

You know you want to plant tomatoes. The varieties you chose last year did very well, but perhaps you'd like to look and see what else is out there.

Before jumping in and choosing randomly from the descriptions given by growers, take a moment to learn the basics. There are a huge number of tomato varieties, with a wide range of colors, sizes, flavors and uses. How do you know which variety will be best for your garden and your plate? Here are some things to consider:

Plant types and Sizes

Determinate or Indeterminate

The differences between these types were explained in this Column in the July 2020 issue of the Newsletter, which can be seen on the Society website at hhsociety.org. Determinate tomato plants are like bushes that grow three or four feet high, produce for about two or three weeks, and then stop. Indeterminate tomato plants are like vines that keep growing and producing during the entire growing season.

You may see "dwarf" or "compact" on a tomato plant tag. These can be either Determinate or Indeterminate, but they are ideal for containers or hanging baskets.

Hybrid vs. Heirloom

Hybrid tomato plants are those that have been crossbred to take advantage of the best traits of each parent. These traits might include greater disease resistance, faster maturity, or higher yield. Plant breeders may have done the cross-pollination to create the hybrid, or a hybrid can occur naturally, thanks to bees and other pollinators.

Heirloom tomato plants are open-pollinated (they rely solely on insect pollination) and the variety must be at least fifty years old. Some have a rich history passed down through cultures or families.

Tomato Uses

Cherry or grape tomatoes are great for salads, kebabs, and frittatas. They also make good snacks. Medium to extra-large, round, and juicy tomatoes are ideal for sandwiches. These include the huge "beefsteak" tomatoes as well as the more moderately-sized varieties.

The tomato varieties used for sauces and pastes are extra meaty and dense. Some friends of ours get together as a family every year to make gallons of tomato sauce from the San Marzano variety of plum tomatoes. It's a process that takes a whole day, but you just can't buy a better sauce.

Now that you know the tomato basics, you can head for a nursery and make an intelligent choice. There's nothing like growing your own.

FIT-BITS

By Mary Tedesco

THE IMPORTANCE OF RANGE OF MOTION

Range of motion is how far you can move your joints in different directions. Active range of motion exercises help improve joint function and stability. Movement helps reduce pain in your joints and helps keep your joints flexible. Movement also helps you become stronger and improves balance.

John and I see a lot of residents who do not use their full range of motion in an exercise. Lifting heavier weight with less range of motion does not help your body mechanics. Instead, it puts way too much stress on the joints and usually the back as well.

Loss of strength and active movement may over time lead to stiffening of the joints and shortening of the muscles. As a result, the affected muscle group can no longer move through a full, natural, normal range of motion that is beneficial as we age.

Bending, straightening, opening up, closing, twisting in, and twisting out without forcing are all super important.

Ways to test your range of motion:

1. Neck – simply touch your chin to your sternum.
2. Shoulders – raise arms up overhead or do shoulder circles front and back.
3. Low back – bend forward at the waist.
4. Knee – sit up straight in a chair and extend the leg out straight as much as you can.
5. Ankle – sit in a chair and point your toes and flex your foot.

When weight training, be sure to use full range of motion. For example, in a bicep curl start with the weight down at your sides and curl it all the way up to shoulders. Doing half or a quarter of this is not full range of motion.

* * *



Submitted by Elizabeth Royston

As the theme for our first dinner in a very long time, the members of the Culinary Club decided on Cuban cuisine. The tortilla in this recipe could be served as an appetizer, breakfast, or brunch. Happy cooking!

TORTILLA DE PLATANOS MADUROS

(Fried Ripe Plantain Omelet)

Serves 6

INGREDIENTS

- 1/2 cup olive oil
- 2 garlic cloves, peeled and lightly crushed
- 3 large ripe plantains, peeled and cut into diagonal 1-inch-long slices
- 6 to 8 extra large eggs
- 1 tsp. kosher salt
- 1/2 tsp. ground pepper

DIRECTIONS

1. Heat the oil over medium heat in a 10-inch skillet. Add the mashed garlic and cook until golden all around, 1 to 2 minutes. Remove the garlic from the oil and discard.
2. Add the plantains and cook until they are a deep amber with black edges. Remove the plantains from the skillet and drain on a plate lined with paper towels. Set aside.
3. Beat together the eggs, salt, and pepper in a bowl. Stir in the fried plantains. Pour all but about 1 Tbps of oil from the skillet and return it to medium heat. Add the egg mixture to the skillet and cook until the eggs begin to set and the underside is lightly browned. Check that underside is loose from the skillet.
4. Remove the skillet from the heat and cover it with a large plate. Holding the plate down firmly, quickly turn over the skillet so that the tortilla slides out onto the plate.
5. Return the skillet to medium heat and add additional oil if needed. Slide the tortilla back onto the skillet and cook on the other side an additional 3 to 5 minutes or until it reaches the desired degree of doneness.
6. Flip the tortilla one more time onto a serving plate. Serve at room temperature either sliced into wedges for individual portions or cut into squares as an appetizer.

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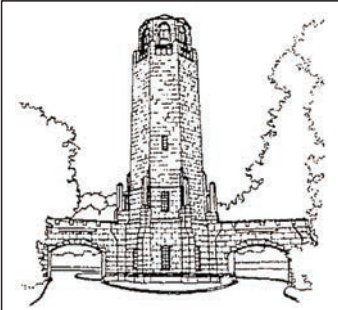
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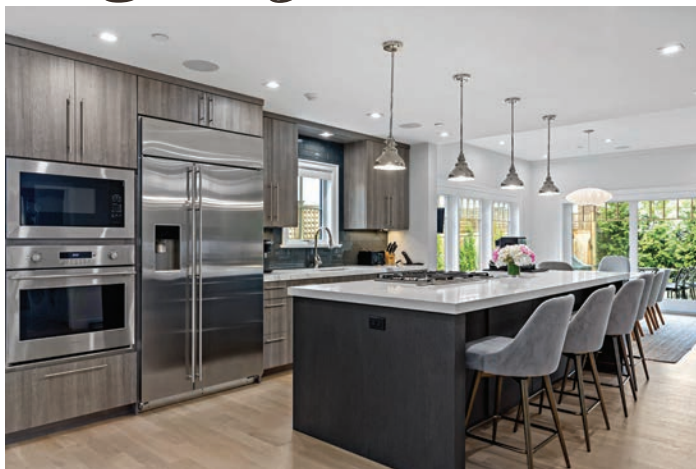
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Hearing aids do not restore natural hearing. Individual experiences vary depending on severity of hearing loss, accuracy of evaluation, proper fit and ability to adapt to amplification. *Our hearing test and video otoscopic inspection are always free. Hearing test is an audiometric test to determine proper amplification needs only. These are not medical exams or diagnoses nor are they intended to replace a physician's care. If you suspect a medical problem, please seek treatment from your doctor. **If you are not completely satisfied, the aids may be returned to the store of purchase for a full refund within 45 days of the completion of fitting, in satisfactory condition as determined by Miracle-Ear. Fitting fees may apply. See store for details. †Limited warranty, see store or miracle-ear.com/warranty for details. Not valid on Level 1 Solutions. ††Cleanings and in-office service are always free. See store for details.



MARTHA "MARTI" LOWENFELD

Real Estate Associate Broker, CRS, SRES

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Total units sold by OneKey/HGAR MLS agents from 1/1/2022 to 4/10/2022

	2022	2021	2020	2019
TOTAL SOLD	46 (\$276,000-\$785,000)	29 (\$305,000-\$690,000)	26 (\$249,500-\$670,000)	27 (\$247,000-\$610,000)

Various units sold by MLS agents from January 1 to April 10, 2022

1 BEDROOM

ADAMS	\$280,000; \$316,000; \$310,000	FRANKLIN	\$295,000; \$295,000; \$276,000	RADCLIFFE	\$525,000; \$480,000
AMHERST	\$451,000	GUILFORD	\$412,500	SUFFOLK	\$359,000

2 BEDROOM

ARMONK	\$465,000; \$479,000; \$495,000; \$578,000	CONCORD	\$512,500; \$465,000; \$485,000; \$425,000	MONROE	\$459,000
CANAAN	\$472,500; \$485,000	FAIRVIEW	\$520,000	SALEM	\$497,500
COLGATE	\$525,000	LINCOLN	\$352,500; \$410,000	SOMERS	\$450,000
		LITCHFIELD	\$393,025	STRATFORD	\$525,000; \$535,000; \$475,000

3 BEDROOM

COLUMBIA	\$785,000	JEFFERSON II	\$655,000	SHERMAN II	\$740,000; \$699,000
CROTON I	\$575,000	SHERMAN I	\$560,000; \$660,000	YORK	\$470,000
CROTON II	\$645,000		\$710,000; \$563,000;		
JEFFERSON	\$450,000		\$631,000; \$633,000		

Wonderful Group For Charitable Donations (Message from GreenDrop)



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888.944.3767 / GoGreenDrop.com

GreenDrop works on behalf of our partner charities; the American Red Cross, the Military Order of the Purple Heart, and the National Federation of the Blind. We raise critical funds for their causes through the generation and collection of donated clothing and household items.

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

Thank you, Marti

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