



# 2024

THE OFFICIAL  
*Heritage Hills Newsletter*

JANUARY 2024



*Happy New Year!*



# Heritage Hills Society Information

Address ..... 8 Heritage Hills, Somers, New York 10589  
Website ..... [www.hhsociety.org](http://www.hhsociety.org)  
Television ..... Channel 21

## CONTACT INFORMATION - EMAIL

Society ..... [society@hhsociety.org](mailto:society@hhsociety.org)  
Activities Office ..... [activities@hhsociety.org](mailto: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 Center** ..... Group instruction and free time are scheduled by the Activities Office at 914-276-2908  
**Library** ..... Monday thru Friday 10 am to 3 pm, Saturday 10 am to 1 pm  
**Fitness Center & Gym** ..... Daily 4 am to 11 pm  
**Lake Lodge** ..... 9 am to 11 pm  
**Meadowlark Park** ..... Dawn to Dusk  
**Park Place** ..... Dawn to Dusk

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

#### Goldens Bridge MetroNorth Station Trips

Morning to/from: (out only) 5:15, 5:45, 6:45, and 7:45 - **Reservation Required**  
Evening **PICK-UPS ONLY**: 4:45, 5:35, 6:35, 7:35 and 8:35 - **No Reservation**

#### Midday Trips - Reservations Required

To/From Activites Center, Lake Lodge, Meadowlark Park, and o,, site, including Goldens Bridge MetroNorth Station  
**Outbound**, hourly 8:45 am to 12:45 pm  
**Inbound**, hourly 9:10 am to 1:45 pm (last train station pick up 12:45 pm)  
To/From Pools 2 thru 5 / Tennis areas  
**To**: 8:45 am (pool 4), hourly, 9:45 am to 1:45 pm  
**From**: Hourly from 9:10 am to 2:10 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 a t noon
- Delivered to home-bound, Monday thru Friday  
Meals leave Van Tassell 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](http://medicare.gov)

#### Medicare Rights Center - 800-333-4114

#### EPIC - 800-332-3742

New York State Senior Prescription Reduction

#### 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 Kobro,, 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 RECOMMENDED IN ALL SOCIETY BUILDINGS. INDIVIDUAL CLUBS/GROUPS MAY REQUIRE MASKS AND/OR PROOF OF COVID VACCINATION/BOOSTERS TO ATTEND THEIR RESPECTIVE EVENTS, AND ARE RESPONSIBLE FOR CHECKING ATTENDEES' PROOF THEREOF.**

**FOR INFORMATION ABOUT THE HOSTS OF THE BELOW EVENTS, SEE THE ACTIVITIES / CLASSES / CLUBS SECTION OF THIS NEWSLETTER. WHEN GUESTS ARE WELCOME, UP TO FOUR PER UNIT ARE ALLOWED**

## 10 A MEN CLUB

*By Mike McBride*

### WEEKLY MEETING SCHEDULE

**Wednesdays at 10 am in the Heritage Room**

#### January 3 - Open Session

Self introductions to the group

#### January 10 - Alvin Grant

ADT Security Systems Consultant

#### January 17 - Robert Scorrano

Somers Town Supervisor

#### January 24 - Dr. Wenthen

Keyhani Eye Associates

#### January 31 - Gary Parker

HH resident - Real Estate Updates

All adult residents are welcome. Women are encouraged to attend. Doors open at 8:30 am. \$2 admission. Bagels and coffee are available until 9:45 am. Folks walk around and chat between 8:30 and 10 am, when the Pledge of Allegiance is said. That is followed by speakers and discussions until 11 am.

Come join us to meet your neighbors, ask questions, and find out what is happening in Heritage Hills and around Somers. As always, we respect, welcome, and listen to all.

\* \* \*



*By Joyce Spector*

If you have questions regarding the following events, call Alan Tepper at 914-342-3279 or email him at [astepper@gmail.com](mailto:astepper@gmail.com).

### TRIVIA CONTEST

**Sunday, January 14, at 1 pm in the Activities Center**

Our Trivia Contest is back! Jewish as well as popular trivia questions will be featured. We are planning tables of six people; each table will

### HERITAGE HILLS NEWSLETTER COMMITTEE

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

play as a group. If you don't have six people, we will assign people to your table. Prizes will be awarded. Light refreshments will be served.

Admission is \$15 per person. **By January 10** place your checks in our mail slot including your name, phone number, and address. If you want to sit with friends, place your reservations in one envelope. Walk-ins are welcome as space permits.

### FREE MOVIE - DOUBLE FEATURE

**Sunday, February 11, at 1 pm in the Activities Center**

Please Join us to view:

*To Be or Not to Be*

A Hollywood film of the boldest black humor, which went into production right before the United States entered World War II. The director manages to brilliantly balance political satire, romance, slapstick, and wartime suspense in a comic high-wire act that has never been equaled.

*The Jewish Journey: America*

A documentary that details both lesser known and European immigrations to America, with interviews and many immigrants detailing their varied experiences.

We will be serving light snacks. Seating is auditorium style. Admission is Free. Walk-ins are welcome as space permits.

\* \* \*

### ON THE COVER

On December 7, when what was supposed to be a few flurries turned into a half-hour mini-blizzard, Cheryl Milde seized the opportunity to capture this image of a resident's decorations covered with this winter's first snowfall.

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## PHOTO CLUB IS BACK

Friday, January 12, from 2 to 3:30 pm in Activities Center Room 2

The Photo Club is restarting with this meeting of all those interested in participating, regardless of level of experience with photography. We will discuss details of the club, such as presentations by members or outside experts; a photo of the month contest; and participation in the annual Resident Art Show. Going forward, meetings will be once a month on the second Friday of each month from 2 to 3:30 pm in Room 2, where we will display our photos.

If you have any questions, contact Myra Hopper at [myrahopper@gmail.com](mailto:myrahopper@gmail.com).

\* \* \*

## MORNING DISCUSSION GROUP

By Ken Benjamin



### ON BEING BLACK AND LIVING IN SOMERS -SPECIAL THIRD ANNUAL MARTIN LUTHER KING DAY EVENT

Monday, January 15, from 9:30 to 11 am in the Activities Center Room 2-3

Join Dr. Patricia Adams and other panelists as they discuss their experiences living in Somers. Are we making progress or moving backwards?

For more information, call Ken Benjamin at 914-617-9817.

\* \* \*



### TED TALKS AT HERITAGE HILLS

By Karl Milde

Friday, January 19, from 3 to 5 pm in the Heritage Room

Join hosts Ami Stokhamer and Karl Milde, both Heritage Hills residents, as they lead open discussions after viewing each of the following insightful, thought-provoking videos:

*How "Second Chance" Laws Could Transform the US Justice System*, by Sheena Meade

*The US is addicted to incarceration. Here's how to break the cycle*, by Robin Steinberg and Manoush Zomorodi

This event is FREE for all residents. Light refreshments will be served. For further information, call either Ami at 914-486-9677 or Karl at 914-342-3068.

Save the date: Friday, February 16, same time and place, for the next TED Talks event.

## TENNIS COMMITTEE

By Dena Goldstein

### WINTER MIXED TENNIS SOCIAL

Saturday, January 20, from 7 to 10 pm At Mount Kisco's Chestnut Ridge Raquet Club

Tennis players and non-tennis players are welcome. Dinner is served with light drinks. It is a great evening of tennis and socializing. Come join us. The cost is \$60 for tennis players and \$30 for non-tennis players. Sign-up sheets are available in the Activities office.

If you have any questions, I can be reached by telephone at 914-589-3560 or by email at [denagoldstein17@gmail.com](mailto:denagoldstein17@gmail.com).



By Cheryl Milde

## COMMUNITY NEWS

**WHEN WALKING ON OUR ROADS, ALWAYS WALK FACING TRAFFIC, SINGLE FILE, HUG THE CURB, AND WEAR BRIGHT CLOTHING**



### SOCIETY BOARD NEWS

Compiled by Susan Statkowski-Rivalsi

#### FITNESS CENTER POLICY

**Shoes:** You are required to change from outdoor shoes to sneakers in the vestibule area before entering the Fitness Center and Gym. This is to protect the equipment from salt, mud, etc. and also for safety reasons.

**Winter coats and bags:** You are required to store them in the locker rooms. Do not bring them into the Fitness Center, as they pose a safety hazard.

\* \* \*

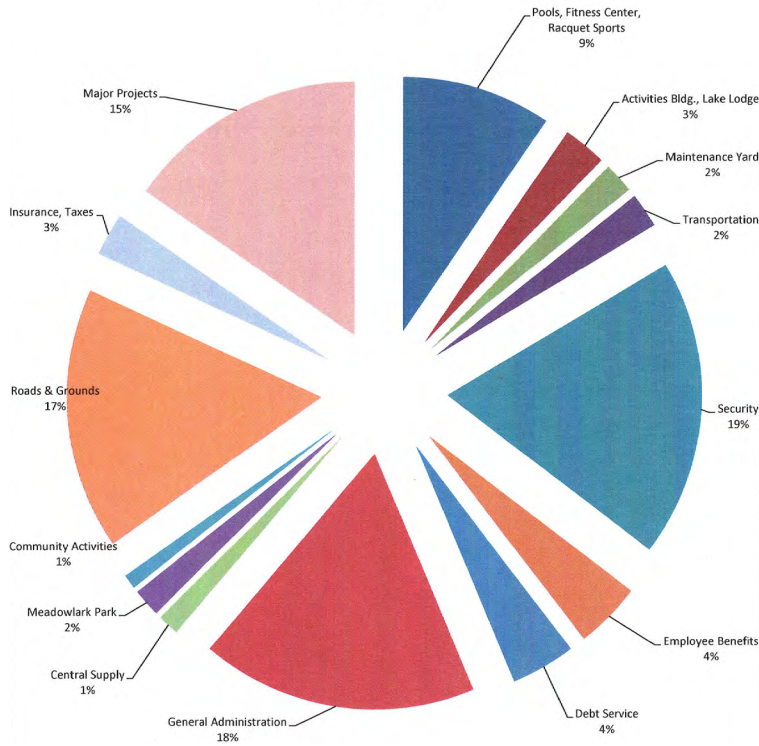
#### DECEMBER 13 SOCIETY BOARD OF DIRECTORS MEETING

The summary of this meeting will be published in the February issue. Meanwhile, a video of that entire meeting can be seen on the Society Board's website and on Comcast's channel 21 daily at 2 and 7 pm. The full transcript of that meeting's Minutes will be posted on the website after approval at the February 22 Society Board meeting (there will be no January Society Board meeting).



**HERITAGE HILLS SOCIETY BOARD 2024 BUDGET**

At the November 15, 2023, Society Board meeting, Treasurer Gene Archer presented the Budget Committee's 2024 Budget, which the Board approved.



|  |                              |
|--|------------------------------|
| Pools, Fitness Center, Racquet Sports. . . . . | \$ 593,265                   |
| Activities Building, Lake Lodge . . . . .      | 171,500                      |
| Maintenance Yard . . . . .                     | 122,563                      |
| Transportation . . . . .                       | 137,900                      |
| Security . . . . .                             | 1,183,323                    |
| Employee Benefits . . . . .                    | 262,689                      |
| Debt Service . . . . .                         | 254,048                      |
| General Administration. . . . .                | 1,097,214                    |
| Central Supply . . . . .                       | 85,000                       |
| Meadowlark Park . . . . .                      | 110,500                      |
| Community Activities . . . . .                 | 56,700                       |
| Roads & Grounds . . . . .                      | 1,039,469                    |
| Insurance, Taxes . . . . .                     | 169,750                      |
| Major Projects . . . . .                       | 961,189                      |
| <b>TOTAL . . . . .</b>                         | <b>\$6,245,110 . . . . .</b> |

**SUMMARY OF TREASURER GENE ARCHER'S PRESENTATION**

- **Facilities:** It costs \$581,000 (approximately 9% of the budget) to keep the following facilities open day-to-day (lighting and heating/air conditioning): Activities Center, Fitness Center, Lake Lodge, Maintenance Yard, and Park Place in Meadowlark Park.
- **Seven "big-ticket" items:**
  - **Security** is roughly 18.9% of the budget. This is less than this year's amount.

- **General Administration**, roughly 17.5% of the budget, includes personnel/staffing, accounting fees, management fees, professional services, office equipment, etc.
- **Road and Grounds:** 17% of the budget, includes electric (lights), road signs, drainage pond maintenance, landscaping/snow removal, etc.
- **Pools:** Roughly 6% of the budget (approximately \$391,000) will be spent to open and maintain the pools throughout the season.
- **Employee Benefits:** Roughly 4.2% of the budget.
- **Insurance:** Roughly 2.6% of the budget.
- **Transportation:** Roughly 2.2% of the budget.
- **Matters to be addressed in 2024:**
  - **New card access system for facilities** .There are currently about 8,100 cards out there, but there are only about 5,000 residents, so that needs to be addressed. We've budgeted \$20,000 for the new system.
  - For **Storm Water Management** we've budgeted \$125,000 and for incremental Road Paving (1/2 mile per year) and Catch Basin Maintenance we've budgeted \$350,000.
  - For **New Fitness Center Equipment** we've budgeted almost \$47,000.
  - For **Meadowlark Park**, we've budgeted \$110,000, as we continue to focus on trail enhancements/paving and ultimately connecting all trails.
  - **Pool #3** repairs may be approved by the Westchester Health Department.
  - A new **Shuttle Bus** will be purchased (almost \$70,000).
  - **New Website Development** will cost us roughly \$15,000.
  - At **Lake Lodge**, to replace the second roof section we've budgeted \$65,000.

The complete 2024 Budget can be found on the *HHSociety.org* website. Go to Heritage Hills Society, Board Meetings & Documents. It can be found near the bottom of the page.

\* \* \*

**NOVEMBER SECURITY CALL REPORT**

*By Paul Cirillo, Prosegur Security*

During the month of November, our Security staff received and responded to a total of 238 calls regarding the following matters:

|                             |    |
|-----------------------------|----|
| Medical. . . . .            | 71 |
| Security . . . . .          | 56 |
| Open Garage Doors . . . . . | 22 |
| Burglar Alarms. . . . .     | 10 |
| Fire Alarms . . . . .       | 6  |

*continued on page 6*

|                         |    |  |
|-------------------------|----|--|
| Service .....           | 59 | (40 lift assists, 9 persons locked out, and 10 welfare checks) |
| Maintenance.....        | 3  |  |
| Parking Violations..... | 7  | (in handicapped spaces, fire lanes, A roads, or B roads)       |
| Hospital Runs.....      | 4* |  |

\*When ambulances are stretched thin and don't have an EMT on board, one of our staff rides in the ambulance.

**COUNCIL OF CONDOS**

*By Terry Clifford*

The following Condos attended November's meeting, 3, 4, 5, 6, 7, 8, 11, 12, 14, 15, 17, 18, 19, 21, 22, 23, 24, 25, 26, and 29.

**Louise Squitieri, Council of Condos President**, after welcoming all attendees, proceeded to say "this Holiday Season, we should give thanks for the wonderful community in which we live." She wished a happy holiday and good health to you and yours.

**Dom Rubino, Society President** began his talk by saying folks ask him why he works so hard for our community. He explained, "Because I love our community and want to give back."

Important Factors

- Society finances ended in decent shape.
- Since we paid our employees during the Covid shutdown, the federal government granted Society a sizeable check which added to our solvency.
- The By-Law which requires new unit owners to pay a fee to Society upon closing has netted Society \$75,000 since July of 2023. The expected closing revenue for 2024 is \$150,000.
- Our 2023 Budget allowed for tennis court refurbishment, upgrades to the Fitness Center: a new boiler, and roof repairs, and repair to drainage areas alongside our roadway caused by the July 2023 super rainstorm.
- Negotiations with Prosegur Security and Westchester Properties resulted in lowering contracted cost for 2024.
- It cost Society \$38,000 for the yellow striping on the thirteen miles of our main roadways and the speed hump markings.
- A resident donated ten Cherry Trees to Meodowlark Park.
- The Society Board passed a 2024 budget of \$6,246,000, requiring a 2024 fee increase of 3.5% for unit owners.
- 2024 expenses include: Needed remediation of Pool 4 and Pool replacements soon.
- User friendly upgrades to the Society Website are in the planning stage. The new Communication Chair is requesting volunteers to assist with this endeavor. Contact the Society Office if you are interested in joining this committee.
- Halston Media, the new publisher of the *Heritage Hills Newsletter*, contracted with Society to receive an 80/20 split of revenue from ads.
- Security is placing speed indicators throughout our community. Please obey the thirty mile per hour speed limit within our community.

- Walkers should walk in a single file and wear bright colored and/or reflective clothing. We have narrow winding roads and driver site lines are difficult.

**Willow Wood Update:** Article 78, submitted to the Courts in October, has not been decided by Putnam County Court. The Somers Land Trust noted professional environmental studies were not made for the Gun Club's planned expansion. An independent environmental study completed by The Somers Land Trust and ground contamination on the adjoining property.

**CAI Update:** The Hudson Valley Community Association Institute will offer free Condo related classes at Heritage Hills. The 30 Condo Presidents in Heritage Hills received a survey to share with their Board Members and return to [tcperson3@gmail.com](mailto:tcperson3@gmail.com).

**Be informed send a representative to attend the Wednesday, January 17 meeting of the Council of Condos in the Activities Center Heritage Room at 7 pm.**

\* \* \*

**HEALTH & SAFETY COMMITTEE**

*By Eileen Plastino*

**FILE OF LIFE**



The File of Life (FOL) includes a card inside a magnetic plastic holder - for mounting it on the refrigerator door - and a smaller card for keeping in one's wallet. Each card lists one person's name, emergency medical contacts, allergies, medications and dosages, special conditions, doctors' name(s), and a place to note a Health Care Proxy location.

The FOL is designed to help fire department and emergency medical services personnel obtain your medical history in a medical emergency. Each person living in the house should have their own up-to-date FOL.

A door sticker is included and is placed on a window panel beside the front door so emergency services personnel know there's a FOL on the refrigerator door.

Free FOL packets are available in the Activities, Society, and Security offices.

\* \* \*



**COMMUNITY THEATRE**

*By Muriel Millstein Weiss*

It's that time again and our resolution is to make 2024 the best year ever. We are working on plans for our two main stage plays along with several other surprise events during the year. Stay tuned for future updates.

Wishing everyone good luck with their resolutions.





**CIAO ITALIA**

Submitted by Michael Lanotte

**2024 MEMBERSHIP**

Membership flyers are available at the Activities Office. You can also print the form from the email blast sent by the Activities Office. You must fill out the information requested at the bottom of the flyer. Membership dues is \$12 per person.

Look for Ciao Italia flyers, email blasts, TV notices, and this *Newsletter* for all 2024 events from April to December. **NOTE:** You must be a Member to attend all "Members Only" events during the year - no exceptions!

Wishing all a Healthy Happy New Year.



**FRIENDS IN THE HILLS**

By Deborah Ferrara

Friends in the Hills thank all our members for making our first year a huge success. We will be taking a hiatus until May 2024. Keep an eye on the monthly Newsletter for our upcoming events when we return.

New 2024 Membership forms are available now in the Activities Office. If you would like to be a member this year, fill out the bottom part of the form, put it in an envelope with your check, and drop off in the "Friends in the Hills" mail slot. Membership is \$10 per person

The board is hard at work planning another fun year! Mark your calendars for the following dates: Friday, May 10, Saturday, June 1, and Friday, July 12.

Have a safe and healthy Winter!



**TRAVEL CLUB**

By Elaine Soliman

Welcome 2024 and a Happy New Year to All!

We are busy planning adventures for 2024 and excited to visit some new sites. Costs for trips have excelled, and we are trying our best to be very cost conscious.

Mark your calendars for our first trip for 2024 on May 8, when we'll journey to the Middle Ages to The Met Cloisters in Fort Tyron Park, New York. Details will be forthcoming.

Every year the Travel Club makes donations to various community organizations. This past year we donated to the Somers Volunteer Fire Department, Heritage Hills Library, Putnam Humane Society, and Saint Luke's Somers Food Pantry.

Our Travel Club is open to all residents. We are looking forward to our new travel year. See you on the road!!



**Hlibrary**



**NOTABLE 2023 BOOKS**

This past year, the Library added dozens of books which have appeared on 2023 Notable Books lists. Noteworthy fiction titles include *Birnam Wood*, by Eleanor Catton; *The Covenant of Water*, by Abraham Verghese; and *The Fraud*, by Zadie Smith. *The Wager*, by David Grann, and *King*, by Jonathan Eig, are among the prominent non-fiction books we have added to our collection.

Our selections for January include three *New York Times* 10 Best Books of 2023: *North Woods*, by Daniel Mason; *The Bee Sting*, by Paul Murray; and *Master Slave Husband Wife*, by Ilyon Woo.

**BOOK REVIEW**

A book review of James McBride's acclaimed novel *The Heaven & Earth Grocery Store*, which Barnes & Noble has deemed its "Book of the Year," is on page 35. This review marks ten years that Cindy Kennedy has been writing reviews for The Book Shelf column.

**NEW ADDITIONS TO OUR COLLECTION IN JANUARY**

To reserve any of the books listed below, please stop by or call the Library at 914-276-7655.

**Fiction**

- Albom, Mitch. .... *The Little Liar*
- Due, Tananarive. .... *The Reformatory*
- Enright, Anne ..... *The Wren, the Wren*
- Grodstein, Lauren ..... *We Must Not Think of Ourselves*
- Harding, Paul ..... *This Other Eden*
- Mason, Daniel. .... *North Woods*
- Murray, Paul ..... *The Bee Sting*
- Steel, Danielle ..... *The Ball at Versailles*

**Mystery**

- Clark, Martin. .... *The Plinko Bounce*
- Cook, Robin. .... *Manner of Death*
- Herron, Mick. .... *The Secret Hours*
- Lawhon, Ariel ..... *The Frozen River*
- Morrison, Robbie. .... *Edge of the Grave*
- Robb, J. D. .... *Playback in Death*

**Non-Fiction**

- Posnanski, Joe ..... *Why We Love Baseball*
- Woo, Ilyon ..... *Master Slave Husband Wife*

**WOMEN'S CLUB**

*Submitted by Phyllis Bradbury*

The Women's Club does not meet in January; however, we look forward to your joining us in the Heritage Room in February. Flyers with more information will be available in the Activities Center.

In 2023, our events included a Wine & Cheese Party, Irish program (with a sing-along), Bingo, and a performance by a very entertaining dance group. We also hosted two luncheons – one in the Spring and a Harvest Luncheon in the Fall. Both were held at local restaurants and very well attended. We thank members for their support and welcome any program suggestions.

Currently there are openings on the Women's Club Board. We meet once a month in the Activities Center. If you are interested in joining the Board, please contact President Rose O'Donnell at 914-276-4204.

If you have any membership questions, Membership Chair Alfreda Savarese, at 914-617-2007, will be happy to speak with you.

Wishing everyone a Happy Holiday.



**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.



EMAIL ADDRESS: [HHillsNewsletter@gmail.com](mailto: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.**

**Heritage Hills Resident Realtor with 20+ years of experience and looking forward to meeting you!**

**EMAIL, TEXT OR CALL ME:**

- if you would like information on the exceptionally great contractor who renovated my kitchen
- if you'd like to receive my Heritage Hills real estate updates, or have any real estate questions or needs

**YVONNE COHEN**  
Associate Broker/Coldwell Banker Realty  
Northern Westchester Putnam County Regional Office  
338 Rte 202 Somers, NY 10589  
[yvonne.cohen@cbrealty.com](mailto:yvonne.cohen@cbrealty.com)  
**c: 914-572-7829**




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**Westrock Window Design**  
Established 1979 Somers Resident

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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](http://miracle-ear.com/warranty) for details. Not valid on Level 1 Solutions. ††Cleanings and in-office service are always free. See store for details.



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**GENERAL CLUB/CLASS INFORMATION AND  
REGULARLY OCCURRING ACTIVITIES**

Produced by the Activities Office

Phone: 914-276-2636 or go to Activities at [hhsociety.org](http://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](mailto:activities@hhsociety.org) or by phone at 914-276-2636.

**ARTS & CRAFTS**

**I Love Art Class:** After school ART in Heritage Hills for children ages K to 6. Hosted by Miss Judika, M.S. To register, call Judika at 914-438-6750.

**Learn to Bead with Allison:** Join us on Mondays at 10 am in Room B for our beading class. Each class is \$25 including materials fee. You go home with a piece of jewelry that you made for yourself or for a special someone. Contact Allison Rubin at 914-629-3655 or [ahrubin521@yahoo.com](mailto:ahrubin521@yahoo.com) to enroll or for more information.

**Needlecraft Group:** Charitable needlecraft group meets Wednesdays at 12:30 pm in the Game Room. All skill levels welcome. \$10 annual dues. Proof of vaccination is required. For questions, or to register, call Linda at 914-277-2776 or Ginger at 914-617-9058.

**Paint & Sip with Judika:** 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 creative spirit! To register, call Judika at 914-438-6750.

**Photo Club:** The Photo Club is restarting with monthly meetings on the second Friday of each month in Room 2 of the Activities Center. All those interested in participating, regardless of level of experience with photography, are welcome. For questions contact Myra Hopper at 520-390-5523 or [myrahopper@gmail.com](mailto:myrahopper@gmail.com).

**Sketch Workshop:** Wednesdays from 9:30 to 11:30 am in Activities Center's Studio A. Portraits, figures, still lifes. Bring your choice of paper, pen, pencil, watercolor, pastel, etc. Models are welcome to pose for 20 minutes (clothed!). No fee, no teacher, but guidance available.

**Silk Fabric Painting Class:** Fee \$135. Must sign up for a full 4-week session at the Activities Center. Space is limited. For more information, contact Evey at 914-276-0737 or email her at [eveymusart@comcast.net](mailto:eveymusart@comcast.net).

**Woodcraft Club:** The shop at the Activities Center 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.

**CIAO ITALIA**

If you wish to become a Ciao Italia member, Membership Forms are available outside the Activities Office. Watch for flyers and TV notices announcing upcoming events. Ciao Italia membership is open to all Heritage Hills residents.

**CLUB SHALOM**

You don't have to be Jewish to love Club Shalom. Our Club is dedicated to providing quality entertaining and educational Jewish cultural programs for the residents of Heritage Hills. Watch for information about upcoming events. All residents are welcome.

**CONCERT SOCIETY**

We present four classical concerts each year in May, June, September and October on Sundays at 3 pm in the Activities Center's Heritage Room. We feature the best and brightest of classical music's Rising Stars. The annual subscription rate is \$90 per person or \$26 per person per concert at the door. 2024 Subscription Forms are available at the Activities Center. If you have any questions, call Raina Lefkowitz at 914-262-4407.

**CONTINUING EDUCATION**

Our mission is to educate and entertain with monthly presentations by experts in the fields of art, literature, music, theater, history, and politics on specified Tuesdays at 1:30 pm in the Activities Center's Heritage Room. For more information, see the COMING EVENTS section of this Newsletter or call Ann at 914-617-9434.

**CULINARY CLUB**

We meet for dinner in the Activities Center once a month on a Wednesday evening at 6 pm. If you are interested, contact Barbara Gangemi at 914-617-9037.

**DANCE**

**Friday Night Social Dance.** The first Friday of every month from 7 to 10 pm in the Activities Center's Heritage Room. \$10 per person includes coffee and cake. BYOB. For more information, call Ami at 914-486-9677.

**EXERCISE CLASSES**

**Tai Chi & Chi Gong with Master Ellen.** Monday from 12:30 to 1:30 pm in the Gym. \$70 per month. First class free. All levels welcome. Wear loose fitting, comfortable clothing. Contact [heritagehillstaichi2@gmail.com](mailto:heritagehillstaichi2@gmail.com).

**Vinyasa Yoga with Joe.** Saturday at 9 am in Lake Lodge's Upper Level. \$12 per class. To register, email Joe Ferrari at [josephferrari@me.com](mailto:josephferrari@me.com).

**Linda's Lake Lodge Classes:** Body Conditioning: 8:30 am Tuesdays and Thursdays. Dance & Sweat: 9:30 am Tuesdays. Barre Pilates: 9:30 am Thursdays. Sports Conditioning: 9 am Sundays. All classes are \$10 per class. Register at the start of the month for the classes you plan to attend. Contact Linda Zeiss instructor at [Labzeiss@gmail.com](mailto:Labzeiss@gmail.com) or 718-541-0861.

**Gentle Yoga with Lisa.** Monday at 11:30 am and Friday at 10 am in Lake Lodge's 2 nd floor. \$12 for a 75-minute class. [Lisaathomas@optonline.net](mailto:Lisaathomas@optonline.net) or 914-497-0243.

**Cardio/Strength/Stretch Class with Lori.** Join me for a fun, safe, effective workout. Low impact cardio, resistance training, balance, stretch and breath work—all set to great music! Appropriate for all levels. Resistance bands and weights available. No mats needed. Tuesdays and Thursdays from 9:30 to 10:30 am in the Gym. Fee: \$10 per class. Try the first class for free! \*Class is also available on Zoom. Email Lori at [lamb428@optonline.net](mailto:lamb428@optonline.net).

**Chair Yoga with Satish:** Chair Yoga aimed at toning the entire body and increasing flexibility. Breathing and meditation for relaxation and mind-body connection. Live music. Practice Tuesdays from 10 to 11:15 am in Lake Lodge with Satish Gambhir, Registered Yoga (500-RYT) and acupressure teacher with over 20 years of experience. \$10 per class. Call or email to register at 914-646-0887 or [Satishgambhir@gmail.com](mailto:Satishgambhir@gmail.com).

**Chair Zumba/Toning with Theresa.** Mondays at 9:45 am by Zoom only. Zumba for anyone who prefers a seated workout. Contact Theresa for more information at [zumbawithme@aol.com](mailto:zumbawithme@aol.com).

**Getting Back on Track (15-15-15) with Theresa:** Fridays at 10:50 am at the Fitness Center and on Zoom. Light cardio and balance, functional strength and stretch, and restorative breathing and relaxation. Great class to begin or continue your fitness journey. Contact Theresa for more information at [zumbawithme@aol.com](mailto:zumbawithme@aol.com).

**Move and Groove with Theresa:** Tuesdays at 11 am in 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](mailto:zumbawithme@aol.com).

**Zumba Gold with Theresa.** Friday at 10 am in 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](mailto:zumbawithme@aol.com).

### FAMILY NETWORK GROUP

This 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](mailto:keri.reitman@gmail.com).

### FRENCH CONVERSATION GROUP

Meets the 2nd and 4th Friday of the month at Lake Lodge in room 1 from 11 am to noon. Members should have a basic knowledge of French conversation but need not be fluent. Refresh your French language skills and laugh and learn with us. If you have any questions, call Carole Ellis 914-260-9182 or email her at [carellis14@yahoo.com](mailto:carellis14@yahoo.com).

### FUN & GAMES

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

**Friends in the Hills Club.** Open to all adult Heritage Hills residents. Each meeting will be a night of fun and socializing with your neighbors. See the COMING EVENTS section of the Newsletter for event details. Email us at [Friendsinthehills@aol.com](mailto:Friendsinthehills@aol.com) with any questions or contact Debe Ferrara at 914-924-3003 or Mary Ann Walrath at 914-318-1227.

**Mah Jongg:** 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 (we are at full capacity and are only taking people for the waitlist at this time. Call Rebecca Fierro at 914-669-5328 for further clarification).

**Ping Pong:** Thursdays at 10 am in the Activities Center's Game Room. Open to all residents. Come hang out and play!

**Scrabblers:** Casual Scrabble game play Thursdays from 1 to 3 pm in Room 2 in the Activities Center. All levels of play, including newbies, are welcome. For more information, just walk in or contact Susan at 914-617-9228 or [ciwhitestar@comcast.net](mailto:ciwhitestar@comcast.net).

**Chess Club:** We are a group of chess enthusiasts who enjoy coming together to play some friendly games of chess! Beginners are welcome! Wednesdays from 1 to 3:30 pm in Lake Lodge's Room 3. Bring your chess set if you have one. Some playing pairs may choose to use a chess clock; bring this, also, if you have one. For more information, contact Pat Posluszny at [patpugs@comcast.net](mailto:patpugs@comcast.net) or 914-276-6550.

### GARDEN CLUB

For information, including questions on membership and use of the Community Garden, please send an email to [hhgardenclubsecrery@gmail.com](mailto:hhgardenclubsecrery@gmail.com). If you would prefer to speak by phone, call 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 Activities Center's Game Room. Your temperature may be taken. Mask-wearing is voluntary. Do not come if you have tested positive for Covid-19, were recently exposed (within 14 days) to the virus or traveled to areas that have experienced high levels of the virus. Contact Ellie at [elliebob1@gmail.com](mailto:elliebob1@gmail.com) or 914-617-2109 for more information.

**Alzheimer's/Dementia Caregivers Support Group:** Caring for someone with Alzheimers/Dementia is a difficult and painful challenge. A support group can help. Meetings take place the first Thursday of the month at 12:30 pm in Lake Lodge's Room 1. Fee: \$20 per session. Facilitated by Linda Ludwig, Ph.D. To register, call 914-617-9328 or email [ludwiglr@aol.com](mailto: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. Meetings take place on the second Thursday of the month at 12:30 pm in the Activities Center's Game Room. Fee: \$20 per session. Facilitated by Linda Ludwig, Ph.D. To register, call 914-617-9328 or email [ludwiglr@aol.com](mailto:ludwiglr@aol.com).

**Senior Entitlements Program-Westchester County:** Watch the COMING EVENTS section of this Newsletter for communications about upcoming sessions.

### HIKERS & WALKERS GROUP

Weekly hikes from September to June. Information and our schedule are available at [hhsociety.org](http://hhsociety.org) /Activities / All Activities / Hikers and Walkers.

### INDEPENDENT AND FOREIGN FILM CLUB

Monthly screenings in the Activities Center's Heritage Room, followed by a discussion. April thru December. \$20 for the series. Schedule is posted in the Activities Center and on the Society website. For information, contact Steve Klepner at 845-297-7066 or [spk010@yahoo.com](mailto:spk010@yahoo.com).



**LIBRARY**

Open Monday through Friday from 10 am to 3 pm and Saturday from 10 am to 1 pm. For information on the collection, visit the Heritage Hills Library webpage at [hhsociety.org](http://hhsociety.org) or call 914-276-7655.

**MORNING DISCUSSION GROUP**

Discussion group on current event topics. Meets Mondays from 9:30 to 11 am in the Activities Center. For information, email Ken Benjamin at [kenbenja@aol.com](mailto:kenbenja@aol.com) or call 914-617-9817.

**RAINBOW CONNECTION CLUB**

A group for LGBTQ members 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 Tuesdays from 10 to 11:30 am in the Activities Center's Game Room and on Zoom. See a film of a classic Shakespeare play, then read it and join in lively discussions. All are welcome! For more information, call Susan Ray at 914-391-6686 or Margaret Howlett at 973-746-7816.

**SINGLES CLUB**

If you are interested in joining the club, contact Pat Caruso at 914-276-2224 or [carusop515@comcast.net](mailto:carusop515@comcast.net). Membership dues are \$12 per year.

**SPORTS**

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

**East Hill Men's Golf Association:** 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. For more information, contact Membership Chairman Bob Kenney at 914-617-9884 or [rlkret@aol.com](mailto:rlkret@aol.com).

**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@Outlook.com](mailto:PickleballHH@Outlook.com). See you on the courts!

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

**Tennis Group:** All Tennis reservations are now made via [www.playtomic.io](http://www.playtomic.io), or you can download the playtomic app, which offers many additional features. Once on the playtomic website, type "Heritage Hills" and click on "tennis" as the sport choice. For general information about the tennis group, call Dena at 914-589-3560. The Friday night Round Robin runs from May through September.

**10 A MEN CLUB**

Come to the Activities Center's Heritage Room Wednesdays at 8:45 am and have continental breakfast for \$2. The meeting starts at 10 am.

**TRAVEL CLUB**

Our mission is designed for those who enjoy traveling, whether the trips are to nearby or far away destinations. All details are handled by the Group. Buses leave from and return to Heritage Hills. 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, except for January, July, and August. The Board meets the first Tuesday of the month in the Activities Center. We welcome new members! Membership dues for renewals and new members are just \$12 for the year. Flyers are available at the Activities Center for 2024 membership. Insert your check in an envelope; include your name, unit number, and phone number and put it in the Women's Club mail slot. For membership information, call membership chairperson, Alfreda Savarese at 914-617-2007. See the COMING EVENTS section of this Newsletter for specific upcoming event details.

**WRITERS WORKSHOP CLASS**

Workshop on Google Meet! Monday at 1 pm and Saturday at 10:30 am in Lake Lodge. Email Linda Spear, workshop facilitator, to arrange to join us! [Lindaspear211@gmail.com](mailto:Lindaspear211@gmail.com).

\* \* \*

***DID YOU KNOW?***

**RESIDENTS' SILK ART EXHIBIT AT SOMERS LIBRARY**

*By Susan Statkowski-Rivalsi*



*Silk Art by Evey Albert  
Photo by Terry Clifford*

**Opening Reception: Thursday, January 4, from 6 to 7:30 pm**

**Exhibit dates: January 2 thru February 28**

Some current and former students of resident and Silk Art Teacher Evey Albert will be exhibiting their beautiful pieces in the Somers Library Art Gallery during the months of January and February.

If you can't attend the January 7 Opening Reception, make sure you visit the Gallery when you're at the Library.

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\* \* \*

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## CANDY CANE RUN 2023

*Photos by Dassi Citron*

Our young residents were thrilled to welcome Santa and one of his Elves when they arrived in the Activities Center parking lot on Saturday, December 16, in a fire truck "sled" thanks to our Somers Volunteer Fire Department!



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## TOYS FOR TOTS 2023

Text by Terry Clifford, photos by Terry Clifford and Elizabeth Royston



The Saturday December 9, Annual Toys for Tots event was well attended by young and older members of our community and guests. Santa greeted and gave a gift to each child who visited him. Two holiday stories were told to the attendees: *'Twas the Night Before Christmas* and *The Night Before Hanukkah*. Resident, Dietmar Choka presented a beautiful train display for all to view. And Dawn Martino programmed youngster activities.

The generosity of our community for the Toys for Tots program was amazing. Included were more than seventy-five handmade wooden toys made by our Woodshop elves.

Putting this program together takes a "Village." However the main members of the group are Jack Mattes, who coordinated the program and gets the Marines to attend through Joe Manna; Dorinda Haskel, our resident elf and goody-provider, who also coordinates the youngsters' activities; and Santa, played by resident Tony Martino. Reno Cristofaro is our master Eggnog maker. And, of course, the Society's maintenance group set up everything and took it down.

We were told by our Westchester County representative that more than 40,000 children throughout Westchester County will benefit from the Marine's Toys for Tots program.

Pictures of attendees include the Walrath, Solano, Menewitch, Edwardsen, Santare, and Karlson families. The Marines are Sargent, Rodrigo Malpartida, Recruiter, Zymereh Steward, and Thomas Doherty.

Thanks to all who generously donated to this wonderful event.





**EAST HILL MEN'S GOLF ASSOCIATION**

*By Ken Freeman*

As they say, "All good things must come to an end." After remarkable weather luck for seven months, rain and cold winds of November – along with Somers National's abbreviated schedule as it battled the blizzard of falling leaves – the result was just two final tournaments for the diehards. The results, based on handicap-adjusted net scores, were:

**November 9:** 1st Ray Ormerod, 2nd Charlie Kravetz, 3rd Ken Freeman

**November 10:** 1st Yogi Santa-Donato, 2nd Charlie Kravetz, 3rd Ray Ormerod

The club Board's final meeting of 2023 focused on beginning planning for the 2024 season, along with the formal handover of officer responsibilities to those at the helm for 2024, pictured here:



*East Hill Men's Golf Association 2024 officers: Ed Yee, Secretary; Bob Sotoroff, Vice President; Al Longhitano, President; and Jack O'Hanlon, Treasurer.*

\* \* \*

**TENNIS COMMITTEE**

*By Dena Goldstein*

**NEW TENNIS COURTS**



The Tennis community now has two newly resurfaced courts on the old Courts 1 and 2, thanks to the Society Board. These courts are under the lights and will remain open until inclement weather.

Courts 6 and 7 will remain open all winter. If the weather is warm enough for you, come out and play.



**CIAO ITALIA VETERANS EVENT**

*Text and photo by Michael Lanotte*

Ciao Italia held a Veterans Dinner in November to honor all Heritage Hills Veterans. Many wore part of their uniform – shirt, hat, jacket, etc.



As seen here, Joe Muscente wore his *complete* uniform. A wonderful evening was enjoyed by all.

\* \* \*



**SINGLES CLUB LOTUS LANTERN WORKSHOP**

*By Diane Purr*

In November the members of the Club were treated to a visual slide show about Korea, its beautiful vistas, and the amazing paper lantern festivities.

We then proceeded to make our own lotus flower lanterns under the watchful eye of three ladies from the Korean Spirit & Culture Promotion Project. They wore traditional dresses and provided books and pamphlets about their country.



*Christine Roche and Nancy Albertson*

Everyone totally enjoyed the evening and went home with a beautifully crafted lantern.

**PAT POSLUSZNY, FOUNDER, CHESS CLUB**

*Text and photo by Shirley Kesselman*

Pat, who grew up on Long Island, moved to Heritage Hills 23 years ago from Riverdale. Still working at the time, she wasn't able to participate in any of the activities offered here. In addition to teaching math classes at White Plains Middle School, she had the responsibilities, as an Instructional Specialist, of coaching other middle school math teachers and working on curriculum development.



During the pandemic Pat watched "The Queen's Gambit," a TV miniseries. This series is about a woman chess champion. Pat was motivated to learn chess and proceeded to teach herself the game. At first, she only played on line. As the restrictions of the pandemic lessened, she wanted to play live but realized she didn't know anyone who played chess. She asked Andrew in our Activities Office if Heritage Hills had a chess club. He answered, "No" and went on to explain how she might form one. Pat began the process, first having Andrew send out an "are you interested?" email blast. Twenty-five people showed up at the stipulated "interest" meeting.

Following the procedure for forming a new club here, attendees at the meeting decided the club's name, purpose, frequency of meetings, and other details requested by our governing Society Board. This information was then submitted to the Society Board, which approved a chess club. "The entire process took about two months," Pat explains.

The Chess Club meets Wednesday afternoons from 1 to 3:30 pm all year round at Lake Lodge. There is no charge. Nor is there a skill requirement. "Currently there is a variety of skill levels," Pat says. For games, pairing is random. Players attend club sessions as frequently or infrequently as they desire. Although no beginner lessons are given, players are willing to have someone who wants to learn come and observe. A player may talk through tactics and strategies for the observer. "We teach as we play," explains Pat. Players bring their own sets and/or clocks but that is not a requirement. Games are friendly, and Pat encourages anyone curious to drop in.

In addition to chess, Pat plays Mah Jongg and works out with Mary at the Fitness Center. "She is phenomenal," Pat enthusiastically comments. A beach lover, she rents a house for a week each summer at the Jersey shore. She plays golf and takes golf lessons. Visiting friends is a favorite pastime.

**MAH JONGG CLUB HOLIDAY PARTY**

*Text and photo by Cheryl Milde*

After a fun-filled year of playing Mah Jongg, the Tuesday/Thursday Mah Jongg Club had their annual Holiday Party at the Prime Pub Restaurant, arranged by President Rebecca Fierro and attended by sixteen enthusiastic members.



Shown in the photo above are Phyllis, Rosanna, Sally, Anna, Nina, Terry, MaryAnn, Rejoice (our honorary member), President Rebecca, Pam, Cheryl, JayneAnn, Myra, Marsha, Roz, and Dottie.

All members came dressed in festive attire, bringing with them a Secret Santa Gift. We all had a wonderful time with much laughter and fun conversation.

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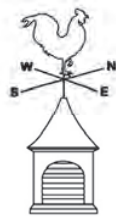


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**NEEDLECRAFT GROUP'S BOUNTIFUL YEAR**

*Text by Cindy Kennedy, photos by Linda Neira*



Before the rush of the holiday season, Needlecraft Group celebrated its busy year with a festive luncheon held at Le Fontane. It was a wonderful opportunity for the women to get together and enjoy each other's company.

Throughout the year, the women knitted and crocheted hundreds of hand-crafted items in all sizes and shapes for several different institutions. The group made and donated cozy baby blankets and scarves for little girls at Blythedale Children's Hospital. For the Waterview Hills Rehabilitation & Healthcare facility, Needlecraft members created small blankets to be used as lap robes or shawls.



At the end of November, Linda Neira, the group's leader, dropped off two substantial donations to local charities. The first was a donation of 160 preemie and newborn hats to Northern Westchester Hospital Special Care Nursery. Chris Roche then joined Linda to deliver 306 scarves, hats, headbands, mittens, and mitts to the Community Center of Northern Westchester. "As we brought in bags and bags of knitted goods," Linda recalled, "Claire Murray, the Center's Director, came over to thank us for our contributions to their Share the Warmth program."



Linda expresses gratitude for the community's help, noting, "We're grateful to everyone who has donated acrylic yarn or knitting needles which helps us reduce the amount we have to buy." Upon hearing the group was knitting baby blankets for Ukraine last winter, the cousin of one member gave Needlecraft Group a sizable gift certificate to purchase lots of yarn. A few years ago, Ed Sottile of the Woodcraft Club, made a beautiful wooden tray to hold knitting needles and crochet hooks.

No matter the season, Needlecraft members are busy knitting and crocheting items for various charities.

Needlecraft Group meets every Wednesday at 12:30 pm in the Activities Center. For more information, please call Linda at 914-277-2776.

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**PICKLEBALL PLAYERS 2023 YEAR IN REVIEW!**

*By Denise Elliott*

Since outdoor pickleball play started here in October 2021, we've grown to 350 players, thanks to our top-shelf outdoor courts, the popularity of the sport, and our awesome resident players who are warm and welcoming at all levels of play. When weather permits, the outdoor courts are hopping from 8 am till dark from spring through late fall. In the bad weather and through the winter, we fill our indoor gym reserved times every day.

In 2023 we added different group events which will continue in 2024:

**ACES:** For intermediate and advanced players. In the summer, we played weekly on Monday nights. ACES are timed, competitive games where who you play with and where is determined by the card you draw - Jack, Queen, King, and ACE - and who wins.

**Round Robins:** for all players, are timed games where you play with different players every game! People met new players every week on Tuesday nights.



*2023 Pickleball League Sub-Committee members Michael Boemio, Christine Kumpan, and Steve Blunda*

**League:** We had our second successful year of competitive League play, led by our Sub-Committee, HH Pickleball League. For players at 3.0+ level, our summer league was eight weeks of games with eight teams of eight players. The winning teams this year were: 1st Place: Hit Me with Your Best Shot, 2nd Place: HH Hot shots, and 3rd Place: Proud Picklers.

**Patriots one and all:** On Memorial Day and July 4, we filled a court with our players and flags!

**Socials:** We celebrated our second year of awesome outdoor courts with a successful **Food Drive** for St. Luke's in Somers, collecting 71 bags of food thanks to our players' generosity. We also had many very well attended social gatherings! A **Bowling Social** in January and **Happy Hour at Oscars II** in March were so well attended, we now hold our social gatherings in the Heritage Room in the Activities Center. 120 members attended the fall event, **Woodstock Festival**, an amazing

retro look at 1969! And we held our **Holiday Sit-Down Dinner** there in December. We have so much fun with our family of resident players.

**Lessons:** We have two beginner lessons classes, PB 101 (basics and refresher) and PB 102 (strategies). In 2024, we're expanding our lesson plans to graduate our players to the next level.

**Ladies Night:** We invited ladies to play on a Friday night, where we played and shared food and beverages! Always well-attended, always fun.



*Caption: Fran Boemio, Denise Elliott, and Eric Scorzelli at the September Welcome to Heritage Hills event.*

**Welcome to Heritage Hills event:** Once again, we had a table to meet and greet all our new residents, at which 13 new members signed-up.

**Preventing Pickleball Injuries:** Safety is our mantra! Dr. Lou Bisogni, Chiropractor, and Linda Zeiss, Personal Trainer, partnered with Nutritionist Leslie Kavanaugh to discuss how our body works, how to provide ourselves with the right nutrition, and fun and easy stretches before you play.

All in all, it was a very successful fun year, and we look forward to another great, and better, year in 2024!

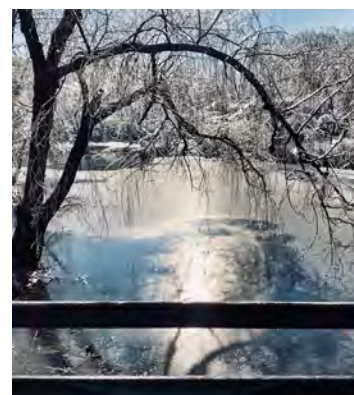
Email us at [Pickleballhh@outlook.com](mailto:Pickleballhh@outlook.com) if you have any questions or interest!

\* \* \*

**HAIKU FOR JANUARY**

*Verse and photo by Sue Shea*

The cold days move in  
with snow and sleet and bleakness  
We stay home, warm, cozy







**VULTURE FLOCK INVASION**

*Text by Susan Statkowski-Rivalsi, photo by Barbara Pollack*

Barbara Pollack captured this image of black vultures on November 17. She indicated, they were "waiting their turn to feed [on] something already killed on the inside of the fence... [they] don't kill prey, but instead are scavengers, cleaning the environment before the decay attracts carnivores. There were more waiting in the trees."

That same day, Pamela Everett posted on the Family Network Facebook page, "So, who saw the 14 vultures on the road on West Hill Drive and Pond View??? They were munching on a smushed squirrel. Traffic had to go to the oncoming lane to pass them [as] they weren't about to move. Quite a sight!!"

Most of my adult life I've been a backyard bird-watcher. These were vultures unlike any I had ever seen, so I put my online research skills to work and learned that these are Black-Headed Vultures, normally only seen further south on our continent. Apparently due to climate change they now find our area warm enough for them to summer here.

This particular flock, en route to its winter roost, stopped by Heritage Hills for a Squirrel Lunch.

**AIRPORT CONTRABAND**

*By Stanley Herz Pearlman*

It was the day before my birthday, and we were heading to Florida. Like many Heritage Hills residents, we love flying out of Westchester County Airport. The lines are short and security is quick. We follow the advice of writer Rick Steves and take minimum baggage. We had one carryon and an under-the-seat duffle bag,

For some reason, the TSA agent put my bag aside and carried it to a table where he could go through the contents. At first, I thought he would question all the drugs I was carrying in a large plastic bag (I recently had surgery). But even the narcotics did not faze him. Then I realized he did not think it unusual for seniors to have lots of pharmaceuticals.

Was there contraband unique to Florida? All I could think of were banned books. Then...he found it!!

He pulled out a concealed wrapped package and asked me what was inside. I looked at him and answered that I'd never seen it before. He stared with disbelief as if it were the moment he had been waiting for his whole career. He started to unwrap it when my wife came running over, exclaiming "It is a surprise birthday present for my husband!"

The TSA agent did open it, but he took it in a back room to do so and rewrapped it.

The next morning, I awoke to a box of specialty chocolates.

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## HEALTH & SAFETY COMMITTEE

### PROPER DISPOSAL OF SHARPS

By Leslie Guttman

Many people use sharps (needles, syringes, and lancets) as part of their home medical care. Proper disposal of sharps is important for the safety of the user and workers who handle trash.

Here are guidelines from Westchester Department of Health's, Department of Environmental Facilities.

#### At home use a container that is

- leak proof
- shatter proof
- puncture proof with a screw top

Good choices are durable plastic bottles such as bleach or detergent containers. Do not use glass, aluminum, metal cans with flimsy lids, or cardboard containers.

#### Label the container "SHARPS:"

- Do *not* label it "Medical Waste," "Biohazard," etc.

#### Place sharps in the container IMMEDIATELY after using. *DO NOT*

- Recap the item.
- Bend needles.
- Break lancets.

#### Secure the screw top on the container.

#### When the home container is full,

- Make sure the top is screwed on securely.
- Then apply tape around the top and the neck of the container.

#### The preferred method for final disposal is to:

- Take the properly labeled and taped container to a hospital or nursing home. (New York State requires hospitals and nursing homes to accept sharps from the community and dispose of them. The hospital or nursing home may require you to register for this service. They may also require you to use their sharps containers. Hospitals and nursing homes may pass on the cost of sharps containers but cannot charge for the collection or disposal of sharps.)

OR

- Put the sharps container in your trash to be discarded.

#### Never put sharps containers in a recycle bin.

For additional information call the Recycling Help Line at 914-813-5425 or the Westchester Department of Health at 914-813-5000.

\* \* \*

## DRIVING IN THE DARK

By Susan Statkowski-Rivalsi

As drivers age, many find they only feel comfortable driving during daylight hours. This can leave them feeling trapped in their homes when night falls, especially in winter with its shorter days. An article titled "Driving in the Dark" in the October/November issue of *AARP The Magazine* offers some explanations, and also, thankfully, some steps to take that can result in restoring / extending one's ability to drive in the dark. Here's a summary:

#### WHAT HAPPENS WITH EYES AS PEOPLE AGE

- **Cataracts:** These often result in serious glare from oncoming vehicles' headlights. By age 50, one in ten people are developing cataracts; and by age 80 more than *half* the population has them. Having cataract surgery is usually a real game changer. (The most common surgery in the world, the first cataract surgery was performed in the 1700s!)
- **"Rod" Loss:** "Cones" in the eyes see color (daytime vision) and "Rods" see in black-and-white (night vision). As folks age, they start to lose their Rods, resulting in weaker night vision.
- **Pupil Size:** Pupils get smaller as folks age. At around age 60, pupils let in only about *one-third* of the light they did at age 20!

#### VEHICLE CONSIDERATIONS, AND RECOMMENDATIONS:

- **Keep the windshield and headlights clean,** eliminating windshield glare and dimmer light projecting from the headlights.
- **Set the dashboard illumination to low,** rendering it easier to see the road.
- **Always drive with the headlights on bright** except when there are vehicles coming from the opposite direction.
- **Have some after-dinner caffeinated coffee.** In 2017, 91,000 police-reported crashes involved drowsy drivers.
- **Check the headlight alignment.** This was, but no longer is, an inspection requirement. Request that it be done at each inspection.
- **Consider replacing the headlights and casings every couple of years.** Salt can eat away at and blur the casings. If the casings are not clear / are blurry even after cleaning, it's time to replace them.
- **Look for vehicles with top-rated headlights** when shopping for a new car. Having top-of-the-line headlights as opposed to less costly ones can make a big difference.



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## HAPPY NEW YEAR! May 2024 Bring Blessings & Good Health to All!

### A BANNER YEAR!

2023 Heritage Hills Sales

2023 saw record sales, both in price per square footage and average sale price. There is still very little available inventory and a strong buyer pool so the chance to sell for top dollar will continue through into 2024. Be ready for Spring Market - let me help you get your condo ready for sale so you can sell quickly and for top dollar! From staging, painting, mini-spruce ups to garage staircase compliance, call the Local Expert — **#UGottaHaveHope**

### Somers, NY - Condominium Properties 3 Months Ending:

|                       | November 2023 | November 2022 | % Change |
|-----------------------|---------------|---------------|----------|
| Unit Sales            | 32            | 36            | -11.10%  |
| Average Sale Price    | \$612,422     | \$552,542     | 10.80%   |
| Median Sale Price     | \$605,000     | \$505,750     | 19.60%   |
| Average List Price    | \$566,772     | \$623,341     | -9.10%   |
| Inventory             | 19            | 25            | -24.00%  |
| Months of Supply      | 2             | 1.86          | 7.30%    |
| Days on Market        | 27            | 42            | -35.70%  |
| Average Sale Price/SF | \$401.70      | \$382.65      | 5.00%    |
| Sales / List Price    | 101.90%       | 101.40%       | 0.40%    |
| New Listings          | 31            | 30            | 3.30%    |

\*Based on OneKey MLS Sales data through 11/30/22

### BUT MY NEIGHBORS UNIT SOLD FOR...

Find out what YOUR condo is worth in today's market. Call Hope Mazzola — Your Local Expert — for a no-obligation consultation!

**SOLD**



222B — \$50K  
Over Asking

**SOLD**

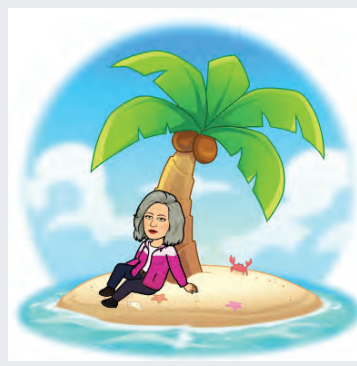


448B — \$10K  
Over Asking

**IN CONTRACT**



640B



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next winter)

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## FIT-BITS

### NEW YEAR, NEW YOU!

By Mary Tedesco

When setting New Year resolutions, be sure to include health and wellness.

It's proven that when people set goals for themselves, they are more likely to reach them. This is very true with health and wellness goals.

Use the **SMART** method to help you!

**S - Specific.** Be specific in your goals. State that you want to run two miles or want to be able to hike six miles. The more specific you are the better, and the more likely you are to achieve them.

**M - Measurable.** Keep goals assessable so that you can track your success.

**A - Attainable.** Make sure you are able to actually physically attain your goals.

**R - Realistic.** Challenge yourself but also be realistic in your goals.

**T - Treat.** Treat yourself to a reward for small accomplishments along the way.

Be **SMART** and you can accomplish anything!

\* \* \*



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## THE BOOK SHELF

By Cindy Kennedy

*The Heaven & Earth Grocery Store*, James McBride's acclaimed bestseller, opens with a mysterious prologue. In June 1972, a skeleton is found at the bottom of an abandoned well in Chicken Hill, a poor neighborhood in Pottstown, Pennsylvania. Before an investigation could be mounted, however, a hurricane blew through and washed away everything in its path.

The novel's story then reverts to the 1930s, when Chicken Hill was "a tiny area of ramshackle houses and dirt roads where the town's Blacks, Jews, and immigrant whites who couldn't afford any better lived." Moshe Ludlow, a Romanian Jew who had escaped oppression in Europe, ran the All-American Dance Hall and Theater, which catered to anyone who could buy a ticket. His wife Chona owned the Heaven & Earth Grocery Store, the only Jewish grocery in Chicken Hill.

Chona, left lame after contracting polio as a child, "did not experience the world as most people did. She saw it as a place where every act of living was a chance for *tikkun olam*, to improve the world." A beloved member of the community, Chona did not care that the Heaven & Earth Grocery Store never turned a profit.

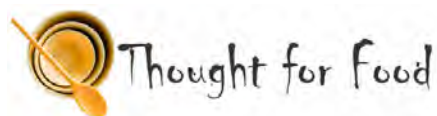
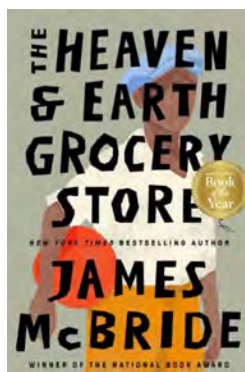
*The Heaven & Earth Grocery Store* is replete with a variety of conflicted characters. Nate Timblin, whose wife Addie worked in Chona's store, was a Black man with "a quiet that covered a kind of tempest. Nate claimed the South as his home, but he never spoke of his past." The town's sole physician, Doc Roberts, secretly was a Ku Klux Klan member. Polish-born Gus Plitzka, chairman of the town council, owed money to gangster Nig Rosen. Reverend Spriggs' African American congregation didn't trust their pastor entirely.

Nate and Addie were protective of their 12-year-old deaf nephew Dodo. Now orphaned, Dodo had lost his hearing after a faulty stove exploded. When state officials sought to have Dodo institutionalized at Pennhurst, a horrifying facility for the feeble-minded, the community came together. Chona, aided by Bernice, a childhood Black friend who lived next door, hid Dodo in her grocery's basement.

Keeping Dodo safe, however, was an endeavor fraught with peril. Soon it was suspected that a snitch in their midst would give the young Black boy's whereabouts away.

As *The Heaven & Earth Grocery Store* progresses to its powerful and poignant conclusion, James McBride masterfully ties together Dodo's fate and the identity of that skeleton found decades later. Memorable and compassionate, *The Heaven & Earth Grocery Store* is highly recommended.

(Note: *The Heaven & Earth Grocery Store* is part of Heritage Hills Library and Somers Library collections. For a list of new books at the Heritage Hills Library, please see page 7.)



By Elizabeth Royston

## HAWAIIAN STYLE UALA CASSEROLE

By the middle of January, we may well be sated and not interested in a yam/sweet potato casserole – a staple of many holiday menus. This one, however, is a very special and delicious side dish. It brings the flavors and flair of Hawaii with the addition of coconut and macadamia nuts. Nancy Hodder prepared this dish for the November Culinary Club dinner, and we were all glad she did. Enjoy!

(NOTE: Yams and sweet potatoes are different tubers, with many color variations and different amounts of starch. Uala is the Hawaiian sweet potato, a light-skinned, purple-fleshed tuber. Okinawa variety is similar but deeper purple. Nancy used regular sweet potatoes.)

This recipe serves 10 to 12

### INGREDIENTS

|   |   |
|---|---|
| 4 to 6 Hawaiian sweet potatoes<br>(use regular if you<br>can't find Hawaiian) | <u>Topping</u><br>1/4 cup coconut oil   |
| 1/4 teaspoon salt   | 3 tablespoon all-purpose flour          |
| 1/3 cup coconut milk  | 3/4 cup tightly packed brown<br>sugar   |
| 2 eggs  | 1/2 cup chopped macadamia<br>nuts       |
| 1 teaspoon vanilla extract  | 1/2 cup unsweetened shredded<br>coconut |
| 1/2 teaspoon cinnamon   |   |
| 1/2 cup brown sugar   |   |

### PREPARATION

1. Preheat oven to 350 degrees.
2. Lightly grease a 9 x 13 baking dish.
3. Peel, then bake or steam the sweet potatoes until soft.
4. Mash in a large bowl and allow to cool.
5. Add salt, coconut milk, eggs, vanilla, cinnamon, and sugar, and stir into the potatoes.
6. Transfer to the baking dish.
7. In a medium bowl, mix coconut oil, flour, brown sugar, macadamia nuts and shredded coconut.
8. Sprinkle over the yam mixture.
9. Bake for 30 minutes or until topping is crisp and lightly browned.

\* \* \*



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**TOTAL UNITS SOLD BY ONEKEY/HGAR MLS AGENTS FROM 1/1/23 – 12/10/23**

|                   | 2023                | 2022                | 2021                | 2020                |
|-------------------|---------------------|---------------------|---------------------|---------------------|
| <b>TOTAL SOLD</b> | <b>105</b>          | <b>150</b>          | <b>131</b>          | <b>127</b>          |
|                   | \$320,000-\$885,000 | \$276,000-\$876,000 | \$275,000-\$750,000 | \$227,500-\$829,000 |

**VARIOUS UNITS SOLD BY MLS AGENTS FROM  
JANUARY 1, 2023–DECEMBER 10, 2023**

**ONE BEDROOM**

|          |                                    |          |   |           |  |
|----------|------------------------------------|----------|---|-----------|--|
| AMHERST  | \$480,000                          | GUILFORD | \$370,000; \$425,000;<br>\$437,000; \$440,000 | RADCLIFFE | \$540,000; \$499,000;<br>\$550,000; \$525,000; |
| FRANKLIN | \$350,000; \$340,000;<br>\$350,000 |          | \$462,500; \$410,000;<br>\$445,000            | SUFFOLK   | \$535,000<br>\$380,000                         |

**TWO BEDROOM**

|           |  |            |                                    |              |  |
|-----------|--|------------|------------------------------------|--------------|--|
| ARMONK    | \$640,000; \$429,900<br>\$530,000; \$590,000;<br>\$610,000 | JACKSON    | \$374,000                          | STRATFORD    | \$450,000; \$455,000;<br>\$750,000; \$649,000;<br>\$555,000; \$600,000;<br>\$670,000; \$555,000; |
| BERKSHIRE | \$686,000  | KATONAH    | \$499,000; \$415,000               |              | \$450,000; \$575,000;<br>\$600,000; \$645,000;   |
| COLGATE   | \$475,000; \$549,000                                       | KENT       | \$532,500; \$500,000               |              | \$535,000; \$640,000;<br>\$510,000; \$480,000;<br>\$485,000                                      |
| CONCORD   | \$450,000  | LINCOLN    | \$376,000; \$373,000               |              |  |
| FAIRVIEW  | \$500,000; \$555,000;<br>\$577,500                         | MADISON    | \$419,000                          |              |  |
| HAMILTON  | \$320,000; \$350,000                                       | MONROE     | \$440,000; \$445,000;<br>\$580,000 | STRATFORD II | \$675,000; \$675,000;<br>\$670,000   |
| HANOVER   | \$577,500  | PRINCETON  | \$680,000; \$710,000               |              |  |
| HARVARD   | \$720,000; \$730,000<br>\$739,000; \$760,000               | PUTNAM     | \$439,000; \$450,000               | SYRACUSE     | \$649,000  |
|           |  | RIDGEFIELD | \$455,000; \$507,500               | WELLSLEY     | \$485,000  |
|           |  | SALEM      | \$610,000; \$485,000               |              |  |
|           |  | STANFORD   | \$759,000                          |              |  |

**THREE BEDROOM**

|          |   |              |   |            |  |
|----------|---|--------------|---|------------|--|
| COLUMBIA | \$810,000   | CROTON II    | \$680,000; \$680,000;<br>\$760,000; \$734,000 | SHERMAN I  | \$715,000; \$700,000;<br>\$612,500; \$740,000;<br>\$730,000; \$754,000 |
| CROTON I | \$650,000; \$687,500<br>\$675,000; \$685,000;<br>\$687,500; \$702,500 | JEFFERSON    | \$580,000; \$610,000;<br>\$575,000; \$540,000 | SHERMAN II | \$820,000; \$885,000;<br>\$657,500                                     |
|          |   | JEFFERSON II | \$675,000; \$725,000                          | YORK       | \$550,000  |

ONEKEY/ HGMLS DATA AS OF 1/1/2023-12/10/2023

**HAPPY 2024**

Have a wonderful, healthy and very happy 2024.

–Marti Lowenfeld

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