

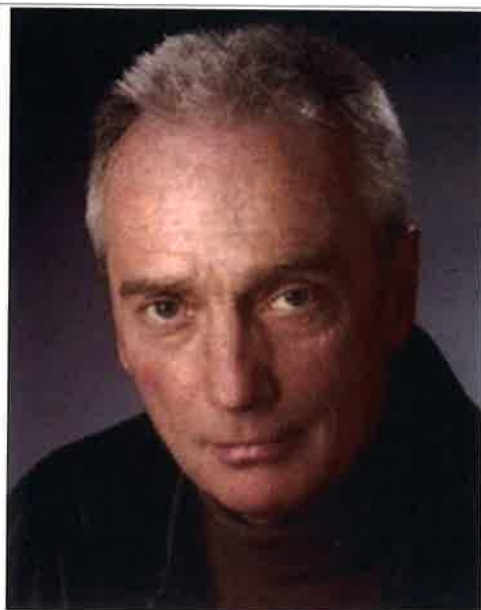
Veteran Actor to Lead Workshop for Seniors 55 and Over in Larchmont

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Written by gcolquitt



Let loose your creative spirit by joining this six-week workshop with veteran actor Bill Cwikowski at the **Larchmont Public Library**. The workshop, which is oriented to learning individual character dialogues and monologues, will take place over a six-week period and will culminate with an optional public performance. The goal is to STRESS-FREE FUN.

THURSDAYS, APRIL 20, 27, MAY 4, 11, 18, 25 and JUNE 1 at 4:00pm. Space is limited. Registration is open now so call 834-2281 to reserve your spot. *The workshop is made possible by funds from Westchester Library System's Creative Aging in the Library Mini-Grant Initiative supported by Westchester Community Foundation.*

Many people enjoy some kind of arts activity. Whether it's singing in a church choir, attending the performance of a play, visiting an art museum, or tap dancing along with a Fred Astaire movie, participating in the arts makes many of us feel good. Acting has been shown to stimulate brain fitness and overall well-being. Learning new skills is a key element in staying mentally "fit". The process of acting – learning character dialogue, learning timing, exhibiting emotion through voice and facial expressions – helps develop confidence and poise, as well as improves public speaking and conversation skills. It can also have a positive effect on body image. But mostly, acting is just plain FUN!

Bill Cwikowski has been an actor and acting teacher for 45 years. He has a B.A. in Drama from Monmouth University and a M.F.A in Acting from Smith College. He has teaching affiliations with several New York Theatres and is a founding member of the Ensemble Studio Theatre. He has numerous theatre and film credits throughout the country. Most recently he was seen on **BOARDWALK EMPIRE** and **UNBREAKABLE KIMMY SCHMIDT**. He resides in Larchmont.

For information about the Larchmont Public Library and programs offered, visit: www.larchmontlibrary.org

Next article



The Journal News

LOCAL NEWS
Sunday, March 19, 2017

Medicare fears addressed in free workshops

Prescription costs not only aspect causing worries

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Managing Medicare is a source of "fear" for seniors and their families, according to one educator, with worries over the future of health care only heightening concerns.

"The cost of drugs in general scares people to death," said Julie Woodward, of Croton-on-Hudson. "We are always trying to help people avoid the sometimes crippling prices of drugs."

To help ease those fears Woodward will be leading 13 educational sessions at Westchester County libraries through the months of April and May. The first is April 8 at the Lewisboro Library, 15 Main St. in South Salem.

Prescription costs are not the only aspect of Medicare causing some worries among recipients, Woodward said. Even older folks with good retiree health coverage have found navigating Medicare a complex task.

"The biggest problem is the inexplicable paperwork," she said.

According to Woodward, due to news coverage of a Republican proposal to repeal and replace the Affordable Care



Julie Woodward will be leading 13 educational sessions on Medicare at Westchester libraries through April and May.

SUBMITTED

Act, called Obamacare, people who receive coverage under both Medicare and Medicaid are particularly concerned.

"Dual-eligibles, who have Medicare and Medicaid, are very scared because there is talk of doing away with Medicaid as we know it," she said.

The series of workshops, called "Demystifying Medicare," is sponsored by Westchester Seniors Out Speaking, created decades ago in Westchester for the purpose of helping seniors understand their health care.

Woodward, a retired teacher, said De-

mystifying Medicare is intended for people currently enrolled in Medicare, people who will soon be 65 or anyone helping relatives and friends with medical decisions and paperwork.

Topics during the workshops will include Original Medicare, Medicare Advantage Plans, prescription drug plans, supplemental plans and cost-saving programs for people with limited resources.

Westchester Seniors Out Speaking was, for many years, administered by the Medicare Rights Center, which Woodward said expanded the project nationwide.

"The prototype was here in Westchester," Woodward said.

More recently, the Westchester Library System has taken over administration of WSOS, though volunteers still receive training and assistance through the Medicare Rights Center.

The Demystifying Medicare program is free and open to seniors, soon-to-be seniors and their families. Walk-ins are welcome, but pre-registration is requested. Call (914) 231-3236.

The full list of Demystifying Medicare sessions is below:

» Saturday, April 8: Lewisboro Library, 15 Main St., South Salem. 10:15 a.m. - 1 p.m.

» Thursday, April 13: Hendrick Hudson Free Library, 185 Kings Ferry Rd.,

Montrose. 6 - 8 p.m.

» Thursday, April 20: Greenburgh Multipurpose Ctr, 11 Olympic Lane, Ardsley. 6 - 9 p.m.

» Saturday, April 22: West Harrison Library, 2 Madison St., West Harrison. 10:15 a.m. - 1 p.m.

» Monday, April 24: Harrison Public Library (Halperin Bldg), 2 Bruce Ave., Harrison. 6 - 9 p.m.

» Tuesday, April 25: Phelps Memorial Hosp. Auditorium, 701 N. Broadway, Sleepy Hollow. 6:30 - 9:15 p.m.

» Thursday, April 27: Town of Pelham Public Library, 530 Colonial Ave., Pelham. 6:15 - 9 p.m.

» Saturday, April 29: Scarsdale Public Library, 54 Olmsted Rd., Scarsdale. 9:15 a.m. - noon

» Saturday, April 29: North Castle Public Library, 19 Whippoorwill Rd E., Armonk. 1 - 4 p.m.

» Tuesday, May 2: Peekskill Senior Community Ctr, 4 Nelson Ave., Peekskill. 6:10 - 9 p.m.

» Saturday, May 6: Ossining Public Library, 2nd-fl., 53 Croton Ave., Ossining. 1 - 4 p.m.

» Thursday, May 11: Wall Library, Flynn Room, 1500 Central Park Ave., Yonkers. 5:45 - 9 p.m.

» Wednesday, May 31: John C. Hart Memorial Library, 1130 E. Main St., Shrub Oak. 6 - 9 p.m.

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How Our Libraries Stack Up in Today's Digital World

MARCH 5, 2017 BY BETH BESEN



Periodicals inside the Chappaqua Library. Photo by Gary Sapolin

It's been said that "a book is a present you open again and again." If we can agree that this is in fact so, then may I suggest we further the idea and consider our public libraries as proverbial Santa sacks full of goodies galore!

Remember Melvil Dewey, of the eponymous Dewey Decimal system? Coining "the best reading for the largest number at the least cost" as his slogan, Dewey was elected president of the American Library Association in 1890. His vision/standardization process is largely responsible for the look and feel of today's modern U.S. library.

And yet, while all libraries gift us with classic and new hardcover, trade and paperback books, today's newspapers or the latest magazine, music, movies and more, each also offers unique and special programs. Indeed, a public library is a veritable treasure trove of events, classes, workshops and resources, tailored to the community it serves.

The **Chappaqua Library** anchors one end of the town. Conveniently adjacent to one of the middle schools, the library is very student-centric, welcoming all grades every day and with extended hours during midterms, finals and regents. As Library Director Pam Thornton points out, "a large percentage of students use the library after school, especially on Friday afternoon. They mainly come to use the computers and for afterschool programs and to hang out. We are chartered as a

school district public library serving the Chappaqua Central School District community. Our community has a strong focus on education and advanced degrees.”

With its bright and welcoming children’s room and 16 pre-school story hours each week (including a monthly special-needs group), the Chappaqua Library helps grow an early love of books and reading. From there, it’s an easy move to either the dedicated teen area or main room where reading and learning continue to be of paramount importance to so many. In fact, Adult-Ed programs are another source of pride for the Chappaqua library. Residents enjoy film series, book discussion groups, author programs, writing workshops, even one-on-one computer lessons. Currently, a Foreign Policy Discussion group attracts close to 100 attendees every Monday morning. The CCSD recently passed a bond which included \$1.7 million for a library renovation/expansion project. Thornton expects to see “a greater emphasis on the library as a community space and not just a resource for the printed word.”



Outside the North Castle Public Library. Photo by Gary Sapolin

Unlike Chappaqua, the **North Castle Public Library** is not a school district library, but a municipal library. Programming is funded by Friends of the North Castle Public Library, grants and public service providers. Therefore, as Director Edie Martimucci explains, her database need not replicate the schools' libraries and she is able to focus entirely on community interest. In fact, her

first programming question is a simple “what does the general public want?” Martimucci repeats that question in multiple venues, direct and indirect conversations. She listens closely, watches what works, counts numbers of attendees and then tailors her programming and acquisitions accordingly. Martimucci proudly shares that “our programming has skyrocketed this last year with 36,000 people attending youth and adult programming and our theatres’ productions. We shot up through the ranks of the Westchester Library system!”

Martimucci likes to tell people that North Castle is really a three-library system; Armonk, North White Plains and “our virtual branch.” ESL is a steady popular program in North White Plains while Friday Night Films pack the house in Armonk, and users like students and travelers are logging in at all hours to download information they need right then and there. “It’s an exciting time to be a librarian,” says Martimucci, “the days of the “ssshing” librarian are over! In the digital age, libraries need to look at themselves as culture, information and recreation hubs. My goal is to make the North Castle Library the go-to place for our community.”

Homegrown and still living in Ossining, Programming and Events Coordinator James Trapasso is ideally situated to keep his finger on the pulse of his multi-cultural and economically diverse community. He notes that, with a large and ever-growing Hispanic population, the library has built up its multicultural collections while simultaneously offering assistance in many ways, including ESL and English conversation classes, a Spanish Film and many events celebrating Hispanic Heritage Month. Additionally, he points out, the **Ossining Public Library** is a proud partner with the Ossining School District and therefore partners with the schools on certain initiatives. “Right now, we conduct a Spanish class for teachers and other professionals in the school district to learn the language. The library sees many kids after school and also for our Math Tutoring program on Wednesday evenings. For the month of May, ever year, the library’s art gallery has hosted the School District Art Show for grades K-12. It is a show not to be missed.”

Trapasso explains that voters overwhelming approved a \$15.8 million project to build the current library, which, having opened its doors in March 2007, will soon celebrate its tenth anniversary. Ossining has some pretty dramatic waterfront, and beautiful Hudson River views are as much a part of the library’s appeal as are the modern design, friendly staff and extensive collections. Trapasso notes that the library “has space for everyone. From our 200-seat theater to our café space and our meeting rooms; there’s even a reading room equipped with a double-sided fireplace—the perfect spot to read on those cold winter days.” The spectacular 44,000 square-foot “new” Ossining Public Library has won numerous awards and is LEED Certified from the U.S. Green Building Council.

The Mount Kisco Public Library also serves a very diverse community. However, according to Library Director Kathryn Feeley, one interest/activity that spans the many backgrounds and connects across the ages of this heterogeneous population is crafting. As she explains, the act of crafting is creative and inclusive, encouraging people to engage with each other in real time and real life.

For example, during the December holiday season, the library partnered with the Chamber of Commerce to draw the community together during a crafting and tree-lighting event. Feeley remarks that children, teens, adults and seniors all attended and took part in activities targeted to their age and interest. The partnership and program were an overwhelming success.

Another craft-focused activity is adult coloring. Adult coloring has recently garnered serious attention as a way to center one's mind and emotions. Indeed, Feeley shares that the Mount Kisco Library needed to replace a regular mediation program for a few months and tried adult coloring as a stop-gap alternative. It has proven immensely popular, again drawing in various demographics including a large number of Latino seasonal workers whose employment options are more limited during the cold weather months.

Clearly, our community libraries are here to stay, and we must count ourselves quite lucky to have enthusiastic, engaged and dedicated professionals at the helms. Further, we should applaud ourselves and our neighbors for continuing to recognize the need for communal learning and information.

Please note that we've profiled but four of our area's libraries, and highlight various programming at these along with an additional two on page 26. As times and needs change, libraries, rather than becoming relics of the past, remain and grow as vital and vibrantly as ever. Do make sure you/your family have a library card and enjoy all that the Westchester Library System has to offer!

Beth Besen is a past editor and continuing contributor to the Inside Press. Although a Chappaqua resident for over 20 years, she has lived in many places, and always found the public library to be a true home away from home.

EVENTS 03/01/2017

Greenburgh Librarian Shares Her Cultural Journey To Hemingway's Cuba

 Ken Davis  Jon Craig



Diana Lennon Photo Credit: *Greenburgh Public Library*

LARCHMONT, N.Y. – Librarians Nancy Coradin and Diana Lennon will give a talk on their trip to Havana, Cuba, with a focus on American novelist Ernest Hemingway's time there, Thursday, March 23, at the Larchmont Public Library.

The visit offered them access to current Cuban literature and provided a bridge to connect and engage with Cuban librarians to discuss libraries, their services, their history and their future, according to a release from the Larchmont Public Library.

Coradin, Coordinator—Multi-language Collections and Services at the Westchester Library System and Lennon, Librarian II at the Greenburgh Public Library—encountered a familiar face on distant shores, a man with a larger-than-life persona and an adventurous lifestyle. He was a writer, fisherman, hunter, war correspondent, father and hero: Ernest Hemingway.

Coradin is the Spanish language cataloger for the Westchester Library System, a consortium of 38-member libraries covering Westchester County. She assists the member libraries in building their language collections and offers innovative bilingual program ideas to the libraries.

Coradin also heads the Westchester Librarians Serving Latinos group that pools the experience, skills and creativity of library staff to improve services to Latinos in a combined effort across libraries.

She was given the opportunity to join the American Library Association on a trip to Cuba to participate in the Havana International Book Fair in February last year.

Coradin has also been invited to attend LIBER and FIL, Spanish language book fairs in Barcelona, Madrid and Guadalajara, Mexico. She earned a Master of Library Science and Information from Pratt Institute, where she received an Outstanding Achievement Award.

Through her outreach, she has enabled local organizations to partner with the libraries and offer programs in literacy, health, law, parenting, education, job readiness, and digital literacy.

Additionally, Coradin is a proud member of the American Library Association, The Westchester Library Association and REFORMA.

Lennon provides services and programs to the Latino community at the Greenburgh Public Library in Elmsford, NY. In February 2016, she traveled to Cuba as part of the first American Library Association delegation.

She has attended international book fairs in Guadalajara, Mexico and Madrid, Spain. Lennon is a member of ALA, NYLA, REFORMA and the Westchester Library Association. She received her Master of Library and Information Science from Long Island University, and in 2010 was named the American Library Association's Miriam L. Hornback Scholar.

Lennon also received a 2010 New York Library Association/Public Libraries Section Conference Scholarship. Her chapter titled "Café a las Siete/Coffee at Seven" is published in the anthology "Library Services for Multicultural Patrons: Strategies to Encourage Library Use" (2013, eds., Smallwood & Becnel).

Her children and young adult book reviews are in "Partes de Un Todo/ Parts of a Whole," published by the Fundación Germán Sánchez Ruipérez in Spain. She holds a master's degree in Spanish literature and language from Vanderbilt University.

The talk will begin at 7 p.m. For additional information, call (914) 834-2281.

The library is at 121 Larchmont Ave., Larchmont.