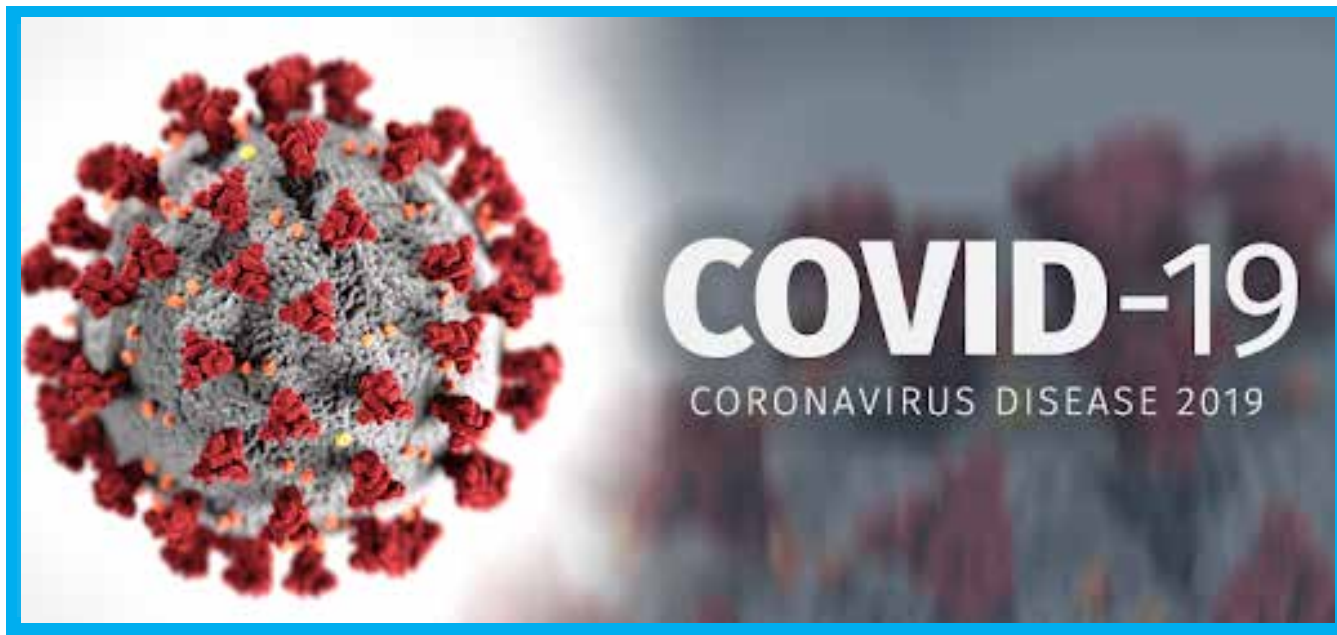


SENIOR MOMENTS

Visit our website at: <https://www.oldguardofwestchester.org>



MESSAGE FROM OUR PRESIDENT

I hope this message finds everyone healthy and well. Since we decided to postpone our meetings, I have been having discussions with David Finch, Alan Stern and Larry Dunkleman about how we can communicate with our members. We cannot go “silent.” I think it is very important to keep in touch with our members and that we give our members an opportunity to communicate with other members of the Old Guard. We have decided to take a multi prong approach. The first is Alan Stern who will assemble messages from members and blast them out to everyone else. Members could send messages to Alan about anything that is going on in their life that they would like to share with the other members, inspirational thoughts, informational items, humorous stories, etc. We will also communicate members’ birthdays and anniversaries. David Finch has an OGwestchester group Facebook page which will also allow us to communicate with our members. Many of our members may be unfamiliar with Facebook and David Finch might explain the benefits of and how we can use it in our first email blast. We welcome any ideas you may have about how we can communicate with our members. In addition, please check the website for the latest information as well.

In the meantime stay well and continue to follow the CDC guidelines.

Bob Dougherty

STAYING HOME: COPING WITH SOCIAL DISTANCING

From: Nenni Aggarwala

I normally stay at home except for going out for a walk (about a mile and a half.) Reading is what I like most. Jean shopped over two days during the « senior hours », 6 to 7.30, We watch TV news in the evening (6 to 8) and BBC news at 5.30 and some short mystery programmes.

From: Paul Cioffari

I spend my day calling my wife at least 4 times per day. She is in rehab after having two spinal surgeries-one on Feb 19 followed by a second on Feb 26

Due to the Coronavirus, I cannot visit her. Because of the “no visitation policy”, I have to send her clothes, books, newspapers by US MAIL. I have been living the life of a bachelor since February 19 (her first surgery) and it does not agree with me.

For exercise, I go for a walk in Leonard Park Mount Kisco-at least a mile and a half. At home, I will use an exercise bike. It is important to exercise the body as well as the mind.

I have been eating food that we have in the refrigerator and freezer supplemented by outside buying. Am starting to learn how to cook since my wife has done all the cooking for the past 48 years.

I miss the meetings of the Old Guard and playing bridge so I use Bridge Base -on line- to keep up my skill level.

From: Julian Leventhal

I've always found it helpful when dealing with stress to exercise. The body releases endorphins which gives you a feeling of well being. My exercising is at the gym. Guess what —all the gyms are shut down. What to do? Well I've been running up and down my building hallway. I have a very long hallway so it's working out.



FROM OUR
PROGRAM
DIRECTOR

STEVE
AUERBACH

“Stuck at home? Unable or unwilling to go out? Why be bored?”

Our members, and everyone else, can now view Paul Levinson's February 25th talk at the OG Westchester, How to Find Truth in an Untruthful World online at the OG web site,

For other OG Programs, go to the web site at <https://www.oldguardofwestchester.org/>, drop down the Past Programs and Activities Menu, Under programs select Videos of Programs, click on Program Videos, and select one that you wish to view.

This access is not restricted to OG members, so please pass this on to any friends or relatives who might be interested in finding something to do while self-isolating.

Just for a smile

1969 vs. 2019 (A span of only 50 YEARS)

1969 : Long hair 2019 : Longing for hair

1969 : KEG 2019 : EKG

1969 : Acid rock 2019 : Acid reflux

1969 : Moving to California because it's cool

2019 : Moving to Arizona because it's warm

1969 : Trying to look like Marlon Brando

2019 : Trying NOT to look like Brando

1969 : Hoping for a BMW 2019 : Hoping for a BM

1969 : Rolling Stones 2019 : Kidney Stones

1969 : Passing the drivers' test

2019 : Passing the vision test



The Old Guard of Westchester is a social organization of retired business and professional men who meet for fellowship, recreation, mutual support, and community service. For membership information: 914-428-4218