

Youth Art Month Kicks Off in Town Hall

BY STEPHEN E. LIPKEN

Doreen Grozinger, Co-President, Harrison Council for the Arts since 1984 and Chair, Harrison Youth Art Month Committee presented the 43rd Annual Harrison Youth Art Month on Sunday, March 5th in Town Hall, running until the end of the month.

"It's always a pleasure to see what our kids create every year. Thank you to Doreen Grozinger for organizing the event and to all our teachers who recognize the importance of the arts to a rounded education," Mayor Richard Dionisio observed.

Grozinger estimated a turnout of over 100 people the first hour. A mixed media artist as well as art and yoga instructor, Grozinger visits each Harrison Children's Center program twice a month using a variety of materials and techniques

with the children, culminating in the "Art of the Young Child" Exhibition, which will be held on Sunday, April 30th in Town Hall.

Artwork was submitted by Harrison Avenue School, Louis M. Klein Middle School, Parsons Avenue School, S.J. Preston and Purchase Elementary Schools.

Art techniques included First Grade winter scenes, where students created a winter scene using painted paper, collage and pastel. Casts shadows were carefully placed according to the direction of the moonlight and sunlight. In



Kanon Saito points to her artwork (top middle).

Third Grade texture and print-making explorations, students used mono-print techniques to create images with texture. Textured objects were pressed onto printing plates coated with ink or paint.

With Fourth Grade landscape paintings, the illusion of space and depth are created by including a foreground, middle ground and sky. In Fifth Grade still life drawing, student used a variety of drawing strategies to create line drawings of actual fall pumpkins. Then they explored how to create the illusion of 3D-form by noticing how a light source creates high-

lights, mid-tone core shadows and cast shadows to re-create this effect in their drawing.

Fifth Grade S.J. Preston Elementary School students created a personalized paw print to represent who they are. The uniform shape of the paw print represents that they belong to the Harrison community. However, the colors, shapes, line and content represent who they are as individuals.



Louis Denigris, Self Portrait, inspired by Yayoi Kusama, 6th Grade, LMK School.

Multiple Actions and Resolutions Discussed at Town Board Meeting

BY STEPHEN E. LIPKEN

Mayor/Supervisor Richard Dionisio opened the Wednesday, March 15th Town/Village Board meeting with multiple Actions and Resolutions.

Recent Harrison Food Pantry donations totaled \$260.26, with donations for Brentwood Fundraiser Project totaling \$3700.

Request by Comptroller, Maureen MacKenzie to transfer available funds within the Planning Board budget lines, Furniture and Furnishings



Harrison Mayor Richard Dionisio

and Office Equipment and transfer funds to Planning Board Special Services budget line to cover cost of having old microfiche records digitally scanned. Increase: Planning Board Special Services, \$700; Decrease: Planning Board Furniture and Furnishings,

\$500; Planning Board Office Equipment, \$200.

MacKenzie requested appropriating Highway Fund Balance to cover cost of emergency repairs as follows: Repair to catch basin at Pebble Beach Drive by Montesano Brothers, Inc., \$6,793.32; plus Drainage emergency at 100 Corporate Park Drive, \$39,830.49. Corporate Park Drive Emergency/Pipe/Drainage/Catch Basin Repairs, Contractor Westchester Hills Landscaping 2, \$32,895.24. Total: \$79,519.05.

The Law Department approved Police Chief

John T. Vasta's request to participate in the renewed Inter-Municipality Agreement (IMA) with Westchester County and Town/Village of Harrison Police Department for provision of Enhanced 911 Service. The primary purpose of this IMA is to define the role of Westchester County municipalities regarding the provision of E911 service and operation of Public Safety Answering Points located throughout the County.

Request by Receiver of Taxes, Michael Gior-
continued on page 4

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Source: OKMLS, 2020, 2021, 2022, individual years, total dollar volume of single family homes sold by agent, Harrison School District.

County Elected Officials Commit to Honesty in their Resumes

In an effort to promote transparency and accountability among County elected officials, the Westchester County Board of Legislators voted 15-0 to approve the "Truthful Disclosure for Candidates" bill (2023-86) on March 20. The inspiration for this legislation was born from the controversy surrounding Long Island Congressman George Santos, who is under ethical review after revealing he misrepresented his educational and professional background.

The act would require candidates for County Legislator and County Executive to complete a Candidate Disclosure Form that provides biographical information, including the candidate's educational, military, and employment histories. The Candidate Disclosure Form will also require the candidate to certify that the information contained in the form is true and correct to the best of their knowledge.

Some of the information subject to the disclosure includes:

- The full legal name of the candidate and/or appointee,
- The names of all post-secondary educational institutions,
- The names and addresses of all full-time employment from ten years before candidacy,
- Dates of employment and titles held, and
- Military service, along with highest rank held and type of discharge.

"People want to know that the individuals



County Executive
George Latimer

they have elected to represent them are honest and transparent about their qualifications and experience," said Chairwoman Catherine Borgia (D-Cortlandt, Croton on Hudson, Ossining, Briarcliff Manor, Peekskill). "I believe that this will help strengthen our democracy and ensure that elected leaders are truly serving the public interest."

County Executive George Latimer said, "Transparency is key to ensuring accountability and building trust between the government and the public. The passage of the "Truthful Disclosure for Candidates" bill is a significant step forward in promoting transparency and integrity in Westchester County. We wanted to do something constructive, we want to begin the competitive process of campaigns knowing what are the honest baselines for each individual and that is what we have done. I am proud to have worked with the Board on this Measure and I plan to sign the bill into law immediately."

This commitment to honesty and transparency is essential for building trust with the public and helps ensure that elected officials are equipped to perform their duties effectively. In addition, providing accurate information about their qualifications and experience will ensure that they have the skills and knowledge to address the complex community issues they face.

The law will go into effect once signed by the County Executive.

New University-Based Retirement Community to Open in Fall

Broadview at Purchase, a university-based retirement community on the campus of the State University of New York at Purchase, has hired a Director of Human Resources as it gears up to open in the fall.

Connie Hewitt, a Greenwich resident, has more than 20 years of experience in Human Resources both in full-time positions and as a consultant in a variety of industries, including: technology, consumer products, banking, professional services, healthcare and not-for-profit organizations.

Prior to joining Broadview, Hewitt worked as a consultant and as the Human Resources Director at United Hebrew in New Rochelle, a skilled nursing and assisted living facility, where she managed a department of three professionals.

Ashley Wade, Executive Director of Broadview at Purchase, said that Broadview will be hiring almost 200 employees within the first two years of its opening, and that having a competent and committed HR professional like Hewitt was essential.

"We are glad Connie has joined to help with hiring our first employee team at Broadview, shape our benefits offerings, and help us create Broadview to be an employer of choice," she said.

Hewitt earned her B.A. with a major in Sociology at Smith College in Northampton, MA. She obtained her CP certification from the Society for Human Resources Management (SHRM) and has had her PHR certification for more than 15 years. Connie has volun-



teered at SHRM and served on the Southern Connecticut Chapter of SHRM as their past Director of Diversity, Equity and Inclusion (DEI) for over five years.

She is involved in a number of volunteer activities at Smith College and has volunteered on the national domestic abuse services (DAS) hotline run out of the Greenwich YWCA for more than 20 years.

Broadview at Purchase champions intergenerational connections and lifelong learning. In a unique concept, its Founders Learning Commons building is designed for students and Broadview residents to learn together. With 95 percent of the residences already reserved, Broadview at Purchase has more than 300 Charter Members (future residents who have reserved residences) who are already forming a sense of community.

Located on a 40-acre site on campus with walking and exercise trails, Broadview will offer a wealth of amenities, including a swimming pool, fitness center, movie theatre, spa and salon, dining venues, and on-site health center, among other features.

Broadview is being co-developed by Senior Care Development, LLC and LCS Development, LLC, and will be operated by Life Care Services®. LCS has over 50 years of senior living and housing experience and manages over 140 senior living communities nationwide. LCS has been rated best in customer satisfaction with independent senior living communities 4 years in a row by J.D. Power. For more information, visit Broadview online.

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Annual Jandon Business of the Arts Distinguished Lecture at Purchase College

The Arts Management Department of Purchase College, SUNY, has announced that producer, presenter, and visionary Shanta Thake, the Ehrenkranz Chief Artistic Officer at Lincoln Center will be presented at this year's Jandon Business of the Arts Distinguished Lecture on Monday, April 17 at 6:30pm. This free, in-person event takes place in the Recital Hall of the Performing Arts Center at Purchase College.

The Arts Management department welcomes Shanta Thake, one of the field's most innovative performing arts curators and managers, to campus for an in-depth and wide-ranging discussion. Shanta Thake will discuss the role of arts organizations in actively engaging and supporting the communities where the organizations reside while encouraging participants to explore how their own personal values and experiences influence their professional choices.

Shanta Thake is the Ehrenkranz Chief Artistic Officer at Lincoln Center for the Performing Arts, where she spearheads all artistic and programming activities. Since her start in the fall of 2021, Shanta has been key to Lincoln Center's ongoing efforts to ensure the arts are central to the civic life of the city—welcoming new audiences, championing genres historically underrepresented on campus, and ushering in accessible ticket models to break down cost barriers. Known for her work across disciplines, Shanta leads a team of curators to bring exciting emerging and established artists to Lincoln Center's indoor and outdoor stages, and spearheads multi-genre collaborations with Lincoln Center's resident organizations.

Prior to Lincoln Center, Shanta held the position of Associate Artistic Director/Director of Artistic Programs at The Public Theater, overseeing the growth and development of Public Works, Mobile Unit, Under the Radar, Joe's Pub, The Shakespeare Initiative and Public Forum. Previously, she spent 10 years as the Director of Joe's Pub, the intimate cabaret venue which hosts over 700 shows annually. Shanta is the co-director of GlobalFEST, North America's world music festival, and in this role received the William Dawson award for Programmatic Excellence. She received a BA in theater as well as a degree in management from Indiana University and currently lives in Brooklyn.

Dr. Milagros (Milly) Peña, President of Purchase College, said, "At Purchase College, we encourage our students to find innovative ways of using their talents and skills for the benefit of their communities and the wider public. This year's annual Jandon Business of the Arts lecturer, Shanta Thake, is a wonderful example of this kind of mission-based programming, having spent her career curating and presenting programs that are accessible and relevant to those she serves. We look forward to hearing from her as she inspires a new generation of arts leaders."

For updates and to register for the event, please visit www.purchase.edu/jandon.



Shanta Thake

Purchase College would like to recognize and thank Jane and Donald Cecil, previously of Harrison, and their representatives, for their generous gift that created this Jandon Business of the Arts Distinguished Lecture Series.

April Programs at The Harrison Public Library



The Harrison Public Library, 2 Bruce Avenue, will host many interesting programs this April, including Making Sushi. On April 4 at 3pm, Oishinbo of Harrison, will teach participants how to make sushi. All ingredients will be provided. Registration is recommended.

What You Need to Know about Fentanyl and Narcan with St. Vincent's Hospital will be held on Wednesday, April 12, 7 pm. Presented by St. Vincent's Hospital, this training session will teach parents, caregivers, and educators how to recognize the signs of an overdose and administer Narcan to help reverse an overdose. The entire community is invited to attend. Registration is recommended. Register at www.harrisonpl.org/events

National Library Week Kickoff: Sip, Swap, and Sow Garden Party will take place on Sunday, April 23, 2 pm, in the Reading Garden. Join for a fun-filled event of swapping seeds, sipping wine, and planting the seeds of community growth. And celebrate the start of National Library Week! Experts will give you gardening advice, and you can take home the finest organic heirloom seeds.

On Monday, April 24, 7 pm, in the Community Room, Joe Toplyn, a four-time Emmy-winning

The Performing Arts Center Presents Grammy Award Winner Angélique Kidjo

The Performing Arts Center at Purchase College will close out their 2022-2023 season on Saturday, April 15 with a live performance by five-time Grammy Award winner Angélique Kidjo at 8pm. Angélique Kidjo is considered to be one of the greatest artists in international music today. As a performer, her striking voice, stage presence and fluency in multiple cultures and languages have won respect from her peers and expanded her following across national borders.

Kidjo has cross-pollinated the West African traditions of her childhood in Benin with elements of American R&B, funk and jazz, as well as influences from Europe and Latin America. Kidjo is a creative force with sixteen albums to her name. Her most recent, *Mother Nature*, took home the Grammy for Best Global Music Album in April 2022, reinforcing her status as a true icon of African music. Met with career-best raves, *Moth-*



er Nature tackles major issues like the climate crisis and the struggle for freedom, but in Kidjo's hands, these themes are translated through music that is radiantly joyful. *Time* Magazine has called her "Africa's premier diva," and named her one of the most influential people in the world for 2021; The BBC, *Forbes* Magazine, and *The Guardian* have all highlighted her importance to the people of the African continent. She is the recipient of the 2015 Crystal Award given by the World Economic Forum in Davos, Switzerland, the 2016 Amnesty International Ambassador of Conscience Award, and the 2018 German Sustainability Award, and the 2023 Vilcek Prize in Music. Kidjo also advocates on behalf of children as a UNICEF and OXFAM Ambassador. She created her own charitable foundation, Batonga, dedicated to support the education of young girls in Africa.

"We embarked on the 2022-2023 season not fully knowing what to expect," comments Interim General Manager Ian Driver. "All we knew is that we had a powerful line-up of world class artists and a dedicated staff ready to make things happen, and we hoped that audiences were equally ready to come back and experience live performing arts again. I am thrilled to report that they certainly were. And I couldn't think of a more appropriate way to celebrate and close out the season than by filling the Concert Hall with our friends and fans, and with Angélique Kidjo's exuberant and joyous sound."

The Performing Arts Center at Purchase College is located at 735 Anderson Hill Road, Purchase. • Ticket Office: 914.251.6200 • www.artscenter.org

Multiple Actions and Resolutions Discussed at Town Board Meeting

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dano and Assessor, Joe Calandrella to set the date of April 20, 2023, for a Public Hearing to adopt a Local Law that brings Section 466-a of Real Property Tax Law into effect. Real Property Tax Law Section 466-a is not in effect for Town/Village and School property taxes.

Village Board Actions and Resolutions included approving hiring ELQ Industries, Inc. for construction portion of the West Harrison Library Window Replacement Project at cost not to exceed \$70,850 and structural maintenance to the Brentwood Pool, cost not to exceed \$110,000.

Westchester Parks Foundation to Host Earth Day Event

Westchester Parks Foundation is getting ready for its largest volunteer event of the year with its annual Pitch in for Parks community cleanup program. The weeklong event will kick off on Monday, April 17, culminating on Earth Day, Saturday, April 22 with over 1000 volunteers bringing the national spotlight on environmental causes. The annual event, held in partnership with the Westchester County Parks Department, will take place throughout Westchester in celebration of Earth Week.

Seth Mandelbaum, Chairperson, Westchester Parks Foundation stated, "Pitch in for Parks started back in 1994 and it has grown each year in the number of volunteers who demonstrate their desire to be stewards of the environment by acting locally. This year the culmination will be held on Earth Day itself, so we expect a record-breaking number of volunteers to come out and get our Westchester County parks ready for Spring."

Last year, 731 volunteers clocked 2,512 hours at 16 parks throughout Westchester for clean-up efforts. They planted 78 trees, removed 4,395 pounds of trash and painted 2,272 sq ft of fences, trail markers, and other surfaces in the parks.

Since the Saturday event occurs on Earth Day



this year, WPF is expecting record breaking number of volunteers doing their part to clean up the parks. To help accommodate park stewards, additional projects have been added for volunteers, working as individuals, families, corporations, local businesses, or groups, for trash clean up, clearing trails and shorelines, restoring wildlife habitats, removing invasive vines from trees, painting, raking, and preparing and planting flower beds. Earth Day events will be held at Glen Island Park, New Rochelle; Tibbetts Brook Park, Yonkers; Bronx River Reservation at Westchester County Center, White Plains; and Blue Mountain Reservation in Peekskill.

Pre-registration is required to participate. All tools will be provided, and volunteers should wear clothes that can get dirty and closed toe shoes. For more information on how to volunteer for Pitch in for Parks, visit <https://www.thewpf.org/events> and scroll down to the park in your neighborhood to sign up.

Photo Courtesy of Westchester Parks Foundation.

Latimer Signs Legislation Making Single-Use Plastic Foodware Only Available Upon Request

Following the Westchester County Board of Legislators passage on Monday, March 6, County Executive George Latimer has signed into law a measure aimed at further reducing the amount of plastics in the County's waste stream. The new measure was signed into law at a ceremony hosted outside of the Board of Legislators Chambers with the main sponsors of the legislation Legislator Erika Pierce and Chairwoman Catherine Borgia.

The law states that: No food service establishment shall provide single-use foodware or condiment packets to any dine-in or take-away customer unless specifically requested; Any single-use plastic beverage stirrers or single-use plastic beverage "splash sticks" are no longer permitted. Retail food stores may sell packages or boxes of single-use plastic beverage stirrers or single-use plastic beverage splash sticks to their customers; Lastly, when requested, single-use foodware items or condiment packets must be provided individually and not in a package containing multiple items.

In addition to this new law, Westchester is increasing recycling and reducing waste – and while the environmental benefits of waste reduction and recycling are well known, it also makes good sense



economically. In 2022, 74,456 tons of curbside recyclables collected by municipalities within the County's Refuse Disposal District were delivered to the Daniel P. Thomas Material Recovery Facility (MRF). Revenue from the sale of these recyclables totaled \$7,006,704.59, an increase of over 95% from 2020.

Over the past 20 years, the amount of residential solid waste disposed in Refuse Disposal District No. 1 in Westchester has decreased by 21%. After peaking at 495,659 tons in 2003, the amount of residential trash was reduced to 390,243 tons in 2021, a reduction of 105,416 tons. Over this same period, Westchester's population grew by about 6.8%, adding more than 64,000 additional residents. During that time span, the County consistently posted an annual recycling rate of at least 50%, far outpacing the national average of 32%.

Rupert Walters Elected Chair of Cancer Support Team

Rupert Walters of Larchmont has been elected Chairman of the board of directors of the Cancer Support Team (CST). He has been with CST for 20+ years, serving as treasurer and board member, having been brought on the board by one of the founders, Gayle Lee, who was seeking a board member with strong business acumen.

Rupert is now a retired leader of several companies. Rupert began his career in Marketing & Sales at J Walter Thompson, General Foods, and Warner Amex Cable Television.

His first CEO responsibility was for Popsicle, a Division of Sara Lee Corporation. He progressed through other CEO, COO & President roles for Chemical Bank in Residential Mortgages, JWP Environmental Group, Ipsos and The NPD Group.

Geographically, his responsibilities expanded globally to include North America, Europe, Asia, and Australia.

In addition to CST, Rupert is a member of the Young Presidents' Organization (YPO) since the mid-1980s. Also, he has served as a member of the board at the Bonnie Briar Country Club, with a focus on Long Range Planning and Membership.

He is a 40+ year member of the Larchmont Yacht Club and served many years on the Tennis and House committees.

After growing up in Northwest Florida, Rupert obtained a BA degree in Economics from the University



Rupert Walters

of the South in Sewanee, TN, followed by an MBA in Marketing from the Wharton School at the University of Pennsylvania.

Carla Volpe Porter, former Chair, fellow board member and long-time supporter of CST says, "Rupert is a strategic thinker with considerable expertise in top management of for-profit companies. He also has a thorough knowledge of Cancer Support Team and a deep commitment to the organization, having served as a board member and treasurer. The value of his leadership experience to us is inestimable."

Rupert and his family are personally familiar with how cancer can affect a family, having lost their older son, Adrian, to cancer at age 37. His wife, Jean, also lost her only sibling, a sister, to cancer. Sadly, cancer has been a recurring issue for the Walters, with the passing of dear friends, all of whom succumbed to cancer, like their son, at an early age.

The Cancer Support Team is the only Westchester-based non-profit home care program, licensed by the New York State Department of Health, providing professional nursing education and support, social work counseling, case management and cancer-related services to patients and family members living in southern Westchester. The services are delivered free of charge at any stage of the illness.

The Cancer Support Team is located in Purchase. Call 777-2777 for more information.

White Plains Hospital Named a "Best Hospital for Bariatric Surgery"

With more than 2,200 hospitals surveyed, White Plains Hospital is the only hospital in Westchester County and one of nine in New York, to be named to *Money's* "Best Hospitals for Bariatric Surgery" list. In total, 101 hospitals across the United States received this honor.

Bariatric surgery is a procedure designed to help seriously obese patients lose weight. White Plains Hospital is an accredited Comprehensive Center under the Metabolic and Bariatric Surgery Accreditation and Quality Improvement Program (MBSAQIP) and offers preoperative and postoperative care designed specifically for those patients who are committed to losing a significant amount of weight and improving their health.

"This honor is a testament to the patient-centric approach our team takes when it comes to proper care," said Dr. Philip Weber, Director of the Division of Minimally Invasive Surgery, Robotics and Bariatrics at White Plains Hospital. "Weight-loss surgery can increase people's lifespan and decrease their risk of heart attack, stroke and certain cancers, so patients will not only live longer, but better."

Led by Dr. Weber, the Hospital's comprehensive approach ensures that bariatric surgical patients receive multidisciplinary care, not just a surgical procedure, which improves patient outcomes and long-term success. The bariatric surgeons at White Plains Hospital perform two types of minimally invasive bariatric surgeries, Laparoscopic Roux-en-Y Gastric Bypass and Laparoscopic Sleeve Gastrectomy, and patients are supported by a team of certified registered nurses, psychologists, nutritionists, physical therapists and plastic and reconstructive surgeons to help them succeed. The

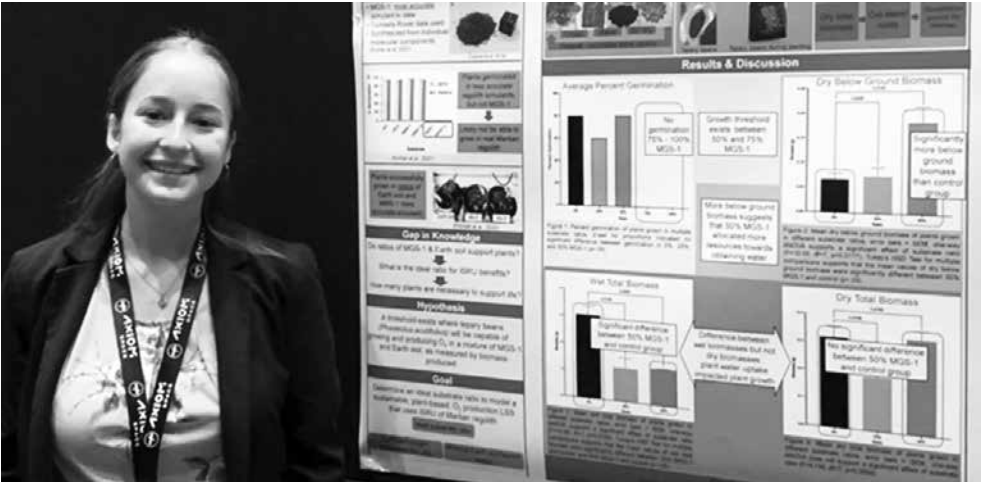
Hospital also offers monthly support groups to patients following surgery to help them develop meaningful relationships with others on the same journey.

The "Best Hospitals for Bariatric Surgery" list, developed by *Money* in partnership with the Leapfrog Group, is based on those hospitals and surgery centers that completed Leapfrog Surveys in 2022. The Leapfrog Group is a nonprofit organization that aims to help consumers make informed decisions about their health and access safe, high-value care.

To qualify for the list, eligible hospitals were required to meet criteria specific to bariatric surgery, including achieving Leapfrog's standard for bariatric surgery quality and receiving a "B" or better grade on the organization's most recent "Hospital Safety Grade." White Plains Hospital received its eighth consecutive "A" from Leapfrog last year and also was named a "Best General Hospital" by the organization in December, making it one of 115 in the United States and one of just two hospitals in New York state to receive that distinction.

White Plains Hospital is a proud member of the Montefiore Health System, serving as its tertiary hub of advanced care in the Hudson Valley. The Hospital is a 292-bed not-for-profit health care organization with the primary mission of providing exceptional acute and preventive medical care to all people who live in, work in or visit Westchester County and its surrounding areas. White Plains Hospital has outpatient medical facilities across Westchester, including multispecialty practices in Armonk, Larchmont, New Rochelle, Rye Brook, Somers and Yorktown Heights; and Scarsdale Medical Group locations in Harrison and Scarsdale.

Harrison High School Senior Ariella Blackman Named Regeneron Finalist



Harrison High School Senior Ariella Blackman was named a Regeneron Science Talent Search Finalist, one of only 40 high school seniors selected for achievement in science, technology, engineering and math. Ariella is the first Harrison High School student to advance to the finalist round. The Regeneron Science Talent Search is the oldest and most prestigious competition for high school students.

Harrison High School science teacher and Science Research Program Coordinator Allison Blunt shared, "I'm so excited that all of Ariella's dedication and hard work is being rewarded. As an aspiring astronaut, her project could potentially help humans inhabit Mars. She has an incredible passion for learning and for innovation."

Ariella's research, Developing a Model In-Situ Resource Utilization System for Oxygen Sustaining Life Support and Launch Cost Reduction for Mars, included modeling cost-effective, sustainable life-support systems for human spaceflight to Mars. She has grown plants in various substrate ratios including simulated Martian regolith, potting soil, and biochar, measured various growth parameters, and developed an original mathemat-

ical model to calculate oxygen production and the amount of resources needed to support life.

Students enter the Regeneron Science Talent Search by submitting original scientific research. Scholars are chosen based on their exceptional research skills, commitment to academics, innovative thinking and promise as scientists. Ariella conducted her research over the past three years as part of the high school's Science Research Program. To be considered for the Regeneron competition, students conduct an original research project, where data is collected and analyzed. Students also complete and submit a comprehensive application which explains the reasoning behind their study, academic background and interest in science.

Ariella also placed among the top 300 of the Regeneron Science Talent Search earlier this year. Last year she was awarded 2nd place in the Regeneron International Science & Engineering Fair, where she also was awarded the Air Force Research Laboratory Award. As a Regeneron finalist, Ariella joins 13 Nobel prize winners, 22 MacArthur Foundation Fellows and many other distinguished alumni of the Science Talent Search.

LMK Middle School Science Olympiad Team Places 5th in Regional Competition



The LMK Middle School Science Olympiad team earned a 5th place at the Lower Hudson Valley Science Olympiad and will advance to the New York State Science Olympiad competition. Thirteen LMK teams placed in the top ten in the various categories. Science Olympiad is an opportunity for students to challenge themselves in Science, Technology, Engineering, and Mathematics through various levels of team-based, collaborative competitions. LMK Science Olympiad Team Members include: Ron Blaustein, Atharv Gandhi, Isani Mitra, Mizuki Shimatani, Sophie Wong, Sebastian Kozyra, Raito Sekine, Priya Kaji, King Kritikos, Kayli Kyu, Mia Camaj, Matt Basso, Shaili Singh, Katharine Wong, Kinga Kozyra, Jordan Levine, Nate Kim, Kai Hickey, Oviya Gandhi

LMK Student Winners at Lower Hudson Valley Science Olympiad:

Anatomy & Physiology - 7th Place
Isani Mitra & Mizuki Shimatani

Bio Process Lab - 2nd Place
Shaili Singh & Mizuki Shimatani

- | | |
|------------------------|---|
| Botany - | 5th Place
Nate Kim & Oviya Gandhi |
| Can't Judge a Powder - | 8th Place
Sebastian Kozyra & Atharv Gandhi |
| Crave the Wave - | 3rd Place
Mizuki Shimatani & Atharv Gandhi |
| Dynamic Planet - | 2nd Place
Sohpie Wong & Ron Blaustein |
| Experimental Design - | 6th Place
Shaili Singh, King Kritikos & Atharv Gandhi |
| Fast Facts - | 8th Place
Jordan Levine & Kai Hickey |
| Green Generation - | 5th Place
Sebastian Kozyra & Ron Blaustein |
| Meteorology - | 6th Place
King Kritikos & Raito Sekine |
| Quiz Bowl - | 2nd Place
Atharv Gandhi, Mizuki Shimatani & Sebastian Kozyra |
| Rocks & Minerals - | 7th Place
Kayli Kyu & Priya Kaji |
| Write It Do It- | 10th Place- Kayli Kyu & Priya Kaji |

Harrison Students Among the Best Musicians in Westchester

Six Harrison students were selected for the Elementary and Intermediate All-County Band and Orchestra and are among the best young musicians in Westchester County. Students earn the opportunity to perform with other top musicians from Westchester County based on their outstanding New York State School Music Association (NYSSMA) Solo performances. Harrison student participants include: Diana Millard, Jonathan Myung, Amelia Gilmore, Rio Yazawa, Sophie Baker, Miles Yan.

Harrison strings teacher Charlie Bennett was selected to lead the elementary All-County Orchestra, a recognition of his well-earned reputation as an extraordinary strings educator.

Top right: Harrison Students arrive at rehearsal for NYSSMA All County Band and Orchestra

Bottom right: Harrison strings teacher Charlie Bennett was selected to conduct the elementary All-County Orchestra



Harrison's Cole Joseph is an All State Wrestler

Recently, Cole Joseph wrestled in the NYS High School Wrestling Championships in the D2 138 pound weight class. While Cole was a Harrison CSD student through 8th grade, he moved to Hackley High School. Cole was the 13th seed. After winning comfortably in the first round, Cole recorded major upsets in the round of 16 and quarter finals to make it into the semifinals on day 2. Cole won these matches with dramatic late takedowns and was the lowest seed making it to the semifinals. Cole thrilled the crowd early in the semifinals taking down the ultimate champion and putting him on his back. His run ended there, and Cole finished in an impressive 6th place.

Cole is a 3x NYS Independent School Champion and finished his High School career with a record of 135 - 29 with 98 pins. Cole was named Con Ed Scholar Athlete of the Week earlier this year and he will join his brother Tyler Joseph (a NYS champion from Harrison High School) on the wrestling team at the University of Chicago.

What makes this story even sweeter for Cole, is that in October he severely dislocated his knee on the soccer field and while in extreme pain in the back of an ambulance tears ran down his cheeks as he believed this injury would end his final wrestling season before it began. Cole has been wrestling since he was in kindergarten and always dreamed of being on the medal stand in the State Championships.

Cole finished out the soccer season on the sidelines in a full leg brace. In a bittersweet victory, he cheered on the team that he captained to a victory in the NYS independent school championship game. He put all his effort into rehab and caught some breaks.



He was back on the mats earlier than anyone expected and wrestling at a high level soon after that. Cole is very much looking forward to having fun playing lacrosse with his friends in his last few months as a High School student.

Cole credits his amazing support network for his success and especially his brother, coaches and teammates, throughout his career including Vic Arcara, Frank Arcara, Mark Arcara, Vinnie Nicita, Andres Corrales, Mike Skokos, John Laurenzi and especially his High School coaches Fran Stanek and Dan Shaw and his club coach from GPS wrestling Grant Paswell.



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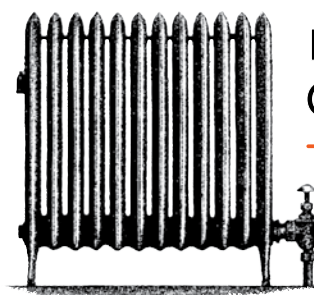
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Harrison Public Library presents "Shapes & Shadows"

A new art exhibit by Marion Schneider and Mitchell Visoky is on view April 2 to May 5, at the Harrison Public Library, Bruce Avenue. A meet the artists reception will be held on April 16, from 1:00 to 3:00 pm.

Marion Schneider's strong design background has had a tremendous influence on her painting. It has formed a basic structure and way of seeing the world that dominates her work with bold design, a strong passion for color and unique space arrangement. While urban themes are of particular interest, she also explores landscapes, still life



subjects and more recently, abstract painting. Mitchell Visoky is a contemporary artist working in variety of media and techniques choreographing composition, color, shape and space. With nature and the environment as his sources of inspiration, he offers the viewer a new sense of interpreting various segments of the natural and built worlds.

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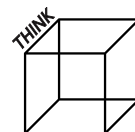
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April Events at The Purchase Free Library

Register for the following events at www.purchasefreelibrary.org or call (914) 948-0550.

All library programs are free.

On the second and fourth Thursday of every month, April 13 & 27, 12:00 pm, a Knitting Circle will be held. Beginners and experienced knitters are welcome. Possible spring project might include knitting for charity. In Person / Adults

The Real Book Club will be held on Thursday, April 27, 6:00 pm. The selection for April is *River Sing Me Home* by Eleanor Shearer. “Her search begins with an ending . . .” (Berkley, 2023) Zoom and In Person / Adults. Register early for the adult summer reading program. When June arrives,

Manhattanville College has New Programs to Attract New Students

Manhattanville College saw a 15 percent increase in new student enrollment during its spring semester in part due to a host of new programs that illustrate new trends in education.

Growth of the college’s School of Nursing and Health Sciences and increased enrollment in computer science, musical theatre, business programs, and psychology show that students are more interested in career-oriented programs, but some are still pursuing a traditional Liberal Arts track.

“Manhattanville has welcomed more than 200 new students this semester, new undergraduate enrollment has more than doubled, and enrollment is up 16 percent at our nursing school,” said Troy L. Cogburn, Vice President for Admissions and Marketing for Manhattanville College. “Manhattanville continues to attract the traditional Liberal Arts student, but is reaching a new type of student with a host of exciting programs.”

Another piece of good news, said Cogburn, is that diversity remains an area of strength for the school. As an example, he pointed to the School of Nursing and Health Sciences, where 55 percent of students are students of color (fall 2022) and 62 percent of new nursing undergraduates are students of color. This is much higher than the 41 percent of students of color enrolled in nursing programs nationally, according to the American Association of Colleges of Nursing.

New at the School of Nursing and Health Sciences is an online nursing leadership master’s program, and an online version of the school’s already popular MS Family Nurse Practitioner.

The School of Nursing and Health Sciences continues to grow by leaps and bounds due to a national demand for nurses, new offerings and the school’s investment in new learning labs and the latest technology. The school opened in 2020 with two undergraduate degrees in nursing: Bachelor of Science in Nursing for traditional 4-year and transfer students and an accelerated program for those who already hold Bachelor’s degrees. Since then, it has added graduate programs for nurse leadership and nurses seeking to become Family Nurse Practitioners, an online Pharmacy Technician certificate program, and a bachelor’s program in Radiologic Technology.

The School of Arts and Sciences saw gains in enrollment in musical theater, computer science, business and psychology programs. And it also

the library will send you a reminder. The theme this summer is “All Together Now,” and participating will be as easy as 1, 2, 3: (1) read three books from July to August, (2) log into the program at your convenience to tell which titles you’ve read, and (3) receive a goodie bag for grown-ups at the end of the summer.

Free Museum Passes are available at the library. Spring break is April 3 to 7 – a perfect time to use your adult library card to take the children to visit the American Museum of Natural History, the Children’s Museum of Manhattan, the Westchester Children’s Museum, the Guggenheim, the Intrepid, the Museum of the City of New York, or the Stamford Museum & Nature Center.

enrolled its first students in a new neuroscience major.

The School of Education is also thriving. Its Changing Suburbs Institute®, which works to help districts adapt to demographic changes in school districts, added the Stamford and Brewster school districts to its professional development schools (PDS) list. The Changing Suburbs Institute® /PDS network has now grown to include 20 schools from 10 districts. The School of Education has also seen enrollment increases in physical education, school building leader and school district leader programs, applied behavior analysis, and childhood and special education programs.

While new programs are attracting a new type of student, Manhattanville College Interim President Louise Feroe, Ph.D., said that it is the quality of the education at Manhattanville that is at the heart of its success.

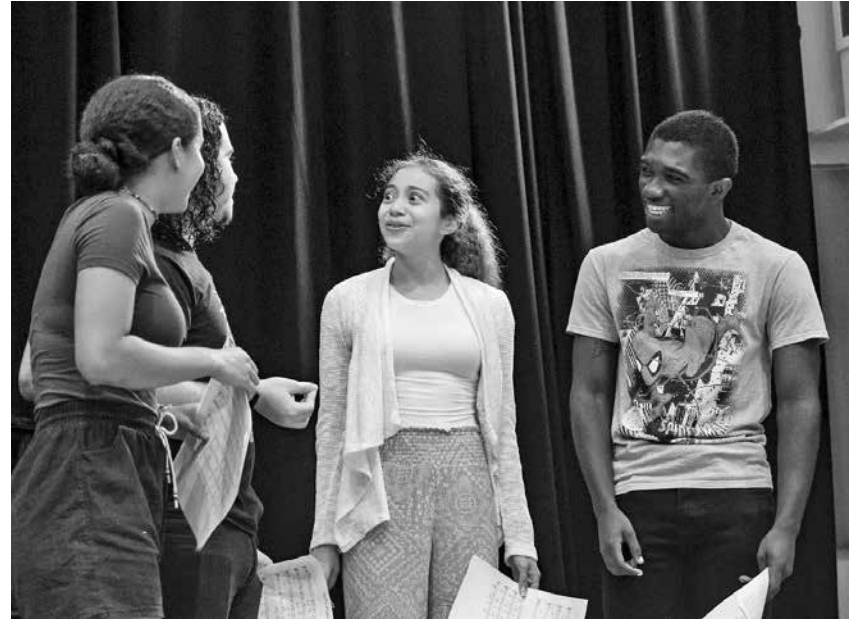
“This is an exciting time at Manhattanville as we usher in a new era of positive transformation,” said Feroe. “The path we are forging for the future – one that translates the liberal arts for the 21st century -- will ensure that Manhattanville flourishes and is here for generations to come. All of this puts the college in a good position to attract top talent as we begin actively searching for a new president who will build on our vision and take the college to new heights.” The college began a search for a new president last month.

Physical improvements are also underway that will help continue to attract new students. Among them a new outdoor volleyball court and recreational space which opened in fall 2022 and renovation to its lecture hall in Brownson Hall. Plans are underway to transform its Kennedy Gymnasium to better support the Physical Education program, intramural sports, and the athletics department.

For two years in a row, *U.S. News and World Report* named Manhattanville as the number one private, non-profit school in New York in the Regional Universities North category for Top Performers of Social Mobility. Manhattanville has earned a designation as a Hispanic Serving Institution by the U.S. Department of Education; was recognized as a Best College for 2023 in *Princeton Review* and earned two Colleges of Distinction badges including a new one in Equity and Inclusion in 2022.

To learn more, visit www.mville.edu.

Manhattanville’s New Play Reading Series



Encouraging creativity among students no matter what their major, Manhattanville College will host its new and unique play reading series, Fresh Ink on April 5. Fresh Ink gives undergraduate and graduate students, regardless of degree or program, the opportunity to present new plays, screenplays, musicals, and other dramatic texts.

Presenters can gather feedback from the audience as they continue to develop their scripts. At the same time, performing arts students can audition and gain valuable experience in the early stages of a show’s development, which is uncommon within the bounds of a traditional performing arts program.

Fresh Ink will be held on April 5 at 7:30 p.m., in the Founder’s Ex Theatre at Manhattanville College 2900 Purchase Street, Purchase. It is open to the public.

Theater professor Vinny Mraz produces the event each year and says the most significant part of producing Fresh Ink is getting to see and hear new student work.

“Readings can be a really big first step for playwrights, so seeing that opportunity happen and getting vital feedback from the audience is so fulfilling.” In addition to feedback from the audience, the event annually hosts adjudicators who attend to be dedicated listeners and provide feedback from their unique perspectives. Previous adjudicators have represented theatre, performance, and writing programs at the college.

This year’s event will present “The Unhappy Family in the Empty Tomb,” written by two Manhattanville students - Master of Fine Arts (MFA) in Creative Writing candidate Peter Prizel and directed by undergraduate Musical Theatre sophomore Izzy Camacho. This collaboration is particularly exciting since Mraz has been working to develop this kind of interdisciplinary approach.

“Izzy is coming from musical theatre training here; Peter comes from a career in social work. It’s two different angles and completely different views, and it’s so exciting for me as a producer,” says Mraz. “Izzy directed a play last year for Fresh Ink and is assistant director for ‘The Birds,’ and Peter has very little background in the theatrical world. It doesn’t happen often and it’s an incredible

learning opportunity for all involved.”

Prizel is eager to share his work with an audience. He has held a long-standing interest in museums and travel and has always leaned into magical realism in his writing, so when his professor shared the opportunity with him, Prizel felt it would be a great opportunity to see what’s possible with his work.

Prizel has found the highly collaborative process inspiring, especially as a continuing education student with a family and children, and shares that it’s “refreshing to work across interests, across departments, and across different age groups. Izzy is significantly younger than me, but she’s taken on a lion’s share with how connected and active she is on campus. I’m so appreciative for the support I’ve gotten in producing this from the College... and I can’t thank my wife and mother-in-law enough for supporting me to be able to work on this.”

Students who have previously participated in Fresh Ink have progressed beyond the initial reading stages. One student self-published their own book, inspired by Fresh Ink, through Amazon. Both readings from last year’s event have been produced beyond the initial reading. “The Mark of Crystalis,” written by Syd Suarez who graduated last year, was produced and performed as part of the 2022 Senior Thesis Festival at Manhattanville. “The Dose,” written by sophomore Catie Lasek and Gabby Pizzolo from Purchase College, will be performed by the student group “Broadway at Manhattanville” (B@M) this spring as a workshop.

“The Unhappy Family in the Empty Tomb” is a work of religious satire based on the cenotaph of Pope Julius II located in the Church of San Pietro in Rome. Iain Hayley Pollock, director of the Manhattanville MFA Creative Writing program, and Jeff Kaplan, theatre professor, will serve as this year’s adjudicators in another example of interdisciplinary collaboration. Prizel is particularly excited to receive feedback on the feasibility of his work, as he feels the concept and staging are relatively complex.

To learn more about “Fresh Ink” at Manhattanville College, contact Vincent.Mraz@mville.edu.

Calendar



State Senator Shelley Mayer invites K-12 students to create a poster, write an essay or poem on increasing awareness of recycling and waste reduction for an online Earth Day showcase. Submit entries by 4/14/2023. Visit mayer.nysenate.gov for details.

Inspired by Surrealism, Influenced by Nature. Connected to History
An art exhibit featuring works from Mamaroneck High School students -- from blind-contour self-portraits inspired by Surrealism to clay pieces influenced by nature to photographs connected to History.

March 1 through April 30
In the Warner Gallery (lower level of the Library) & in the glass display case (first floor)

Celebrate with us!

Through April 30, The Warner Gallery in the Mamaroneck Public Library, 136 Prospect Avenue, features art from Mamaroneck High School students inspired by Surrealism to clay pieces.



Save the Date: On June 17 at 7pm, Opening Night Concert featuring Audra McDonald at Caramoor Center for Music and Arts, 149 Girdle Ridge Rd., Katonah. Call 914 232-1252 or go to caramoor.org for tickets.

On April 8, the Westchester County Mobile Shredder will be at 1 Heineman Place, Harrison. Call for information at 914-813-5425, the Recycling Helpline.

On April 8, The Larchmont Professional Fire Fighters Association will host a Village of Larchmont Egg Hunt at 9am, 10:30am and noon. Sign up at BIT.LY/42KG57Y

On April 11, At Home on the Sound invites the community to hear young performers and professionals from the Larchmont Music Academy to a concert at the Larchmont Avenue Church, Russell Hall. Refreshments served at 3:30pm, program begins at 4pm. For more information call 914-899-3150 or visit athomeonthesound.org



On April 15 from 4-6pm, take a stroll down memory Lane at the Sollazzo Center in Harrison before construction begins on a new recreation facility.

The Pace program at Mamaroneck High School presents Kinesthesia on April 19, 20, 21 and 22 at 7pm in the PACE Theater. Buy tickets at showtix4u.com

On April 17 at 6pm, author Marina Kiriakou, Chair of the Mamaroneck Arts Council, will lead a workshop on How to Map and Craft a Life Story in the Community Room of the Mamaroneck Public Library, 136 Prospect Avenue. Register at mamaronecklibrary.org/events



On April 21, the Emelin Theatre, 153 Library Lane, Mamaroneck, presents Julie Benko in Concert at 8pm. For tickets call 914-698-0098

On April 22, from 5-8pm, The Harrison Recreation Department presents Springtacular on the West Harrison Village Green. Rides. Music and Food trucks available. Unlimited Ride pass \$20. Rain Date April 23, 3-6pm.

On April 22, from 1-4pm, the Larchmont Environmental Committee is hosting an Earth Day Celebration in Constitution Park. There will be activities for kids, live music, vegan food and opportunities to learn about local environmental action with the Tri-municipal Environmental Committees, along with the Sheldrake Environmental Center, the Marine Education Center, Save the

Sound, Victory Gardens, L-M Pollinator Pathway, Sustainable Westchester, Healthy Yards, Food Scrap Recycling and more. Rain date is April 23.

On April 22, the Mamaroneck Schools Foundation will host a Spring Benefit called Crack the Code to Student Enrichment at The Larchmont Shore Club at 6:30pm. Enjoy a cocktail reception, dinner, music and a silent/live auction. For more information see MSFbenefit2023.givesmart.com

On April 22, The Mamaroneck Public Library celebrates its centennial and Earth Day by planting a White Oak Tree in Harbor Island Park near Rushmore Playground on the Orienta side of the Park. Mamaroneck's Poet Laureate Michael Collins and Poet Elizabeth O'Rourke will perform poetry readings. Register at mamaronecklibrary.org/events

On April 23, the Town of Mamaroneck will hold its 5K Run and Lil' Bunny Hop. The one-mile Lil' Bunny Hop will take place at 8:30 a.m. for children 12 and under. Parents running with kids in the Lil' Bunny Hop do not need to register for it. The 5K Run will take place at 9 a.m. for all ages. Online pre-registration by April 15 for the 5K run is \$30, while the Bunny Hop is \$15. From April 16 to Race Day, registration will be \$40 for the 5K run and \$20 for the Bunny Hop. Start and finish points will be

White Plains Hospital Named One of the Best

White Plains Hospital has been named as one of the world's best hospitals by *Newsweek* for the second year in a row. It is one of just 10 hospitals in the state, and the only one in Westchester County, to be included on the prestigious list. The World's Best Hospitals 2023 list recognizes the best medical institutions across 28 countries, with 414 based in the United States.

Newsweek global editor-in-chief Nancy Cooper said the list is meant to "be useful to patients and families seeking the best care for themselves and loved ones, as well as to hospitals as they benchmark themselves against their peers."

Newsweek teamed with market data research firm Statista to develop a rigorous methodology to ensure the quality and validity of the rankings. Four data sources were used for the evaluation, including an international online survey of more than 80,000 doctors, hospital managers and health care professionals; patient experience surveys measuring patient satisfaction with hospitals; hospital quality metrics on outcomes, hygiene measures, patient safety, and staffing; and

in Memorial Park. Free parking will be available across the street in Commuter Lot A. Packets can be picked up April 18 - April 21 in the Recreation Office, located at 740 W. Boston Post Rd., from 9 a.m. - 4 p.m. They can also be picked up on the day of the race, from 7:30 a.m. - 8:15 a.m. for the Lil' Bunny Hop and 7:30 a.m. - 8:45 a.m. for the 5K.

On April 23, The Sheldrake Environmental Center, 685 Weaver Street, Larchmont, will sponsor a 3 hour retreat from 10am to 1pm, facilitated by Cindy Olsen and Katy Romita and provide a deep connection to nature. For ages 15 and up. Call 914-834-1443 to register.

On April 25, Hadassah Westchester will host a dinner celebration called Bundles of Joy, Assuring Good Health for Moms and Babies at Mamaroneck Beach and Yacht Club, 555 South Barry Avenue, Mamaroneck, at 6:30pm. To attend write WestchesterRegion@hadassah.org.

On May 6, the Westchester Cycle Club will be hosting Velo de Femme, an all-Women's Cycling event with many distances to choose from—12mi, 30 mi and 50 mi rides. Optional catered lunch. Race starts at North Castle Community Park, Armonk. To sign up go to westchestercycleclub.org/Events/signUp/231. For questions email WC-WomensRide@gmail.com



Dr. Michael Palumbo

patient-reported outcome measures.

"Being recognized as one of the world's best hospitals serves as further evidence that we continue to make a real difference in the lives of patients through the exceptional care we provide," said Dr. Michael Palumbo, Executive Vice President and Chief Medical Officer at White Plains Hospital, noting the impressive number of accolades the Hospital has received over the past couple of years.

White Plains Hospital is a proud member of the Montefiore Health System, serving as its tertiary hub of advanced care in the Hudson Valley. The Hospital is a 292-bed not-for-profit health care organization with the primary mission of providing exceptional acute and preventive medical care to all people who live in, work in or visit Westchester County and its surrounding areas. White Plains Hospital has outpatient medical facilities across Westchester, including multispecialty practices in Armonk, Larchmont, New Rochelle, Rye Brook, Somers and Yorktown Heights; and Scarsdale Medical Group locations in Harrison and Scarsdale.

Table Hopping with Morris Gut

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Three-time winners of Michelin's prestigious 'Bib Gourmet' Award, brothers Peter

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During Tax Season, Educate Yourself Against Having Private Information Compromised Online

Governor Kathy Hochul has announced steps New Yorkers can take to protect themselves from having their sensitive information compromised online during tax season. The State Office of Information Technology Services has teamed with other state agencies to promote tips to help New Yorkers protect their personal information during tax season, raising awareness of phishing schemes, using strong passwords, and exercising greater caution with information shared on social media.

"In an increasingly digital world, every New Yorker should take the basic steps needed to protect their sensitive data from online criminals," Governor Hochul said. "During tax season, we are raising greater awareness of these schemes and urging all New Yorkers to protect themselves and their personal information to avoid becoming a target of these unscrupulous actors."

Online activity generates immense trails of data. Websites, apps, and services collect information on behaviors, interests, and purchases as well as other sensitive data such as Social Security and driver's license numbers or health information. New Yorkers can keep their personal information private and secure, preventing identity theft and fraud by:

Filing promptly using e-file and direct deposit of your tax refund. Filing your tax returns as soon as possible can reduce the likelihood that an identity thief will be able to claim a fraudulent tax refund using your stolen information. Filing electronically is also safer, faster, and more efficient than sending paper returns through the mail.

-Eligible taxpayers can electronically complete and submit their federal and New York State income tax returns online at no cost. Free File software allows you to file from home, which eliminates the need to carry sensitive data outside a safe location.

Visit the Tax Department website, tax.ny.gov, to review different Free File options. Simply click Free File your income tax return on the Tax Department home page.

By choosing direct deposit for your tax refund, you'll receive it up to two weeks sooner rather than having it mailed as a paper check.



Governor Kathy Hochul

Protecting data and documents used to prepare your return. Keep sensitive personal information and documents safe during and after the filing process and delete or shred once no longer needed.

Being wary of phishing schemes, including texts, unsolicited emails and telephone calls asking for personal information. Never share personal information, such as your Social Security number, in response to an unsolicited email or telephone call. If the email or call claims to be from a company with which you do business, call it first to confirm the contact is legitimate. Scammers will also use scare tactics and threats related to tax debt to get you to share your personal and financial information.

Don't click on links, download files, or open attachments in emails from unknown senders. Open attachments only when they are expected, and the contents are known.

Being cautious about the information shared on social media. Avoid posting birthdates, telephone numbers, home addresses, or images that identify employment or hobbies. This information may often reveal answers to security questions used to reset passwords and can be utilized by scammers looking to access accounts and personal information.

Using strong passwords. Create different complex passwords for every account. Consider passphrases made of up multiple short words which are easy to remember but difficult for a computer to guess, like "Correct-Horse-Battery-Staple!". Consider using a password manager which can help generate and securely store passwords.

New York State Chief Cyber Officer Colin Ahern said, "New York is taking a leadership role in privacy and cybersecurity under Governor Hochul's direction. The recommendations provided can help New Yorkers protect their private data, especially during tax season."

For more taxpayer scam information visit the Division of Consumer Protection's Taxpayer Scam webpage. For additional identity theft prevention and mitigation resources, call the Consumer Helpline at 800-697-1220 or visit the Division's Identity Theft Prevention and Mitigation Program webpage.

**ONE RARE ITALIAN STEAKHOUSE,
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Veteran restaurateur Harry Sinanaj of Ben & Jack's Steakhouse in Manhattan has opened Westchester's newest upscale bastion of beef at the former Zachy's Wine Shop space right in the Village of Scarsdale. The team at this handsomely designed 120-seat restaurant with sparkling bar will lavish you. From Chef Admir's kitchen come

specialties as Porterhouse for 2 and Tomahawk Steak. Opens at 4 p.m. www.oneraresteahouse.com

(Morris Gut is a restaurant marketing consultant and former restaurant trade magazine editor. He has been tracking and writing about the food and dining scene in greater Westchester for 30 years. He may be reached at: 914-235-6591. Email: gutreactions@optonline.net)

Medicare. Medicaid. What's in a Name?



BY BERNARD A. KROOKS, ESQ. CERTIFIED ELDER LAW ATTORNEY

Clients regularly ask us a multitude of questions regarding Medicare and Medicaid. While the Centers for Medicare and Medicaid Services (CMS), part of the Department of Health and Human Services (HHS), issues rules and regulations for both, there are major differences between the two programs.

Medicare and Medicaid both provide health-care coverage via government programs, however, Medicaid is run at the state level (even though CMS oversees it) and Medicare is run at the federal level. What that means is that the Medicaid rules vary state by state while the Medicare rules are the same no matter which state you live in. Medicare is for people who are at least age 65 or have a qualifying disability, while Medicaid is for people with minimal assets. Some people are eligible for both.

Medicare is divided into four parts: Part A, B, C, and D. Part A covers inpatient hospital and skilled nursing care, or rehabilitation provided by licensed health professionals such as nurses or physical therapists and pursuant to a doctor's order. Medicare does not pay for custodial care, which is non-medical care generally provided by nurse's aides that help individuals with their activities of daily living such as eating, bathing, and dressing. Part B covers doctors' visits and outpatient care. Part C, sometimes referred to as Medicare Advantage, is an optional alternative to regular Medicare and combines parts A and B. Often, Medicare Advantage plans include certain benefits you do not get with regular Medicare and may also have differences in doctor networks. Part D covers prescription drugs.

In addition to monthly premium charges for certain parts of Medicare, there are significant deductibles, copays and coinsurance. Substantially all Medicare beneficiaries do not pay a premium for Part A since they (or a spouse) have at least 10 years of Medicare-covered employment. If you haven't paid sufficient Medicare payroll taxes, you will have to pay as much as \$506 a month for Part A. For most people, Medicare Part B premiums

are \$164.90 a month in 2023. However, you will be required to pay higher premiums for Medicare Part B and Part D if your income is more than \$97,000 per year for a single person, or \$194,000 per year for a married couple. These amounts are adjusted annually based on inflation. Many Medicare beneficiaries also add Medigap coverage, which covers some of the gaps (co-pays and deductibles) in Medicare coverage. These policies must follow federal and state laws and are standardized to simplify comparing one plan to another. It is important to review these policies carefully to ensure that you are getting the benefits you need and not paying for benefits you don't need or will not use.

Unlike Medicare, which is available to you no matter how wealthy you are, Medicaid is a means-tested program and is available only to people who meet the program's strict income and asset requirements.

Unlike Medicare, Medicaid does pay for custodial care received either at home or in a nursing home. In fact, the majority of nursing home residents in the U.S. are enrolled in Medicaid. This is no surprise since the average cost of long-term care in our area can exceed \$200,000 a year. Medicaid benefits vary from state to state, but each state's Medicaid program must provide certain minimum benefits. There are also different rules for single individuals and folks who married. In addition, there are rules restricting your right to make gifts to family members and others during the look-back period prior to filing a Medicaid application. Of course, as with any rule, there are numerous exceptions that may or may not be applicable to you. Thus, it is very important for you to consult with a Certified Elder Law Attorney in the state where you or your loved one is seeking to qualify for Medicaid.

Medicare and Medicaid both provide crucial health coverage to millions of Americans. Medicaid becomes increasingly important for older people who end up needing long-term care, as Medicare does not provide that coverage. Nearly all Americans will eventually rely on Medicare as their health insurance as they get older, and millions of others may also access the Medicaid program at some point in their lives. Fortunately, these two programs provide a good safety net for those who know how to navigate the system.

Bernard A. Krooks, Esq., is a founding partner of Littman Krooks LLP. He was named 2021 "Lawyer of the Year" by Best Lawyers in America® for excellence in Elder Law and has been honored as one of the "Best Lawyers" in America since 2008. He was elected to the Estate Planning Hall of Fame by the National Association of Estate Planners & Councils (NAEPC). Krooks is past Chair of the Elder Law Committee of the American College of Trust and Estate Counsel (ACTEC). Mr. Krooks may be reached at (914-684-2100) or by visiting the firm's website at www.littmankrooks.com.

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Westchester Parks Foundation Receives Grant for Quality of Life Program

Westchester Parks Foundation (WPF) recently received a \$25K grant from the Christopher & Dana Reeve Foundation that will help kick off the first adaptive trail program in Westchester County. The program entitled “WPF Trails Without Limits” will launch this spring allowing individuals living with paralysis, spinal cord injury, cerebral palsy and other disabilities the opportunity to enjoy trails through the use of specially designed All-Terrain Trackchairs that can be used on dirt trails, mud, sand and grass.

“The health-related benefits of spending time outdoors makes a huge impact on your mental and physical state,” stated Seth Mandelbaum, Chairperson, Westchester Parks Foundation. “For individuals living with paralysis, the range of immersive outdoor experiences are too often curtailed to the point of being non-existent, regardless of their desire or determination. WPF is trying to change that making Westchester County Parks accessible to all.”

The Reeve Foundation’s National Paralysis Resource Center made several grants under the Quality-of-Life program awarding grants in different category areas, varying in different amounts. The Direct Effect Quality of Life grants program funds organizations up to \$25,000 to support a wide range of projects and activities that will impact individuals living with paralysis and their families.

“These awarded projects, like the Trails Without Limits program, are addressing some of the most dire needs of our community. Organizations are still reeling from the effects of the pandemic and are now bracing for a possible recession while facing inflation and ever-rising costs,” said Mark Bogosian, Director, Quality of Life Grants Program, Reeve Foundation. “The Reeve Foundation is proud to partner with Westchester Parks Foundation and support their initiative that enhances the quality of life for the community we serve.”

Erin Cordiner, Director of Philanthropy & Community Engagement, Westchester Parks Foundation added: “In speaking with our community partners, we know that this program will mean so much to individuals living with paralysis, cerebral palsy, spinal cord injury, and many other disabilities, and will stretch even further to benefit family members and caregivers. For some, it may be the first hike they’ve ever had the chance to be included in. For others, it may be the first time immersed in trails since their diagnosis. But everyone deserves to experience the benefits of nature and enjoy the beauty our park system offers. We’re here to ensure that happens today and continues for generations to come.”

Westchester County Parks Commissioner Kathy O’Connor added: “Westchester County’s parks feature ADA-approved ramps, rest facilities, and other features, and we’re thrilled that Westchester Parks Foundation is raising the necessary funds to extend access to our bucolic hiking trails.”

Westchester Parks Foundation kickstarted the fundraising efforts for this program this past

Fall with its #GivingTuesday campaign after a successful pilot program at Saxon Woods Park. Although enough money has been raised to purchase two trail capable All-Terrain Trackchairs, funds are still needed to support the sustainability of the program regarding staff, training, and supplies annually. To contribute to this specific initiative, contact Erin@TheWPF.org or visit TheWPF.org





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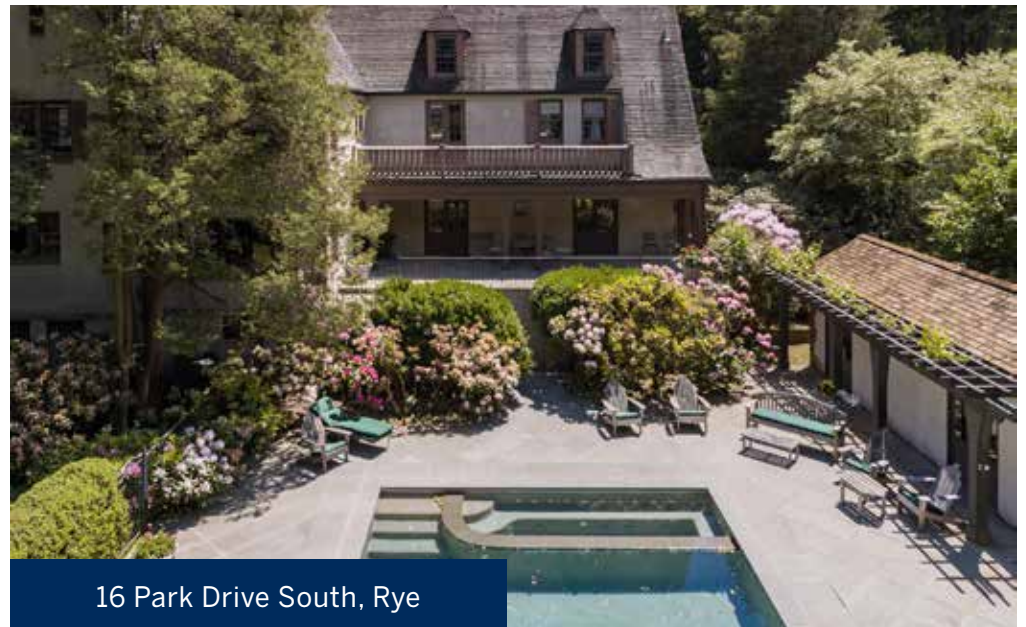
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