

# goALOFT



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## Welcome to goALOFT

This is the first issue of what will be a valuable guide to Active Living Over Fifty, Inc. for all those energetic people who plan to stay in their homes and community comfortably, safely and confidently. After all, isn't that why you've worked so hard and planned so well?

Well, ALOFT is your helping hand to all the

services that can help you meet today's challenges and provide rewarding solutions as you plan your sure footed future.

goALOFT will bring you the latest news on cultural events, volunteer opportunities, inter-generational volunteer programs, fun trips, shopping discounts,

transportation and home maintenance guidelines and support.

goALOFT will be so much more valuable if you will take a minute to let us know what information we can bring to you. Please do let us know. Call, write or email us today.

## Seminars for Elders A Runaway Success

When ALOFT and the Bedford Free Library first thought about seminars to address concerns of older residents, they turned to Bedford's Paula Desperito who reasoned: "We listened to what area seniors wanted to know, and they were clear that financial well-being, healthcare and security are the leading issues that concern them. So,

we built a package that dealt with those issues.

Working in close cooperation with the Library's Director, Ann Cloonan, and with a score of persons well qualified to address key issues, Paula built a program ranging from knitting to prescription savvy. Often filling the Library's space to overflowing, the seminars

have been a great success.

It's not too late to be a part of this exciting venture since seminars run through February 13. If you are interested, stop by the Library and pick up a schedule or call Paula Desperito at 914 234 7285 or desperito@gmail.com.

*“ALOFT’s Opera*

*suggestion is*

*superb.*

*Be sure to sign*

*up.”*

## Great News! The Metropolitan Opera is in the Neighborhood

That’s right. Now you can see the Metropolitan Opera in all its glory through the magic of High Definition that has opera lovers raving about clarity and real convenience. As one very loyal opera lover told us:

“I’ve spent a fortune on tickets to the Met. Plus parking, tolls, dinner. But, now I just get to White Plains or New Rochelle and have great seats with a wonderful, clear presenta-

tion. And I pay just \$22 and I’m close to home and dining and visiting wonderful shops.”

The Met is on big screen high def at White Plains City Center and New Roc City in New Rochelle. Same low price of just \$22 a ticket (\$20 for Seniors).

Here’s what’s on in the coming weeks:

March 7 Puccini’s Ma-

dame Butterfly, last year’s sensation with new staging.

March 21 La Somnambula by Bellini.

May 9 Cinderella by Rossini.

You can get your tickets at the box office or, at metopera.org where you will find complete performance schedules, times, theater directions plus the tickets.

## Don’t Miss The Sandwich Generation:

### How to Avoid Crises and Maximize Opportunities

This ongoing program has a very important and practical presentation coming up. The subject is: **Services Available and How to Access Them**, featuring Barbara Taberer (Somers), Linda Yurus (Lewisboro),

Beverly Golisano (North Salem). If you have ever wondered what in the world is available to give you a hand or brighten your intellectual horizon, this is the meeting for you. It will be held March 13, 2009 at

12:30 pm in the Game Room at the Heritage Hills Activities Center, Somers.

To reserve a spot call 914-764-3356. Do it right away.

## Project Lifesaver for Persons with Alzheimer’s Disease

Here is a great idea to help people with Alzheimer’s disease or other disorientation disorders and their caregivers. Project Lifesaver uses high tech solutions to find older adults who may wander from their homes. It uses special bracelets to guide specially

-trained County police to lost friends and family.

If you know someone who just might benefit from this program, you can find out more by contacting Melody Keel, program specialist with ElderServe at 914-368-5506 or at

[mkeel@hebrewhome.org](mailto:mkeel@hebrewhome.org). Time is short, so don’t delay.

## Name This Great Service; See Your Name in Print

**The Westchester Fairfield Regional Coalition for Aging in Place** is the long-winded name for a very active group representing the many emerging aging in community programs in our bi-state area.

They research, debate, and share their best practice experiences in their efforts to support older residents who wish to remain in their homes and communities as

they grow older. That includes time banks at neighborhood and regional levels, transportation challenges and solutions, home maintenance issues and where and how to turn to for clear answers to a host of problems that concern ALOFT members.

Now, this hardworking group has a request: Find a new name for the Westchester Fairfield Coalition

for Aging in Place. Whatever you suggest will be well received and if a great new name pops up, the Coalition will adopt it as their own, giving full credit to the creator (that's you) in the next issue of goALOFT.

So, send in your suggestion today. Just email us at [info@goALOFT.org](mailto:info@goALOFT.org) with your best shot and look for your name in lights. Or, at least in print.

## A Top Award For ALOFT's President;

### Well-Earned Award Nominations for ALOFT Volunteers

Catherine Wynkoop, PhD, president of ALOFT, was recently inducted into the Westchester County Hall of Fame by the Department of Senior Programs and Services for her work in championing programs that support older Westchester residents who want to remain

in their homes and communities. Joyce Dupee and Paula Desperito, two hardworking ALOFT volunteers, were also honored by being nominated for Volunteer Center Spirit Awards. Joyce, ALOFT's Vice President, was nominated for her wide ranging

volunteer work from Katonah to Nicaragua, while Paula was nominated for her outstanding work developing seminars to meet the needs of older residents and for her community programming skills. Winners to be announced.

## How to Find All the Information You Need to Know

### To Maintain the Lifestyle You Want

ALOFT can help in so many ways with the information, advice and suggestions that will allow you to stay in your own home, in the community you know so well. Here's how: just email ALOFT at [info@goALOFT.org](mailto:info@goALOFT.org), call us at 764-3014 or write us

at ALOFT, 487 East Main Street, Mount Kisco, NY 10549. We can tell you all about memberships; add you to our mailing list at no charge; tell you about monthly events; steer you to volunteer opportunities and much more. We can also give you information

about countywide Livable Communities initiative, as ALOFT is the regional Livable Communities connection for northeast Westchester. Again, there is no obligation and we very much welcome your contacting us.

*“ALOFT means  
staying  
in the town we  
love, with  
the friends we love  
– safely  
and confidently.”*



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ALOFT (Active Living Over Fifty, Inc.) is a mutually supportive 501(c)(3) organization that is developing intergenerational strategies and programs to enable older residents to remain safely and confidently in their homes and communities in northeast Westchester, specifically in Bedford, Lewisboro, Mount Kisco, North Castle, North Salem, Pound Ridge and Somers.

Coming Soon:

[www.goALOFT.org](http://www.goALOFT.org)

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