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goALOFT

“Flexible thinking and wisdom: Ensuring both at all ages” Theme of ALOFT’s November 10 annual meeting

This very timely subject will be the theme of ALOFT’s Annual Meeting, scheduled for Tuesday, November 10 at 2:30 p.m. at the Katonah Village Library. The keynote speaker will be Steven Mattis, PhD, who will focus on the ever-changing brain and its connection to healthy living at all ages. Members and friends, along with their adult children are urged to attend to hear more about body and brain health, a subject of great importance. The extensive research and clinical experience of Dr. Mattis will provide valu-

able, practical information and tools for neighbors of all ages.

In his presentation, Dr. Mattis will cover facts and myths that revolve around memory and brain changes as the human body develops. Some examples are evident in the plasticity of the maturing teenage brain in comparison to the brains of men and women in their middle and later years.

Changes in memory and sleep patterns may emerge with age or disability. How can we protect our brains and when should we seek profes-

sional help?

Dr. Mattis is a Board Certified Clinical Neuropsychologist, Fellow of the American Psychological Association, Clinical Professor of Neuropsychology at Weill Medical College and Adjunct Professor of Neurology at New York University. He is a partner in Mattis and Luck’s Center for Neuropsychological Science LLP in White Plains.

Light refreshments will be served. The meeting and presentation by Dr. Mattis are open to the public without charge.

How ALOFT members are getting payback on their membership

Membership in ALOFT means you are part of a community that cares for and works for those who want to stay in their homes comfortably, confidently and securely. But there’s more, too. Membership gives us access to trips that brighten our lives, expand our minds and open doors to new opportunities and new

friends. What’s more, an ALOFT membership has a very practical, everyday benefit that is made possible by our valued ALOFT Affiliates. These local merchants, retailers, services and cultural events go out of their way to provide ALOFT members with great discounts and perks that add up to real savings and value. In

fact, take a look at the section on Affiliates and you’ll see that one member recouped her entire investment in an ALOFT membership at one shop. Now, we can’t promise this for everyone at every shop and service, but it has worked for one of us and it just might work for you. In any case, it’s worth a try. Join ALOFT

Coming Up

**Livable
Communities at
ALOFT**

**Benefits
Checkup
on November 4
10:30 AM
at the
Pound Ridge
Library**

**Government
benefits
available but
often
unclaimed,
the Medicare
Prescription
Drug Plan,
recent changes
in Social
Security,
and update on
the H1N1 Virus.
Featuring Jack
Scarangella of
Westchester
Department of
Senior
Programs &
Services.**

**Guests are
welcome, but
space is limited.
Call 764-3356 to
reserve a spot.**

**Light
refreshments.**

Members come along on ALOFT's visit to the Culinary Institute of America, November 19

Here is something really special: a day at the **Culinary Institute of America (CIA)**, the culinary college that has probably had more to do with developing great chefs than any other college. All over the 50 states and beyond, CIA graduates have made a lasting impact

on American cooking. Now, ALOFT has planned a special day at the CIA, starting with a 12:30 luncheon (self-pay), featuring local Hudson Valley fare, in the Institute's renowned **St. Andrew's restaurant**. Then, a private **behind the scenes tour** of the col-

lege's inner workings. Cost is just \$5 plus lunch and car pools can be arranged. Because of space limitation, your reservation is needed by November 9. To reserve a spot, call 914 764 3014.

Whoops! You missed some really fun ALOFT trips.

Following closely on the fabulous private visit to **Peter Brant's Greenwich art gallery** was an equally delightful and educational visit to the **Wolf Conservation Center** in South Salem. Those fortunate to sign up for the sold-out event had a close up look at these neat and often misun-

derstood forest and field residents, including details on the mythology, biology and ecology of wolves.

Plus, there was the walk and picnic in the **PepsiCo sculpture Gardens** at PepsiCo World Headquarters in Purchase and wine tasting at Prospero Winery in

Pleasantville. Not to worry, though, in addition to the **CIA trip** of November 19, there are more great events in the planning stage, thanks to the work of ALOFT's Program Workgroup headed by Vicki Schott. We will keep you up to date.

The ALOFT Calendar for all: See www.goALOFT.org. Your personal guide to local things to do and wonderful places to go.

goALOFT.org. Type that on your computer and you are on your way to the best calendar for your particular needs. Drawing from a number of local sources, it's more than a list; it's a pre-screened guide to events you will want to know about that can make your life easier, brighter and more fun-filled. Things

like exercise classes, book clubs, lectures, trips, art, music, nutrition and support groups. Even how to work that darned digital camera you now have, but won't do what you want it to.

All you have to do to take a look at the world around you is to enter the magic

code: goALOFT.org. From there on, it's easy and just might be the answer to the constant questions of where to go and what to do. Try it: **goALOFT.org**.

Your comments and suggestions are welcome.

Double your money. Double your fun

For every dollar you donate to ALOFT, a guardian angel will send two dollars to ALOFT. That means more service, more counsel and more support for those older citizens who want to stay right where they are, and do it with confidence and a good secure feeling about the lifestyle they wish to

keep. It would be greatly appreciated if you would unlimber your checkbook and write out any amount to ALOFT **by Nov. 15**. Think about this tremendous opportunity. Give ALOFT one dollar and it turns magically into two dollars. One hundred dollars turns into two hundred

dollars. On and on. Just write that check and please don't delay. Time is precious here. Send it to ALOFT, 487 East Main St., #204, Mount Kisco, NY 10549. We will send a receipt and grateful thanks to you by return mail. Oh, the receipt is tax deductible.

Bedford Free Library Author Series -- Underway now so don't hesitate to reserve a spot -- 7:30 PM

11/5, Michael Gross, best-selling author of **740 Park**, editor of **Bergdorf Goodman Magazine** will take us behind the scenes at high profile Manhattan institutions such as the **Metropolitan Museum**. **11/12** Paul Shaffer, well known

musical director and sidekick to David Letterman, will review his book and fill the evening with stories about Paul, David, Saturday Night Live and many other TV tidbits. **11/19** Lisa Schwartz, Bedford's gift to sustainable

farming and great organic foods will launch her new book, **Over the Rainbeau: living the dream of sustainable farming**. Learn how she came to be an award-winning cheesemaker. Call 234 3570 to register. Tickets are \$10 each.

News you can use about valued Founding Affiliates

Offerings. Located at 59 Katonah Avenue and featuring American-made contemporary arts and fine crafts (pottery, blown glass, woodworking, jewelry) and a choice selection of small antique furnishings. One of our ALOFT members reports that she fell so

in love with gift and decorating ideas here that the 20% everyday storewide discount for ALOFT members paid for her entire yearly membership. Try it. **Katonah Wine & Liquor**. Located in the old Katonah railroad station, they are specialists in providing

helpful and friendly personal service to find that special item you've been looking for. A complete selection attractively displayed. Plenty of parking. Inside you'll find great discounts of 15% on wine, 5% on liquor, and good advice from Adam Ottly.

Programs for ALOFT Members and Friends

Click here to see Calendar at www.goALOFT.org for local events of interest.

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ALOFT Annual Meeting
November 10, 2009
2:30 PM Katonah Village Library
featuring Steven Mattis, PhD, ABPP,
Bedford resident and Professor of Neurology (Neuropsychology) at Weil Medical College of Cornell University.
"Flexible thinking and wisdom: ensuring both at all ages."

All are welcome!
 Call 914-764-3014 for more information.

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ALOFT Members Only

November 19, 2009
Culinary Institute for lunch and tour.

Call 914-764-3014 for details.



Active Living Over Fifty, Inc.
487 East Main Street
Mount Kisco, NY 10549
914-764-3014

914-764-3356 Livable Communities
at ALOFT

Jo Voege, Chair, Board of Directors
Ralph Gregory, Chair, Livable
Communities Council at ALOFT
Catherine Wynkoop, President
Dick Farrell, Editor, goALOFT

e-mail: info@goALOFT.org
<http://www.goALOFT.org>

ALOFT's 2008 - 2009 Board of Directors:

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A special thank you to the Westchester Department of Senior Programs & Services for their generous financial support of goALOFT.



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

Mail to:

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487 East Main Street, #204
Mount Kisco, NY 10549