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Holiday giving and ideas from ALOFT Affiliates

ALOFT's valued Affiliates are geared up and ready to go when it comes to helping ALOFT members find just the right thing for the holidays. Whether it's a special night out, a trip to a nice warm spot, jewelry, or whatever, ALOFT Affiliates have what you need for a gift for that particular person or even a gift of well-deserved self indulgence for the nice person you are. There's a complete listing of all ALOFT Affiliates at goALOFT.org. Just click on Affiliates.

Shopping in Katonah? Two of our many Katonah affiliates have outstanding ideas, great ALOFT discounts and shopping assistance to match.

Fine Lines of Katonah 141 Katonah Avenue. 10% discount on any purchase. Not to be combined with any other offer or sale. Westchester's Premier Stationer has an exciting collection of the invitations, stationery, greeting cards and other related items just perfect for now and beyond. Maybe it's an invitation to a holiday party or a thank

you note for being invited to another get-together. Personal assistance is always provided.

Katonah Art & Frame 188 Katonah Avenue. 10% discount on all purchases. Now, how are you going to frame that print you wish to give. Or that award you received. Or the artwork you purchased for yourself. Here is where you'll find the guidance you want to make sure you match the perfect frame to meet your wishes. Great selection. Good advice and a warm welcome.

If you haven't checked your benefits lately ... Here's how to do it. Painlessly

Do you know that you may well be missing important benefits that you are entitled to? Thanks to the Westchester County Department of Senior Programs and Services, this great Web site can help people 55 and over find all the benefits they have coming: www.Westchestergov.com/seniors.htm. Not just things local, but federal and state as well -- like helping people with pre-

scription drugs expenses, rent, heating bills, meals and more. And the info is free. The County says to go to the website, click on "Benefits Checkup." Then fill out the confidential questionnaire of your choice. Or make several choices. Either way, the County promises that you will get a helpful report that will lead you to the benefits you may have been missing. You can print the report to

keep for yourself or to show to a friend, relative or advisor. What? No computer? Not a problem. Just ask a friend or someone at your town library to give you a hand and sign you on for all kinds of information. Once you're on board, Benefits Checkup also allows you to find Fact Sheets and Application forms for over 250 programs that are just a mouse click away.

**Coming Up**

**Livable  
Communities at  
ALOFT**

**1/12/09**

**Department of  
Transportation  
Demand  
Responsive  
Initiative for  
Northeast  
Westchester  
Advisory  
Council**

**The new  
Advisory Council  
will meet with  
elected officials  
and project  
consultants to  
kick off the  
Demand  
Responsive  
Transportation  
Initiative for  
Northeast  
Westchester.**

**We'll keep you  
posted as we  
learn more!**

**Report to you on ALOFT's Annual Meeting**

In case you missed it, some 75 members and friends turned out for ALOFT's Annual Meeting, November 10 at Katonah's Village Library to hear an update on ALOFT's activities and plans as well as to hear and interact with a fabulous guest speaker, Dr. Steven Mattis.

Dr. Mattis, a Board Certified Clinical Neuropsychologist and Clinical Professor of Neuropsychology at Weill Medical College (just part of his extensive resume) delivered his thoughtful observations on Flexible Thinking and Wisdom, and how to ensure both at all ages.

**It's never too late to reward yourself.  
And so easy to do**

So, reward yourself. We're talking about becoming an active ALOFT member and starting to enjoy all the benefits exclusively for ALOFT friends.

Just recently, ALOFT members had a private, no charge tour of the fabulous Peter Brant Gallery and Museum in Greenwich, followed by lunch in Greenwich. Dutch Treat of course. Did we miss seeing you? Last weekend,

It was a terrific presentation, targeted directly at some of our major concerns with thoughtful suggestions for maintaining healthy bodies and healthy brains. We are most appreciative of Dr. Mattis's presentation and his dedication to such an important part of science and our lives.

In a brief business session, members elected and re-elected outstanding directors to help provide the strategy and direction, as well as the practical skills that will move ALOFT ahead in our goal to assist older adults who want to remain in their homes safely and confidently with the dignity they deserve.

Retiring Board Members, Jonathan Powers, Karen Benedict, William T. Smith and the Rev. William Weisenbach were applauded for their service to ALOFT, as were Bill Harden and Jeff Vreeland who were recognized for their strong work in building ALOFT.

New Board members, Liz Bailey, Paula Desperito and Sal Vaccaro, were elected and Lee V. A. Roberts was elected to a second three year term. Ben Spinelli, executive director of the Westchester Land Trust, was welcomed as the new Livable Communities Advisory Council member.

local merchants and at local events. These discount benefits add up quickly, perhaps even enough to pay the total cost of an ALOFT membership. A good friend reports this happened to her in a few short months. And, remember, Christmas is coming, so bring on those discounts.

**Ready to join ALOFT?  
Just call 914 764 3014.**

ALOFT members were up front and first in line to take advantage of a most generous offer of free tickets to a Caramoor concert. It seems that another group cancelled their reservation and Caramoor most graciously offered the seats to their friends at ALOFT who later opened the offer to the entire ALOFT Community. And that doesn't take into account the generous discounts and perks you stand to enjoy from

## Computer driving you nuts? Digital camera giving you fits? Gadgets with Greg may be the answer

Greg is a 16 year old junior at Fox Lane High School and has the gift of making complex things suddenly appear simple, or at least understandable and ready to be tamed. If any of these crazy techie

things are getting the best of you, we suggest you get yourself over to the Bedford Free Library in Bedford Village where Greg will hold court **every Wednesday in December from 3:30 to 5 pm.**

This is a trial program by Greg and the Library, so if it works well in December, who knows how long it will run? It's a drop-in affair, so plan to meet with this student with first aid for your technology.

## Walking was such a bore Until I read "Walking Mindfully" by Irene Kendall, 55+ Yonkers Volunteer (excerpted with permission)

Walking mindfully is walking for health but with a different attitude than going for a workout. The walk takes you rather than you taking the walk. In so doing, you can fully appreciate where you are walking, as your awareness is in what you are seeing, as you are feeling your footfalls, feeling the breeze and feeling your breath.

Walking can provide a mood boost at any time of day, but if you want to make walking part of your daily routine, you're best off choosing a time when you feel most energetic. People in many cultures respond to sunrise as a good time to set the body in motion and enjoy the body senses. Choose a safe, inspiring environment. Many walkers favor

the great outdoors and the opportunity to enjoy Mother Nature in all her glory in all her seasons... For others the preference is to walk mindfully indoors for safety reasons either solo or with a friend...

*"Walk upright, with calm, dignity, and joy, as though you were an emperor. Place your foot on the Earth the way an emperor places his seal on a royal decree. A decree can bring happiness or misery. Your steps can do the same. If your steps are peaceful, the world will have peace. If you can make one peaceful step, then peace is possible..* Quote from Thich Nhat Hanh.

It is best to put all your anxieties, worries, plans and goals out of your mind

while walking mindfully. As the song goes, "Leave your worries on the doorstep," they will be there when you get home. A peaceful, uncluttered frame of mind works best. Walking meditation uses breath awareness and body awareness to put the walker in touch with the present moment...

The good feelings engendered by a mindful walk provide the best motivation to do it again. Ask yourself "How do I feel"? ... Enjoy your day and visualize a world of perfect harmony and peace.

*We hope this article "moves" you to become more active and stop making those excuses.*

Click [here](#) to see Calendar at [goALOFT.org](http://goALOFT.org)



The Board of ALOFT and our members wish the entire ALOFT Community and their families a very warm and happy holiday season and a healthy, active new year.



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#### ALOFT's 2009 - 2010 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.

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