

# goALOFT



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## Hurry. Join the ALOFT Founders' Club. High Value Benefits. Low Cost Membership Fee

That's correct. ALOFT has announced the formation of the **Founders' Club**, designed to reward those Early Deciders who make the wise decision to join the ALOFT team.

The planned benefits are really terrific.

For one thing, membership in the **Founders' Club** means you can take advantage of all that ALOFT has to offer from the very start, including referrals to trusted service vendors and suppliers; available high

end social programming and significant and very nice discounts and special member perks at leading retailers and other ALOFT Affiliates.

Great news! **Founders' Club** members can sign up for memberships that run for one year – for just \$95 for Individual membership and \$145 for Household membership.

There's another big plus, too. Members of the **Founders' Club** will receive a membership discount of 5%

for their first three years of full (post Founders' Club) ALOFT membership.

Now, the bad news: **Founders' Club** memberships are available for a limited time and may be withdrawn at any time without notice.

So, step up right now and contact ALOFT. Tell us you want to be a **Founders' Club** member. We will add your name to our member list right away. **Call us at 914-764-3014.**

## Elder Friendly Communities: We all want them, but what are they?

One of the more interesting documents on the subject of elder friendly communities comes to us from Creating Aging-Friendly Communities, a national online network created with support of the Helen Andrus Benedict Foundation and Met-Life.

It's called **Guide to Elder Friendly Community Building**, and, while it's a bit pedantic, it's devoid of jargon and full of sensible

analyses of older adult needs and practical solutions to dozens of problems elders face in the challenges of daily living.

Written by the Cuyahoga County, MI Planning Commission, it covers Home Life Indicators, (housing); Mobility Indicators (how do we get places and how do we get around once we get there); Community Life Indicators (getting involved in things that interest us and

maintaining/improving the quality of life we seek.)

An easy to read, easy to understand, very practical section devoted to Key Challenges and Action Steps, comes in a compact three pages and it's available courtesy of Livable Communities at ALOFT.

We urge you to **get your own free copy by calling Livable Communities at ALOFT at 914-764-3356.**

**Mark your calendars!**

Livable

Communities at

ALOFT April

Presentations.

4/6/09, 3PM NYS

Long Term Care

Insurance at My

Second Home,

Mount Kisco

4/8/09, 12:15 PM

Older Drivers at

South Salem Fire

House

Events are free, but

registration is

required.

Call 914-764-3356.

Look for flyers.

**Every Body in the Kitchen: A Festival Celebrating Healthy Living & Eating**

That's the title of a festival celebrating healthy living and eating, and it's being produced and presented by The Junior League of Northern Westchester, Sunday, March 8, 11 am to 4 pm, at the Boys and Girls Club, 351 Main Street, Mount Kisco.

Usually, the hosts we know wish every guest would get out of the kitchen. In this case, though, the subject is

how to live and eat with a healthy style. The program includes cooking demos from celebrity chefs; food preservation lessons; tips on shopping on a budget, plus lots of neat ideas on gardening activities; stocking food pantries and farmers' markets.

You can find out more (what else do you need to know?) by calling 914-734-4714 or visiting the

League's website at [www.jlnw.org](http://www.jlnw.org).

Chances are you have plenty of time to make this fun and informative festival if you are on ALOFT's email list, but if snail mail is bringing you this news, it might be a tad tardy. There is a message there: Get on our email list by sending us your request to [info@goALOFT.org](mailto:info@goALOFT.org).

**Bells Are Ringing And Just for You**

One of the top all time Broadway hits, Bells Are Ringing, is coming to Fox Lane High School in Bedford.

The school is "inviting senior citizens ... to attend a special dress rehearsal performance of our 2009 Spring Musical" with free admission to this out-

standing event.

Scheduled for Friday, March 20, 2009, from 10 a.m to Noon, the musical will be held in the Mary Lou Meese Theater at Fox Lane High School.

This is the wonderful musical, with music by Jule Styne, book and lyrics by

Betty Comden and Adolph Green, directed in its opening by Jerome Robbins, who also did the choreography with Bob Fosse.

With a group like that it has to be good.

Interested?. **Contact ALOFT at 914-764-3014** to sign up.

**Older Adults and Technology: Facing The Future**

If Technology is something you would rather not face, be advised that it's here now and growing everyday.

So, the Department of Senior Programs and Services of Westchester County, in partnership with Manhattanville College in Purchase, has prepared a one day special event, relating

technology to the communication needs and wishes of older adults.

To be held at Manhattanville on March 31 from 9:30 am to 2:30 pm, this Seniors Go to College Day will feature what's new in the ways we communicate, The Changing Face of Museum Visits, and much

more, highlighted by lunch with Cecelia Calloway. Cab Calloway's daughter who will entertain with her warm personal stories about her legendary father.

If you wish a spot, register now. **Call 914-813-6001**. There is no charge for this wonderful event, but space is limited.

## Report on Seminars for Older Adults

When it's important to get straight info on life in general, along with insights into personal safety, great crafts, school budgets, health insurance, fashion, computers, energy saving ideas and lots more we know where older citizens congregated: The Bedford Free Library. It's one great place where all of this and even more was presented in a series of entertaining and informative seminars geared to older adults.

It all happened when the Bedford Free Library hosted the seminars, (thank you, Ann Cloonan and the Trustees), supported by the Town of Bedford (thank you, Lee Roberts) and ALOFT.

Scores of area residents tromped through snow, ice and bitter cold to take in the dozens of valuable ideas put forth by a motivated, fun and instructive group of presenters, all of

whom had in-depth knowledge and experience related to their subject matter.

Special knowledge, geared to local residents, with room for spirited questions and answers. It's not something you can get on Google.

And, besides, Google doesn't serve Paula Desperito's lemon cake.

What a library!

## Did you get to the Opera?

Last month we told you that opera lovers could take a short trip to either White Plains or New Rochelle to see the Metropolitan Opera in High Definition for only \$22 a ticket or just \$20 for seniors.

Well, if you are still interested, Puccini's *Madame Butterfly* is on March 7; Bellini's *La Sonnambula*, March 21 and Rossini's *Cinderella* on May 9.

You can get tickets either at the box office or at

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

We recommend going on line since some of our friends waited to buy at the box office and were disappointed to find the performance sold out.

## A Jewel is Discovered in Mount Kisco

JEWEL is for real. It means Joining Elders With Early Learners. This month it is happily marking the 10<sup>th</sup> anniversary of the buoyant idea of "bringing children and older adults together on a daily basis to interact, learn from one another, nurture each other and, most of all, develop meaningful relationships."

JEWEL is a cooperative effort between Mount Kisco Child Care Center and Family Services of Westchester's My Second Home. Together, they bring generations together in what is described as a setting that mirrors the warmth and security of home. Truly, a wonderful venture with outstanding

benefits for all ages. Dorothy Jordan, Executive Director of the Child Care Center, and Rina Bellamy, Director of My Second Home, deserve our thanks and congratulations for a wonderful adventure that is sincerely appreciated by so many across a wide span of years.

Reminder:

Sandwich

Generation Series:

Services Available &

How to Access

Them

3/13/09 Game

Room Heritage Hills

Activities Center

by

Livable

Communities at

ALOFT Healthcare

Task Force

Co-sponsors: Towns

of Lewisboro, North

Salem & Somers,

plus At Home in

Somers.

Space is limited.

Call 764-3356 for

reservation.



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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.



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