

April, 2009



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How to find the Best Fit between you and your car

One way to be a better, safer driver is to make sure that you and your car work well together. Our good friends at **Mercy College's Occupational Therapy Program** have announced a program that will provide a quick, but comprehensive, check of how well you and your car work together. Called **CarFit**, it only takes 20 minutes and after that you have

recommendations for car adjustments and adaptations, along with a list of resources in your area that could provide additional assistance in providing hints for your driving joy, comfort and security.

The CarFit event is scheduled for Monday, May 4, 2009 from 10 a.m. to 2 p.m. in Reis Park, Upper Parking Lot on Primrose Street, Route 139 in Somers.

To take part in this interesting program you'll need an appointment and you can get one of these by calling Kathleen Golisz at 914-674-7814 or emailing her at kgolisz@mercy.edu.

CarFit was created by the American Society on Aging and developed in collaboration with AARP, The American Occupational Therapy Association and AAA.

Announcing a Gospel concert by the Antioch Baptist Church Choir

Attending a Gospel concert by Antioch's choir is a special event anytime. Now you can get full enjoyment from this outstanding choir and do good doing it. That's because all the proceeds from a free will offering

will go directly to the **Community Center of Northern Westchester** to help this dynamic group continue and expand their great work in our communities. There's more: a reception will be held in at the Bedford

Hills Community House, right after the concert.

If you want to be energized then reserve this date: Sunday, April 19, 2009, 4 p.m., Antioch Baptist Church, Bedford Hills. Corner of Church and Main Streets.

Would you need help leaving your home in an emergency?

If so, sign up for the **Special Needs Registry**. Just call 211 and you can register right over the phone.

This is a great program from Westchester County government. There's no charge and it could be a

lifesaver at a time when you really need a hand. Call today. 211.

Mark your calendars!

Livable Communities at ALOFT presentation:

*Older Drivers
4/8/09 1:15 PM at
South Salem Fire House
Mercy College
Occupational Therapists*

*Livable Communities events are free, but registration is required.
Call
914-764-3356.*

*CarFit
5/4/09 10 AM to 2 PM, Reis Park, Upper Parking Lot, Primrose Street, Route 139, Somers, To register, call Kathleen Golisz at 914 674 7814 or email kgolisz@mercy.edu*

*4/22/09 12 noon
Westchester
Fairfield Aging in Place Coalition at At Home in Greenwich
2nd Congregational Church, Greenwich
Call
914-764-3014*

A brief, but very sincere thank you to Nancy McLoughlin

Our new brochure and just-created website contain some wonderful photos of local folks who have called this area their home for many years. Each of these good sports agreed to what most of us dislike: having their picture taken, especially for publicity purposes.

But, to entice them, we promised no identification and a great photographer. We made good on the first part easily enough, and then turned to an outstanding writer who also happens to be a great photographer: Nancy McLoughlin. Nancy said yes and did the entire

photo shoot pro bono, a fact for which we thank her for her skill and her interest in getting **ALOFT** up and running. So, if you need a really talented photography source, call us and we will put you in touch with Nancy.

Be among the first members of ALOFT's Founders' Club

The ranks of ALOFT's Founders' Club are growing at a healthy rate, giving those Early Deciders access to all that ALOFT has to offer. That means up to date information on things to do and where to go: Counsel on is-

ssues of transportation, healthcare, volunteering and healthy living and available service. Plus the joy of perks available at local retailers and service providers when you pull out your [Founders' Club membership card](#).

So, get on board. Contact ALOFT today at **764-3014** and take the first step on your ALOFT journey. We are waiting for your call.

ALOFT's Board members are building a growing army of local service providers and retailers who want your business

As we write, the dedicated members of ALOFT's Board of Directors are busy contacting our good retail and service friends, telling them about the power of ALOFT and giving them the opportunity to become a [Founder Affiliate](#). Those

who have stepped up right away, including **Noka and Noka Joe's** and **M Furman Printing** (featured in this newsletter) are the leaders in Affiliates who are offering great discounts and other perks to ALOFT members. It is one way these valued

Affiliates can demonstrate their commitment to ALOFT members. The next time you are shopping be sure to look for the ALOFT decal and thank the business owners for their support.

Welcome Founder Affiliates

Noka and Noka Joe's Sweet Shop are described by owner Jennifer Cook as being across from the Kato-nah train station, offering fair trade, organic coffees, teas and espresso drinks, yummy baked goods, gour-

met hostess gifts, smoothies, soft serve ice cream and candy galore. Upstairs there are fun, funky and affordable gifts for everyone. It is small town shopping at its best.

Jennifer welcomes ALOFT

members with **15% off** any full priced items upstairs or down. Just come in and present your card.

Do stop in and say thanks to Jennifer and try her tasty, unique and wonderful offerings.

Another Founder Affiliate

M. Furman Printing is at 17 Adams Street, across from the train station in Bedford Hills. That's where the wonderful Marcy Furman holds forth, working wonders with her 33 years of printing experience. Marcy is the one locals turn to for advice on all printing needs, including cards, stationery, brochures, and announcements. Her customer friendly assistance

with planning makes every job a pleasure.

Visit Marcy, place your order, show your ALOFT card and receive a generous **10% discount**.

Not yet an ALOFT Founder Affiliate?

Put the power of ALOFT to work for you soon. Chances are that you will be contacted by an ALOFT Board member, seeking your support for our members. There is even a faster way to join the legion of **Aloft Founder Affiliates**. Simply call an ALOFT representative at 764 3014 and tell them you want to talk about ALOFT

Affiliate membership. There is no charge and you will be providing a great service to the community you serve.

Do you know someone with dementia? Or someone who is a valued caregiver?

The **Alzheimer's Association** has announced a series of programs, lectures and seminars well suited to meet the special needs of those with dementia and those who dedicate their skills to serving those needs.

The offerings are numerous and the list below is but a sampling. To find out more, or to reserve a place, please call the number listed for the appropriate program.

ALOFT commends the Alzheimer's Association and participating sponsors whose foresight and dedication make these programs possible.

These are free, but registration is required.

What Shall We Do All Day? Therapeutic and

stimulating activities for persons with Dementia. Friday, 4/24, 9 am to 1 pm, White Plains Hospital, Davis and Post Road, White Plains. Reservations required. Call: 914-253-6860.

Caregivers – Come to the Senses. To help improve quality of life and manage difficult behaviors; How to assess loved one's needs; Techniques for coping with loved ones and their own stress. Wednesday, 5/ 6, 5:30 pm to 7:30 pm. VNA of Hudson Valley, 540 White Plains Road, Tarrytown. Free. Call to register: 914 666 7616, x 235.

Conversations about Early Stage Memory Loss. Two part workshop for persons with memory loss, their care partners and chapter staff.

4/7 and 5/12, 10 am to 11:30 am. Alzheimer's Association, 2900 Westchester Avenue, Suite 306, Purchase. 914 253 6860. No fee, but registration required.

Dementia: What Every Caregiver Should Know.

For caregivers and professionals. Keynote by Pasquale Fonzetti, M.D., Ph.D., Associate Director, Burke Memory Evaluation and Treatment Center. "Stages of Dementia, Current Treatments and Management." 5/6, 3 pm to 6 pm at Burke Rehabilitation Hospital, Billings, 2d Floor, 785 Mamaroneck Avenue, White Plains, in cooperation with ElderServe. Registration required: 914 253 6860 .

Special note in this issue:

Beautiful music and more.

Antioch Choir

Bedford Hills

April 19

4 pm

The Alzheimer's Association

for support and guidance for persons with dementia and their caregivers.

Coming up:

Intergenerational computer classes

April - May, 2009

Watch for flyers.

Livable Communities 5/7/09, 3 PM Project Lifesaver at My Second Home, Mt Kisco

Livable Communities 6/10/09 10:30 AM 2010 US Census at The Fox Center, Mt Kisco



Active Living Over Fifty, Inc.
487 East Main Street
Mount Kisco, NY 10549
914 764 3014
914 764 3356 Livable Communities
at ALOFT

Catherine Wynkoop, President

Email: info@goALOFT.org

<http://www.goALOFT.org>

**For the latest valuable information
take a look at goAloft.org**

If you want to be up to date on what's going on all around your world, log onto ALOFT's website: goAloft.org. This new website provides the latest listing on our valued Affiliates and all that they have to offer you; plus the latest on seminars, meetings, hints for easier living and general news. Try it and let us have your comments and suggestions for improved service to ALOFT members.



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.

Active Living Over Fifty, Inc. (ALOFT)
487 East Main Street, #204
Mount Kisco, NY 10549