

ALOFT is successfully launched

Two events in early June were a great success for ALOFT and eye-openers for the more than 120 persons who gathered to hear how ALOFT can help them stay in their homes, in the community they love, safely and confidently. The whole range of ALOFT services were on display, manned by volunteers skilled and ready to assist those wishing to learn more about keeping the quality of life they seek. As a major plus, the meetings were kicked off by two of ALOFT's key and enthusiastic supporters, Bedford Supervisor, Lee Roberts, and County Legislator, Peter Hark-

ham. Both offered their warm greetings and reaffirmed their support of the work ALOFT is doing and planning. As usual, Bedford Town Clerk, Lisbeth (Boo) Fumagalli was pitching in with her skill and enthusiasm.

Special thanks to The Presbyterian Church of Mount Kisco and the Katonah Village Library for making their wonderful facilities available to ALOFT's members and information gatherers. Thanks, also to Foxy Gwynne and John Roche of the Record Review for their great coverage, and to their editor, RJMarx, for his continued

interest and support in the work of ALOFT.

If you missed the meetings, or even if you just miss the great brownies, be on the lookout for more ALOFT informational meetings in a spot convenient to you. You can get a summary of the meetings, along with most information handouts, by calling 914 764 3014. Tell us you missed the meeting, want to be informed about the next meetings and would like to have any information handed out at the meeting. Sorry, the brownies are all gone.

Become a Founding Member of ALOFT

If staying in your own community, in your own house, safely, confidently and with all-important dignity solidly in place, then ALOFT is the vehicle to help make this happen the

way you want it to. It's more than the great discounts, advice, assistance or friendships: It's peace of mind and an open door to the life you want to live, where and how you wish

to live it. Being part of all this will cost you just about **25 cents a day**, a very modest and affordable price to pay for the ALOFT benefits. Join today. Call 914 764 3014.

How to beat the high cost of heating and cooling your home

This is a great time to look into making some changes to your house that could save you big bucks in the long run. And Uncle Sam just might help you with a tax incentive. One suggestion — go online, fire up Google and look for Heat-

ing and Cooling. You will find lots of choices, including government sites with practical information. A caution: Good deals like this attract scam artists and the place is full of them. So be careful. Only contact names you know. Ask your

friends. Better yet, join ALOFT and work with us to get names that we have vetted for reliability. Another reason to get in on the services, advice and perks that come with ALOFT membership. 914 764 3014.



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Coming Up

Caramoor is waiting to greet you with discounts for ALOFT members.

Come early with your picnic and join other ALOFT members before the show. Call for details —

914 764 3014

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See newsletter insert for other ALOFT-member activities scheduled in July.

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Livable Communities at ALOFT

Lewisboro Seniors at South Salem Town House on July 29, 10:30 AM:

What are Livable Community Villages and What are Elder-Friendly Communities?

Watch for Senior Law Day in September.

Someone wants to steal something that's really important to you

It's your identity, so they can become you and begin to wipe out your assets, run up debts in your name, buy a house, a car, Canada. Who knows.

There are many sensible things you can do to make it tough to steal your identity. But, it still happens every minute of every day. If it happens to you, or you even think it is happening, get in touch with your local police department which will most

likely get you started on reclaiming who you are.

The **Bedford Seniors and Livable Communities at ALOFT** co-sponsored a **Senior Crimebusters** presentation at the Bedford Community House on June 1. There we learned from the County Director of Consumer Protection, Gary Brown, and Bedford Police Chief, Chris Menzel, that both local and County officers have information to help

you report to the appropriate place and get pointed in the right direction, saving lots of time, your health and assets.

Try your local police department first, but if that doesn't work, call one of Chief Menzel's officers at 241 3111 for a helping hand. Or check Consumer Protection at www.westchestergov.com

Do you have a will? There is a way

Hard to believe, but more than 50% of all of us die without a will, a living trust or some other form of instructions that would help simplify estate settling and cut back on bureaucratic delays, reduce legal costs and, ultimately, provide more of your estate to loved ones. You can solve these problems or, at least, reduce confusion and expense. One way is to get your documents and all of those little pieces of paper organized so that your heirs don't have to spend time

searching for information they need. Plus, they don't have to spend big on legal fees to have someone do the searching for them. One way to get organized is through ALOFT. We have Organizers that help you collect and organize all those things you've been meaning to get in one place. ALOFT members can get an Organizer by calling ALOFT at 914 764 3014. We are always on the lookout for organizing documents and methods. Stay tuned.

Also, plan to attend **Senior Law Day** in September and talk to elder law attorneys about what you need to do. This will be **sponsored Livable Communities at ALOFT**. Watch for details! **Older adults from all 7 towns in northeast Westchester are invited!**

Keeping us strong and moving — ALOFT Fit

We all know that staying in tip top shape is number one on our Must Do list. Now ALOFT is offering a special way to stay in shape. It's called **ALOFT Fit**.

Linda Sirkin, certified fitness trainer with 30 years of experience working out with older adults, will begin a walking group twice a week at a number of scenic sites

across our gorgeous area. Getting together with old friends makes it all easier, and meeting new friends makes it so much more fun. Join us for walks planned for your ability, twice a week for 6 weeks. Minimum of eight happy folks needed.

Once started, you don't need a trainer to take a walk, but you may need a

group to keep up the commitment!

Call 914 764 3014 by **July 14** for details and to sign up for walks beginning **July 16!** \$8 per guided walk for non members; \$6 for ALOFT members. Commitment and payment requested in advance. Weight, exercise, stretch and yoga classes are in the works!

The British are coming! The British are coming!

But this time the Bedford Historical Society invited them and now invites you to a celebration of the 230th Anniversary of the burning of Bedford. It's scheduled for Saturday, July 11, 2009 and festivities include lots of reenactors on the battlefield, field rations in the form of light fare and cocktails. Surely the proper way to fight a battle. The hard charging Society is ar-

ranging all this to help maintain their multiple historic buildings which, as we all know, take lots of TLC and that costs money. So far, the Society has been successful in their task, but only because of help from many folks. It's kind of Elder-Care for historical buildings. The site is Commanding Heights on Guard Hill Road in Bedford, from 6:30 pm to 9

pm. It's all for a very good cause, so plan to join the party and help chase those Redcoats back to Britain. **Advance reservations are required and admission starts at \$100.** To find out more and secure your tickets, contact the Society, 914 234 9751 or www.BedfordHistoricalSociety.org. They will be pleased to arm you with the information you need.

Caramoor awaits your presence with special discounts and perks

The wonderful folks at Caramoor have gone way out of their way to create special packages just for ALOFT members, packages so good that you will want to stake out your seats right away. Here is

how to proceed. You can find most details by checking the website: goALOFT.org. Go to Marketplace. Caramoor is under Concerts. You can call ALOFT at 914 764 3014 for a member-only

access code needed to make reservations at ALOFT discounted prices. Also ask ALOFT to send the small brochure, *Caramoor's Special Afternoons*. Summer is flying so get to work.

Livable Communities at ALOFT

Mobility Management is coming to northeast Westchester!

Watch for opportunities to help create one-call access to information and reservations for public, private and volunteer transportation.

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Your leaders at work! Town Supervisors, Planning Board and Housing Board leaders across our region met June 18 at the Harvey School to explore hot topics in housing diversity and sustainability. Professor John Nolon of Pace University Land Use Law Institute moderated. Watch for updates!



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Livable Communities at ALOFT

Ralph Gregory, Chair

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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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