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goALOFT

To help build a better transportation system just for you

Without a car or driver's license, getting around to important medical appointments, to meet your everyday needs, or just to get an ice cream cone can be pretty tough in rural sections of Northeast Westchester County. That's why ALOFT is working with other agencies and Livable Community Connections to build a better transportation system for our region. When it comes to getting around there are actually many forms of transportation available. The problem is that most

of us don't know what's available or how to access the assistance we need.

The first step to building a coordinated system is to identify who is doing what, where, when and how. So ALOFT's volunteers are busy filling out a survey profile (by telephone or in person) for each business or volunteer group providing rides in northeast Westchester. Other organizations are helping to gather information for the rest of upper Westchester. There are many houses of

worship, healthcare providers, and other groups that may be providing rides. We can use the help of more volunteers who, like you, know the problems, are looking for solutions, and are willing to lend a hand. You can help by filling out 1 survey or many, in person or over the phone. Roughly 10-15 min each survey.

Sign on today to be an ALOFT Transportation Advisor or just to get more information by calling ALOFT at 914 764 3356.

Join ALOFT today: Start reaping the benefits right now

All it takes is one quick phone call to 914 764 3014 and you'll be signed up and ready to start being a part of the ALOFT experience. Think what you're missing. For one thing, all of the discounts and special perks that local merchants and services are ready to provide to ALOFT members. To find out all the details and take a look at who is offering what, log onto goALOFT.org and look for Affiliates. You'll find literally dozens of firms and persons waiting for your business and willing

to provide you with the discounts and extras we all need in these times. Or call 764 3014 and we will tell you how to get a list of Affiliates. You have nothing to lose but the full price you are now paying. Don't waste another minute!

That's not all you get with an ALOFT membership. The ALOFT trip to the fabulous Brant Museum in Greenwich was a huge success for ALOFT members. It was a no-cost experience with a personal invitation and private tour of one of the greatest pri-

vate museums, made possible by ALOFT and the generous hospitality of the Brant Museum. And the Katonah Walking Tour with Don Coe was an intergenerational adventure! Plus, with an ALOFT membership, you'll be on the receiving end of the latest information that can help you live a safer, more confident lifestyle, filled with things to do, places to go and things to know about. And your investment will be helping to ensure that ALOFT will be here when you or your friends need a hand.

Coming Up

Livable Communities at ALOFT

Senior Crimebusters on October 7, 1 PM with Lewisboro Seniors

at South Salem Fire House (1190 Route 35 @ Spring Street South)

Featuring County Director of Consumer Protection, Gary Brown and others.

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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.

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

Do you know someone with Alzheimer's? Help is available

We are great admirers of the work that the **Alzheimer's Association** is doing in ALOFT's area and beyond, including their fine newsletter that gives this counsel: "Early diagnosis gives people with Alzheimer's the power to make choices about their own health and future... Focusing on early detection...will empower people...to live to their full potential; (find) the care and treatment they need earlier in the disease process."

We agree, and to make that early detection possible, we list the Association's *10 Warning Signs of Alzheimer's*:

1. Memory changes that disrupt daily life.
2. Challenges in planning or solving problems.
3. Difficulty in completing familiar tasks.
4. Confusion with time or place.
5. Trouble understanding visual images and spatial relationships.
6. New problems with words in speaking or

- writing.
 7. Misplacing things and losing the ability to retrace steps.
 8. Decreased or poor judgment.
 9. Withdrawal from work or social activities.
 10. Changes in mood or personality.
- We suggest that you not be concerned if some of these affect you, since we all tend to slip a bit and that is perfectly normal. Use the 10 Signs as a guide to your and loved ones well being.

Housing improvement grants are waiting for your call

That's all it takes to check into this opportunity to get housing assistance designed to aid elderly and disabled Westchester residents adapt their homes so they are easier to get around and more secure. The assist takes the form of no cost grants up to \$25,000 for each household

that qualifies and the grant can go to low to moderate income homeowners, renters and landlords. It is all sponsored and funded by the State of New York Housing Trust Fund Corporation and can help qualified applicants improve kitchen and bathrooms, modify interiors for

better access, build wheelchair ramps, construct roll-in showers and much more. If you think you can't stay in your home safely and confidently, think again. Find out more, who qualifies, who to contact by simply calling ALOFT at **764 3014**. We will help you through the process.

If you are a veteran or know someone who is, please note

The world is full of scams, especially ones aimed at older folks, and elderly veterans are an especially juicy target. The **latest scam is from a group called Patient Care Group** that tells unsuspecting veterans that the group is

helping to administer VA prescriptions and stating that the pharmacy billing procedures have changed. They then ask for the veteran's credit card number for prescription payments, even in advance of filling the scrips. **FALSE!** The

VA does **not** call veterans asking them to disclose personal financial information. So don't fall for this trick and be sure to tell your veteran friends not to fall for it either.

ALOFT will double your money

No, it's not a get rich quick come-on. It's a promise from a loyal ALOFT member and friend to match all donations to ALOFT on a dollar for dollar level up to \$10,000. So, your donation or contribution will automatically double painlessly. By donating, you will be helping to extend ALOFT services

to all those neighbors who wish to stay in their homes safely and confidently and can use ALOFT's guidance and services to help them stay put.

The amount you give to ALOFT is not important. But the chance to double your generosity is very real.

To donate and qualify ALOFT for a matching donation, send your check to **ALOFT at 487 East Main Street, #204, Mount Kisco, NY 10549, prior to November 15, please.**

We will send a grateful acknowledgement to you since your gift is fully tax deductible.

Spotlight on valued ALOFT affiliates

Of course, we want to promote a healthy lifestyle, so we start off by telling you about **Chair Yoga by Marlene Gallagher.** Here is a very safe, kind and gentle way to achieve all the benefits of Yoga for individuals or for those who have exercise limitation due to inactivity, medical or injury conditions. Marlene Gallagher has thoughtfully developed a program that takes all of these items into consideration. Her **Chair Yoga** gives you all the good things without the all out effort that normally might be required. So you get the benefits without the

stress. In fact, **Chair Yoga** by Marlene Gallagher might be just the thing you need to reduce the stress. Marlene is offering ALOFT members two free **Chair Yoga** classes of one hour each. You should call Marlene at 232 3062 to make sure that you are included.

Since you are now in tip top condition, thanks to **Chair Yoga**, stop in at **The Greener Cleaner & Tailor** at 43 Katonah Avenue in Katonah. The environmentally friendly dry cleaning shop uses no toxic chemicals and has offered 10% off for ALOFT member on regular dry cleaning.

Sorry, no household items, laundered shirts, leather and furs. Now, you'll be clean the green way thanks to **The Greener Cleaner & Tailor.**

While you're in the neighborhood, take a few steps to the corner where the **Katonah Restaurant**, all freshly redone and handsome, is ready to serve your favorite breakfast, lunch and dinner, inside or outside on their corner spot. Plus they will take 15% off for ALOFT members all hours of the day. Now you will be healthy, clean and well fed.

Programs for ALOFT Members

Call 914-764-3014 for more information.

October 14 (rain date 10/15)

Walk & picnic in the PepsiCo Sculpture Gardens at PepsiCo World Headquarters, Purchase

October 24

The Wolf Conservation Center, South Salem, to celebrate Wolf Awareness Week with WCC and The Animal Embassy. Great with grandchildren, children of all ages, and the young at heart!

October 29

Wine tasting Prospero Winery & Lunch

ALOFT members look for mailing with details.

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

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Coming soon for all: ALOFT Annual Meeting with Steven Mattis, PhD, ABPP, Bedford resident and Professor of Neurology (Neuropsychology) at Weil Medical College of Cornell University.



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

914-764-3356 Livable Communities
at ALOFT

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Thank you to ALOFT's Program Workgroup
(a committee of ALOFT's Board of Directors)

Vicki Schott, Chair
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Paula Desperito
Paul Paauwe

Heather Petre
Lee V.A.Roberts
Sal Vaccaro
Jeffrey Vreeland

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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:

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