



Contents

Senior Neighbors Program 1
Your Rights & Benefits 1
Keep Your Wallet in Shape 2
Great Things to Do 2
Caramoor Brochure 2
ALOFT Affiliate Discounts 3
Design Light 3
Caregiver Resources 3
Contact us 4

goALOFT

How to learn more about transportation solutions and ALOFT's mobility management initiative

We ran into a fine source to answer this pressing question. A source who not only can help define the problem, but can provide thoughtful guidance on transportation ideas, plus counsel on home maintenance and something even more valuable, as well.

John Schurdak, PhD, is the Coordinator of St. Patrick's Senior Neighbors Program, a Parish mission for the area, located in Bedford Village. As do many of our area congregations, St. Patrick's generously supports overseas missions. Five years ago they also recognized a need right in their own backyard, especially among recently widowed parishioners. St. Pat's now provides support for older residents throughout the area, and that guidance

includes home maintenance and transportation support and counsel.

The really good news is that St Patrick's and Dr. Schurdak are willing to share this Senior Neighbors model with ALOFT's growing coalition of volunteer ride providers, including other churches and synagogues, that may wish to develop a similar program -- a strong group effort and strong support for individuals.

All you need to find out how your organization can benefit from this pioneering effort and a workable model is to drop a note to John Schurdak at: jis@aya.yale.edu. Or better yet, call ALOFT 914-764-3014 to sign up for the next meeting and indicate meeting time preferences.

How to find out all about services, your rights and benefits for elders in Westchester County

Here's a simple and practical answer: go to www.westchestergov.com/seniors and you'll find a host of information and ideas just for older adults. Here is where you can find a list of helpful publications, services, employment guidance, healthcare assistance, home delivered meals, legal services,

on and on.

If you don't have access to a computer, you can ask for a Directory by calling 914 813 6300 and a very nice person will be happy to help with your request.

Upcoming
Livable
Communities
ALOFT events

**ALOFT Livable
Communities
Coordinating
Council
Meeting
2/17/10
4 - 5:30 PM**

**NYSIgN
(NYS
Intergen'l
Network)
with planning
consultant
Barbara Turk
3/3/10
8:30 AM
Fordham
University,
Harrison**

*Please call
764-3356 for more
information.*

A fast, easy way to keep you and your wallet in very good shape

We all know that the tempting meals, snacks and wonderful extra treats that just happened to jump on our plates during the holiday season need to be tamed. Here's the answer: a membership at the **Mount Kisco Athletic Club**. That's how to keep you in shape. As for keeping your wallet in shape, General Manager Tom Brady has come up with

an unbeatable offer **exclusively for ALOFT members**. It's a **no fee initiation**. So our suggestion is to check out the Club and all of its exciting amenities, including gentle guidance in how to develop an exercise program that is just right for your particular needs. Drop in at the Club, 151 Kisco Avenue, Mount Kisco or give Tom a call at 242-9760.

Simple secret to keeping up with great things to do

The answer is truly simple: log onto: **goALOFT.org**. When you log onto ALOFT's website and click **Calendar**, you will find a day by day listing of things to do that are informative, entertaining and stimulating. All in one easy place to scan at your leisure. You can find out about yoga classes, brown bag book

chats, basic Internet classes, caregiver support groups, book clubs, chess lessons, and exclusive ALOFT member group programs and events. There are way too many to list here, which is why you should go to: **goALOFT.org**, a most important source for finding ways to live well.

Spring is here! Well, at least the first Caramoor brochure is here

And we know what that means: a very advanced look at all the programs and activities that the people at **Caramoor** have planned for the coming season. Of course, there is the summer International Music Festival, spectacular, successful, continuing to grow in fame. But, there's also the Indoors Season of Spring and Fall concerts in the enchanting music rooms. Or maybe, just plan to enjoy the acres and acres of gardens, perfect for picnics and the relaxed wandering through world quality gardens. There always is something wonderful happening

at Caramoor, waiting for you to enjoy all its wonders. Caramoor has done so much to support the members of ALOFT, so plan to take advantage of all that Caramoor offers to ALOFT. The Caramoor calendar of events will be fresh from the printers in early February. So, look for it and, if you wish more information, go online at caramoor.org or call the very nice people at 914 232 1252. We will keep you up to date on Caramoor events and special arrangements for ALOFT members. *Also, watch the calendar at www.goALOFT.org!*

Join ALOFT and start reeling in those Affiliate discounts

One member said she earned enough on her ALOFT Affiliate Discount to pay for her entire ALOFT membership. And that was just over Christmas shopping! Think what you can do with all those lovely discounts.

They really are generous and cover events, good and services that you use on a regular basis. Good for yourself. Good for giving. Good for sharing. Join ALOFT today. Call 914 764 3014.

Design Lighting by MarkS 54 Nepperhan Avenue, Elmsford 914 345 5100

If you have ever wished for those neat outdoor lights that come on automatically whenever someone approaches your home, even if it's Bambi, then the place to call is **Design Lighting** and the person to talk to is Michele. This loyal ALOFT Affiliate

has the know-how to provide expert installation of sensible security lights. Or, maybe you just want to enjoy or show off your new landscape design. Either way, ask for the generous discount available just for ALOFT members.

New caregiver resources from Alzheimer's Association

Our friends at the Alzheimer's Association have told us about a new resource to "help a caregiver manage the challenges of caring for someone with Alzheimer's". It's called the **Alzheimer's Association Caregiver Notebook**. "The notebook's easy-to-follow format contains tips for care and planning for the future, as well as a list of resources to use when additional information is needed."

You can get this valuable resource through Shop for the Cause (www.alz.org/shop) It's \$17.95 plus shipping. Find out more by visiting www.alz.org/caregivernotebook.

The Association has been working closely with leading health and senior care organizations to develop practical ideas which deal with issues faced every day by people with cognitive challenges.

Home Care for veterans. A glimpse at some interesting benefits you may not know about

Sometimes eldercare benefits are pretty well hidden, but we have uncovered an excellent benefit that was in plain sight. It's a program for veterans who served in wartime, not necessarily in combat. Surviving spouses are often eligible, too. A veteran with a dependent spouse may be eligible for home care benefits up to

\$23,000 a year; a surviving spouse can be eligible for a yearly benefit of over \$12,000. The best way to chase these benefits down is to contact the nearest VA office. If **ALOFT members** run into problems doing this, give us a call at 914-764 3014 and we will do our best to untangle the snarls.

Upcoming ALOFT events

**Intergen
Computer
Training at
Pace
University,
Pleasantville
(see insert)**

**Prospero
Winery,
Pleasantville
2/17/10
Meet at
12:30 PM
for lunch,
tasting and
tour.**

**Captain
Lawrence
Brewery,
Pleasantville
2/20/10
Meet at 2
for tasting &
tour.**

*Call 764-3014
by 2/12/10 for
more info.*



Active Living Over Fifty, Inc.
Mail to: 487 East Main Street, #204
Mount Kisco, NY 10549
914-764-3014
914-764-3356 Livable Communities
at ALOFT

Jo Voege, Chair, Board of Directors
Ralph Gregory, Chair, Livable
Communities Council at ALOFT
Catherine Wynkoop, President
Dick Farrell, Editor, goALOFT

e-mail: info@goALOFT.org
<http://www.goALOFT.org>

ALOFT's Executive Committee

Jo Voege, Chair	Ralph Gregory, LCC Chair
Vicki Schott, Vice Chair	Paul Paauwe
Barry Singer, Treasurer	Catherine Wynkoop, President
Lee V.A. Roberts, Secretary	

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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:
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