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## goALOFT

### ALOFT is working hard to answer your transportation needs

Getting around upper Westchester can be really tough. Unless you are your own driver, or have a spouse, companion or good friend to get you places you need to get to, it's almost impossible. Of course, there are the great folks at FISH and other service groups to lend a hand. And, there are taxis, but the cost is most often prohibitive. Westchester County and several towns do their very best to answer your mobility needs.

Well, there may be a bright spot appearing in this otherwise dreary picture: Westchester County and ALOFT are

working cooperatively to determine individual transportation needs. Many of you have offered your assistance in compiling information about who is doing what when it comes to transportation. Now, the next stage is to determine what you need and want, followed by strategies to meet those needs. And do the job economically, efficiently and responsibly. As the County and ALOFT work diligently and in close concert with towns and agencies, we will keep you informed each month by special reports that will document real progress in lightening your load and improving your quality of life.

### The latest cell phone news

There's a good chance that more news about cell phones might put you over the top. At least more information on electronic things affect many of us that way. But, now comes along a very interesting website, [Agein-Place.com](#), with some thoughtful and current comments.

Called "**More Senior Cell Phone Choices**," it reviews two phones designed specifically for, as they say,

the elderly. That is, things such as: color displays that are easy to read; larger text; speakerphone, Bluetooth wireless technology and better hearing aid compatibility

There is much more on their site, not only about the latest in cell phones, but Facebook, Twitter and the health benefits of Tai Chi. It's worth taking time to check it out.

### Gadgets with Gregg

Speaking of cell phones, Facebook, and Twitter, don't forget to bring your questions and gadgets to Gregg at the

Bedford Free Library, 3:30 - 5 PM Wednesdays. You'll be glad you did!

Upcoming Livable  
Communities  
ALOFT events

*Free!*

**NYSIgN  
(NYS  
Intergen'1  
Network)  
with planning  
consultant  
Barbara Turk  
3/3/10  
8:30 AM  
Fordham  
University,  
Harrison**

—  
**AARP Statewide  
Livable  
Communities  
Video  
conference,  
Westchester  
Community  
College, Valhalla  
Campus  
3/4/2010  
9-11 AM**

—  
**Call 764-3356 for  
info/ride.**

## The Caramoor Festival Schedule is ready for your viewing pleasure

Yes, the Caramoor Festival Schedule is out with complete information about artists and events and all the cultural and fun offerings that make Caramoor so very special to so many.

You can get to the head of the line quite easily by going online: [Caramoor.org](http://Caramoor.org), a very user friendly site that will provide all the details about what's coming up, including multiple offerings in March,

April and beyond. If you thought Caramoor was only for summer events and relaxed picnics, take a good look at all that's coming your way right now.

Caramoor has been a solid supporter of special perks exclusively for **ALOFT** members and ever expands the friendly, valuable ways it appeals to our wise members. Once more: [Caramoor.org](http://Caramoor.org) is the place to click.

## Do you know Tom Brady?

Chances are, quite a few of you do. Tom is the General Manager of Mount Kisco Athletic Club, with a big soft spot for **ALOFT** members who want to stay in shape, get in shape, meet new friends and have a fun time.

Tom is offering **ALOFT** members full membership in Mount Kisco Athletic

Club, with no (as in NO) initiation fee. Plus lots of other goodies in a friendly, helpful environment with fun fellow members. Give Tom a call at 914 242 9760.

Ask for him personally and tell him **ALOFT** suggested that you call. See [www.mtkiscoac.com](http://www.mtkiscoac.com)

## Is now the right time to join ALOFT?

Silly question. Of course now is the right time to join **ALOFT**. What better time to get on board and start to enjoy all the perks and other discounts that are just waiting for you to strike. Just take a look at the **Founding Affiliates** featured in this newsletter and all they are offering members. And they are just the tip of

the iceberg. You can find the entire listing of these **ALOFT Affiliates** by going online to [goALOFT.org](http://goALOFT.org), or just click here: [Marketplace](#). You will find a full array of retailers, service providers and cultural friends just waiting for you to take advantage of your membership. Call 914 764 3014 for more information.

**Look to these Founding Affiliates discounts and deals you can use**

**Sort & Settle, LLC – Senior Move Managers. 10% discount for first 10 hours for sorting, weeding out, organizing**  
**845 279 0989**

These folks are specialists in assisting those of us who are thinking of moving to smaller quarters, as well as those who wish to remain in their homes and need help organizing and de-cluttering. As they say, they like nothing better than helping to lift the load off your shoulders and onto theirs. They do the task with good spirits and the results just might make you feel a bit more chipper and able to handle everything so much smoother.

**Sassi Salon Take 20% of any service for first time visit**  
**436 Main Street, Armonk**  
**914 273 5022**

This special salon does it all, with particular specialties in hair cutting and coloring. Call them for an appointment, but not for Wednesday or Sunday. Worth a relaxing trip with results to match your personal goals.

**Spring Hill Kennels 10% discount off boarding bill for ALOFT members**  
**173 Bedford Road, Katonah**  
**914 232 3532**

Well, actually, the discount applies to your pets, not our members. But the care your pets will get is every bit as warm and professional as you would expect for yourself. That's why you can relax whether you are planning a one day get away or weeks at a time. Give them a call.

**Free Screenings at Northern Westchester Hospital!**

Did you know that NWH Registered Nurses provide free health screenings at the NWH Patient Service Center on the second Saturday of each month from 12:30 - 2:30 PM? 275 Main Street, Mt Kisco.

- Osteoporosis
- Vascular Disease & Stroke
- Cholesterol
- Diabetes

You can also see their calendar at [www.nwhc.net/calendar](http://www.nwhc.net/calendar).

No appointment is necessary. Just walk in.

Call for more information: 914 666 1483.

Screenings rotate each month:

Don't miss these upcoming events!

**Free one-on-one InterGen Computer Training at Pace University, Pleasantville Mondays at 4 PM beginning 3/15/10**

**John Jay Homestead Tour 3/17/10 and Lunch In Bedford Village at noon**

**Elder Law 101 with Linda Burpee, JD Pound Ridge Library 4/15/10 10:30 AM**

**Senior Law Day Conant Hall Pound Ridge 5/18/10 All day.**

*Call 764-3014 for more information.*



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](mailto:info@goALOFT.org)  
<http://www.goALOFT.org>

To learn more about aging in place, plan to attend one of these regular get-togethers:

**The Village Council** of the Center for Aging in Place Support,  
March 8, 1:30 - 3. Call 980-8379.

**Westchester-Fairfield Aging in Place Coalition**, 2nd Congre-  
gational Church, Greenwich, CT 06830. March 17, Noon - 2.  
Call 764-3014

*A special thank you to the Center for Aging in Place Support for  
their generous financial support of the goALOFT newsletter.*



**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 — Bed-  
ford, 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