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## goALOFT

### Send it in or be left out

That's the message (or something like it) that the Census Bureau has been sending out everywhere to everyone. It is a very important message; here's why. An accurate count of each of us, where we live, what we do, along with other pertinent information, provides data that help decide where different aid packages end up; even how many congress members we are entitled to, all of which directly affect how well we live.

By answering the census questions, we help to provide a total picture of not only who we are and where we are, but what kind of services we need to keep living safely and confidently. This is ALOFT's mission: to help you live safely and confidently in your own home, with dignity.

To do this, members are telling us they need better access to transportation in their local and regional areas.

Transportation to get to doctors and other appointments easily and economically; transportation to get caregivers to us; transportation to be able to easily access cultural events and other quality of life activities. Responding to the Census Bureau is an excellent way to hold up your hand and let folks in the right places know all about your needs.

Many of our friends are leaving this area because they don't have access to the things and places they need to stay physically and mentally healthy.

Letting governments know that we are here and plan to stay here is one way the Census can help. But, unless they get that little form back, you will be missing. It only takes a few, very few, minutes to respond and there are no trick questions. Just basic information that says: "Hey, I'm here!"

**Send it in today.**

### Home Planning For Your Later Years

The later years seem to be coming along sooner than later, but it's never too late to do some planning and make some changes in your living arrangements that can help you maintain a safe, easy to handle lifestyle.

There actually is a book called: **Home Planning for Your Later Years**. The

book focuses on new designs, living options, smart decisions and how to finance any safer and confident living changes you might be considering. The book has been around since 1996, but our recent review says it's very much relevant to choices we face today. Plus, it's easy reading and filled with good ideas.

**Upcoming Livable  
Communities  
ALOFT events**

**AARP Complete  
Streets survey at  
172 Preston Way  
Mt Kisco.  
4/20/10  
Help Livable  
Communities to  
figure out why  
this is one of the  
highest traffic  
accident sites in  
the region.  
Call to volunteer!**

**NYSIgN  
(NYS  
Intergen'1  
Network)  
with planning  
consultant  
Barbara Turk  
5/5/10  
8:30 AM  
Fordham  
University,  
Harrison**

**ALOFT Mobility  
Management  
Stakeholders  
5/6/10 2-4 PM  
South Salem Fire  
House**

**Now is the right time to join your friends at ALOFT**

Anytime is really the right time, but we are reminded of the benefits of ALOFT and how much ALOFT means to each member since this is membership renewal time for many members. From what we see and hear, renewals are very strong, indicating high satisfaction with ALOFT services, activities and other benefits. Satisfaction with discount perks remains high. Members have found that ALOFT watches out for their needs, listens to their concerns and is really good at matching services and information to member requests. ALOFT cares for members by providing

information on sources for help, advice and assistance. And, a favorite benefit is the rewards, perks and other discounts ALOFT members receive from our valued affiliates throughout the area. Great perks for shopping, dining and cultural events. For some this one benefit more than offsets the entire membership fee.

So, don't miss out out. Call ALOFT today and tell us you wish to be part of the ALOFT team. 914 764 3014

**Caramoor is in full swing, so join in the fun**

The saying is that you can't please everyone, but our good friends at Caramoor are doing their best to disprove that saying. In fact, the program gurus at Caramoor have events and an entire season that is designed to please every taste. Entertaining, fun and rewarding

programs await you. All you have to do is get in touch with Caramoor and scan the schedule of events designed for you and your friends. You can reach Caramoor online at [Caramoor.org](http://Caramoor.org). Be sure to ask for special discounts for ALOFT members.

**Service veterans and Social Security. There may be an added benefit.**

We heard from a good friend that service veterans just might be entitled to a little extra in their Social Security check. It all depends on when one served, not how good a soldier you were, so that should open the door for many of us. Social Security has a website at [www.ssa.gov/](http://www.ssa.gov/retire2/military.htm)

[retire2/military.htm](http://www.ssa.gov/retire2/military.htm). We tried the site and found that the address, while long, is correct, and all the information you need is right there. The eligible dates are if one served from 1957 through 1967. Not a big deal, but, hey, every little bit counts.

## Take a stroll through lively Katonah

Even when it's raining or snowing, Katonah is a great destination for strolling and shopping. Now that the weather has lightened up, there's even one more reason. We have highlighted **Fine Lines of Katonah** for invitations and more; **Katonah Art & Frame** to help brighten your home; **Kelloggs & Lawrence** and their answers to springtime home and garden needs; **Offerings** for American-made contemporary arts and crafts, along with small antique furnishings; **Awakenings** with its lines of jewelry, candles, music and books; **Eclectic Collector** consignment for your buy/sell moment.

In May, we will highlight where to eat and where to snack; where to board your pet and what to do after you've spilled your coffee or ice cream all over that nice sweater you like so much.

Meanwhile, here are some more details about three other great spots in Katonah:

### **Katonah Pharmacy**

294 Katonah Avenue  
232 3200

This friendly place will give ALOFT members 10% off on vitamins plus \$5 off on any prescription you transfer. Free delivery, too, with warm, personal service.

### **Poor Richard's Tiffany**

192 Katonah Avenue

A generous 10% discount, all day, every day for ALOFT members. Check out their stained glass lamps and stained glass panels. Or bring in that lamp or lighting fixture that needs rewiring or repair.

### **Robin McCormick Jewelry & Design**

28 Valley Road

This retailer of fine jewelry and sterling silver will replace that watch battery for just \$5! And, inspect and clean fine jewelry for free.

### **Cappy's Travel Center**

195 North Bedford Road  
Mount Kisco  
241 0383

If you are worn out from all that fun strolling and shopping in Katonah, head south to Cappy's Travel Center in Mount Kisco where this venerable, reliable travel specialist offers the best prices, awesome service and worldwide experience, providing special discounts for singles traveling alone.

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**

**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.*



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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.



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