



Contents

[Update on
Mobility Man-
agement](#) 1

[Senior Law
Day](#) 1

[Join ALOFT](#) 2

[Volunteer pro-
file: Sadie
Candela](#) 2

[Community
Affiliate Poor
Richards](#) 2

[Caramoor Dis-
counts for
ALOFT mem-
bers](#) 3

[Adult Caregiv-
ing Website](#) 3

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Progress report on Mobility Management project

ALOFT is placing major emphasis on finding solutions to what you tell us is the pressing problem for older adults in Northern Westchester. That problem is Mobility Management, or how to get around to where you need to be and how you can help find transportation solutions for those caregivers you count on to come to you.

Progress is excellent. We've come quite far in a short time, thanks in large part to dedicated volunteers who have measured transportation needs and surveyed transportation providers to match one person's needs with the capability of a transportation source to meet the various needs. Surely you know friends who need to get to important meetings

and appointments, but don't have access to effective transportation. Or, maybe they simply aren't confident of their mobility skills and fear turning a short trip into an unplanned adventure they would prefer to avoid. Then, there are those caregivers so many of us depend on for their valuable, needed service. How do they get to those who most need their skills? Our job is to match needs with possible solutions. And you can help, as so many already have, by assisting ALOFT and all of our partners. Volunteer to join our Outreach and Evaluation group. Volunteer today with a call to 914 764 3014. We'll match you to a project that is ideally suited to your skills and interests.

What do you know about Senior Law that likely will affect you?

You can help expand your knowledge of key legal items and retirement planning at: **Senior Law Day, Tuesday, May 18, 2010, Conant Hall, 257 Westchester Avenue, Pound Ridge, NY 10576.** This important event is co-sponsored by Livable Communities at ALOFT and the Town of Pound Ridge Recreation Department.

Registration is at 10 am. There are four workshops: **Estate Planning/Elder Law 101; Powers of Attorney, Health Care Proxies and More; What is Probate**

and do I need a trust or is a will enough; Floating your Retirement Boat: How to keep investment on an even keel. Plus information on Caregiving, Identity Theft and Crimebusters.

It's bring your own bag lunch. Space is limited, so please register by May 11. Call Louise Paolicelli at 914 764 8201 or email prseniors@townofpoundridge.com and select the workshop or workshops you wish to attend. For handicapped, there is parking at Conant Hall. See enclosed flyer. All are welcome!

**Upcoming
Livable
Communities
ALOFT events**

**NYSIgN
(NYS
Intergen'l
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**

**All are
welcome!**

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

It's never too late to make a smart move

And that smart move could well be one of the most productive you've known. It's called a Membership in **ALOFT**, the organization dedicated to making sure you can continue to live in your community, safely and confidently with friends old

and new who share your interest in and zest for a really full, fun lifestyle.

To be a part of **ALOFT**, including **ALOFT's** generous perks and discounts, call 914 764 3014. Tell us you're ready for a smart move.

Sadie Candela. Volunteer Extraordinaire

We recently heard about the work one of our **ALOFT** members is doing in her community for all those causes, groups and friends she values and serves so well. Her name is Sadie Candela.

Just the other week, Sadie volunteered for **ALOFT** at the statewide AARP Complete Streets audit in Mount Kisco. She volunteers through **ALOFT** for intergenerational activities with the Children's Country Day program in Mount Kisco; has done telephone surveys for

ALOFT's transportation initiative; is currently volunteering with the Mobility Management Volunteer workgroup; has signed up with St. Patrick's Senior Neighbors Program when she learned of it through **ALOFT's** Mobility Management project.

As if that weren't more than enough, Sadie has said she would be happy to help set up **ALOFT's** new office. Talk about staying active with a capital A! Thank you, Sadie!

Poor Richard's Tiffany is on the move

We had a nice chat the other day with the king of stained glass, Sal Chiappone, who has run Poor Richard's in Katonah for more than 20 years. Sal has moved his special talents to a new location in Somers, but retains the same personal service and super skill we like so much.

There's more: you know that lamp that you really like, but it just won't work for

you the way it always did? What to do? The answer is to get in touch with Sal. He just might make a house call and have everything bright and tight in a short time. Plus, there is a very generous discount for **ALOFT** members.

You can reach Sal at 914 994 6056 or online at stainedglasman@aol.com. And, yes, there is only one "s" in "glas".

Caramoor, discounted tickets and ALOFT

Caramoor is doing it again. Great discounts for **ALOFT** members.

One of our favorite cultural sites is known to all of us at Caramoor. Its formal name is Caramoor Center for Music and the Arts. Actually, it's much more than music and the arts. It's a place to truly contemplate the joys and beauty of all that nature (and outstanding landscape artists) offers: a place to wander over to your favorite picnic spot; a place just to take a minute out from care and worry and translate your time spent into relaxing joy.

Now, **ALOFT's** great friend and Caramoor's Director of Marketing, Sal Vaccaro, has magically developed an extensive list of discounted tickets for **ALOFT** members. Here is the good news:

50% Discount for the following events:

- 2 Foot Yard July 2
- ETHEL July 9
- Chopin Bel Canto July 15
- Family Concert – Sandra Wong (and the

- parallel program for children under six) July 17
- Schumann and Chopin at 200 July 18
- Caramoor Virtuosi II July 24
- Jasper String Quartet July 5

25% Discount for these events:

- American Roots – New Shoots July 3
- Jazz Festival August 7
- Norma July 16

If you are an **ALOFT** member and interested in any of the events listed above, contact the Caramoor Box Office at 914 232 1252 and provide your membership number. Monday through Saturday from 10 am to 6 pm and Sunday from 10 am to 4 pm.

Thank you, Sal and Caramoor, for this generous package for **ALOFT**.

A website with great ideas just for you

In case you have not seen it, take a look at an interesting website dedicated to its mission of providing "Information, Advice and Support" for Adult Caregiving. That's a big subject and an interesting one. The site to check out: caring-news@rightathome.net. In its latest

email issue, the newsletter puts its focus on good information, such as: Tips for Stroke Caregivers; Brain Exercises that may delay a decline in dementia; as well as other educational articles. Try it out and let us know what you think. Again, it's caringnew@rightathome.net.

Don't miss these upcoming events!

Senior Housing & Services Coalition Annual Legislative Breakfast 5/14/10

9-11 AM

The Osborn Retirement Community 101 Theall Road, Rye

RSVP by 5/3 to 813-6400

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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
<http://www.goALOFT.org>

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.

ALOFT is grateful to the Federal Transit Administra-
tion for its support of the **goALOFT** newsletter.



Mail to:
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Mount Kisco, NY 10549