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goALOFT

ALOFT is looking for (more) volunteers who want to help ALOFT help others

We need your help in dozens of ways. One very important one is volunteer help as we work diligently on something officially called Transportation and Mobility Management, or as some might say: **Helping to bring efficient, low cost travel options to Northern Westchester.** If we all wish to stay in our homes we need reliable and affordable ways for us to get around and easy ways for helping hands we rely on to get to us. Deciding what is available, who

needs what, how much should it cost, and where should it go is part of a bigger picture. But only volunteers who know the problems can accurately provide the research, data and ideas that we need to help build an outstanding transportation system that will serve us all. So, if you wish to help - and it takes no experience or special training - give us a call at 914 764 3014. Tell us you wish to be part of the solution.

Here is an easy way to check for benefits you may be missing

BenefitsCheckUp is a service of the National Council on Aging and a partner with Westchester County. Together, they reach out and help folks find the benefits they need and are entitled to. They can advise on paying for prescriptions, energy bills, property taxes, to name just a few of the little things that bedevil so many of us every day. The list of potential help is long, but BenefitsCheckUp makes the search more convenient. The way to get started is not complex. On

your own, or with someone's help, sign on to: www.westchestergov.com/seniors.htm. You will be asked to fill out a confidential questionnaire and are promised a helpful report that will lead you to the benefits you may have been missing. There's much more to the service including Fact Sheets and Application forms for over 250 programs. And easy instructions about applying for good things that you may have been missing.

How to find out about Rights and Benefits in Westchester

For a very good start, Westchester County publishes a **Directory of Services, Rights and Benefits** and the booklet is available, along with further information and assistance by giving a call to the very helpful Department of Senior Programs and Services. You

can reach them at 914 813 6300. Frankly, we can't think of an organization that isn't covered in this valuable guide and you would be wise to give them a call and see if they can send a booklet to you for your handy reference.

Upcoming events:

**7/14/10
Noon-2 PM
Care Mgmt in
Aging in Place
Organizations
Westchester
Fairfield Aging in
Place Coalition
2nd Congregational
Church, 139 E
Putnam Ave.
Greenwich 06830
Greenwich, CT
06830**

**7/21/10
4 PM
Joint Livable
Communities
Council at ALOFT &
smart growth/land
use/housing task
force meeting.
Place to be
announced, but all
are welcome.
So call 764-3356 if
you wish to attend.**

**Ongoing
Do you want
computer
instruction? You
have questions?
Remember that
most libraries
provide one-on-one
instruction!
Contact your local
library!!!**

Eat like a Mediterranean; Protect your aging brain

That's the subject of an article in the Tufts University Health & Nutrition Letter, and according to two studies it pays off to follow a diet that is heavier with fruits, vegetables, cereals, fish and lower in consumption of meat and dairy products. They also mention legumes which are that part of a plant that has pods, say beans or peas. But, since we have never seen leg-

umes listed on menus, just think vegetables and you will be okay. The conclusion is that while genetics strongly influences incidence of Alzheimer's, good things such as a better diet and more exercise may well reduce the risk of Alzheimer's. Like most food advice, take it with a grain of salt, but only if you have low blood pressure.

Do you know what Phishing is and how it can empty your bank account?

An **ALOFT** member reports that the other day he received a notice from AOL that AOL had not received his payment and AOL needed to update his contact information. It looked like AOL, but it was a Pfisher, a criminal, trying to get social security numbers, bank numbers so he (or she) could use the information to totally destroy the member's financial accounts. The next day Bank of America emailed the member to say it needed to update its

account information. Only catch was the member did not have a Bank of America account. SO ... do not respond to any request for your financial or personal data. If in doubt (and you should be), phone or visit the firm that is supposed to be asking for information from you. Again, never give out personal information without personally checking with the entity that is asking for data.

Are you taking advantage of the ALOFT Affiliate deals, discounts and perks?

ALOFT's very valued Affiliates are always ready to provide special arrangements for ALOFT members on an exclusive basis. That means all kinds of good deals for you to snap up. To check up on the latest offerings you can either go online to

goALOFT.com and click on AFFILIATES, or call us at 914 764 3014 and we will send the latest list of Affiliates, along with their deals, to you. You have nothing to lose but your discounts and perks.

Member Update on Mount Kisco Athletic Club

Tom Brady, the upbeat general manager of Mount Kisco Athletic Club, reminds us that he always has a special welcome for his ALOFT friends.

In fact, the Club offers an \$84 a month special, with no contractual obligation, just a 30 days cancellation notice required. There is NO initiation fee.

You receive two sessions to assess and plan your personal fitness plan, and that's free, along with complete use of all MAC facilities and equipment.

You can get in touch with your own well being by calling Tom at 914 242 9760, or drop in at the Club, located at 151 Kisco Avenue in Mount Kisco and ask for Tom.

Can you name four reasons to join ALOFT?

Some really big clues are not well hidden in this newsletter. For example: Caramoor and its special perks and discounts for ALOFT members; becoming a volunteer to help build a transportation system our elderly friends use and rely on; generous discounts from our valued Affiliates,

only for ALOFT members; exclusive rates and offers from the Mount Kisco Athletic Club, just for ALOFT members plus a members only, no charge old fashioned barbeque and on and on. So, make the move. Call 914 764 3014 and sign up today.

Another valued Affiliate you should get to know

It's **Right Click Solutions**, located at 59 Beverly Road in Mount Kisco.

Owner Dan Taplitz is waiting for your call to discuss how Right Click can serve you with computer consulting, in-home computer tutoring for both MAC and PCs. If you're terrified of a network set up staring at you, Dan can

solve that in your home, as well as in corporate settings.

All you have to do is give Dan a call at 242 3212, discuss the situation and what you would like to have happen.

Dan will supply an estimate faster than you can say "computer crash."

Don't miss these upcoming events for ALOFT members!

Joint ALOFT, Quality Living at Home (Ridgefield) and Stay at Home in Wilton aging in place pre-concert picnic at Caramoor for members of these aging-in-place programs.

Tour of the Aldrich Museum exhibit of John Shearer's photography, docent tour and -- we hope -- conversation with the photographer, who is the son of ALOFT Founding Member, Phyllis Shearer of Pound Ridge.

Look for more details soon.



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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.

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



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