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goALOFT

What in the world makes a volunteer program successful?

If you have even the slightest interest in how to start and manage a volunteer program successfully, then we have the program for you. It's a brief seminar with the first part scheduled too late for our deadline. In fact, the first meeting is or was September 29. But, fear not, there are three more sessions to be scheduled with an in-depth review of the first seminar meeting, so, see, you haven't really missed a lot.

Here's what it's all about. Two veterans of the volunteer scene, Shannon Cobb and Zachary Swierat of the Volunteer Center have put together workshops designed to give an overview of which elements successful volunteer programs share. Come hear what they have to say and they promise you will come away with the KEY elements of a policies and procedure manual; How to avoid risk; Great tools for recruiting vol-

How to be a better driver

That could be the title of some upcoming presentations directed at and for the older driver. Lots of valuable information and helpful hints about how to get in and out of a car; safety of grandchildren and pets; caregiver concerns and more. These are free 1-hour overviews sponsored by Livable Communities at ALOFT:

- October 20 at Noon. Amawalk Fire House in Somers.
November 9 at 1 pm. North Salem Fire House.

unteers; How to screen new volunteers; How to market your program's success and get additional support and, most importantly, How to get the most out of the Volunteer Center's free services.

It costs you nothing. In fact, volunteering is not only good for those who receive your assistance, but volunteering improves your own life, both mentally and physically.

You'll meet at St. Patrick's School, Cenacle House. That is the white administration building to the left of the school, near the Bedford Village Green on Rout 22/172, almost at the corner of that road and Greenwich Road.

Look for upcoming dates. Find out more and reserve a place (remember it's free) by calling 914 764 3014.

To reserve for either of these, just call 914 764 3014.

An 8-hour AARP older driver safety class is coming up in Bedford in 2 sessions on 10/19 and 10/21 from 9 AM - 1 PM. There is a small fee, but also possible insurance discounts. Call 666-7203 for details. Same deal at Pound Ridge Library 10/16 & 10/23. Call 764 5085.

**Upcoming
events -- Livable
Communities at
ALOFT**

**10/9/10 10 AM
Nancy Gould-
Ralphs, CLU,
CLTC**

**“Long-term Care
Insurance: Why it
Takes More Than
Good Luck to Live
a Long Life”
Mt Kisco Library**

**10/13/10 at noon
Westchester -
Fairfield Aging in
Place Coalition
2nd
Congregational
Church Greenwich
Featuring
Katherine Freund,
founder of
ITNAmerica, an
international
model for delivery
of local volunteer
rides as a social
enterprise.**

**All are welcome!
Call 764-3356
for info/ride.**

Alzheimer's news and the latest on a strong support group

Alice Feintuch of the Alzheimer's Association tells us of an Alzheimer's support group, designed especially for often times overburdened caregivers. The group meets the first and third Monday of each month, from 1 pm to 2:30 pm at the Astoria Federal Savings & Loan office, 325 Route 100 in Somers. If you would like to have some more information about this group and how you can participate, call the Alzheimer's office at 914 253 5860. Your call will be most welcome.

On the same subject there is new evidence that what we have been led to

believe causes Alzheimer's may not be quite correct. In fact, rather than the assumed culprit, called plaque, the problem may be free floating clumps of protein. From what we have read, new research is heading in a different direction when it comes to finding a cure, or even a reason, for dementia. We are quite certain that the Alzheimer's Association is more up to date on these developments than we are, so if you have questions or wish to get more involved, let them know of your concerns, questions and interest.

Get out there and start walking

While we are on the health news front, here is some stimulating news from the Mayo Clinic. Mayo tells us that to reduce the risk of a stroke, start walking. They report that a recent study of women, age 45 and older, found that women who walked two or more hours a week, at any pace, were 30 per cent less likely to have any type of stroke

when compared with women who didn't walk regularly. Speed up your pace and risk drops even lower. Of course, just being active physically reduced the risk of stroke significantly. And being active helps reduce other health problems as well. Just think how healthy you'll be with a little effort. Go to it.

Long Term care insurance. You have questions. She has answers

What are the consequences of living a long life on a retirement lifestyle?
What can you do to ensure that you have a life when you or your parents are ill?
How to plan to make sure that you are independent and in charge of your life in retirement?

These are just a few of the questions that Nancy Gould-Ralphs of LTC Financial Partners will address in what promises to be a very interesting and stimulating presentation and discussion. It is all scheduled for October 9 at 10 AM at the Mount Kisco Library. Call 914 764 3014 to let us know you'll be there.

Medicare news you can use

Northern Westchester Hospital is planning a Senior Health Fair and they want you to be there. It's scheduled for Saturday, October 23, 2010 and listen to these events. First, there will be screenings for blood pressure, cholesterol, diabetes, osteoporosis, vascular/stroke, memory, depression and lung capacity, all to be held from 11 am to 3 pm. Then there is a prostate screening program, available to all men between the ages of 50 and 80, as well as men under 50 who have a family history of prostate cancer or who are of African American descent. That will be between 9 am and noon. There's more: Informative lectures ranging from *Got-taGoGottaGo for Men; Get stroke smart; How I cope with Everyday; Hip and Knee replacement and Got-taGoGottaGo for Women*, all delivered between 10 am and 2 pm by highly

qualified specialists in their individual fields.

Now this is important. First, you must register in advance and you can do that by calling 914 666 1133. Second, the seminars are not at the Hospital, but at another location, the Hospital's Chappaqua Crossing site, the former Reader's Digest building. There is a lot more to the new location. It is now the Hospital's new Ambulatory Care Center, providing comprehensive medically supervised rehab services, including physical therapy, occupation therapy, speech pathology, balance training and other neat things that just might be on your radar screen. From what we have seen, the place looks great and the same wonderful Hospital folks will be in charge. The Senior Health Fair promises to be well attended and quite possibly a sell out, so make that call to reserve your spot.

Musical Therapy program at Northern Westchester Hospital

Here's a great idea using the joy of music to help us all tend to a variety of concerns, including physical, emotional, clear understanding and just plain sociability. Just underway, the program is the work of the Institute for Music and

Neurologic Function. It's free, but you must make a reservation to participate. Meets at 3 pm in the Café at the Hospital. You can find out more by calling the Program Coordinator, Karen Maier, at 914 242 8168.

What and when should you shred records?

AARP's Sid Kircheimer has a complete list of what to shred and when to shred in the latest issue of AARP's Bulletin. In a nutshell, he suggests shredding everything with your signature, birth date, Social Security number, account num-

ber, passwords or PINs. Not right away, of course, but after a reasonable length of time. If you would like a copy of the article, let us know at 914 234 9500 and we will rush a copy to you, courtesy of AARP.

News you can use from the Mount Kisco Medical Group

If you recall last year, there was lots of running around to find out who had the flu shot you needed to protect you against the regular, rotten flu and the H1N1 virus, aka Swine Flu.

Well, this year, one shot will provide some protection against all manner and variations of flu viruses.

We recommend that you take the advice of those who seem to know what they are talking about. Call your physician and get scheduled. Even better, Mount Kisco Medical Group has a walk-in plan in place with no appointment required.

You can find out more by visiting their site, MKMG.com or call them at 914 241 1050.

Chances are you can also find flu shots at CVS, Target, Walgreens and a host of other places doing their best to keep us all well and away from the nasties.



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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 Transportation Administration for its support of the goALOFT newsletter.

goALOFT welcomes your comments and suggestions. Feel free to contact us at info@goALOFT.org. The Editor.

See the newly-posted Transportation Directory for northeast Westchester at: www.goALOFT.org.



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