

**Here's an update on ALOFT progress  
And a sneak preview of where ALOFT is headed**



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Since 2006, when planning first began for ALOFT, we've dedicated our resources to concentrating on tough challenges facing older adults. This is where we concentrate our efforts: First in priorities is developing transportation and mobility management services. That means how do we help get you to where you wish to go for meetings, medical appointments or fun events. It also means how do we help create a transportation network that makes it easy for those who care for our elderly residents to get from their homes to our homes. Right now, that is a very difficult problem. It's solvable, but to do so, takes money, time and many dedicated volunteers to gather and assess transportation data. Another major priority is helping to ensure that older adults have easy access to reliable home safety and repair services. And we have pushed to help our members and friends conquer the complexity of today's technology wonders.

There are more projects that fill our days and the days of so many loyal volunteers. But, these objectives continue to keep our attention. Happily, we have been able to move forward and accomplish a great deal. Of course, there is more to be done and the good news is that, after lots of hard and difficult work, ALOFT's applications for significant grants were approved. This last few months ALOFT has completed a \$261,000 Mobility Management organizational grant. What's more ALOFT won a \$990,000, three year Mobility Management grant which has the capability to help develop and deliver the kind of assistance that older adults, as well as important caregivers, need to safely function in their home environment. ALOFT's Board handed over this grant and project to Family Services of Westchester. Nevertheless, our work continues to solve problems and ensure a healthy lifestyle. See [ALOFT's 2009-10 accomplishments and priorities for 2011.](#)

**What should I shred and when?**

We ran this question before and the response was great enough that we are making a repeat offer. There was a brief article in an AARP newsletter that answers the questions and we would be pleased to send a copy to you by US Mail. Just call 914 234 9500. If you

don't have a shredder, Westchester County publicizes when and where their giant portable shredder will be in business, so that is another efficient way to chop up all those things you don't wish to fall into the wrong hands.

**Coming Up:****Mobility  
Management at  
ALOFT*****Volunteer Ride  
Program  
Trainings***

**Nuts & Bolts #3 of  
4: Interviewing,  
Screening,  
Orienting &  
Training  
Wednesday,  
11/10/10 1 PM  
St Patrick's  
Church Cenacle  
House, 175 Old  
Post Road,  
Bedford**

**Nuts & Bolts #4 of  
4: Policies &  
Procedures  
Wednesday,  
12/8/10 at 1 PM  
Katonah United  
Methodist Church  
5 Bedford Road,  
Katonah**

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**“How to be a  
better driver”  
11/9/10 1 PM  
North Salem Fire  
House with North  
Salem Seniors**

**What your family needs to know about your personal and financial affairs -- for ALOFT members**

That's pretty close to the actual title of a very compact and highly informative booklet produced by two good friends of ALOFT **for ALOFT members**. In fact, they happen to be skilled persons who know the ins and outs of elder care's legal workings and how to solve the complexities of evaluating and selecting a provider of long term care. The legal half is Linda R. Burpee, Elder Law Attorney, and her long term care planner associate is Nancy Gould-Ralphs. They point out to all who would listen that if you have an emergency, become incapacitated, or are far away from home base when an urgent situation arises, it is absolutely essential to your and your

loved ones best interests that access to important papers is easy and fast. What they have done is provide an easy to follow guide to sorting out what needs to be kept, along with a clear guide on how to highlight and document where all those elusive papers and notes are kept. The result for you or those who need to tidy up your affairs is a wonderful booklet with key personal and financial items documented. It's easy to complete and easier to update.

What, you don't have a copy? We suggest that you contact ALOFT at 914 764 3014 and ask about ALOFT membership.

**Indoor and outdoor falls: are the risks the same?**

If you think you are the only one who falls, think again. According to a recent government study, nearly 40% of seniors fall each year. The split is about even between indoor and outdoor crashes. The interesting finding is that those who fall outdoors are most often quite healthy and active, so their falls occur on sidewalks, streets and curbs. That means that older, healthy adults should be paying close attention to curbs and uneven surfaces. Easier said than done, we suspect, but the basic message is correct. Watch where you step; take your time and, our favorite piece of advice: hold on tight to something or someone. While we're on the subject of walking, you will stand less

chance of needing a walker, cane or other devices to help you IF you begin a program to take off those extra pounds. Actually, a third of adults older than 65 use at least one assistive device and obesity is a major contributor to using a device. That's according to a Purdue University study that also highlights a vicious circle. The more weight you put on, the better the chance of using an assistive device. And the more you rely on the device, the less physical activity you do, which means you aren't burning those calories you need to burn, so the more you need a device and it goes on and on. This and more helpful tips and resources are all from the latest issue of [Caring Right at Home](#).

## **Caramoor is something special for ALOFT members Sal Vaccaro helps make it that way**

Sal is the marketing guru behind the great and growing success of Caramoor. And more: he is the person who looks for special opportunities for ALOFT members to participate in the wonderful world of Caramoor, and to be a part of that special, creative venue with discounted tickets, excel-

lent seats, and special arrangements for ALOFT members. Sal is also an active ALOFT board member, helping to set priorities and devise programs and plans that will enable older adults to stay in the homes and communities they love, safely and confidently. And a little fun doesn't hurt, either. Our hats

## **Did you get your flu shot?**

It's never too late unless it's too late. So we suggest that you mosey over to your favorite healthcare provider or a place such as Target or Walgreen's or CVS. If you are a Medicare person, the shot should be at no charge, or very low at the least. Free walk-ins if you are a Mt Kisco Medical Group patient. Now, we are reminded that Flu shots

will be given by a CVS pharmacist at the Pound Ridge Town House on Wednesday, November 10, from 9-11 am. The charge for Medicare folks is zero; for others it's \$29.95, cash only, and you must be pre-registered which is something you can do easily by calling 914 764 8201 and asking for Louise.

## **Don't forget our valued ALOFT Affiliates: our partners and your friends**

Did you know that there are now almost 40 ALOFT Affiliates? Probably more by the time you read this. In case you haven't caught up, Valued Affiliates offer tremendous discounts, special deals and exclusive benefits for ALOFT members only. And Affiliates provide every type of service and feature products and specials you use every day. According to one ALOFT member, there's no better deal around and she

proved it by patronizing Affiliates every chance she got, with the result that her discounts equaled her yearly ALOFT membership fee. What a deal!

Find out more about ALOFT Affiliates. Click on to goALOFT.org and follow the path to Affiliates. Or, if technology is not your thing, call us at 914 764 3014 and we will send a printed list of the entire Affiliate group to you right away.

## **More Coming Up:**

**More Mobility  
Management at  
ALOFT**

**Understanding  
the Older Driver/  
Rider Train-the  
Trainer  
Workshops with  
Anne Bentzen,  
OTR**

**11/10/10 at noon  
for Volunteer Ride  
Providers at St  
Patrick's Church  
Cenacle House,  
175 Old Post  
Road, just off the  
Bedford Village  
Green**

**11/12/10 at 10  
AM for Taxi/Limo  
Providers at  
Katonah Village  
Library upstairs  
conference room**

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**NYSIgN-  
Westchester  
Conference  
November 16,  
2010  
8:30 AM - 12:30  
PM  
See enclosed flyer**



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

Catherine Wynkoop, President  
Dick Farrell, Editor, goALOFT

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<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.

goALOFT is extremely grateful to its editor, Dick Farrell, for years of fun, creative and fact-filled articles. Please feel free to contact the editor with questions, comments or concerns.

See the recently-posted [Transportation Directory](#) for northeast Westchester.



Mail to:  
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487 East Main Street, #204  
Mount Kisco, NY 10549