

Mobility Management needs volunteers



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This is really a way of saying we need folks who want to help both themselves and others with improved transportation options. Right now, ALOFT is helping to drive a major transportation initiative designed to uncover which type of transportation system is needed to bring you to where you need to be, while making it easy, safe and economical for those we count on to assist us, to get to where

they need to be. The project is moving with good leadership and funding, but always needs volunteers who would like to shape and assist this project. If you have some interest in better transportation and some time, let us hear from you and we'll tell you more about how you can help. Call 914 764 3014. See newsletter insert for information about upcoming free trainings and workshops!

Telephone directory information. Free. An update

Last month we told you about a Google service offering free directory informa-

tion. We tried it and it works: 1 800 goog411.

Become a better driver and save money doing it

There are two AARP Defensive Driving classes coming up in September and we strongly recommend that you, as a driver – or you as a passenger – take advantage of this opportunity. The main idea is a brush up on all those things you've learned about good driving habits, including watching out for all those with bad driving habits. Our experience tells us that the classes are fun, easy to take and really worthwhile.

count on your auto insurance policy. So, it's a win-win deal and all you have to do is first sign up and then show up.

There are two venues. Somers Library on September 20, 2010. Starts at 8:30 am and goes for eight hours. Cost is just \$12 for AARP members and \$14 for non members. To register and check details for time and place, call 914 232 5717.

The other class will be held at The Fox Center, 198 Carpenter Avenue, Mount Kisco. Same times and prices. For this class call 914 666 8766.

Plus (and this is the equally good part) you will be awarded a certificate of completion upon finishing the course. You can frame this or a better idea is to send this to your insurance company and, if they are a good company, they will reward you further with a significant dis-

Either way, register in advance to be sure they have a place for you.

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

**9/22/10 1 PM  
The Older Driver  
Workshop  
September 22  
Pound Ridge  
Library**

**9/29/10 1 PM  
Local authors:  
Goldens Bridge  
residents Shura  
Saul and Jennifer  
Rosvally, Mother-  
Daughter Duets.  
Lewisboro Seniors**

**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**

**Career/Life Planning after 50**

If you haven't planned out your life, you are not alone. Fortunately, an organization called WEBS Career and Educational Counseling Service has announced a free eight-week seminar of planning you could use to plot out where you wish to be.

In the seminar you will have the opportunity to get a clear direction for the next stage of life; learn about a variety of informational resources; explore new ways of working in a high tech world

and a lot more practical advice and guidance.

From what we can learn, the seminar sessions will be held at **Chappaqua Public Library and Hastings on Hudson Public Library**, beginning in the Fall, with an orientation session to be held prior to the start of the program itself. Not much details, we know, so call 914 674 3612 to talk to someone who just might have lots more information.

**Fall Festival time at Caramoor. Order tickets now**

If you loved the Summer Festival, you'll want to make sure you sign up now for the Fall Festival.

And, if you have been away, now is the time to take advantage of one of the world's greatest venues for music and the arts – right in your own backyard.

This Fall Festival features **Yo-Yo Ma** and **The Knights Chamber Orchestra**, **Patti LuPone** and **Bill Frisell**, who kicks off the Festival on September 24; Patti LuPone and The Gypsy in My Soul is scheduled for September 25; A Family Concert with the Knights and guest appearance by Yo-Yo Ma is on for two performances on September 26.

Looking a bit ahead, the Festival rolls on with an October 2 **Soiree at the Rosen House**, a benefit to raise funds for Caramoor's Rosen House. For this event, email [events@caramoor.org](mailto:events@caramoor.org) or call 914 232 1492.

Then, on October 3, **The Future is Now**, featuring Caramoor's rising stars and young artists.

So, don't be shy or slow. Click onto their site at [www.Caramoor.org](http://www.Caramoor.org) or call the box office at 914 232 1252.

## Medicare news you can use

Some overdue changes are coming to Medicare in 2011. Pay attention since you might find some added benefits if you can put off to tomorrow what you don't need to do today. For example, starting in 2011, Medicare will pay for routine annual physicals. And Medicare will completely cover the cost of mammograms, pap smears and hepatitis B vaccines. That's all according to the Wall Street Journal who bases their news on the Medicare Rights Center.

Also, for those on heavy doses of prescription drugs, legislation taking effect in 2011 does away with the so-called Doughnut Hole. An estimated 14% of

Medicare Part D participants fall into this hole, but, as planned, the gap will disappear, if slowly. For example, those in the hole in 2010 will get a \$250 rebate and starting in 2011, discounts and subsidies will cut drug costs of those in the hole to about 25% from today's 100%.

Now if you have a good to great income you'll start to pay more for your Medicare coverage. Increased taxes on investment income, including interest, dividends and capital gains will hit couples with more than \$250,000 in income.

## How to buy the proper wine with confidence

Of course we all know that there are wines for all occasions with different colors, types and thousands of producers and snazzy labels to seduce the buyer. But, which one is right for your personal needs? To get some good advice we visited one of ALOFT's star Affiliates, **Bedford Wine Merchants** and the store's charming owner, Arthur Wunderlich and his son, Scott.

We told Arthur that we needed a red and a white to serve to a very knowledgeable dinner guest. Oh, and \$20 was our top (you can spend under \$10 for great buys or hundred of dollars for the really top drawer wines.) Arthur showed us dozens of bottles that would meet our request, with comments on each, and then zeroed in on just two.

It was a wonderful experience. We got to see in action a wine merchant with great patience and an always helpful manner. Plus it doesn't hurt that Arthur offers ALOFT members a 10% discount on wines not on sale, Monday through Thursday.

**Bedford Wine Merchants** is located right in the heart of Bedford Village, phone 234 6012, where Arthur and his team have been holding forth since 1995. More than a wine expert, Arthur is well known for his strong support of the Bedford Historical Society and other community groups, support greatly appreciated by all of Bedford..

Get on Arthur's email list for upcoming wine events and special sales.

News you can use from the Mount Kisco Medical Group

Jennifer Bohlk at the Medical Group does a great job of keeping ALOFT up to speed on what's happening at the Group that just might be of help to our members and friends. Two new items may interest you.

Understanding Osteoporosis is the subject of a presentation scheduled for Tuesday, September 21, 6pm to 7pm. Dr. Caroline K Messer will provide background and an update. The site for the meeting is at the Group's Founders Conference Room, 110 South Bedford Road, Mount Kisco.

You can find out more by calling Judy Condreras at 914 242 5610.

Smoking Cessation will be discussed by Dr. Asaf Savir at a meeting scheduled for Wednesday, September 22, 6 pm to 7 pm. At the Mount Kisco Medical Group Reception Area at Putnam Hospital Center in Carmel. You can find out more by calling 845 279 7779.



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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 Administration for  
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