



Contents

[Complete Streets](#) 1

[Self-Help Networks](#) 1

[Driving and Alzheimers](#) 2

[SUNY Purchase Subscriptions](#) 2

[Shingles Vaccine](#) 3

[More Affiliates](#) 3

[Contact Us](#) 4

goALOFT

Do you know how dangerous it is to cross a street?

Well, we New Yorkers take third place in the number of deaths per 100,000 of pedestrians age 65 and older. More than one third of total traffic deaths in the New York Metro area are pedestrians. If you cross streets in your neighborhood you know how dangerous it is.

To help solve this problem there is a "Complete Streets" bill currently being considered by the New York State Assembly that strives to balance the needs of all people, including those with disabilities and public transporta-

tion users. We don't pretend to know all of the details and the bill itself has strong opposition. But, from what we have read, it seems like a good idea that at least needs a thorough look, which it is not getting.

So, we join with others in asking you to urge your State representatives to look into these proposals and take action that will protect all of us who use roads and streets and want to do so safely and not be another statistic. Most local newspapers contain a list of representatives and contact information.

ALOFT-type networks featured in USA Today article

The headline says it best: *'Villages' let elderly grow old at home; neighborhood networks provide services, support and peace of mind.* Actually, that sounds much like the mission statement for ALOFT, helping friends and neighbors stay in their home, in their community, safely and confidently.

Beacon Hill Village in Boston started it all and the concept that ALOFT follows is one of mutual assistance in all the little things we all need. That includes advice on those who can help with repairs and chores; good places to shop where the value of our purchasing power is

fully recognized and welcomed; transportation ideas that give us the freedom to travel to activities, medical appointments and shopping.

ALOFT is working on all of these things so necessary to maintaining a solid and healthy lifestyle. So, if you are a member of ALOFT, you are performing a needed public service by being involved in the work of ALOFT. And, if you are not yet a member of ALOFT, get on board easily by calling 914 764 3014 to become a member of ALOFT and be part of the solution.

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

**The Older Driver
Workshop
August 19
9:30-11 AM
The Fox Center
Mt Kisco**

**The Older Driver
Workshop
September 22
1-2:30 PM
Pound Ridge
Library**

**Local authors:
Mature Daughters
and their Aging
Mothers
September 29
Lewisboro Seniors
*More info next
month.***

**Westchester -
Fairfield Aging in
Place Coalition
October 13, noon
2nd
Congregational
Church Greenwich**

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

When should people with Alzheimer's disease stop driving

This provocative title is from a very interesting website call Caring Right at Home ®. Caring also provides thorough background plus CDC information about the danger of shingles and what to do about it.

Anyway, driving is different. We all know that elderly drivers are not the best. Careful, yes, but we all get in a high percentage of accidents for the miles we drive.

Now, it is true that persons with dementia can keep driving, even though there is slight impairment in driving skills. But, almost everyone with dementia will reach a point where it is time to turn over the keys to the car and make other plans. In fact, this is where ALOFT comes into play big time by working on solutions to transportation needs of the elderly. That means

not only getting us all to where we need to be, but bringing our valued helpers to where we are, safely and economically. ALOFT's transportation initiative is in full swing, defining needs and working to develop practical solutions for all of us.

To get back to driving, it becomes apparent that family members and caregivers are likely the best judge of how well an elderly person can cope with driving situations. There is a skill evaluation tool called Clinical Dementia Rating that scores who is at an increased risk in driving situations.

The test, combined with caregiver inputs, provides a fairly reasonable measure. If you have an elderly driver whose skill level concerns you, consult with a healthcare professional to provide a fair evaluation.

SUNY Purchase subscriptions are now on sale

Here's a chance to sign up for a many starred subscription program filled with a Festival of Orchestras, Chamber Sundays, Dance Masters, Outstanding Singles (including Bernadette Peters) and more. It is a very flexible, reasonable series of programs featuring great artists and the Performing Arts Center is just around the corner. As a suggestion, you can go online at www.artscenter.org to

download an order form; or call the box office at 914 251 6200, Tuesday through Friday, noon to 6 pm. Purchase says they will have a complete brochure in the mail after Labor Day. One way or the other, get on their email and/or mailing list. Individual tickets will go on sale sometime in August.

Shingles vaccine should be on your list of things to do

Have you ever had chickenpox? Chances are good (95%) that you at one time have been infected with the little nasty virus called varicella zoster. Well, that goes away and you forget about it, but the virus remains dormant, ready to spring to life many years later. The Centers for Disease Control and Prevention (CDC) recommends that people age 60 and over should be vaccinated against shingles or herpes zoster. Here's why:

- Anyone who has had chickenpox can get shingles. That means almost everybody.
- About one third of the US population will get shingles.

- Among those who do get shingles, more than one third will develop serious complications.

What to do, what to do? Simple. Speak to your doctors and see if they recommend that you be vaccinated against shingles. The vaccine is called Zostavax and while it does not guarantee that you will not develop shingles, it reduces that chance of your doing so dramatically.

Make a note to yourself to ask about shingles vaccine next time you see your healthcare professional. Or, better yet, give them a call today and sign up for a discussion of the benefits and any side effects.

Here's an ALOFT Affiliate with great rewards

Our email delivered some special news from one of our favorite shops and a valued ALOFT Affiliate, **Kelloggs & Lawrence** in Katonah.

Those of you who know the breadth and depth of what Kelloggs & Lawrence Hardware offers won't be surprised about all that K & L carries. But, it's more than hardware; It's a destination. No attitudes, either, except a very positive one that can't do enough to help you find what you're looking for. One thing we missed on our many K&L trips is the great line of outdoor

apparel they carry. If you missed their sale ended August 1 (40% off) you'll be first in line for Fall and Winter and just in time for Summer savings. As for the news, K&L has just announced a very generous Customer Rewards Program that has to be the best thought out rewards program we've seen. Generous rewards too.

The folks at Kelloggs & Lawrence are looking forward to seeing you. That's Bart, Jeff, Diana and the bunch. **Don't forget to show them your ALOFT card for big savings.**

Something new -- let us know how it works for you!

Here's the deal: we all know it's tough and expensive to reach an information number, something that used to be as easy as dialing 411. Now it comes with a price tag and may or may not be accurate, especially those online services that promise so much. With Google, just dial 1 800 goog411 and a computer voice will lead you through the process. It starts with asking which city and state, then name of what or who you are looking for and the rest is automatic. Give it a try and report back your findings.



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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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