

## How to help older adults by becoming a volunteer gatekeeper

What should you do when you think you see a friend who might have early signs of depression or anxiety or symptoms of needing some sort of assistance? How do you recognize these symptoms? Even if you do, where do you turn to find some help for your family member or friend? It is a complex problem of wanting to help, but not knowing if you should or what you should do. **Family Services of Westchester**, working together with their partner, **Westchester Jewish Community Services**, studied the problem and developed a

very workable solution. It's called **The Gatekeeper Program**. It's designed for folks of all ages who, in the course of their everyday lives or jobs, come in contact with older adults and have been trained as Gatekeepers. These Gatekeepers know how to refer their friends and family to Gatekeeper staff who, in turn, gently assess the situation, identify any needs and, if appropriate, link the older adults with resources to meet their needs. The goal of Family Services and Westchester Jewish Community Services is to reach out, recruit

and train as many Gatekeepers as possible. That means anyone who comes in contact with older adults. In fact, the agencies have trained police, EMS, clergy and their staff, senior center staff, hairdressers and on and on. There is no limit because anyone can be a Gatekeeper. If you belong to a group that might be interested in no cost training, or an individual with a keen interest in helping others, place a call to **Gatekeeper Coordinator, Pam McGurgan Marinelli at 914 872 5290**. Get ready to be a big help and feel great for doing it.

## Check the special offers from our valued Founding Affiliates More reasons to join ALOFT today

Classic **Caramoor**, classy cuts and more, more, more. ALOFT's 35 and growing Founding Affiliates have come up with some really great special offers, discounts and perks exclusively for ALOFT members. Just taking advantage of these opportunities can mean more than enough to recoup all of your investment in an ALOFT membership. But, there's more to ALOFT than special

perks. There's direct entry into informative seminars and meetings that can help you maintain a very healthy lifestyle in your own home in the community you love and stay put safely and confidently. And there is the special knowledge that ALOFT brings to members about multiple additional services and agencies that help to make life and living in Westchester that much more in-

teresting. Plus the knowledge that you are part of a growing, dynamic group with nationwide ties, ready to serve you in dozens of ways with advice, services, entertainment, education and, of course, those wonderful discounts and special care at the places you prefer. So don't wait a minute longer. **Call ALOFT today at 914 764 3014**. Tell ALOFT you want to become a member.



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**Coming Up****Livable  
Communities at  
ALOFT**

**2 events hosted by  
Lewisboro Seniors  
at South Salem  
Fire House (1190  
Route 35 @ Spring  
Street South)**

**“Senior Law Day”  
on September 19,  
1 PM  
and**

**“Senior  
Crimebusters”  
on October 7,  
1 PM.**

**Guests are  
welcome, but  
space is limited.  
Call 764-3356 to  
reserve a spot.**

—

**“Gatekeeper  
Program”  
on August 10<sup>th</sup> at  
10:30 AM  
at  
Westchester  
Community  
College in Valhalla  
– Academic Arts  
Building Room  
116.  
Call 764-3356 for a  
ride!**

**Funds available to make repairs to your home**

Do you have a leaking roof, outdated electrical wires, plumbing issues or a drafty home?

**The Preservation Company** is a non-profit organization based in Peekskill, NY that administers a home improvement program that provides funds to residents of Westchester County, Putnam County and Beacon, NY. The grants are provided to income eligible residents who wish to make their

home safer and hope to continue living in their home. The Company links homeowners up to additional grants to address energy efficiency concerns and the removal of lead paint in the home. The average funds provided to a homeowner is approximately \$20,000.

In addition to the provision of funding, The Preservation Company offers workshops that include “How to Hire a

Contractor”, “How to Maintain Your Home”, and “How to Make Your Home Energy Efficient.”

For more detailed information please contact The Preservation Company at 914-734-8928 or email housing @hrhcare.org.

***Let ALOFT know if these are workshops you would like to attend in northeast Westchester!***

**Caramoor in the Fall for ALOFT members**

*As to offers for the Fall, this just in from our friends at Caramoor:*

**The extension of the 10% ALOFT discount to the Chick Corea performance and the Caramoor Cavalcade on October 3 as well as any Caramoor Classics Concert during the Fall and Spring.**

*Note: This applies to single ticket sales not to subscriptions. Not in-*

*cluded are the NY Philharmonic concert, Sumi Jo’s return and all of the Great Artists in the Music Room Series concerts.*

**A Special Group discount of 50% for ALOFT members to both of the Rising Stars concerts: Nov. 7<sup>th</sup> Evening or November 8 Matinee.**

For more detailed information on these concerts

you can check <http://www.caramoor.org/html/risingstars.htm>, <http://www.caramoor.org/html/fallfest.htm> and <http://www.caramoor.org/html/subscriptions.htm>

*The subscription webpage is the only place to see a description of the Classics Series.*

ALOFT members call ALOFT at 914 764 3014 for reservation instructions.

## The Joy of Exercise: Introducing a special program for ALOFT members courtesy of the Mount Kisco Athletic Club

We all know that a regular exercise program is good for both mind and body, helping us to live a more full and rewarding lifestyle. We also know that it's a lot more fun if you have companions when you lift those weights or do all those great cardio fitness things. And, lately, in this economic time, it's been a bit tougher to pay for both the health and the training that makes the exercise more effective.

That's why it was especially interesting and rewarding for ALOFT members when we sat down for a chat with Tom Brady, general

manager of the **Mount Kisco Athletic Club** (MAC). Obviously, Tom is a big fan of exercise and good training to go with it. But, he's also somewhat of a philosopher of physical well being and is dedicated to raising awareness of the benefits of physical, spiritual and emotional wellness. Maybe it's because of this enthusiasm that Tom has a growing membership base of 50+ folks finding joy in taking care of themselves. Some, though, are concerned about the economy and tempted to give up their healthy living habits. Tom says that's where he can help with his

mission to overcome those concerns and keep our 50 plus folks on the road to a healthy lifestyle.

Right now, ALOFT and MAC are in discussions about Tom's interest in introducing in the fall a program dedicated to the 50+ group. Not just fitness, but activities both outside and inside the Club that would appeal to the physical, social needs of the group, with all of this to come at an attractive reduced fee for ALOFT members. We are sure that this will move ahead and will keep you informed.

## Art for all ages – more volunteer opportunities

**The Country Childrens Center** ( CCC ) in Katonah will be starting up its 6<sup>th</sup> year of Intergenerational Programming in fall 2009. Its Intergenerational Program for the coming year will pair older adults with 5<sup>th</sup> graders to create a mosaic entitled "Pieces of History."

They will use broken pieces from old china and glassware to create the piece. The final creation will be displayed in the Katonah Museum of Art during the Young Artists Week. The CCC is looking for older adults who enjoy working together with children. Meetings will take

place once per week in the afternoon at the CCC Katonah location with the aid of a local artist and CCC staff. Interested volunteers can call Polly Peace, 914 242 0520 option 1, ext. 201 for more information.

## Programs for ALOFT Members & Guests

**August 2**  
**Caramoor Jazz Festival II at 2:30 PM. Special ALOFT member ticket rates.**

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**August 12**  
**Kykuit in Tarrytown Meet to car pool at 9:30 AM**

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**September 29 with At Home in Greenwich —**

**Tour of Brant Collection in Greenwich**

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**Call 764-3014 one week ahead to reserve a spot and request a ride.**

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**See Calendar at [www.goALOFT.org](http://www.goALOFT.org)**

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**Remember:**  
**Project Lifesaver bracelets for wanderers:**  
**Call (914) 368-5502**



Active Living Over Fifty, Inc.  
487 East Main Street  
Mount Kisco, NY 10549  
914-764-3014  
914-764-3356 Livable Communities  
at ALOFT

Dick Farrell, Editor

e-mail: [info@goALOFT.org](mailto:info@goALOFT.org)

<http://www.goALOFT.org>

#### ALOFT's Board Executive Committee

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#### Livable Communities at ALOFT

Ralph Gregory, Chair

A special thank you to the Center for Aging in Place Support  
for their generous financial support of goALOFT.



**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.

Active Living Over Fifty, Inc. (ALOFT)  
487 East Main Street, #204  
Mount Kisco, NY 10549