



Department of **SENIOR PROGRAMS AND SERVICES**

WEEKLY UPDATE & SPOTLIGHT: WESTCHESTER'S DEPARTMENT OF SENIOR PROGRAMS AND SERVICES

The following is a weekly update from the Westchester County Department of Senior Programs and Services with the latest information on upcoming events, programs, activities and services available to seniors, families and caregivers.



Westchester
gov.com

George Latimer
Westchester County Executive

Dear Friends,

Thank you for reading the first edition of “Living the Later Years,” a Westchester County newsletter that has been put together by our Department of Senior Programs and Services, designed just for you. Inside you will find the latest information from our Next Stage Network, Livable Communities Collaborative, as well as the resources and services you may need to live a full and happy life in our beautiful County.

As we attempt to put the COVID-19 pandemic behind us, along with the social, emotional and health challenges it has caused, I want to share some words of comfort and encouragement with all of you. We know that you are used to being active participants in our communities. And, while the pandemic has slowed our activity down, we are on our way back to regaining the choices and options we once had not so long ago.

We also want you to have the opportunity to live independently and with dignity, because independence is important to both our physical and mental health. That said, your continued wellness and safety is paramount. I ask that you continue to keep the following safety measures in mind:

- As you get older, the risk for severe illness from COVID-19 increases.

- Before deciding to go out in public, ensure that you are taking necessary steps to protect yourself.
- Avoid activities where taking protective measures may be difficult, including activities where social distancing guidelines cannot be maintained.
- Remember to always wear a face mask or covering while in public.
- Use the Westchester County Department of Senior Programs and Services as a resource. They can answer all of your questions and concerns. Call (914) 813-6300.

With your help, we will overcome this unique challenge and move forward with a stronger sense of purpose and involvement in the communities where we live. In the meantime, take care of yourselves, and each other.

A handwritten signature in black ink, appearing to read "George Latimer".

George Latimer

Westchester County Executive



SPOTLIGHT

**Westchester County Department of Senior Programs & Services
Westchester Senior Citizens Hall of Fame Awards**

December 4, 2020

11:30 a.m. – 12:30 p.m.

The Senior Hall of Fame is an important tradition, because the senior community has helped Westchester to become known for its excellent quality of life. This year, while an in-person celebration is not possible, every effort will be made to showcase the inductees in an exciting new medium. Those selected will be inducted during a multi-platform virtual event. The community will be invited to view this event for free from the County website, Facebook and YouTube. [Click here](#) for more information.



SPOTLIGHT

The Livable Communities Age Friendly Collaborative Virtual Conference: Reimagining Aging in the New Normal

Thursday, November 19, 2020

10:30 a.m.

Keynoter: Paula Span

Paula Span writes the New Old Age column for the New York Times. A veteran journalist, she was earlier a reporter for the Washington Post and has contributed to many national magazines and newspapers. Since 1999, she has taught at the Columbia University Graduate School of Journalism. She spends one day a week caring for her four-year-old granddaughter, and her audiobook "The Bubbe Diaries" will be released early next year by Audible.

Join Zoom Meeting: [Click here](#)

Meeting ID: 862 0747 1512 | **Passcode:** 379636

One tap mobile

+19292056099, 86207471512#, 379636# US
(New York)

Dial by your location

+1 929 205 6099 US (New York)

Meeting ID: 862 0747 1512 | **Passcode:** 379636

Find your local number: [Click here](#)

For more information please contact Jennifer Crawford at (914) 813-6263 or email

jqsu@westchestergov.com

SPECIAL VETERANS DAY PROGRAM!

LIVE WEBINAR

SENIOR LAW DAY COLLABORATIVE

WHAT YOU NEED TO KNOW TO AGE SMART

WEBINAR: BENEFITS OVERVIEW FROM WESTCHESTER COUNTY VETERANS SERVICE AGENCY

NOVEMBER 11th, 2020
10:00 AM

Presented by:
Charlotte Trotter, Deputy Director of the Westchester County Veterans Service Agency

seniorlawday.info

SPOTLIGHT

Special Program in honor of Veterans Day:

Benefits Overview from Westchester County

Veterans Service Agency

Wednesday, November 11th

10:00 – 11:00

Register for this FREE webinar for Seniors & their Families

[Register here](#)

(Dial-in by phone also available; numbers obtained on registration or by calling and leaving a message for Paul at 914.231.3227)

The Westchester County Veterans Service Agency services veterans, dependents and survivors, along with those currently serving, by providing trained and Accredited Veterans Service Officers (VSO). This webinar will review the VSO program, which provides advice on Veterans Federal, State and County benefits and assists those eligible with filing the necessary claims. We will cover pensions, burial benefits, vocational rehabilitation, healthcare, real property tax exemption and several other veterans benefit areas.

Speaker: Charlotte Trotter, Deputy Director of the Westchester County Veterans Service Agency

Limited to first 100 participants

Contact: bruce@marketingsense2.com



LIVE WEBINAR
SENIOR LAW DAY
COLLABORATIVE
WHAT YOU NEED TO KNOW
TO AGE SMART

**WEBINAR: END-OF-LIFE
PLANNING: EDUCATION
ON LEGAL ADVANCED
DIRECTIVES AND MEDICAL
DIRECTIVE FORMS**

**NOVEMBER 18th, 2020
10:00 AM**

Presented by:
Gretchen Flint, Professor Emerita, Pace Law School

seniorlawday.info

SPOTLIGHT

On End-of Life Planning: Education on Legal Advanced Directives and Medical Directive Forms

Benefits Overview from Westchester County

Veterans Service Agency

Wednesday, November 18th

10:00 – 11:00

Register for this FREE webinar for Seniors & their Families

[Register here](#)

(Dial-in by phone also available; numbers obtained on registration or by calling and leaving a message for Paul at 914.231.3227)

This webinar will provide detailed information on New York State advanced directives (health care proxy, power of attorney, living will, disposition of remains) that an attorney can prepare to help you express your health care wishes and the medical limitations of these forms. We will also discuss the New York State Nonhospital Order Not to Resuscitate form (DNR) and the Medical Orders for Life Sustaining Treatment (MOLST) form as well as the medical decisions that can be made by you in conversation with your medical provider on these forms that contain medical orders. We will also review what to do in a life threatening emergency when 911 is called and the person in distress has a medical directive form and when they do not have a medical directive form.

Speaker: Gretchen Flint, Professor Emerita,
Pace Law School
Limited to first 100 participants

Contact: bruce@marketingsense2.com



Zoom Training for Seniors!

Learn Zoom with one-on-one training in the comfort of your home – via phone and on your computer or cellphone with a Tech Teen
At your convenience

Typical training lasts 30 minutes
Easy walk-through with a Tech Teen

Schedule a training with a Tech Teen
programintern@volunteernewyork.org / 914-227-9311

SPOTLIGHT

Healthy Living for Your Brain and Body: Tips from the Latest Research

Tuesday, Nov. 10 at 11 a.m.

This workshop covers four areas of lifestyle habits associated with healthy aging: Cognitive activity, exercise, diet/nutrition and social engagement. In each area, we will discuss what we know, drawing on current research, as well as what we can do-steps to take now to improve or maintain overall health in each area.

[Click here to register](#) or Call 800-272-3900

Legal and Financial Planning for Alzheimer's Disease

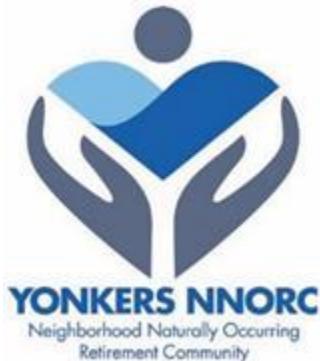
Wednesday, Dec. 9 at 11 a.m.

The diagnosis of Alzheimer's disease makes planning more important than ever. This program will offer information about legal and financial issues to consider, how to put

plans in place and how to access legal and financial resources near you.

[Click here to register](#) or Call 800-272-3900

These programs are supported in part by a grant from the New York State Department of Health.



The Yonkers NNORC (Neighborhood Naturally Occurring Retirement Community)

The NNORC assists seniors 60+ living in Northeast Yonkers with: Support and Resources for seniors and caregivers, Health and Nutrition Educational Seminars including Meditation Chair Yoga and Body/Mind Fitness, Recreational Groups including Bingo and Arts, Information and Assistance, Telephone Reassurance, Technology support with YPIE Tech Squad and Healthcare Management/Assistance and Monitoring. This program is under WJCS and the Yonkers Office for the Aging. For more information about the NNORC please call 914-391-1323 or email sally.pinto@yonkersny.gov.



Do you enjoy talking on the phone? If you would like to receive calls from a DOROT volunteer on a weekly or semi-weekly basis, our Telephone Friends program is for you. We'll match you with a new friend who has similar interests. Just contact us to get started at: 914-485-8354.

Ready to take a telephone class? DOROT continues to offer an array of topics with our University Without Walls (UWW) courses.

For an online course catalogue go to: [Click here](#)

You can register online, or call and leave a message at: 877-819-9147. Someone will return your call as well as mail you a course catalogue.

What's this thing called Zoom? We may be social distancing, but we can still see each other through the technology of Zoom! Join your peers in a variety of classes on your computer, laptop, tablet or smart phone. DOROT offers programs through their Onsite@Home program, using the Zoom app. Go to: [Click here](#)

And don't worry, we can help you with the tech side of getting connected.



Introducing "Sitness"

Introducing "Sitness"...live group exercise classes designed to be done from a fully seated position but guaranteed to get your heart rate up. Join Zoom video conferencing from the comfort of your home to take part in live classes led by instructor, Alex Bunt, personal trainer of elite and Olympic-level athletes. Meetings are every week on Tuesday, from 2-3 PM ET. All mobility levels, fitness levels, and ages are welcome and no equipment is needed. Sitness is more than a workout, it's a hangout with friends of all ages. To join the Sitness community or request more information, please contact Rose Perry at rose@thesocialcreatures.org. Powered by Social Creatures and Performance 360 of Mount Sinai. Hope to see you there



Increase Your Resilience, Lower Your Stress
BREATH-BODY-MIND™ (BBM) is a program of gentle movement, breathing and relaxation exercises that reduce the experience of stress and anxiety and increase a sense of calm and well being. These exercises are simple and evidence-based in their impact on an array of populations—including children, adults, and individuals with depression or PTSD.

Free classes are offered via Zoom. Learn more and register for our weekly programs at conversations.westchesterlibraries.org
FREE PROGRAM - Programs are generally 45 minutes in length.



The Westchester County Department of Community Mental Health (DCMH), together with its partner agencies, will be offering guidance and support to Westchester County's residents as they cope with the impact of the Coronavirus (COVID-19). It is projected that the health crisis precipitated by COVID-19 could have a lasting impact on the mental health of the citizens of Westchester. People may experience stress, fear, grief, depression and anxiety. DCMH will be implementing educational and supportive services through various forms of communication, including a dedicated telephone resource line, social media, taped video recordings, chat lines, printed materials and linkage to counseling.

The DCMH Information, Support and Referral line is

(914) 995-1900 8 a.m. to 8 p.m./ Text #914-461-7281.

For more information on how to cope with the impact of COVID-19, click [here](#).

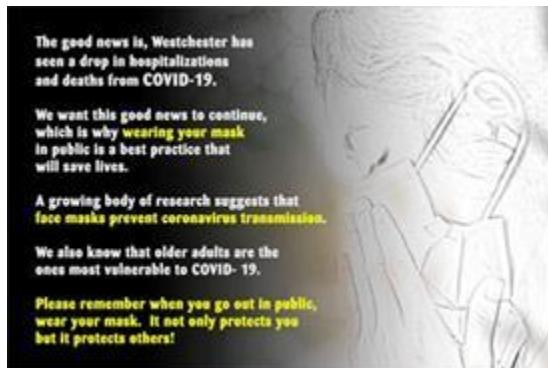


L3C

Help for Caregivers

Are you a caregiver in need of one-on-one support during these difficult times? The Livable Communities Caregiver Coaching + (L3C) program trains volunteers to help family caregivers better care for an older or disabled person. The one-on-one support coaches provide enables caregivers to make more informed decisions to meet the many challenges and responsibilities they face.

If you would like to be matched with a Livable Communities Caregiver Coach, please contact Colette Phipps at (914) 813-6441 or cap2@westchestergov.com



The good news is, Westchester has seen a drop in hospitalizations and deaths from COVID-19.

We want this good news to continue, which is why wearing your mask in public is a best practice that will save lives. A growing body of research suggests that face masks prevent coronavirus transmission. We also know that older adults are the ones most vulnerable to COVID-19.

Please remember when you go out in public, wear your mask. It not only protects you but it protects others!



ONLINE DEMYSTIFYING MEDICARE

WSOS's light-hearted and interactive "Demystifying Medicare" workshops have moved online, where people can absorb audio chapters at their own pace and refer to downloadable handouts that are used in the live presentations.

Audio recording can be accessed at [Click here](#). "Demystifying Medicare" is designed not only for people currently enrolled in Medicare, but for those soon to be 65 or helping relatives and friends with their medical decisions and paperwork. Topics include Original Medicare, Medicare Advantage Plans, prescription drug plans, Medigaps (supplemental plans), EPIC, and cost-saving programs for people with limited resources.

For questions about the "Demystifying Medicare Online" or to sign up for future live presentations, please leave your name and number at (914) 231-3236, or email

SBICmedia@gmail.com. You can get individual help at the WSOS helpline, (914) 231-3260, or by emailing them at SBIC@wlsmail.org. Like the workshops, the counseling is also free.



DID YOU KNOW?

The Next Stage Network will help you prepare for and take an active role in planning your future. For more information about joining this new and exciting program, contact Colette Phipps at 914-813-6441 or cap2@westchestergov.com. The full Next Stage Network Calendar of Events is available to you upon email request to fqwc@westchestergov.com.

NEXT STAGE NETWORK – ACTIVITIES TO ENJOY AT HOME

[YMCA](#)

[Google Arts and Culture](#)

[AARP](#)

[NPR](#)

[Hudson River Museum](#)



A Continuum of Mental Health, Substance Abuse & Geriatric Services including Telehealth Interventions for adults, 55+

Special Help is Available During this Time of Covid-19

The Partnership Innovation for Older Adults Program was designed as a local collaboration to bring mobile outreach and off-site services, including behavioral health and aging services and tele-health interventions to older adults in Westchester County, age 55+. Family Services of Westchester is the lead agency in this County-wide Partnership Innovation for Older Adults Program, funded by the N.Y.S. Office of Mental Health in collaboration with two partner agencies: the Westchester County Department of Senior Programs and Services and the Lexington Center for Recovery.

For more information, contact Tonia Monti at (914) 668—9124 x 22.

[Intergenerational Programs recommended by Encore.org](#)

For more information about Westchester's Department of Senior Programs and Services, visit www.westchestergov.com/seniors.

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