



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 Neighbor,

We are eager to help you get the vaccine. However, this is a fluid time, and I do ask for your patience as we navigate these uncharted waters.

First, let me be clear, New York State will distribute the COVID-19 vaccine in phases based on need and risk. The State develops the program for distribution and authorizes the vaccination sites.

The County receives this information and passes it along for your use and information.

We are currently in Phase 1a and Phase 1b, which is the below list. However, this is fluid please check the New York State webpage to determine eligibility and find a vaccination location at <https://am-i-eligible.covid19vaccine.health.ny.gov/>.

- Teachers and education workers
- First responders
- Public safety workers
- Public transit workers
- People 65 and older
- High-risk hospital workers (emergency room workers, ICU staff and Pulmonary Department staff)
- Residents and staff at nursing homes and other congregate care facilities
- Federally Qualified Health Center employees
- EMS workers
- Coroners, medical examiners and certain funeral workers
- Staff and residents at OPWDD, OMH and OASAS facilities
- Urgent Care providers
- Individuals administering COVID-19 vaccines, including local health department staff
- All Outpatient/Ambulatory front-line, high-risk health care workers of any age who provide direct in-person patient care
- All staff who are in direct contact with patients (i.e., intake staff)
- All front-line, high-risk public health workers who have direct contact with patients, including those conducting COVID-19 tests, handling COVID-19 specimens and COVID-19 vaccinations
- Doctors who work in private medical practices and their staff
- Doctors who work in hospital-affiliated medical practices and their staff
- Doctors who work in public health clinics and their staff
- Registered Nurses
- Specialty medical practices of all types
- Dentists and Orthodontists and their staff
- Psychiatrists and Psychologists and their staff
- Physical Therapists and their staff
- Optometrists and their staff
- Pharmacists and Pharmacy Aides
- Home care workers
- Hospice workers

- Staff of nursing homes/skilled nursing facilities who did not receive COVID vaccination through the Pharmacy Partnership for Long-Term Care Program.

Beginning at 4 p.m. on Monday, January 11, the State COVID-19 Vaccination Hotline will open for scheduling vaccination appointments for eligible New Yorkers: 1-833-NYS-4-VAX (1-833-697-4829).

Prior to receiving the vaccination, you must complete the New York State COVID-19 Vaccine Form. This form can be completed online at <https://forms.ny.gov/s3/vaccine> you will receive a submission ID.

For more information about eligibility, phased distribution and more, visit <https://covid19vaccine.health.ny.gov/what-you-need-know>

I know you want answers quickly, and I know you want the vaccine. I am working as hard as I can to get you both. Please be on the lookout for future emails from me with more information.



George Latimer

Westchester County Executive



## The Rights of Nursing Home Residents and Their Families During the COVID-19 Pandemic

Wednesday, February 10th

10:00 – 11:00

Register for this FREE webinar for Seniors & their Families - [Registration URL](#)

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

The program will reinforce that both state and federal resident's rights are still in full force and effect, and how to navigate interactions/communications with nursing homes, especially during the COVID-19 pandemic, to ensure that residents are receiving the best care possible. The program will also provide an update on the current CMS and NYS Department of Health guidelines on visitation, including "compassionate care visits." We will also address what can be done if a family feels the nursing home is not being responsive and their loved one is at risk.

Speaker: Deborah Truhowsky, Esq.

Limited to first 100 participants

Contact: [bruce@marketingsense2.com](mailto:bruce@marketingsense2.com)



## SENIOR LAW DAY COLLABORATIVE

### ONE-ON-ONE CONSULTATIONS AVAILABLE FOR WESTCHESTER SENIORS AND THEIR FAMILIES

Thursday February 18th

10am-Noon

Registration opens at 12pm on February 17th at [www.seniorlawday.info](http://www.seniorlawday.info)

Free 15 Minute Consults via Zoom with an Attorney, Certified Financial Planner or Care Manager

No cost & no obligation!

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

**WEBINAR: UPDATE!  
WHAT YOU NEED TO KNOW ABOUT THE NEW  
POWER OF ATTORNEY  
FORM IN NEW YORK**

**FEBRUARY 24TH, 2021  
10:00 AM**

Presented by:  
Deepankar Mukerji, Esq.

[seniorlawday.info](http://seniorlawday.info)

### New Power of Attorney Form in New York: What You Need to Know

Wednesday, February 24th

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)

In December 2020, Governor Cuomo signed a law to simplify and improve the state's power of attorney form. Effective this coming June, the new form eliminates the gift rider and permits language that "substantially conforms" with the statute rather than the exact wording. It is also more favorable to nursing home residents and those with disabilities. Deepankar Mukerji, chair-elect of the NY State Bar Association's Elder Law and Special Needs Section will explain the impact, as well as address questions and issues that may remain unclear.

Speaker: Deepankar Mukerji, Esq.

Limited to first 100 participants

Contact: [bruce@marketingsense2.com](mailto:bruce@marketingsense2.com)



## **Understanding Alzheimer's and Dementia**

Thursday February 25, 2021 10:30 AM

Special guest speaker Eva Roszkowski

Community Engagement Manager & Young Professionals Alzheimer's Council Advisor

Alzheimer's Association

**Join Zoom Meeting** [click here](#)

Meeting ID: 886 7861 5763

Passcode: 729071

### **One tap mobile**

+19292056099, 88678615763 #\*729071# US (New York)

### **Dial by your location**

+1 929 205 6099 US (New York)

Meeting ID: 886 7861 5763

Passcode: 729071

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



## **Contact Tracing Webinar: A Powerful Tool in the Fight Against COVID-19**

Thursday, March 4 2021

10:30 AM Eastern Time (US and Canada)

Join us for this timely and important conversation with Paula Ryan, a coordinator of NYS Contact

tracing Initiative, and Family Services of Westchester's Maggie Traynor who will discuss NY Project Hope. Learn how Community Support specialists will assist you while quarantining. Co-Sponsored by the Age Friendly Collaborative and the Next Stage Network.

**Join Zoom Meeting** [click here](#)

Meeting ID: 880 6556 7952

Passcode: 739585

**One tap mobile**

+19292056099, 88065567952 #\*739585# US (New York)

**Dial by your location**

+1 929 205 6099 US (New York)

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



**Senior Trail Walk on the Old Croton Aqueduct**

Please come for a walk with us! Our goal is to connect with other people, go for a 1-2 mile walk in the woods, and perhaps learn something new about each section of this historic trail. Dress for the weather, walk at your own pace, and enjoy some hot cider with new friends.

**Thursday, February 4**

Meet at 10 AM: Ossining Community Center, [95 Broadway, Ossining NY](#) (walking north)

Parking available in the Community Center parking lot. Bathrooms may be available before and after our walk at the community center. This information will be confirmed closer to the walk date.

**Thursday, February 25**

Meet at 10 AM: Lenoir Preserve parking area, [19 Dudley St, Yonkers](#) (walking north)

Parking available in the Lenoir Preserve parking lot. Portable latrines are available.

Register in advance by sending an email to Laura Compagni, Education Specialist for the Old Croton Aqueduct State Park: [laura.compagni@parks.ny.gov](mailto:laura.compagni@parks.ny.gov) or call 646-670-3947



**The YWCA of White Plains and Central Westchester is inviting you to free wellness classes offered to breast cancer survivors and patients.**

Please register first for this class by contacting Ned Corona at [ncorona@ywcawpcw.org](mailto:ncorona@ywcawpcw.org)



**Next Stage Network eSurvey:**

**A specially designed survey for Westchester County residents ages 60 plus**

In this unprecedented time of COVID-19, we are seeking to understand what our residents ages 60 and older, as well as their caregivers, are experiencing. To this end, access the tab, Next Stage Network eSurvey, below to learn more about taking this survey and to access the survey link.

**The CV19 CheckUp Tool has been created to help you be safer and healthier**

A lot of misinformation about COVID-19 and the risks associated with contracting and spreading the virus continue to circulate. CV19 CheckUp, available to all New Yorkers, helps individuals understand their risks based on their life situation



and personal behavior and offers recommendations to reduce those risks while also connecting people to services, if needed. [The CV19 CheckUp Tool](#) is designed to help you be safer and healthier during the COVID-19 pandemic.

CV19 CheckUp fills a critical need for a comprehensive resource that educates, advises, and empowers individuals to help protect themselves from COVID-19.

Upon completion of the anonymous questionnaire, CV19 CheckUp immediately delivers a personalized report. The report answers questions such as:

- How likely am I to get COVID-19 or spread it to others?
- If I get COVID-19, how severe would it likely be?
- What steps can I take to reduce my risks of getting COVID-19?
- Where can I find help to ensure my needs are met during the pandemic



### **Free CarFit Live Virtual Workshop**

Finding the right vehicle fit is as important to your safety as a mechanical checkup.

Learn how to find yours with this FREE virtual workshop.

CarFit is developed jointly in collaboration with AAA (American Automobile Association), AARP and the American Occupational Therapy Association (AOTA)

**To sign up click here: [www.car-fit.org](http://www.car-fit.org)**



### **Has the eye doctor said you or your loved one is legally blind?**

Contact VISIONS for free services for Westchester legally blind residents of all ages for training to stay independent or secure employment. Training is provided at home, in the community and at VISIONS residential rehab center in Rockland County.



For more information call toll free 888-245-8333 or email: [crivera@visionsvcb.org](mailto:crivera@visionsvcb.org).



## 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](mailto:programintern@volunteernewyork.org)/ 914-227-9311



## 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](mailto: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.



**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](https://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](#).**

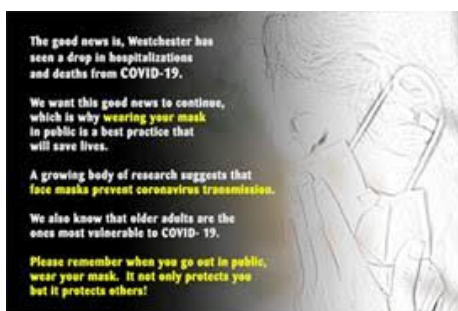


## L3C

### **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](mailto:cap2@westchestergov.com)**



We are seeing a pike in COVID- 19 hospitalizations, which is why wearing your mask in public is a best practice. 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](mailto:SBICmedia@gmail.com). You can get individual help at the WSOS helpline, (914) 231-3260, or by emailing them at [SBIC@wlsmail.org](mailto: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](mailto:cap2@westchestergov.com). The full Next Stage Network Calendar of Events is available to you upon email request to [fqwc@westchestergov.com](mailto:fqwc@westchestergov.com).

## NEXT STAGE NETWORK – ACTIVITIES TO ENJOY AT HOME

[YMCA](#)

[Google Arts and Culture](#)

AARP

NPR

Hudson River Museum



Partnership  
Innovation  
for Older Adults  
Program



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.

For more information about Westchester's Department of Senior Programs and Services, visit [www.westchestergov.com/seniors](http://www.westchestergov.com/seniors).

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George Latimer, County Executive  
Mae Carpenter, Commissioner  
Department of Senior Programs and Services

