



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,

As we prepare to mark the one-year anniversary of COVID-19 in Westchester County, I can understand that many of you are eager to put the pandemic behind us. COVID-19 has left a lasting impact on our County, and we have watched many of our loved ones suffer through this

devastating disease. But – I also know that we are on a path to our new “normal,” and I am asking for your continued patience until we get there.

We are working as hard as we can to get each one of you the vaccine, and the information you need to feel protected and safe.

New York State has been charged with distributing the COVID-19 vaccine in phases based on need and risk. The State develops the program for distribution and authorizes the vaccination sites, and the County receives this information and passes it along for your use.

As of now, we are still in Phase 1a and Phase 1b. This includes our teachers, first responders, home care workers and many other groups. Those with cancer, chronic disease, developmental disabilities and those who are immunocompromised are also eligible. Please check the New York State webpage to determine eligibility and find a vaccination location near you.

The New York State COVID-19 Vaccination Hotline is open for scheduling vaccination appointments for eligible New Yorkers: 1-833-NYS-4-VAX (1-833-697-4829).

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. We are working as hard as I can to get you both. Please be on the lookout for future emails from me with more information.

Thank you,



George Latimer
Westchester County Executive



Vaccine Availability

Vaccine Location Directory

[Click here for more information.](#)

WMCHealth offers an interactive directory to assist Hudson Valley residents with accessing COVID-19 vaccination.

The directory allows the user to search an interactive map by location types, such as pharmacy or health clinic, location name, and county. Clicking on a location serves up detailed information about that location, who might be eligible to receive a vaccine at that location, and how to register for an appointment. The directory does not represent the actual inventory of vaccines at each location, only that a location has received a recent distribution, or a distribution sometime in the past.

Each location controls its own schedule and makes its own appointments.

[Click here](#), or on the image below to use the directory.

Stay Connected while Stuck at Home

Join the **Virtual Senior Center (VSC)** where each day is different, interesting, and stimulating while never leaving your home. Use your computer/tablet to...

CONNECT with new friends online, learn and discuss new things, and explore what the internet has to offer

PARTICIPATE in unlimited live, interactive discussions on art, history, current news, exercise, music, museum tours, wellbeing, and more!

ENJOY a flexible class schedule, curated games, offered 7 days/week, 365 days/year including holidays

- Easy-to-use
- All from your home
- Diverse programs weekly
- Relieves boredom & isolation
- Training & technical support available

“Because of the VSC, my quality of life has improved.”

97%

For more information, contact:
Jennifer Crawford, 914-813-6263 or jqsu@westchestergov.com

Ready to join? Fill out your application [here](#).

Westchester County Office of Senior Services
Westchester County Health Department
Westchester County Office of Senior Services

Sign Up for Virtual Senior Center!

Connect with new friends online, learn and discuss new things, and explore what the internet has to offer. Participate in unlimited live, interactive discussions on art, history, current news, exercise, music, museum tours, wellbeing, and more. Enjoy a flexible class schedule, curated games, offered 7 days/week, 365 days/year including holidays.

To participate you need:

- An email address
- An internet or wifi connection
- A laptop, tablet or desktop device with a camera and a microphone

Fill out the application [here](#).

For more information, contact Jennifer Crawford at 914-813-6263/ jqsu@westchestergov.com.

Funded by the New York State Office for the Aging

LIVE WEBINAR

SENIOR LAW DAY COLLABORATIVE

WHAT YOU NEED TO KNOW TO AGE SMART

CONSUMER DIRECTED PERSONAL CARE PROGRAM UNDER MEDICAID

APRIL 7TH, 2021 10:00 AM

Presented by:
Dana Pavelock & Laura Mangual,
Preferred Home Care of New York

seniorlawday.info

Consumer Directed Personal Care Program Under Medicaid

Wednesday, April 7th

10 – 11 am

Register for this FREE webinar for Seniors & their Families – [click here to register](#).

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

In this workshop, you can learn how to access and receive home care services from a friend, family member or someone you know and trust and take responsibility for your own care, all under the framework of NY State Medicaid. We will explain the elements of a "Consumer Directed Personal Assistance Program" (or CDPAP), including eligibility, role of Fiscal Intermediary, enrollment and facts/myths associated with CDPAP.

Speakers: Dana Pavelock and Laura Mangual, Preferred Home Care of New York

Limited to first 100 participants

Contact: bruce@marketingsense2.com



Spring into a Healthier You: Nutrition to Support your Immune System

Wednesday, April 21st

10 – 11 a.m.

Register for this FREE webinar for Seniors & their Families – [click here to register](#).

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

We will explore major and micro nutrients, herbs & spices and lifestyle factors that promote healthy immune function. Practical tips and recipes will be provided, with a special focus on the Senior Community here in Westchester County.

Speaker: Antonella Caggiano, MS, RDN, CDN, Westchester County Dept. of Senior Programs & Services

Limited to first 100 participants

Contact: bruce@marketingsense2.com

Ageless Grace: Timeless Fitness for Body



and Mind with Mary Stevenson

April 29, 2021

1 – 2 p.m.

Ageless Grace is a fitness and wellness program for body and brain performed while sitting in a chair. We'll practice simple exercises emphasizing anti-aging techniques such as joint mobility, spinal flexibility, balance, confidence, and playfulness. Our easy-to-learn, chair-based exercises promote the ability to respond, react, and recover efficiently and safely. Movements will be modified to accommodate physical limitations. Please wear comfortable clothing and sit on a sturdy chair.

Join Zoom Meeting - [Click here to join](#)

Meeting ID: 830 9612 9448

Passcode: 767952

One tap mobile

+19292056099, 83096129448#*767952# US (New York)

Dial by your location

+1 929 205 6099 US (New York)

Meeting ID: 830 9612 9448

Passcode: 767952

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



The Livable Communities Caregiver Collaborative Presents an Education Forum

April 29, 2021

10 – 11 a.m.

Legal Update – Changes to Medicaid and the New Power of Attorney Form

Learn about these important changes that can impact your quality of life

Presenter: Deepankar Mukerji, Esq.

Join Zoom Meeting - [Click here to join](#)

Meeting ID: 831 4263 1561

One tap mobile

+19292056099, 83142631561# US (New York)

Dial by your location

+1 929 205 6099 US (New York)

Meeting ID: 831 4263 1561

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



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



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



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.

www.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/ 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.

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://www.westchesterlibraries.org/conversations)

FREE PROGRAM - Programs are generally 45 minutes in length.

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

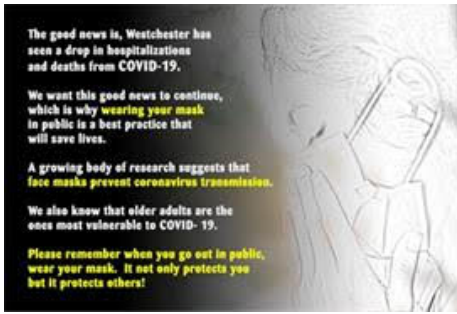
Help for Caregivers

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

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. 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



FSW
FAMILY SERVICES
WESTCHESTER

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.

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gov.com

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

