



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,

Hello and Happy Summer! I am pleased to offer a few words of encouragement and inspiration as we finally turn the corner on COVID-19 pandemic, making our way back to “normal.”

Our Department of Senior Programs and Services is back to hosting their fantastic events in person, and there is plenty for you to participate in this summer. From meet-and-greets to round tables, to nutrition programs and more, I invite you to enjoy the warmer weather by spending time among your peers, and resuming life as we once knew it.

Make sure to stay tuned for flyers and details in the coming weeks, or call our Department of Senior Programs and Services directly at 914-813-6300 for more information.

If you still have not received the COVID-19 vaccine, it's not too late. Call the Westchester County Department of Health at (914) 995-7425.

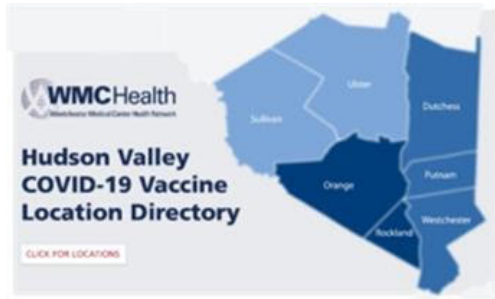
I look forward to joining with you once again in person for fun and informative programs for our seniors.

Have a wonderful summer.

Sincerely,

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.

Something for Alz: Summer Vacation

Wednesdays: Aug. 4, 11, 18, 25

Join us for a virtual concert series for people with dementia and their loved ones.

Concerts from 12:30-1:30 p.m. except Aug. 18, which will be from 10:30-11:30 a.m.

To register and learn more, [click here](#) or contact the Alzheimer's Association at 800.272.3900.

This program is supported in part by a grant from the New York State Department of Health.

Featuring

Rita Harvey has performed on Broadway and Neil Berg is a composer/lyricist who has been involved in many successful Broadway musicals.

Revisit the doo-wap era with an a cappella performance by **Cherished Memories!**

Tim Gysin is a pianist and singer who plays a variety of instruments. He takes song requests, so let him know what you want to hear!

Sing for Your Seniors was featured in O, Oprah's magazine. Join us and enjoy some of your favorite Broadway tunes!

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Making Health Care Decisions for Another Person

Wednesday, August 4th

10:00 – 11:00

Register for this FREE webinar for Seniors & their Families

Registration URL – [click here](#)

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

As part of our continued focus on advanced directives, this webinar will review what health care agents and surrogates need to know to become effective decision-makers and advocates. Whether you may act as a health care agent for a friend or family member one day or are a health care provider or advocate, this session will raise your awareness around the decisions agents and surrogates must make and their implications.

Speakers: Gretchen Flint, Professor Emerita, Pace Law School

Roberta S. Goodman, Esq., Senior Staff Attorney, Pace Women's Justice Center

Limited to first 100 participants

Contact: bruce@marketingsense2.com

ONE-ON-ONE CONSULTATIONS AVAILABLE FOR

WESTCHESTER SENIORS AND THEIR FAMILIES

Thursday, August 12th

Registration opens at 12pm on August 11th

[Seniorlawday.info](#)

Via Zoom with an Attorney, Certified Financial Planner or Care Manager

No cost & no obligation!

Free 15 minutes consult.

What You Need to Know:

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



Senior Law Day Collaborative

Thursday August 12th 10am-12pm

Registration opens at 12pm on August 11th at [seniorlawday.info](https://www.seniorlawday.info)

Free 15 Minute Consults via Zoom with an Attorney, Certified Financial Planner or Care Manager
No cost & no obligation!

What You Need to Know:

- These are for members of the public and will occur via Zoom.
- Registration opens at 12pm on August 11th and will close when full. Go to www.seniorlawday.info
- Provide brief information on the nature of your request, so that we can match you with the right professional.
- We will assign you a time slot between 10am and 12pm on August 12th.

SAMPLE QUESTIONS YOU CAN ASK

A FINANCIAL PLANNER	AN ATTORNEY	A CARE MANAGER
When should I begin collecting Social Security Income?	What is involved in preparing a will or a trust? How do I enroll in Medicaid if my spouse is still working?	How do I train my home health aide?

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Sample Questions You Can Ask

A FINANCIAL PLANNER

When should I begin collecting Social Security Income?

AN ATTORNEY

What is involved in preparing a will or a trust?

How do I enroll in Medicaid if my spouse is still working?

A CARE MANAGER

How do I train my home health aide?



You're Invited to the

Livable Communities Village Meet & Greet

August 26, 2021

10:30 a.m. - 12 p.m.

Pavilion 1, Ridge Road Park, Hartsdale

RSVP & Accommodations –

914-813-6263/ jqsu@westchestergov.com

Light Refreshments Available Masks and social distancing required.

The Health for Life Program (HeLP)

A Free Program To Help You Manage Chronic Conditions

WORKSHOP

When: Six Tuesdays:



The Health for Life Program (HeLP)

A FREE PROGRAM TO HELP YOU MANAGE CHRONIC CONDITIONS

WORKSHOP
When: Six Tuesdays: September 14, 21, 28; October 5, 12, 19
Time: 10:15 a.m.-12:30 p.m.
Where: online via Zoom
 There is no charge for the workshop but pre-registration is required.
Contact: Marikay Capasso (914)813-6427 or email mqcq@westchestergov.com
 Those who complete the workshop are able to keep the workshop reference book and relaxation CD

Do you have a chronic condition or care for someone who does?

This program can empower participants to:

- Better manage chronic health conditions such as diabetes and high-blood pressure
- Communicate effectively with health care professionals and family
- Realize health care savings by avoiding trips to doctors and hospitals
- Enjoy an enhanced quality of life

Sessions are open to Westchester residents age 55 and older.
 For more information, contact Marikay Capasso at (914) 813-6427 or mqcq@westchestergov.com.

The program is offered at no charge but voluntary contributions are welcomed. Checks or money orders should be mailed to: Westchester County Dept. of Senior Programs and Services, 151 Highland Road 15 West, Artpark, NY 10505.

September 14, 21, 28; October 5, 12, 19

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Those who complete the workshop are able to keep the workshop reference book and relaxation CD

Do you have chronic pain or care for someone who does?

This program can empower participants to:

- Better manage chronic health pain
- Communicate effectively with health care professionals and family
- Realize health care savings by avoiding trips to doctors and hospitals
- Enjoy an enhanced quality of life

Sessions are open to Westchester residents age 55 and older.

For more information, contact Marikay Capasso at (914) 813-6427 or mqcq@westchestergov.com.



914-242-7433
Rideconnect 

VOLUNTEERS NEEDED

RideConnect is a volunteer driver and referral program that serves adults age 60+. Volunteering is flexible, and every single ride is appreciated.

To learn more about volunteering,

go to www.rideconnectwestchester.com

or call (914) 242-7433.

Introducing New Caregiver Services at Phelps

The responsibility of being a caregiver is often stressful and has become even more so during the COVID-19 public health emergency. Phelps Hospital's newly created Care Connections program has partnered with the Westchester Public/Private Partnership for Aging Services to assist caregivers by offering unique services during this difficult time.



We need to care for caregivers like we care for our patients.

Phelps' Care Connections Program is designed to do just that. We're here to help ease the burden associated with caring for a loved one.

We provide:

- **Guidance and Counseling from a Caregiver Navigator**
- **Care Baskets Containing Resource Materials and Relaxing Amenities**
- **Free Educational Workshops and Symposiums**

It's our way of ensuring that you are best able to assist your loved ones. True wellness is achieved when the mind, body and spirit are all nourished. Order your free care baskets containing resource materials and relaxing amenities while supplies last.

For more information, contact the Care Connections Program at 914-366-1199 or e-mail us at caregiver@northwell.edu



CarePrep Westchester

A Program Committed to Helping People Prepare for the Journey Ahead...Caregiving

The mission of CarePrep-Westchester is to educate future and current caregivers about the myriad aspects of caregiving by offering the resources they need to prepare or continue to provide the best care possible for their loved ones and for themselves. To learn more, [click here](#).

The CarePrep Westchester website offers free Webinars on Demand. To access, [click here](#).

Try a FREE Online Class Today!

Go to: www.getsetup.org/partner/NYSTATE

New York State Office For The Aging has partnered with the Association on Aging in New York and GetSetUp to provide free virtual classes for older adults taught by peers – ask questions, make friends, learn new things, and have fun.

Use coupon code: NYSTATE

Most Popular Classes



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Most Popular Classes

- Core Fitness, Yoga
- Food and Nutrition
- Virtual Travel
- Restarting Your Career

Take Classes From the Comfort of Your Home

- Internet
- Computer
- iPad/Tablet
- Smartphone

For Help Contact GetSetup: 1-888-559-1614 / info@getsetup.io

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FEMA application period for Funeral Assistance is now OPEN through a dedicated call center.

COVID-19 Funeral Assistance Line Number

Applications opened on April 12, 2021

844-684-6333 | TTY: 800-462-7585

Hours of Operation:

Monday - Friday

9 a.m. to 9 p.m.

If you/someone had COVID-19 funeral expenses, we encourage you to keep and gather documentation. Types of information should include:

- An official death certificate that attributes the death directly or indirectly to COVID-19 and shows that the death occurred in the United States, including the U.S. territories, and the District of Columbia.
- Funeral expenses documents (receipts, funeral home contract, etc.) that includes the applicant's name, the deceased person's name, the amount of funeral expenses, and the dates the funeral expenses happened.
- Proof of funds received from other sources specifically for use toward funeral costs. FEMA is not able to duplicate benefits received from burial or funeral insurance, financial

assistance received from nongovernmental organizations, government agencies, or other sources.

Please visit Funeral Assistance website (<https://www.fema.gov/disasters/coronavirus/economic/funeral-assistance>) for updated information.



Live Yes! INSIGHTS

The Live Yes! INSIGHTS program features ongoing scientific studies that provide people living with arthritis an opportunity to share their experience with the Arthritis Foundation and shape the local and national agenda that strives for better care and even a cure for arthritis. Share your experience in a 10-minute assessment and be among those changing the future of arthritis.

Please visit: <https://qrco.de/westchesterseniors>



Stay Connected

The Emergency Broadband Benefit Program

Helping people stay connected during the COVID-19 pandemic.

Please visit: <https://getemergencybroadband.org/>



YSOP Connex: Creating Intergenerational Virtual connections

Interested to know how youth are handling the pandemic? Do you enjoy talking with youth and your peers in a group setting?

Then a Connex program may be for you!

YSOP Connex is a program that connects senior citizens and youth in meaningful, online conversations. Our highly skilled staff facilitators lead virtual group conversations between young people, residents of senior living communities and seniors in their homes.

The program is mutually beneficial to both seniors and student - Students can talk to people with a range of experience and interest and reach out to a wider community. Seniors provide much needed perspective, insight, and sense of comfort to youth participants trying to navigate so many new and unknown situations.

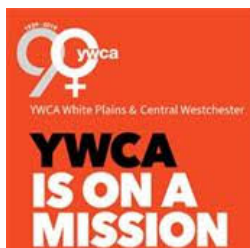
Program Format

Connex virtual Zoom conversations involve 4 seniors, 5 students and a YSOP facilitator. The group meets once a week for one hour. The program runs for 3 weeks.



Please reach out to edoty@ysop.org if you are interested in participating in a Connex program!

Learn more: [Connex — YSOP | Youth Service Opportunities Project](#)



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.



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.



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

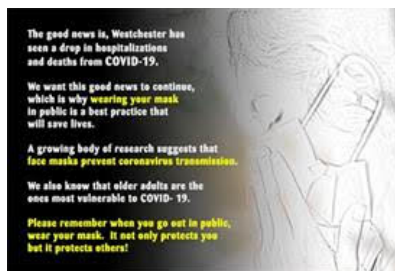
Help for Caregivers

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

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!



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](#)



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.



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

