



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,

Best Wishes for a Happy and Healthy New Year! As we make our way into 2022, we want to try our best to make this year even more successful than the last.

With a new year comes new thoughts and ideas about how we can live our best lives. The Department of Senior Programs and Services Weekly Update supports this ideal. It is designed to keep you connected and involved in activities that inform, educate and inspire you. Do not hesitate to take advantage of the many programs you will read about on these pages.

Also, please keep in mind that living our best lives means continuing to fight the uncertainties of the COVID-19 pandemic. While the majority of our population has received at least one dose of the vaccine, we must remain vigilant, and we must continue to do everything that we can to protect ourselves like wearing a mask and social distancing when possible.

If you still have not received the COVID-19 vaccine or your booster shot, it's not too late. Call the Westchester County Department of Health at (914) 995-7425 and someone will assist you.

As we embark on a new year, remember that we will emerge on the other side of this pandemic, together.

Sincerely,

George Latimer

Westchester County Executive

RADIO THEATRE CLASS

Writing a Radio Play

Wednesdays: January 5,12,19,26 and
February 2, 9

Presentation and Celebration

Wednesday February 16

2 - 3:30 p.m.

Classes will meet on Zoom

During this six-week workshop, participants will learn story telling and playwriting skills and

create sound effects from objects around the house to develop a captivating classic radio play.

This free workshop "meets" once a week for 6 weeks led by teaching artist Vinny Mraz.

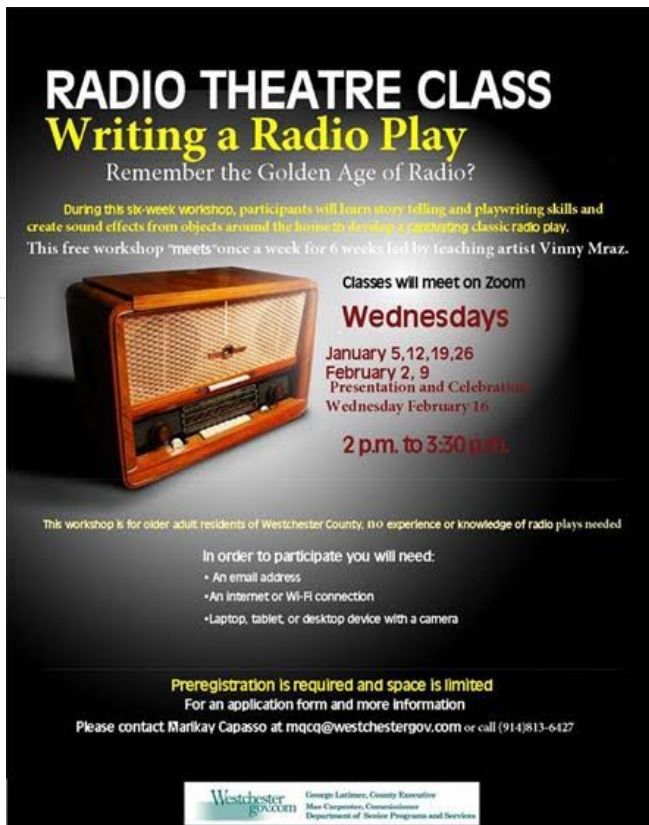
This workshop is for older adult residents of Westchester County, no experience or knowledge of radio plays needed

In order to participate you will need:

- An email address
- An internet or Wi-Fi connection
- Laptop, tablet, or desktop device with a camera

Preregistration is required and space is limited

For an application form and more information
Please contact Marikay Capasso at
mqcq@westchestergov.com or call
(914)813-6427

A poster for the 'Radio Theatre Class: Writing a Radio Play'. It features a vintage wooden radio with a speaker grille. The text is in white and yellow on a dark background. The title 'RADIO THEATRE CLASS' is in large white letters, with 'Writing a Radio Play' in yellow. Below it, a subtitle asks 'Remember the Golden Age of Radio?'. A paragraph describes the six-week workshop where participants learn story telling and playwriting skills to create sound effects from household objects. It mentions the workshop is free and led by teaching artist Vinny Mraz. To the right of the radio, it says 'Classes will meet on Zoom' and 'Wednesdays' followed by the dates 'January 5,12,19,26', 'February 2, 9', and 'Presentation and Celebration Wednesday February 16'. The time '2 p.m. to 3:30 p.m.' is listed below. A note states the workshop is for older adult residents of Westchester County with no experience needed. A list of requirements includes an email address, internet/Wi-Fi connection, and a device with a camera. It notes that preregistration is required and space is limited, and provides contact information for Marikay Capasso. At the bottom, there is a logo for Westchester County and the name of the County Executive, George Latimer, along with his title and the department of Senior Programs and Services.

RADIO THEATRE CLASS
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 George Latimer, County Executive
Max Caputo, Commissioner
Department of Senior Programs and Services



Organizing Your Successful Aging Plan: A Fresh Approach to Elder Law and Meeting the Challenges of Caregiving

Wednesday, January 12, 2022

10 – 11 a.m.

Register for this FREE webinar for Older Adults, Caregivers, Care Managers, and Family Members

[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 this webinar, we will provide a fresh look at the legal, financial, and caregiving tools to plan for the golden years and tackle the challenges along the way. We will share how to organize your financial holdings and legal documents and pose questions pose to your professional advisors (accountant, attorney, certified financial planner, and health care professionals) to obtain and finance needed care. Learn about how the new Care Navigation Program can help you get started and then empower you to meet the challenges of caregiving along the way.

Speakers:

Cornelia Schimert RN, BSN, Care Navigator, Care Connections Program, Phelps Hospital Northwell Health

Sarah A. Steckler, Esq., Partner Warshaw Burstein LLP

The Senior Law Day Collaborative and Livable Communities Caregiver Collaborative are pleased to be co-sponsoring this webinar.

Contact bruce@marketingsense2.com with any questions.



The Health for Life Program (HeLP)

A FREE PROGRAM TO HELP YOU MANAGE CHRONIC CONDITIONS

WORKSHOP
When: Six Thursdays: January 13, 20, 27 and February 3, 10, 17
Time: 1:30 p.m. to 4:00 p.m.
Where: Online via Zoom (link sent after registration)
Register: no later than December 30, 2021: contact Marikay Capasso (914) 813-6427 or email mqcq@westchestergov.com
 Prefer not to use Zoom? Phone options are also available, call for more information.

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 Health for Life Program (HeLP)

Liveable Communities Westchester County A Place for All Ages
 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, c/o Fiscal Unit 9-5310, Ave 107 Floor 6B, Yonkers NY 10556.

The Health for Life Program (HeLP)

A free program to help you manage chronic condition

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1 p.m. to 3:30 p.m.

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(914) 813-6427 or email

mqcq@westchestergov.com



LIVE WEBINAR

THE ROLE OF LIFE INSURANCE IN ESTATE PLANNING

SENIOR LAW DAY COLLABORATIVE

WHAT YOU NEED TO KNOW TO AGE SMART

**JANUARY 26TH, 2022
10:00 AM**

Presented by:
 Jean Riordan, CFP, CLTC, TEG LEXCO
 (Poughkeepsie/Tarrytown)

seniorlawday.info

The Role of Life Insurance in Estate Planning

Wednesday, January 26th

10 to 11 a.m.

Register for this FREE webinar for older adults & 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)

What is Life Insurance and who should have what?

Life insurance is complicated. There are many different types of policies with totally different structures and tax consequences, payment options, benefits, and liabilities. Come learn about the differences and details.

Speaker: Jean Riordan, CFP, CLTC, TEG LEXCO (Poughkeepsie/Tarrytown)

Contact: bruce@marketingsense2.com



Building Better Caregivers

Tuesdays from January 18th – February 22nd
10 a.m. – 12:30 p.m.

This FREE online workshop is a series of 6 sessions designed to help family caregivers caring for family members with cognitive challenges that affect memory

(such as dementia, traumatic brain injury, PTSD, and the like).

This workshop is highly interactive with lots of opportunities to connect with others online

To participate, you will need:

- An email address
- An internet or Wi-Fi connection
- A laptop, tablet, or desktop device with a camera

To register call (914) 366-1199 or email caregiver@northwell.edu



ARE YOU MISSING OUT ON COST SAVING PROGRAMS?

Extra Help with Prescription Drug Coverage

The Medicare Part D Extra Help program (sometimes called the Low-Income Subsidy or LIS) helps pay for your Medicare drug coverage. If you get Extra Help, your monthly premium will be lower or free, and you'll pay less at the pharmacy.

Save on Medicare Premiums

The Medicare Savings Programs help pay for your monthly Part B premium. You may also qualify for help paying other costs in Medicare.

Get information on Home Energy Assistance Program (HEAP) to help with utility costs; SNAP (nutrition assistance); EPIC (NYS Prescription Assistance Program), SSI (Supplemental Security Income).

Call the Westchester County Department of Senior Programs and Services Medicare Information Line at (914) 813-6100, Monday to Friday, 8:30 a.m. – 4:30 p.m and speak with one of our trained counselors to see if you qualify for any of these benefit programs.



Are You Confused About Options for Long Term Services?

NY Connects is your trusted place for individuals, families, caregivers and professions to turn to for free, unbiased information about long term services and supports in New York State for people of all ages or with any type of disability.

Connect with a NY Connects partner to receive comprehensive counseling on options related to personal care, transportation, education counseling, medical, behavioral health, and various other supportive services and programs.

Where to Get Help:

Westchester County

Department of Senior Programs and Services

NY Connects Information and Referral Line

914-813-6300

Monday – Friday

8:30AM – 4:30PM

Westchester Independent Living Center

NY Connects Information and Referral line

866-715-4700

Serves seven counties in the lower Hudson Valley: Westchester, Putnam, Dutchess, Rockland, Orange, Sullivan, and Ulster.

Monday – Friday

9:00AM – 5:00PM

Volunteers Needed for Senior Driver Research

- Are you age 65 or older and a current driver?



- Did your spouse/partner stop/retire from driving within the past year for medical or safety reasons?
- Are you willing to be interviewed about your experience?

Occupational therapy faculty and students from Mercy College are conducting a research study. We are exploring the experience of current drivers age 65 or older who have changed to the role of primary driver after their spouse/partner stopped driving due to medical or safety reasons.

Your lived experience may provide valuable insight into ways professionals in health care and social agencies can support drivers and their families during this transition.

What does the research involve:

You would be asked to have a one-hour interview about your experiences related to your transition to the role of primary driver. In-person interviews will be held at a place and time convenient for you. With your permission, the interview would be video or audiotaped.

Participation in this research is voluntary. All information will be kept confidential and you and your family will not be identified in the presentation or publication of the research results.

Please contact Alexa Camilleri at (845) 521-1288

or Dr. Jeanine Stancanelli, OTD, MPH, OTR at Jstancanelli@mercy.edu or 914.674.7817

Mercy College Institutional Review Board for Research has reviewed and approved this study.



Are you a Senior (55+) in need of a job?

We can help!

For residents in Westchester, Putnam and Dutchess Counties

Looking for a job but don't know where to begin?

CAREERS can help you navigate a path to a successful future!

Preparing to find a new job can be overwhelming for anyone, especially seniors. Research shows that it's often harder for older workers to secure new jobs.

One 2020 study published by the National Bureau of Economic Research found that workers over age 40 are only about half as likely to get a job offer as younger workers if employers know their age.

But don't worry, with 34 years of experience placing people in jobs, WE CAN HELP. CAREERS Support Solutions is offering a FREE program to help seniors find jobs.

Any resident of Westchester, Putnam or Dutchess County who is at least 55 years old, and in need of a job, is eligible for Jobs for Seniors.

Jobs for Seniors will:

- Teach workforce readiness skills to attain, and keep, a job
- Provide assistance in resume preparation
- Help with finding job openings
- Arrange interviews
- Be available for on-the-job placement
- Provide ongoing support to assure job success
- Provide individual services tailored to meet the unique and changing needs of each senior, including problem solving and stress management

Let us help you take the next step!

For further information contact: Allison Scorca

Phone: (914) 741-8500 X106

or e-mail ascorca@careersfp.org

www.CAREERSSupportSolutions.org



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.

Are you caring for an older adult with failing health at home?
Is your loved one ineligible for community Medicaid
or unable to pay privately for Respite Care?

Are you feeling tired, stressed and in need
of a well-deserved break?

Would you like to take a vacation,
reconnect with family/friends
or just refresh yourself?

If you answered YES
to these questions, then
the following program
is for you:

**The ST. CABRINI Nursing Home
GIVE ME A BREAK
RESPITE PROGRAM**

Generously funded by a grant from the Field Hall Foundation

Have your loved one stay in one of St. Cabrini's
certified, private respite rooms for up to one week
with no charge for daily care.

He/she will receive all the individualized care
and attention he/she needs while you are
away and, at the same time, enjoy
opportunities to socialize, experience
new situations and participate
in religious programs if desired.

Seniors with dementia/Alzheimer's
disease are welcome.

Citizen documentation is not required.

CABRINI
—OF WESTCHESTER—

**FIELD HALL
FOUNDATION**

For more information, contact Mary Ellen Merusi
in St. Cabrini's Admissions Department: 914-693-6800 Ext. 527

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 **Yonkers Office for the Aging**
Mayor Mike Spano

**Silver
Bills**

**FREE
BILL MANAGEMENT
PROGRAM**

FREE BILL MANAGEMENT PROGRAM

Take advantage and take a break!

Yonkers Office for the Aging

Mayor Mike Spano

Are you a caregiver to a senior that would like one less task?

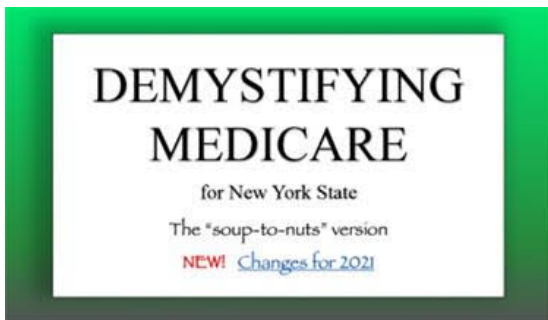
Are you getting confused paying your bills?

Yonkers Office for the Aging & SilverBills now offer a Free Bill Management Program. Typically seniors get overwhelmed by budgeting bills and regular expenses. This program provides you with your own

dedicated Account Manager who will work with you over the phone to help you organize your bills and make sure they are paid correctly. No more worrying about missed payments, paper piling up or late fees.

All fees for this service will be waived for one year.

TO REGISTER FOR THIS PROGRAM, PLEASE CALL YONKERS OFFICE FOR THE AGING 914-377-6823



Demystifying Medicare

Please [click here](#) for dates and registration information

This presentation of the library system's Senior Benefits Individual Counseling Program is perfect for anyone trying to navigate their way through our complicated healthcare system for older adults. Presented by a HIICAP (Health Insurance Information, Counseling, and Assistance Program) trained counselor. It will help those who already have Medicare, as well as people soon to be 65, planning their retirement, or assisting relatives and friends with their medical decisions. The engaging, interactive program outlines the various parts of Medicare and lays out the costs associated with the medical and drug insurance provided by the government and private companies.

Topics include: Original Medicare Medicare Advantage Plans Prescription drug plans (Part D) Medigaps (supplemental plans) Various cost-saving programs (MSPs, Extra Help, EPIC, etc.)

NOTE: Pre-registration is requested.

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- A laptop, tablet, or desktop device with a camera

For specific dates and times, please contact Care Connections at (914) 366-1199 or caregiver@northwell.edu



Health Care At Home:
The ZiphyCare Experience



To participate, you will need:

- An email address
- An internet or Wi-Fi connection
- A laptop, tablet, or desktop device with a camera

For specific dates and times, please contact Care Connections

at (914) 366-1199 or caregiver@northwell.edu

ZiphyCare

SAFE, CONVENIENT, PROFESSIONAL
MEDICAL CARE DELIVERED TO YOUR
DOOR

Coronavirus has changed our lives. Leaving home to visit the doctor or clinic is risky and difficult. But what if there was a safe way to get an appointment with an experienced, board-certified physician without leaving your house?

ZiphyCare combines advanced technology with the human touch to bring quality medical care into your home—anytime. We provide virtual house-calls for non-emergency conditions.

- General physical exam
- Blood pressure/ hypertension screening
- Routine cardiac exam, including EKG
- Pulmonary (lung) exam
- Dermatologic (skin) exam
- Ear (otoscopic) and throat exam

You don't need a computer/smartphone. We handle all the technology for your appointment.

If you prefer to schedule on a smartphone, try our convenient Ziphy app (for iPhone or Android).

For further information please go to ziphycare.com or call 1-833-ZIPHYCR (1-833-947-4927)

Survivor Corps is one of the largest and fastest



Please circulate among community members and partnering organizations.

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



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

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

Take Classes From the Comfort of Your Home

| | |
|--|---|
|  Internet |  iPad/Tablet |
|  Computer |  Smartphone |

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

Try a FREE Online Class Today!

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Smartphone

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



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

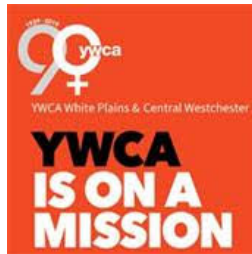
participants trying to navigate so many new and unknown situations.

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.



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/ 914-227-9316



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](#).



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](#)



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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Westchester
gov.com

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