

Educate + Advocate + Collaborate =
A positive formula for change

Regional Livable Community Connection (LCC) Sites

Central LCC at Westchester Jewish Community Services:

Ardsey, Dobbs Ferry, Elmsford, Greenburgh, Hastings-on-Hudson, Irvington, Tarrytown, Bronxville, Eastchester, Scarsdale, Tuckahoe, White Plains, Harrison, Larchmont, Mamaroneck, Port Chester, Rye, Rye Brook
 (914) 761 - 0600 x 314

North East Central LCC at Family Services of Westchester:

Mt Pleasant, New Castle, Pleasantville, Sleepy Hollow, Valhalla, Yorktown, Bedford, Lewisboro, Mt. Kisco, North Castle, North Salem, Pound Ridge, Somers
 (914) 241 - 0770

North West LCC at Westchester Community College:

Briarcliff Manor, Buchanan, Cortlandt, Croton-on-Hudson, Ossining, Peekskill
 (914) 606 - 6528

South Central LCC at Westchester Public/Private Partnership for Aging Services:

Mt Vernon (914) 813-6444

South East LCC at City of New Rochelle Office for the Aging:

New Rochelle, Pelham, Pelham Manor (914) 235 - 2363

South West LCC at Yonkers Office for the Aging:

Yonkers
 (914) 377 - 6806

“It would be great if residents, through

awareness, discussion and action, could improve the quality of life for all individuals and communities.

Meeting the goals of developing and maintaining Livable Community Villages is necessary for you and your loved ones. Everyone can benefit from living in a county that successfully addresses the needs of seniors.” Mae Carpenter, Project Chief Executive

www.westchestergov.com/seniors

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The Health for Life Program (HeLP) This is a nationwide initiative that helps seniors learn to manage their chronic health conditions such as arthritis, high blood pressure, depression and diabetes, to name a few. Participants in our 6-week workshops gain information and skills from trained peer leader volunteers who use a model program developed at Stanford University’s School of Medicine. By taking more responsibility for managing their own health, seniors can improve their quality of life and may reduce their health care costs.

For more information, contact (914) 813-6427, mqcq@westchestergov.com or (914) 813-6407, cmn9@westchestergov.com.

Speakers Bureau Directory is an on-line listing of more than 185 professionals who volunteer their time and expertise to present free programs on more than 17 topics. Their ranks include educators, attorneys, business owners, professors, clergy, government officials and the general public. Topics range from health care to legal services, safety, education, advocacy and money management. For more specifics, visit on-line at www.westchestergov.com/seniors.

Web Portal is a single site that offers access to a broad array of resources and services for education and advocacy. The Livable Communities Web Portal is a collaboration between DSPS, the WPPP and AARP New York. It can be used in many ways. For example, by clicking the link to “asset maps” users can easily identify resources such as libraries, transportation and cultural sites by municipalities and zip codes.

To access the site, you may visit www.aarplivability.org or www.livablecommunitieswestchester.org.

More programs inside



Robert P. Astorino, County Executive
 Mae Carpenter, Commissioner
 Department of Senior Programs and Services

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**Livable Communities:
 A Vision for All Ages**

“The soul of the community lives in its villages.” Mahatma Gandhi

Welcome to the “Livable Communities: A Vision for All Ages – Bringing People and Places Together” initiative, the signature program of Westchester County’s Department of Senior Programs and Services (DSPS). The initiative is sponsored by DSPS and the Westchester Public/Private Partnership for Aging Services (WPPP). We hope you will volunteer to join us.

What is a Livable Community?

A community that enhances the quality of life for people of all ages and enables seniors to live in their homes or in appropriate and affordable housing alternatives in their municipalities as they age. Livable Communities add life to peoples’ years through features such as a wide range of recreational, social and cultural activities, educational programs, good health care, adequate and easily accessible public transportation and walkable streets for today and for the future. Livable Communities offer seniors independence, dignity and the opportunity for civic involvement. Westchester County has a network of nine regional Livable Communities Connection (LCC) sites. The LCC are hubs that coordinate programs and advocacy activities for the municipalities in their area. AARP cites the Westchester initiative as a best practices program.

Why are Livable Communities Needed?

Some 193,000 people age 60 and over live in Westchester County, or about one in five residents. This number will rise dramatically as the baby boomers age. People age 85 and older are the county’s fastest-growing sector of the senior population. Study after study shows that more than 90 percent of older adults want to continue to live in their homes as they age.

Our Programs

All these programs advance the initiative’s main goal to enable seniors to continue to live in their homes as they age. They also offer volunteer opportunities.

My Aging Plan (MAP) Training * Get training on how to retire successfully.

Livable Communities Collaboratives * join one or more of our 18 collaboratives and participate in groups that address important topics faced by Westchester seniors.

Livable Communities Connections (LCC) Regional Council * join your regional Livable Community Connection Council and become part of the Livable Community decision making process to improve your area.

Livable Community Village Approach * The villages are networks of people joined by shared interests and a “neighbor-helping- neighbor” way of life. Westchester villages include neighborhood associations, houses of worship, senior centers, congregate housing units, cultural groups, civic and social organizations and organizations that serve the disabled. Today, there are over 257 villages in Westchester with over 146,000 members.

Caregiver Coaching Program * Caregiver Coaches are volunteers trained by professionals to help family caregivers better care for an older or disabled person. The one-on-one support coaches provide enable caregivers to make more informed decisions to meet their many challenges and responsibilities. The program is spearheaded by DSPS and the WPPP in collaboration with Fordham University’s Ravazzin Center on Aging.

Care Circles of Westchester: Step Forward and Give Back* A care circle is a group of volunteers who assist an individual – perhaps a very elderly person – with the basic needs of daily living that cannot be met with public funds. These needs may include pitching in to do the laundry, giving rides to the doctor’s office, walking the dog or simply providing companionship.

*For more information: Contact Colette Phipps at (914) 813-6441 or cap2@westchestergov.com.

More programs on back

Livable Communities are also needed because fewer and fewer family and paid caregivers are available to help this rapidly growing population. As a result, seniors must rely on each other.

Awards

The Livable Communities initiative has won many awards from the National Association of Counties and the National Association of Area Agencies on Aging. In partnership with WPPP and AARP, it received international Livable Communities awards in a global competition endorsed by the United Nations. They were presented by LivCom, which sponsors the world’s only international competition for Livable Communities projects. Westchester County was one of the first seven members nationwide in the AARP Network of Age-Friendly Communities. Through AARP, it became a member of the Global Network of Age-Friendly Cities and Communities of the United Nations’ World Health Organization.

Westchester is an even better place to live thanks to our Livable Communities Initiative, which enables seniors to live with dignity and independence in their homes.

Robert P. Astorino, Westchester County Executive

