

What

are Livable Communities Villages?

People of all ages interacting

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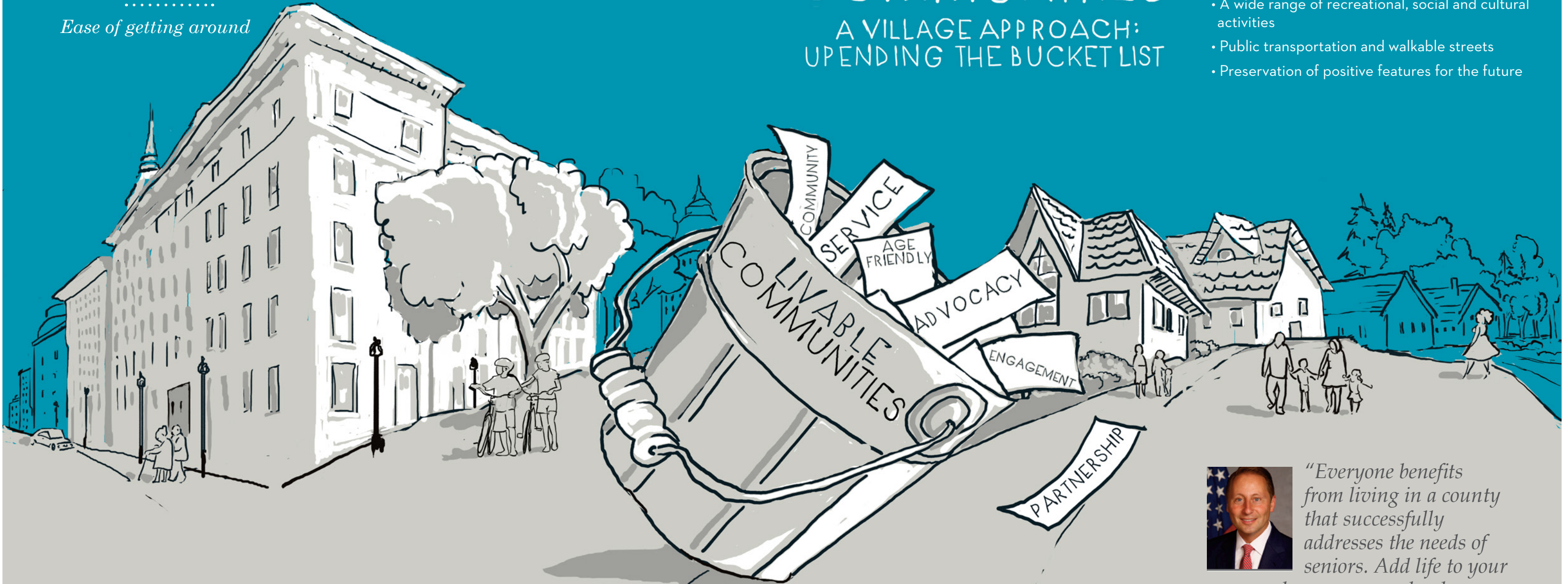
“Neighbors Helping Neighbors”

.....

Commitment to safety

.....

Ease of getting around



WESTCHESTER COUNTY LIVABLE COMMUNITIES A VILLAGE APPROACH: UPENDING THE BUCKET LIST

What

is the Livable Communities initiative?

Livable Communities offers seniors the opportunity to add life to their years by encouraging people to come together to think, make choices and take action in ways that will improve the quality of life for people of all ages through:

- Affordable, accessible housing options in their communities
- A wide range of recreational, social and cultural activities
- Public transportation and walkable streets
- Preservation of positive features for the future

Visit westchestergov.com/livablecommunities or call (914) 813-6408

Member, AARP Network of Age-Friendly Communities and the Global Network of Age-Friendly Cities and Communities of the United Nation's World Health Organization

Revised: 1/2017



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



“Everyone benefits from living in a county that successfully addresses the needs of seniors. Add life to your years and engage more deeply with your community through our Livable Communities initiative.”

Robert P. Astorino, County Executive

Who

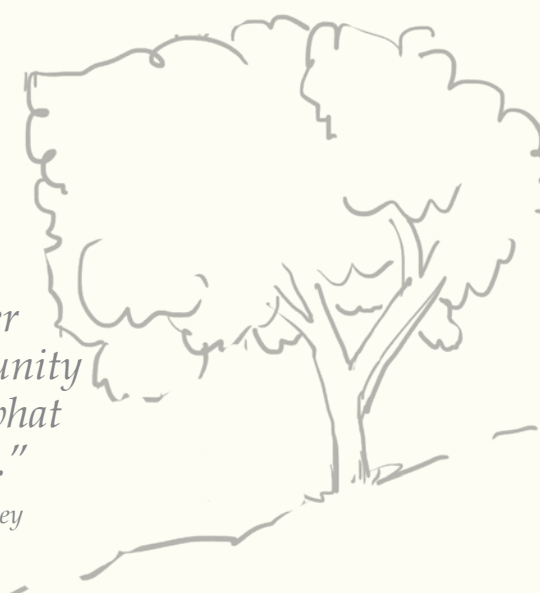
is involved in a Livable Communities Village?

You and stakeholder groups that want to build and sustain a good quality of life for all generations:

- Community-based and civic organizations
- Houses of worship
- Government officials
- Cultural groups
- Neighborhood associations
- Service clubs
- Social organizations
- Senior centers
- Group housing and apartment associations
- The business community
- Schools, colleges, libraries
- Adult children of seniors
- Grandchildren
- Young people who can learn from seniors
- Baby Boomers
- Organizations serving people with disabilities
- And the 193,000 seniors in Westchester

"There is no power for change greater than a community discovering what it cares about."

Margaret Wheatley



How

to become a Livable Communities Village

- Sign up your group to enjoy the benefits of becoming a Livable Communities Village by calling (914) 813-6408 or email mqv8@westchestergov.com at the Westchester County Department of Senior Programs and Services
- It is recommended that one member be a contact person to receive and exchange information
- Begin the exchange of information by reaching out to the Livable Communities Connections listed below

REGIONAL LIVABLE COMMUNITIES CONNECTIONS (LCC)

■ **Central**
LCC at Westchester Jewish Community Services: Ardsley, Dobbs Ferry, Elmsford, Greenburgh, Hastings-on-Hudson, Irvington, Tarrytown, Bronxville, Eastchester, Scarsdale, Tuckahoe, White Plains, Harrison, Larchmont, Mamaroneck, Port Chester, Rye, RyeBrook (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

What

are the benefits of becoming a Livable Communities Village?

- Free access to community educational seminars and forums for all ages
- Learn more about computer technology
- Receive monthly TIPS on health and aging
- Participate in Livable Communities activities
- Collaborate and build partnerships with community groups to better serve the members of your village
- Create and coordinate innovative volunteer services to match the needs of your members
- Provide your members with advocacy tools and information to address the needs of seniors
- Participate in intergenerational programs
- Exchange information, ideas and thoughts with other villages

"Through awareness, discussion, action and partnerships, residents can improve the quality of life in their community."

Mae Carpenter, Commissioner
Westchester County
Dept. of Senior Programs and Services



Why

a Livable Communities Village?

- There are some 193,000 people over the age of 60 in Westchester or roughly one in five residents. This number will rise dramatically as the Baby Boomers age
- More than 85% of older adults want to stay in their own homes
- The cost of nursing home care exceeds \$12,000 per month. Living at home, when appropriate, is better and less costly
- Roughly 35% of older adults find it difficult to afford the cost of a private automobile; they need public and volunteer transportation and a pedestrian-friendly environment
- Seniors living alone account for 29% of the county's single-person households and 78% of those seniors are women
- People over the age of 85 constitute the county's fastest growing population sector
- There is a shrinking number of available paid and family caregivers; therefore people need to rely on each other
- Studies show that interaction with other people prolongs and enhances the quality of life for seniors. Meeting the goals of developing and maintaining Livable Communities Villages is necessary for you and your loved ones