



## Supportive Service News



Town of New Castle  
Senior Citizens – SEPTEMBER 2020

### Hello from Donna and Bess

We hope this Newsletter finds you and your loved ones well.

The Community Center opened in mid-July for Senior Programs. It has been wonderful to see people again! But now we are closing again from September 1-October 13 for much needed roof repair. However, we will continue to run programs via Zoom and telephone, connect you to other local programs & services, provide Home Delivered Meals, shopping and other nutrition assistance, and offer transportation to medical or dental appointments (see below).

We understand that many of you feel unsure about going out or being amongst other people. We all hope the Covid situation will improve to the point that everyone feels safe to get together again, but it looks like we may have to wait. Please be assured that the Town of New Castle has your health and safety in mind. **We are here for help and support.**

### Senior Programs from Home

We are rescheduling our Zoom presentation “**Elections 2020**” to Tuesday September 8<sup>th</sup> at 12:00 noon.

Dr. Suzanne Kavic, President of the League of Women Voters will educate on the various impactful voter changes and reforms in NYS. Updates on how to vote by mail will be discussed.

To register for this topical program, please email Bess at [bsteiger@mynewcastle.org](mailto:bsteiger@mynewcastle.org) so we can send you the Zoom invitation, or log in from your phone, tablet or computer at zoom.us with Meeting ID 856 2924 2494 and Passcode 126150

### ***Not familiar with how to Zoom?***

No worries! Members of our Senior Activity Group have graciously offered to walk you through the steps. Please call Sylvia Russakoff at 914-241-0176 or Pam Rosman at 914-238-3153.

The following programs will be run as a call-in. Please call Bess at 238-2093 to register:

**“NY Tough: How to Build Resilience in Ourselves”** Tuesday September 15 at 11am.

**“Mindfulness and Self-Care in Times of Stress”** Tuesday September 22 at 11am.

We hope to offer a program on Covid 19 - Update. We will post the information on the Town of New Castle Website.

The village of Mount Kisco is offering several televised classes, including exercise, dance and painting that you can watch live, or access on your computer by clicking on or putting the following in your browser:

<https://vimeo.com/user69811363>

### **Fun Craft Projects**

We are offering do-at-home craft kits for your enjoyment. Please call if you would like one. 238-8888.

### **Join a Community “Get Organized” with Help from Marie Kondo**

Get yourself a copy of Marie Kondo’s “The Life Changing Magic of Tidying Up” – or watch her videos on YouTube and start clearing and folding! You will be amazed how good you will feel. We will have a community meeting in the Fall to discuss our progress!

## Senior Transportation

We are continuing to offer Seniors transportation to a doctor or dentist appointment, one person (or family unit) per day. We are working on safely resuming transportation for food shopping. We will post updates on the Town website. Call Bess at 238-2093 for other transportation resources. Call the Center for information or to request a ride 238-8888.

## Medical Equipment Collection

The Community Center is collecting clean, reusable items such as canes and walkers, which will be available to those in need. Please call the Center for more information 238-8888.

## Home Delivered Meals and Volunteering

Through this pandemic, the staff of the Recreation Department have maintained our deliveries of much needed meals to homebound seniors. If you would like to receive meals or if you are able to help with the meals delivery – M-F, at lunchtime - , please contact Bess at 238-2093.

We continue to have wonderful volunteers who have generously made themselves available to go food shopping for you. Please contact Bess if you could use this help. 238-2093 or [bsteiger@mynewcastle.org](mailto:bsteiger@mynewcastle.org).

## 2020 Census

If you have not yet completed your Census 2020 survey, you can do so at [www.my2020census.gov](http://www.my2020census.gov) or by calling (844)-330-2020. The process is quick and confidential. ***IT IS SO IMPORTANT THAT EVERYONE PARTICIPATES: FUNDING FOR SERVICES – INCLUDING SERVICES FOR SENIORS IN NEW CASTLE – IS BASED ON THE CENSUS COUNT.***

## Power Outages

If you lost food due to the power outages from Storm Isaias in August, you may be eligible for compensation. Here is the application:



isaias-residential-cl  
aim-form.pdf

The storm was a reminder of the importance of emergency readiness preparation. Make sure you have enough non-perishable food, extra water and medications for 2 weeks, as well as flashlights, batteries, battery-operated phone chargers, working fire extinguishers, first aid supplies and gas in your car. Also have your emergency contacts information updated and easy to find. Sign up for Senior Watch by calling the police department at 238-4423 or Bess at 238-2093.

**Did you know that DiCicco Markets will store your cold food for you in the event of a power outage?**

**Simply bring your items to your local DiCicco Market. (Space may be limited)**

**Thank you DiCicco's for this community service...and thank you to all our local merchants and service workers who keep us fed, clothed and looked after. Shop Local!**

## Voting in the November 3<sup>rd</sup> Election

In addition to voting for President, the November election will decide your Member of Congress and the New Castle Town Supervisor. The issue of voting by mail has been very much in the news. The steps to voting by mail are:

1. Request or print out an Absentee Ballot Application from the Board of Elections at <https://citizenparticipation.westchestergov.com> or by calling (914) 995-2000
2. Complete and send in the application by mid-October (deadline is October 24, but allow for significant postal delays) to the Board of Elections
3. Mail in your ballot before November 3. (or you can decide to go vote in person if you prefer, but you can't vote twice!!) or drop it off at your early voting polling place.

Governor Cuomo signed legislation allowing you to check "Temporary Illness" as the reason for requesting an Absentee Ballot.

**It's 100 years since women got the right to vote**

**EVERY VOTE COUNTS!**

### **Morning Meditation Minute with Bess**

Through the month of September join Bess every Wednesday at 10am for a short meditation and morning greeting over the phone, by dialing (605) 475-3235 followed by Access Code 1061541#. A great way to start your day!

### **Medicare Updates**

Due to the closure of the Community Center we are not able to run our Medicare Updates program with Ginny Bender.

We hope to restart as soon as possible.

Here is the link to Medicare Updates Handout for September:



September 2020  
Handout.pdf

Julie Woodward is offering her “Demystifying Medicare” workshop online, for you to access on your own:

<https://wikis.westchesterlibraries.org/sbic/demystifying-medicare/>

Here are other resources for Medicare help:

### **Medicare Rights Center Hotline**

**Call 1-800-333-4114,**

**Mon-Fri, 9-5 PM**

### **Center for Medicare & Medicaid Services (CMS)**

**Call 1-800-633-4227**

### **Alzheimer’s Association**

For more information on support groups and resources **call 914-253-6860.**

Have an idea, event or book to share? Please contact Bess and we will get the word out to your fellow Seniors.

# **Looking forward to seeing you in October!**