

Report to Town Board of Bedford from the Committee on Seniors

Our mission is to focus on promoting policies and programs designed to help keep Bedford's senior citizens healthy, vital and active. We will consider existing services and programs provided to seniors, such as transportation, nutritional programs, recreational programs, housing needs and other community support programs. The Committee will consult with Recreation and Parks Department and other cooperating agencies.

We have convened 7 meetings and gathered reams of information

Bill Heidepriem gave us an overview of existing programs and activities, ride information, call and check program, shopping and trips.

Jim Whiting expanded on services explaining more fully the guidelines for the meals on wheels programs and the activities enjoyed weekly by the older adults.

Deb Casill and Collette Phipps, from Westchester County Dept. of Senior Services outlined multiple programs sponsored by the County which could be available to our older adults.

At the next meeting Deb Casill outlined a Health for Life Program (HELP) to help folks with chronic health conditions enhance and improve their quality of life. The free course is 6 weeks in duration, and is a project we would like to initiate in Bedford. Maybe when the Bedford Hills Railroad station is complete, it would provide a good venue.

Tonia Monte, a social worker for the county, is anxious to make home visits, free of charge, to our residents to assess needs and apprise them of entitlements, and set up services.

We learned there are a lot of good senior services available, but they are not well known.

We have overall demographic studies and do not feel the need for further surveys.

The group recommends adding a part time Social Worker, or Community Organizer to the budget cycle. Maybe we could share this position, with a neighboring town. There is a need to link our seniors into county and other local town services. A goal is to recruit adults into active programs to assist them in aging well. The committee recognizes the contribution of older adults and wishes to let them know they are worthy of this attention.

Respectfully,

Jo Voege, M.S. Chairperson

Lee Roberts, Ex Officio

William Smith, Ph.D

Deborah Fishman, JD

Gina Shea M.A.T.

Joel Goren, M.B.A.

Jim Whiting

