

CARBON MONOXIDE DETECTOR PROGRAM

Free Carbon Monoxide Detectors are being provided to Pound Ridge seniors ages 65+. These detectors can be life saving. Contact us for an application.

LIBRARY SERVICES

The Pound Ridge Library offers a collection of large print books, audio books and other special items especially for Seniors. The Library staff will also deliver books to your home if you are unable to drive and get to the library. Call the library for more information on these services (914) 764-5085.

BINGO AND BRIDGE

Watch the N2N Newsletter of Senior Programs for BINGO at Conant Hall. Little prizes are provided by the Recreation Department. No charge for BINGO.

Join the Bridge Club each Thursday for a game. The Bridge group meets at Conant Hall and enjoys lunch before the game.

SENIOR TRIPS

The Recreation Department sponsors various Trips for PR Seniors throughout the year. Check the newsletter for upcoming events. In the past Day trips have included destinations such as NYC Museums, Olde Mistick Village, and various gardens and parks.

N2N Senior Luncheons

N2N Hosts luncheons throughout the year

March—St. Patrick's Day Luncheon
hosted by the PR Lions Club

April—Mad Hatter's Tea

May—PR Elementary School
Senior Luncheon and entertainment

July—Annual Senior Picnic in the Park
with live music and dancing

October – Halloween Luncheon

December— Holiday Luncheon

N2N NEWSLETTER OF SENIOR EVENTS

If you are a Pound Ridge Senior and would like to receive the newsletter of events please call or email:

Town of Pound Ridge
Recreation Department
Senior Programs and Services
(914) 764-8201
prseniors@townofpoundridge.com

Be a Volunteer

Neighbor to Neighbor can always use new volunteers.

Volunteer opportunities include:

- Driving Seniors to doctor appointments
- Grocery Shopping for seniors and homebound
- Visiting seniors in their homes
- Shoveling snow for seniors
- Installing/testing Carmon Monoxide Detectors and smoke detectors



Town of Pound Ridge
Recreation Department
Senior Programs and Services
179 Westchester Avenue
Pound Ridge, NY 10576
(914) 764-8201
Email:
prseniors@townofpoundridge.com

N2N

Town of Pound Ridge
Neighbor to Neighbor Programs

Neighbor to Neighbor is a community based volunteer organization that helps our Pound Ridge Seniors and disabled in time of need. Neighbor to Neighbor works in conjunction with the Town Recreation Department and the Town Police Department.

Neighbor to Neighbor

Phone: 914-764-8201
E-mail: PR
Seniors@townofpoundridge.com

Neighbor to Neighbor Services

GROCERY SHOPPING ASSISTANCE

Have Groceries picked up and delivered to you

If you cannot drive and cannot shop for your own groceries we can have your groceries picked up and delivered to you. You provide the list of items you would like and a volunteer picks the groceries up for you at Scotts Corner Market. The shopping is done on Wednesday so the 10% senior discount will apply. The volunteer will bring you the receipt and bill.

MEALS ON WHEELS

This program provides hot meals, on a temporary basis, to residents who are medically homebound and unable to prepare their own meals. We do not deliver meals to those who are able to prepare their own meals or who have someone at their house who can prepare a meal for them. Meals are usually delivered on a temporary basis to help the individual through a crisis, and do not continue indefinitely unless your doctor certifies that you are medically homebound; the intent is to offer a joint effort with the family. A Lunch meal is delivered by volunteers Monday through Friday and on an emergency basis on weekends, excluding legal holidays. Volunteers will pick up the meal at Scotts Corner Market around noon and deliver it to your premises shortly thereafter. The estimated cost of the program is about \$6.00 per meal and you will be billed monthly.

R-U-OK CALL REASSURANCE

"Are You OK"

Call Reassurance Program

The "Are You OK?" program is a computerized telephone calling system, which is a service designed for older adults, disabled persons, shut-ins who live alone or anyone else in our Town who needs to be checked on a daily basis.

The system calls each subscriber every day at a time they would like to be called. If the subscriber does not answer the phone then the Town is contacted and will follow up to make sure the individual is OK.

FILE OF LIFE

This program is sponsored by the Pound Ridge Police Benevolent Association in an effort to provide a potentially lifesaving service to the community residents. Regardless of whether you're at home or out and about, the File of Life can help emergency responders help you in a time of need.

The File of Life is a pouch containing a form that you complete with all your medical information that emergency personnel responding to a call would need to immediately help a person with a medical emergency. The pouch has a magnet that attaches to the outside of your refrigerator in a visible location. There is also a wallet sized version.

The File of Life can be obtained FREE at the Town House.

MEDICAL EQUIPMENT LOANS

Wheel Chairs, walkers, commodes, canes, and more. We have some gently used Medical Equipment that you can borrow at no cost. Give us a call if you need anything. Or if you have something to donate let us know.

N2N VAN SERVICES

Every Wednesday is Senior Day at Scotts Corner Market. If you can no longer drive, we will pick you up at your house around 9:30 am and take you to Scotts Corner Market so you can buy your weekly groceries. While you are in town you could also do other banking and dry cleaning chores. We will pick you up about an hour later and take you back home. There is no fee for this service.

To arrange for a ride on the Van call the Pound Ridge Recreation Department at 764-0947. You must pre register for this Wednesday service by noon the Tuesday before.

RIDES TO DOCTOR APPOINTMENTS

If you do not drive or do not have anyone to take you to doctor appointments, N2N will try to help. Volunteer drivers will pick you up at your home and drive you to doctor appointments and then bring you back home after the appointment. At least 4 days notice is recommended but we will try our best to help you at any time.

RESOURCES LIST

A list of local paid professionals has been compiled from the "Little Book of Numbers", Employees of the Town of Pound Ridge(PR) & Scotts Corners Market(SCM) , and other referrals to Neighbor to Neighbor. If you have knowledge of other qualified professionals or other concerns not referenced on our list, please call Neighbor to Neighbor. A copy of the list can be picked up at the Town House.

LIFEFONE PENDANT

Medical Alarms from LifeFone will provide you or your family member with 24/7 monitored medical emergency service, ensuring that you will be safe, independent, and secure at times when you are most at need.

The Pound Ridge Neighbor to Neighbor (N2N) program and the Pound Ridge Police have researched the various Medical Alarm Pendant systems and recommends the Lifefone Pendant. More information is available at the Lifefone Web Site at www.lifefone.com.



For more information on any of these services call The Town of Pound Ridge Recreation Department, Senior Programs and Services at (914) 764-8201 or email prseniors@townofpoundridge.com