

CAFÉ CONANT

Café Conant is an informal place for Pound Ridge Senior adults to gather. We provide the coffee and tea. Seniors bring the conversation! Check the N2N newsletter or the current meeting day. No reservations required. Closed on Holidays. Held in beautiful Conant Hall.



Adults 62+ 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, Mohegan Sun and various gardens and parks.

N2N Adults 62+ Luncheons

N2N Hosts luncheons throughout the year

March—St. Patrick's Day Luncheon

July—Annual Senior Picnic/BBQ

October – Halloween Luncheon

December— Holiday Luncheon

LIBRARY SERVICES

The Pound Ridge Library offers a collection of large print books, audio books and other special items especially for Seniors.

Call the library for more information on these services (914) 764-5085.

N2N NEWSLETTER OF ADULT 62+ 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
Adults 62+
(914) 764-8201
prseniors@townofpoundridge.gov

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
- Assisting at senior events such as Café Conant and luncheons
- Delivering Meals on Wheels



Town of Pound Ridge
Recreation Department
Adults 62+
179 Westchester Avenue
Pound Ridge, NY 10576
(914) 764-8201
Email:
prseniors@townofpoundridge.gov

N2N

Town of Pound Ridge
Neighbor to Neighbor Programs

Neighbor to Neighbor is a community based volunteer organization that helps our Pound Ridge Seniors Adults 62+ in times of need. Neighbor to Neighbor is coordinated by the Pound Ridge Recreation Department.

Neighbor to Neighbor

Phone: 914-764-8201
E-mail:
PRSeniors@townofpoundridge.gov

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 The Market at Pound Ridge Square. The shopping is done on Wednesday so the 10% senior discount will apply. A charge card must be on file with the Market.

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. The cost of the program is \$7.50 per meal and you will be billed monthly.

CALL REASSURANCE PROGRAM

"Are You OK"

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

FILE OF LIFE

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.



FILE OF LIFE

KEEP INFORMATION UP TO DATE !!
Review At Least Every Six Months !!
MEDICAL DATA REVIEWED AS OF ____ MO ____ YR

Name:	Phone #
Address:	Phone #
Doctor:	Phone #
Doctor:	Phone #

EMERGENCY CONTACTS

Name:	Phone #
Address:	Phone #
Name:	Phone #
Address:	Phone #

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.



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.

N2N BUS SERVICES

Every Wednesday is Senior Day at The Market at Pound Ridge Square. If you can no longer drive, we will pick you up at your house around 9:30 am and take you to The 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 Bua call the Pound Ridge Recreation Department at 764-0947. You must pre register for this Wednesday service by noon the Tuesday before.



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