

Q&A with Lynn Reichgott

Nonprofit organization helps people in the Larchmont-Mamaroneck area to stay in their own homes as they age, boosting both health and happiness.

by Jilana Van Meter
Community contributor

What is At Home on the Sound?

At Home on the Sound is a nonprofit organization that enhances the lives of people 60 and over in the Larchmont-Mamaroneck area. We offer programs, transportation and support to residents who want to live in their homes as they age and continue to have a healthy, safe and meaningful life.

How did this idea come about?

A group of local residents learned about this “aging-in-place” concept, which was pioneered by Beacon Hill Village in Boston. We all thought it would be a good idea for our area. After holding a series of focus groups, we discovered that many others agreed — and so At Home on the Sound was formed.

You are a membership organization. What benefits do your members receive?

We offer programs that are stimulating and bring people together, and services that are practical and make everyday life easier.

We have gentle yoga classes, discussions of current events, acting workshops, a knitting group, a movie club. ... Members go out together to a local restaurant every month. We offer free public lectures twice a month on a wide range of topics at Saints John and Paul in Larchmont. We also offer services like handyman help around the house, tech help with computers and cellphones, and door-to-door transportation to medical appointments and errands. We can refer our members to a variety of vetted service providers for more complicated



Photo courtesy of At Home on the Sound

LYNN REICHGOTT

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requests, and many local businesses offer discounts to our members. Mostly, we offer peace of mind. We are a phone call away to answer questions, provide information, and help solve problems.

How much does all this cost?

A membership is \$370 for an individual or \$495 for a household annually. To be sure everyone has the opportunity to

join, we have a membership fund that provides residents of moderate means a reduced rate.

What kind of people join? What ages are they?

We have a terrific mix of members — men and women from 60 to well into their 90s — who reflect the diversity of our community. They say 80 is the new 40! Our members prove that. They all want to stay as active as possible and be connected to the community they love.

How are you able to provide so much?

With volunteers! Our volunteers take our members to their appointments, help to staff our office, manage our events, provide technology assistance and more. They are the heart of our organization and we would not be able to function without them.

What's your typical volunteer like?

We really don't have a typical volunteer. Some have school-aged children and are free during the day. Many have recently retired and are looking for opportunities to find satisfying volunteer activities. Some have older parents out of town and volunteer with us as a way of honoring their own parents. I can say that all our volunteers have in common the desire to make a difference by helping out a neighbor. Many of our members also volunteer.

How can people learn more about joining or volunteering?

They can call our office at 914-899-3150, or go to our website, AtHomeontheSound.org. We're also on Facebook/AtHomeontheSound.