My Second Home, a program of Family Services of Westchester, is a not-for-profit intergenerational adult day program offering stimulating activities with supervision, health monitoring, personal care, and nutrition services in a safe, secure, and home-like environment. We’re happy to give tours to all who are considering an adult day program for their loved one. Please call 914-241-0770 for an appointment. My Second Home is a program of Family Services of Westchester.

Dear Participants, Caregivers, MSH Staff, Colleagues & Friends:

I am in beautiful San Francisco attending the Aging in America Conference. There are amazing workshops to attend, and along with Dottie Jordan, Director of Mt. Kisco Child Care Center, will be presenting the JEWEL Program on Wednesday, April 27th after we receive the 2011 MindAlert Award. FYI— There is a huge poster highlighting the JEWEL Program outside the Hilton Ballroom for 3,500 conference attendees to see!

Sometimes our light goes out but is blown again into flame by an encounter with another human being. Each of us owes deepest thanks to those who have rekindled this inner light. —Albert Schweitzer

Each day at MSH, the staff and I encounter participants that rekindle our inner light and give meaning to the work we’ve chosen. Through their humor, wisdom and passions we get to wear rose-colored glasses and the view is beautiful. Our resident artist shares his art work with me and I’m reminded to stop and find the beauty that surrounds us. Our pianist plays and my feet start tapping, and I feel a sense of calm and joy. I have an insightful conversation with a participant who mentors me on aging gracefully. And the flame burns ever so bright when the participants leave and thank us for an enjoyable day!

To all mothers and fathers: Thank you for being our “first lights”. Happy Mother’s Day! Happy Father’s Day!

Baci,
Rina

Program Assistant Teri Svendsgaard assists Rose and Mildred in an Easter craft.

UPCOMING SPECIAL EVENTS

Week of May 23 — Trip to the Hammond Museum & Stroll Garden in North Salem. Limited to 4. Final date dependent on weather.

Tuesday, May 24 — Xmas tree and Olive Garden. Limited to 5 seniors, lunch is $18.00

Wednesday, June 8—Carvel “Wednesday is Sundae”. A sundae is $3.00.

THANKS TO OUR COMMUNITY SUPPORT

Two young friends, Molly Rosenthal and Heather Samberg, residents of Chappaqua, NY created a banana smoothie recipe that they sold by the cup to raise money. They raised $24.75 and donated it to My Second Home. P.S. The recipe is a secret!

Julie Kelly, granddaughter of participant Kathleen K, sold Girl Scout cookies recently and asked that some be donated to My Second Home for snack time. Participants are enjoying Trefoils and Lemon Chalet Cremes!

WISH LIST

My Second Home exists to improve the quality of life for our participants and their caregivers. Because we are not-for-profit, there are always needs for which money may not be available. This is why charitable donations are so gratefully received. You help support this important and unique program.

• Slightly used or new Bingo prizes
• Baby wipes
• Disinfectant wipes
• Rosary beads
• Electronic handheld games
• Bird Seed
• Hot glue sticks

MAY BIRTHDAYS

Joe C.        Norma W.
Barbara M.    Howard F.
Vivian P.

Wilma encourages her partner to explore the whole page.

My Second Home is funded in part by The New York State Office for the Aging and Westchester County Department of Senior Programs and Services.

We receive funding from the United Way toward our award-winning JEWEL (Joining Elders With Early Learners) program.
REGULAR EVENTS
Breakfast Buddies — Toddlers join us early on Monday and Wednesday mornings to share breakfast.
Singalong — Marilyn plays favorite piano tunes every Monday.
Literature in Review — Mt. Kisco librarian, Martha, reads essays & short stories every Tuesday.
A Day at the Opera — Volunteer Susan Grunthal highlights a composer every Tuesday afternoon.
Living Well — Donna Kane, R.N., gives a health lecture every Wednesday morning about living and staying well.
Movement to Music — On Wednesday mornings, Gina Miller keeps everyone active with favorites from the ’30s and ’40s.
Singalong with Phil — Longtime volunteer Phil Gaberman plays the piano every Wednesday.
Caregiver’s Support Group — Monday, May 16 at 3:45. We usually meet the third Monday of every month unless MSH is closed. Please call Margaret at 241-0770 to confirm your attendance. Light refreshments served.
Podiatrist — Tuesday June 7. Please call Melanie at 241-0770 to make an appointment with Dr. O’Hanlon.
Yoga — Rosemary teaches yoga every Friday morning.
Music Therapy — This special singalong group on Thursday afternoons encourages active participation.

NOTICE: All checks received for deposit must be written in blue or black ink only or the bank will be reject them. This is a bank regulation. Thank you for your help with this!

CAREGIVER TIPS
Wake Up Call Service to Fit Your Needs
WakeUpLand is a telephone wake up call service and reminder call service, employing the latest in automated digital technology currently service the entire United States. Anyone with a touch-tone phone can take advantage of their own easy, affordable and reliable wake up calls every day. Set up a daily phone call to your loved one to remind them to get up on time for our bus service. Information can be found on the web at www.wakeupland.com.

JEWEL PROGRAM
“Other things may change us, but we start and end with family.” — Anthony Brandt

We continue to look for warmer weather. Many of our JEWEL (Joining Elders With Early Learners) activities are being planned for outside including planting in our intergenerational gardens, table games and water paints, as well as walks to observe what is growing outside.

Ginny Hill will continue until the end of May with her music program that has toddlers and seniors singing together. Physical activity continues to be a priority in the intergenerational program. We have yoga and Leap Smart that meet every week on an alternating basis. Leap Smart incorporates music and movement while partnering seniors and preschool age children. Two weeks ago everyone eagerly jumped over the pile of “ocean-scarves” during our Leap Smart program.

Seniors and children remind us daily to stop and take time to enjoy the moments we have together. Nancy Loden, JEWEL Coordinator. You can reach her at nloden@fsw.org.

IMPORTANT CONTACT NUMBERS
• Medicare 1-800-633-4227 • Medicare Rights Center Consumer Hotline 1-800-333-4114 • Alzheimer’s 24-Hour Helpline 1-800-272-3900 • Alzheimer’s Association 914 428-1919 for free referral information and free paralegal guidance