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- 2014 National Adult Day Services Association Adult Day Center Award for an outstanding program
- 2014 MUSIC & MEMORYSM Certified Care Facility Partner
- 2013 Living with Alzheimer's film, "My Little Friends", <http://livingwithalz.org/my-little-friends/>
- 2011 MindAlert Award from American Society on Aging and the MetLife Foundation
- 2010 Recognized by the Alliance for Children & Families for Innovation in Serving Older Adults
- 2008 Winner of National Best Practices Award by MetLife Foundation and Generations United
- 2007 Non-profit Agency of the Year, Mt. Kisco Chamber of Commerce



INDEPENDENCE

DIGNITY

CHOICE

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.

DIRECTOR'S CORNER

"A tree is known by its fruit, a man by his deeds. A good deed is never lost, he who sows courtesy reaps friendship, and he who plants kindness gathers love."
Saint Basil

I can't believe another year is coming to a close. I can still vividly recall waking up many mornings at 5am during the winter of 2013 to decide if MSH should be opened or closed. And winter has arrived again with those 5am decisions!

2014 was a year to remember — not only because Mother Nature was challenging but more importantly it has been an opportunity to acknowledge, to celebrate our achievements and honor everyone who shares our vision and hope for adults and caregivers in our community.

- To an amazing staff guided by Margaret DeRose and Diane Forte that continue to understand and respond to the needs of older adults with compassion and joy!
- Our fundraising effort, La Dolce Vita, this past March was a smashing success due to Christy & Steve Ruvituso who were excited and willing to spearhead our second LaDolce. To Christy and Steve and your dedicated committee members and sponsors, I am forever in awe of your commitment.
- MSH was awarded the 2014 National Outstanding Day Program from the National Adult Day Services Association. A wonderful milestone for MSH staff members, Social Work interns, volunteers, caregivers, participants and donors who have believed in MSH since 1998!
- To Sara Weale who introduced the MUSIC & MEMORYSM Certification Program which has enriched the lives of our participants.

May you flourish this upcoming year in love for your "good deeds." Happy Holidays to you and your family.

Baci, *Rina*



Front row: Diane Forte, Sara Weale, Jenna Bierema, Joyce Meiklejohn, Deb Casill, Joe Nappi
Back row: Rick Joseph, Christy Ruvituso, Teri Svensgaard, Dan Jackson, Amy Thomas, Jolene Griggs

DECEMBER 2014



Nick Wolff, Chairman of the FSW Board of Directors, presents MSH Director Rina Bellamy with a Proclamation from Westchester County Legislatures honoring the valuable work of our caregivers, and celebrating MSH's NADSA Day Program of the Year Award.

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. We're grateful that you help support this important and unique program. • Bingo prizes • Disinfectant Wipes • Personal Wipes • WetJet supplies •

2014—2015 HOLIDAYS

Thurs Dec 25, Fri Dec 26, Sat Dec 27 - Christmas
Thurs Jan 1, Fri Jan 2, Sat Jan 3 - New Year's
Mon January 19 - Martin Luther King Jr. Day
Mon February 16 - Presidents Day
Mon May 25 - Memorial Day
Fri July 3 - Independence Day
Mon September 7 - Labor Day
Mon October 12 - Columbus Day



My Second Home is funded in part by The US Dept of Health & Human Services, The New York State Office for Aging and Westchester County Department of Senior Programs and Services.

REGULAR EVENTS

Breakfast Buddies — Toddlers join us on Tuesday and Friday mornings to share breakfast.

Singalong — Marilyn plays favorite songs on the piano every Monday.

Literature in Review — Mt. Kisco librarian, Martha Iwan, reads out loud every Tuesday.

Living Well — Donna Kane, R.N., gives a health lecture every Tuesday morning about living and staying well.

Zumba — Amy moves us to the beat with this invigorating and fun dance-fitness classes that provides modified moves and easy-to-follow pacing for older adults who love active exercise.

Movement to Music — On Wednesday mornings, Gina Miller keeps everyone active with favorites from the '30s and '40s.

Arts & Crafts — Every Wednesday, Teri helps our participants bring out their creative juices.

Music Therapy with the Institute for Music and Neurologic Function — Every Wednesday afternoon, a music therapist from this groundbreaking and internationally recognized program uses music therapy to assist in the awakening of individuals with a wide range of neurological impairments.

Yoga — Every Tuesday morning Margaret teaches yoga and meditation.

The Chicken Man — Live music by Mike Flynn most Fridays!

This Week in History — This Thursday class is an interactive group that shares local events as well as high points in world history.

Caregiver's Support Group — The meeting will be Tuesday December 16 at 3:45. Call Melanie at 241-0770 to confirm.

Podiatrist — Tuesday, December 23. Please call Melanie at 241-0770 to make an appointment with Dr. O'Hanlon.

Haircare Services — Monday, December 22. Please call Melanie at 241-0770 to make an appointment. with Patty. Payment required at time of service.

It's flu season. Certain people are at "high risk" of serious complications from seasonal influenza. These include people 65 years and older, and people of any age with certain chronic medical conditions. Please have your loved one—and yourself—vaccinated today. While you're there, ask your doctor about the pneumonia and shingles vaccines.



DECEMBER BIRTHDAYS



- Dora K
- Bridie B
- Robert G.
- Gretey M.
- Dorothy J.



Care Circles of Westchester: Step Forward and Give Back

"There are only four kinds of people in the world – those who have been caregivers, those who are currently caregivers, those who will be caregivers, and those who will need caregivers.
Rosalyn Carter, former First Lady and President of the Board of Directors, Rosalyn Carter Institute for Caregiving

On Tuesday, November 18th Colette Phipps, LMSW, of the Westchester County Department of Senior Programs and Services gave an overview of the Care Circles of Westchester Program to community leaders and community members here at My Second Home.

Care Circles are groups of people who volunteer to share caregiving tasks of daily living for an older person in the community. The idea is to create the physical and emotional support families traditionally provide. This might include pitching in to do the laundry, giving rides to the doctor's office, walking the dog or simply providing companionship.

People who volunteer in the Care Circles Program are part of the Department of Senior Programs and Services' Livable Communities initiative, whose main goal is to enable seniors to continue to live in their homes as they age. Anyone who is interested in learning how to create a Care Circle or becoming part of a Care Circle can contact Deb Casill, Livable Communities Coordinator at 241-0770 or dcasill@fsw.org.

Evening Edition

After reading the book, *I Love To See You Smile*, the Evening Edition participants and children made smiles-on-a-stick and posed for a fun photo. Evening Edition meets Monday and Wednesday from 3:00 to 7:00 and includes stimulating conversation, intergenerational work with children,



exercise (for both the brain and the body), and a social time over a delicious meal. Call 241-0770 and ask to speak to Rina Bellamy, Christy Ruvituso, or Dan Jackson for more details.

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 914 253-6860 for free referral information and free paralegal guidance • The New York State Office for Aging 1-800-342-9871 • Westchester Department of Senior Programs & Services 914-813-6400