



95 Radio Circle, Mt. Kisco, NY 10549 • 914-241-0770 FAX: 914-242-5201

- 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

FEBRUARY 2015

"Maybe that's what life isa wink of the eye and winking stars."

Jack Kerouac

My continued obsession in January and now early February monitoring weather conditions destined for Westchester County should make me an expert in making the right decisions regarding MSH closings. Not so... Mother Nature is still much more powerful than the smartest meteorologist, the latest radar system and my simple prayers for no snow.

My monitoring duties were suspended on January 14th when I was honored to meet Aidan Thomas who arrived during a snowstorm on Monday, January 12th at the White Plains Hospital to proud parents, Amy & Jayson Thomas. Amy is a loyal, caring and dedicated MSH Program Assistant who brings joy and love to every participant at MSH. The proud Papa escorted me into the hospital room and I was privileged to observe a beautiful Aidan cradled in his paternal grandmother's arms, so full of love that she was glowing and Amy so radiant and proud of her first born. It was surely an intergenerational memory that will last a lifetime for this family. When the elder Mrs. Thomas so gently gave Aidan back to his mother, I thought I saw a slight wink in his eye. Amy and I even discussed what color his eyes would be.

Two days later, which happened to be my birthday, I received a phone call from a caregiver that his beloved mother, Vincenza, who attended MSH since 2004 when I arrived as an intern, died on January 14th, her birthday. Vincenza and I shared both happy and sad moments together; she exemplified the role of woman, wife, mother and friend. She was always kind, forgiving and hopeful.

On January 14th, Aidan was the "wink of the eye" and Vincenza became the "winking star." Aidan, I wish you a life full of love and happiness with an amazing family to support you. Vincenza, I thank you for your friendship, guidance and love. I will always be grateful!

I leave you with,

"Unable are the loved to die. For Love is immortality."

Emily Dickinson

Baci, *Rina*

FEBRUARY BIRTHDAYS

Cathie W. • Olga D. • Teresa T. • Midge B. • Patricia W



Eleanor carefully paints a glaze on a ceramic plate in a special activity created by volunteer Denise Weale. Denise, who owns A Maze In Pottery in Briarcliff Manor, donated her skills and materials in order for our participants to create their own artwork.

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 •

2015 HOLIDAYS

Mon February 16 - Presidents Day

Mon May 25 - Memorial Day

Fri July 3 - Independence Day observed

Mon September 7 - Labor Day

Mon October 12 - Columbus Day

Thurs Nov 27, Fri Nov 28 - Thanksgiving

Fri December 25 & Saturday, Dec 26- Christmas



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 class 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 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!

Caregiver's Support Group — The meeting will be Tuesday, February 24 at 3:45. Call Margaret at 241-0770 to confirm.

Podiatrist — Tuesday, February 24. Please call Teri at 241-0770 to make an appointment with Dr. O'Hanlon.

Haircare Services — Monday, February 23. Please call Teri at 241-0770 to make an appointment with Patty. Payment required at time of service.



Telehealth Intervention Programs for Seniors

Westchester's Innovative Telehealth Intervention Program for Seniors (TIPS) is an example of how Westchester County continues to lead the way in developing best practices that help seniors age successfully in their homes and communities.

Telehealth is a growing field referring to any health services or information delivered via technology.

Through regular remote monitoring, patients can:

- self-manage chronic conditions
- avoid unplanned and emergency medical visits
- reduce medical expenses for themselves and caregivers

How does TIPS work?

TIPS participants have their vital signs – blood pressure, pulse, blood oxygen levels and weight checked twice a week by a trained technician.

The data is transmitted to a nurse who reviews it remotely and sends messages back to be reviewed at the next session. If there is cause for immediate concern, the nurse may contact the patient, caregiver, primary care physician, or on site administrator directly.

Patients leave each session with a TIPS Sheet that includes their vital signs, an explanation of what the results mean, and any recommendations or referrals. This information can help seniors self-manage their own health and be proactive if they see any negative changes.

TIPS sessions are held in convenient setting such as senior centers, senior apartment buildings, houses of worship, and libraries. Trained college students facilitate the program, offering a social, intergenerational component to senior health and wellness. Participants are also given a comprehensive needs assessment to see if they could benefit from any social services in the county, such as nutrition, housing, transportation, caregiving, or other support services.

There is no charge for TIPS.

For locations and information, call (914) 813-6408 or visit www.westchestergov.com/seniors



Volunteers Needed

Are you looking for a way to get involved in your community? Join RideConnect's Volunteer Driver Program!

RideConnect is a non-profit organization seeking volunteers to provide rides to older adults in Westchester County. These rides will enable older adults to access medical appointments, shopping and social activities so they can remain active in their communities and continue to lead fulfilling lives.

Please consider giving the gift of mobility and independence!

Volunteer Driver Qualifications :

- * Enjoy helping older adults
- * Valid Driver's License
- * Flexibility
- * Patience

If you're interested in learning about the Ride-Connect program and need more information on how you can participate, please contact our office at (914) 242-7433.

Making a Difference One Ride at a Time!

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