**DIRECTOR’S CORNER**

Dear Participants, Caregivers, and Friends;

“Remember to be gentle with yourself and others. We are all children of chance and none can say why some fields will blossom while others lay brown beneath the August sun.” — Kent Nerburn

As a kid, summer lasted forever! The days were long, never-ending. I remember swimming in the pool while my grandmother Louise watched me when I was about 16. When I came up for air we talked about summer and how long it seemed to go on. I foolishly said to my still relatively young, 68 year old grandmother, that I had noticed as I was getting older, that the summer felt shorter to me than when I was a little girl. I laugh out loud to myself now because what my grandmother said next was “time goes by in a blink when you get older, wait until you are my age.” She then urged me to not rush and cherish the moments of my life. It took me about twenty more years of living, until I learned to understand what my grandmother had wisely said to me. When we rush for outcomes in our lives that’s when we too will burn out and ‘lay brown’ as Mr. Nerburn carefully states. Well I still haven’t hit the age my grandmother was that summer. If I’m lucky I will live mostly healthily as she did until 91. But in each passing year, month, day, moment I try and practice to stay connected to each moment. This way I take care of myself and not burn out. It is not easy, but achievable.

My best to everyone,

Karen

“True happiness is to enjoy the present, without anxious dependence upon the future.” — Lucius Annaeus Seneca

**AUGUST BIRTHDAYS**

Elaine H
Roger C
Edward E
Elizabeth W

**2015 HOLIDAYS**

Mon September 7 - Labor Day
Mon October 12 - Columbus Day
Thurs Nov 27, Fri Nov 28, Sat Nov 29 - Thanksgiving
Fri December 25 & Saturday, Dec 26 - Christmas

**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
- Wooden picture frames suitable for decorating
- Boxes of tissues

**AUGUST 2015**

Activities Coordinator Diane picked a glorious day for a picnic at Wampus Park in Armonk. Rosa catches some rays while Eleanor (“Queenie”) and Marguerite stay cool in the shade.

Our horticulture therapist, Mary Ann Robinson, planned a special intergenerational activity of making sushi. Long-time participant Dora K assists and gets rewarded with a hug from Diego.

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.
Don't Get Scammed!
Older adults are targets for con artists. Senior citizens often have retirement savings and paid off homes, yet may also worry about whether they have enough to last through retirement. Others are facing health problems and cognitive decline. Many live alone and can easily be drawn into conversations in which they reveal more information than they realize.

As part of ongoing Livable Communities educational forums, Gary Brown, from the Office of the Attorney General of NYS has provided information about common scams to help seniors avoid becoming a victim:

Whether it is someone trying to sell you a new roof or an e-mail claiming you won a lottery you don’t remember entering, there will be common elements to a scammer’s pitch. Here are some things to look out for when someone is offering you a deal or making a request:

The first step is to know what a scam looks like. Watch out for these when someone is offering you a deal or making a request:

1) The Distracting “Hook”: At the center of a scam there’s always something to get your attention, to appeal to you in a way that causes you to pay less attention to details, or to let your guard down.

2) A Con Artist Who Seems Trustworthy: Most people trust unless they’ve been given reason not to. Scammers are very good at manipulating people into trusting them.

3) A Deadline: This might be a dead giveaway that you are looking at a scam. If you are told that this opportunity will not be around tomorrow, it is likely not legitimate.

Stay Safe, Take Control:
- Never wire money to someone you don’t know who contacts you; it’s the same as handing over cash.
- Never pay to collect prize money. Legitimate lotteries and sweepstakes will deduct the amount you owe the IRS from winnings.
- Don’t rely on caller ID. Scammers can use technology to make you believe a call is coming from your area or from Washington DC.
- Be a friend. If you suspect a family member is being scammed, try to talk to them about it.


For more info about the Westchester Department of Senior Programs and Services Livable Communities Initiative, call Deb Casill at My Second Home, 241-0770 or check out the Westchester DSPS website: [westches tergov.com/livable communities](http://westchester.gov/livable-communities).

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

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.

This Week in History—Every Tuesday we look back on international events that happened this week from the famous to the infamous.

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 to assist in the awakening of individuals with a wide range of neurological impairments.

Yoga — Every Thursday morning Margaret teaches yoga and meditation.

Zumba — Amy moves us to the beat on Thursdays with this invigorating and fun dance-fitness class.

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

Caregiver’s Support Group — The meeting will be Tuesday August 18 at 3:45. Call Amy at 241-0770 to confirm.

Podiatrist — Tuesday, September 1. Call Amy to make an appointment with Dr. O’Hanlon.

Haircare Services — Monday, August 31. Please call Amy at 241-0770 to make an appointment with Patti. Payment required at time of service.

Shop for a Cause at Macy’s — Just in time for back-to-school shopping, the Alzheimer’s Foundation of America (AFA) is proud to announce its participation in Macy’s “Shop for a Cause” campaign. Just purchase a $5 shopping pass and on Friday, August 28 and Saturday, August 29, enjoy 25 percent off all day at any Macy’s store nationwide. The $5 purchase price will be donated back to AFA.

To purchase a shopping pass, call Andy Koleba, special events program coordinator, at 866-232-8484 x126.

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