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.
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

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, July 21 at 3:45. Call Amy at 241-0770 to confirm.

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

Haircare Services — Monday, July 13. Please call Amy at 241-0770 to make an appointment with Patti. Payment required at time of service.

Tea-time is a delightful event at MSH! Carmela, above, and Elaine, below, enjoy and encourage.

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The Beauty of Community Support for Those Aging in Westchester

Many people come to and decide to age in Westchester because of the resources and sense of community available. Family Services of Westchester is committed to meeting the needs of the elders in our community through a variety of programs. RideConnect, one of these programs, works with community volunteers to help older adults maintain their independence and mobility by providing accessible and responsive transportation options to those in need. When community members come together it is amazing to see how those who offer the assistance and those who receive it benefit. A perfect example is right here in Northern Westchester.

Mr. Bubser of Bedford Hills uses RideConnect to continue to volunteer, shop and maintain what is most important to him in his life. He shared, “RideConnect is an excellent service. Unfortunately, I can no longer drive. By being able to get these rides, my quality of life has greatly improved. Their volunteers are always on time, courteous and the ease of making reservations on the phone is a plus. My wife had dementia and I was her caregiver for many years until she died. I then fell into a deep depression. To help pull myself out of it, I made sure I got out of the house and started volunteering in the community and found that helping others and seeing them improve has caused me to improve. I exercise regularly, teach classes on deep breathing, take classes on stress management and work at the transitional care unit at a local hospital. Being involved with others on this level has helped me continue to lead a very fulfilling life.”

Pat Jordan also volunteers at MSH. Here she shares her talents as actress, singer and music lover to run a Music & Memory program.

Patricia Jordan, from Mount Kisco sees the benefits from the other perspective, as a driver. When I started volunteering with RideConnect three years ago, my main objective was to help older people maintain their independence and remain in their own homes - and how better to do that than to help them to remain active participants within the communities of which they are a part? What I didn’t realize was how enriching the experience would be. I have met dozens of wonderful people who are so grateful for the help we at RideConnect are able to provide. What they don’t realize is how grateful I am to them and be even a small part of their lives. I’ve learned so much from these men and women!”

To get involved in FSW’s RideConnect community please contact Karen Ganis, Program Director, RideConnect at (914) 864-0955 or Kganis@fsw.org.

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