MAY 2015

DIRECTOR’S CORNER

Dear MSH Participants, Caregivers, Colleagues & Friends:

“Life, even in the hardest times, is full of moments to SAVOR. They will not come this way again, not in this way.” Paul Rinehart

I started my life at MSH in 2004 as a seasoned but naïve Social Work intern from Fordham University. My Fordham advisor understood my desire to work with older adults and my passion for serving individuals during the winters of their lives. End of life issues resonated with me; I wanted to make the last chapter of one’s life as rich and meaningful as the first chapter. She advised me not to apply for an internship in a Hospice setting, but to pursue an internship at an intergenerational program called My Second Home. This wise advisor knew already what would be inevitable.

When I walked into MSH for the first time, I loved it! It was a place filled with hope, love, laughter and support, all of the ingredients found at the beginning of one’s life journey. The rest is history. I became the full-time Social Worker in 2005 and amazingly appointed the Director in 2007. I have had opportunities that I never thought possible, and an encore career that has brought meaning and a true sense of fulfillment. I have savored every moment….

With both pride and sadness, I would like to share with you that I am leaving MSH as of May 13, 2015 in order to pursue opportunities in Hospice care, the initial goal I had when I enrolled in the MSW program in 2003. I feel comfortable leaving at this time because of the incredible dedication and work ethic of the MSH staff and the milestones we’ve been able to achieve together over the last ten years.

FSW has appointed Karen Bisignano, another LMSW from Fordham, as MSH’s new Director. Ms. Bisignano is excited about the opportunity to continue and strengthen our mission and will start at MSH on May 1, 2015. She brings dedication and passion to working with older adults and strong support for our staff in providing compassionate care to our participants in a joyful, supportive and safe environment.

“It is only with Gratitude that Life becomes Rich.” Dietrich Bonhoeffer

I leave MSH feeling so “rich” and hope that I have in some way brought richness into your lives.

Until we meet again….

Baci,

Rina

2015 HOLIDAYS

Sat, May 23 & Mon, May 25 - Memorial Day
Fri, Jul 3 & Sat, Jul 4 - Independence Day
Sat, Sept 5 & Mon, Sept 7 - Labor Day
Mon, October 12 - Columbus Day
Thurs Nov 27, Fri Nov 28, Sat Nov 29 - Thanksgiving
Fri Dec 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.

- Disinfectant Wipes
- Personal Wipes
- WetJet supplies
- Bird seed
- Large wooden frames without glass
**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.

**Hot Topics** — These discussion groups on Tuesdays and Thursdays can cover any topic!

**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 Thursday morning Margaret teaches yoga and meditation.

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

**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.

**Caregiver’s Support Group** — The meeting will be Tuesday May 19 at 3:45. Call Margaret at 241-0770 to confirm.

**Podiatrist** — Tuesday, June 25. Please call Teri at 241-0770 to make an appointment with Dr. O’Hanlon.

**Haircare Services** — Monday, June 8. Please call Amy at 241-0770 to make an appointment with Patty. Payment required at time of service.

Claudia faithfully participates in Zumba every week. It seems to be a favorite of many participants!

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**MAY 2015**

**Evening Edition**

During the Intergenerational portion of Evening Edition, participants meet with the kids and learn about a different state each Monday and then do an activity together. We recently visited Kentucky and in honor of the Derby and all of its traditions, the group made extravagantly goofy hats and posed for a fun photo. Evening Edition meets on Mondays and Wednesdays from 3:00 to 7:00 and includes discussions of current events, intergenerational activities, exercise, and a meal together. For details, contact Dan Jackson at djackson@fsw.org.

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
- Flexibility
- Valid Driver’s License
- Patience

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

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**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