Director’s Corner
Dear Participants, Caregivers, and Friends;

"By all these lovely tokens September days are here, with summer’s best of weather and autumn’s best of cheer."

— Helen Hunt Jackson

I love September! The dog days of August are behind us and it’s a perfect month for weather. You would never have heard me claim I loved September as a child because it meant that school was about to start, but I find it comforting that certain things happen at certain times. Living in the Northeast, September comes and kids go back to school. The constancy of the seasons for me is reassuring. Even when life is topsy-turvy and we are thrown into living “new normals” we can depend on the changing of the seasons which stay steady. Even though one of our most horrific human experiences occurred in September, we can still experience joy. One of my grandsons was born on September 11th, 10 years later. And so, life moves and the seasons come and go, and life is up and down and happy and sad. September is here and it is beautiful! Enjoy!

My best to everyone,

Karen

“When the seasons shift, even the subtle beginning, the scent of a promised change, I feel something stir inside me. Hopefulness? Gratitude? Openness? Whatever it is, it’s welcome.”

— Kristin Armstrong

Celebrate Aging!
The third annual Westchester “Celebrate Aging” Livable Communities Village Fair will be held on Wednesday, Sept. 16th from 10 a.m. to 2 p.m. at the Mount Pleasant Community Center, located at 125 Lozza Drive in Valhalla.

In addition to all types of exhibitors, including health and wellness companies, elder care attorneys, financial service agencies, elderly care attorneys, financial service companies, and recreational businesses geared to seniors, the day will also feature fun interactive activities, such as making (and tasting) healthy smoothies, therapeutic massage, audiology screening and more. Walgreens will be at the Fair giving flu shots and participants will also be able to experience Westchester’s innovative Telehealth Intervention Program for Seniors (TIPS), where they can monitor their vital signs and get a full benefits assessment.

There will be entertainment throughout the day including a Storyteller, Sing-along, and Tai-chi demonstration, and free lunch.

This event is co-sponsored by the county’s Department of Senior Programs and Services and it’s Age-Friendly Livable Communities Sustainability Collaborative and by the Westchester Public/Private Partnership for Aging Services.

For more information and reservations, contact Monica Vargas at 914-813-6408 or mqv8@westchestergov.com.
This Month

Caregiver’s Support Group  Every other Tuesday: Sept. 1, 15, and 29, at 3:45 p.m.  Call Amy at 914-241-0770 to confirm.

Podiatrist   Tuesday, Nov. 10. Call Amy at 914-241-0770 to make an appointment with Dr. O’Hanlon.

Haircare Services  Monday, Sept. 21. Please call Amy at 241-0770 to make an appointment with Patti. Payment required at time of service.

September Birthdays

Maria V  Rosa C  Teresa D  Ilinca R  Maria A  Diddy C  Edith V

2015 Holidays


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
• Plain white silk scarves
• Disinfectant Wipes
• Personal Wipes
• Boxes of tissues

Important Contacts

• 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
• RideConnect  914-242-7433

2015 Walk to End Alzheimer’s

My Second Home has formed a team to walk in the Alzheimer’s Association fundraiser in White Plains on Sunday, Oct. 4. Registration begins at 9 a.m. with a ceremony at 10 a.m. The Walk starts at 10:15 a.m and will cover 3 miles beginning at the White Plains High School (550 North Street, White Plains, NY 10601, on the Bryant Ave. entrance side). Join our team! Contact Dan Jackson at djackson@fsw.org or call My Second Home at 914-241-0770.

Outdoor fun at Evening Edition

This summer our late-afternoon program (meeting from 3-6 p.m.) spent some time outside relaxing with friends. Carrie and Jack enjoyed having Ashley, our summer intern from Cornell. Evening Edition also celebrated the end of the season with a BBQ for both participants and caregivers. Everyone enjoyed the food and the company on a warm summer evening.

For more information about Evening Edition, contact Karen Bisciglano or Dan Jackson at djackson@fsw.org or call My Second Home at 914-241-0770.