Director's Corner

Dear Participants, Caregivers, and Friends;

How did it get so late so soon? It's night before it's afternoon. December is here before it's June. My goodness how the time has flown. How did it get so late so soon?

— Dr. Seuss

I think this is a great time of year for whimsy with the holidays upon us and the New Year around the corner. Our sense of humor must always be handy. The reality of short days is very real. We are all feeling the shortness of our late fall days. No more so than our participants who look more eagerly and anxiously at the end of the day to head home. This time of year is a time for families, of hearth and home and reflection of another year passed. I have only spent 7 months of the year with everyone, but they have been 7 wonderful months for me, of getting to know our participants, their caregivers and our wonderful staff. Time keeps moving and the short days will again become long days. So as we move through each and every day of this coming winter, we at My Second Home move forward with our sense of humor and whimsy for days shared activities and experiences. In the end, short or long, it’s a good day.

My best to everyone,

Karen

“Good humor is a tonic for mind and body. It is the best antidote for anxiety and depression. It is a business asset. It attracts and keeps friends. It lightens human burdens. It is the direct route to serenity and contentment.”

— Grenville Kleiser

December Birthdays

Dora K
Hyacinth J
Christa K
Robert G
Gretye M

We celebrated Ruth’s centennial birthday with her in November!

Upcoming

Caregiver’s Support Group
Tuesday, Dec. 15, from 6:00–7:30 p.m.
Call Amy at 914-241-0770 to confirm attendance.

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

Podiatrist
Tuesday, Jan. 12, 2016.
Call Amy at 914-241-0770 to make an appointment with Dr. O’Hanlon.

Upcoming Holidays

Fri. & Sat., Dec. 25 & 26: Christmas
Evening Edition is canceled Mon., Dec. 28.
Fri. & Sat., Jan. 1 & 2, 2016: New Years

Friends Teresa and Victoria spend a happy moment together on the couch.
Wish List
Because we are not-for-profit, there are always needs for which money may not be available. We’re grateful that you help support this important and unique program with your charitable donations.
• Bingo prizes (costume jewelry is a favorite)
• Plain white silk scarves
• Disinfectant wipes
• Personal wipes
• Boxes of tissues

Senior Events
Westchester County’s Department of Senior Programs & Services offers many events each month. For more information, check out their calendar of events at www.westchestergov.com or call 914-813-6400.
Here are just a few things happening in December for seniors:
NEW! Senior Learn-to-Swim Class
• YWCA White Plains & Central Westchester, 515 North Street, White Plains, NY 10605
Wednesdays, Dec. 9, 16, 23 • 12–12:40 pm

Holiday Cavalcade of Stars
• Thursday, Dec. 10 • 11:30 am

SISTER ACT Holiday Classical Recital
• The Furuya Sisters & The Yogaratnam Sisters Perform Bach, Chopin, Schubert, Mendelssohn, Saint-Saëns, and more
Yonkers Public Library Will Branch at 1500 Central Park Ave., Yonkers, NY
Monday, Dec. 21 • 6:30–7:30 pm

More Support
The Alzheimer’s Association offers support groups that are free and open to the public, but pre-registration is required. For exact location, support group leader contact information, and general questions, please call 1-800-272-3900.

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

Milo Visits Evening Edition
Milo, the pet therapy dog, and his human, Chris, visit the after-school children and seniors at Evening Edition once a month. Our volunteer Dave recently read a story about Thanksgiving while Milo and the adults listened.
Evening Edition meets on Mondays from 3:00–6:00 p.m. and includes current event discussions, Intergenerational activities, light exercise, and a social time over snacks. For more information about Evening Edition, contact Karen Bisignano or Dan Jackson at 914-241-0770, or email Dan at djackson@fsw.org.

Share Your Story
Caring for a loved one is a demanding job, and every little bit of help and support can make a difference. AARP is asking you to honor the family caregiver you know by surprising them with a random act of kindness. It doesn’t have to be complicated or costly — just a small gesture that makes him or her feel appreciated and loved. Afterwards, share your story (in 150 words or less) and post a photo on AARP’s website. The top 12 submissions judged to be the most original, creative and impactful will share a $10,000 prize pot. You can enter the contest once a week. Check out the details on the AARP website at www.aarp.org.