Director’s Corner

Dear Participants, Caregivers, and Friends;

“Most people, early in November, take last looks at their gardens, are then prepared to ignore them until the spring. I am quite sure that a garden doesn’t like to be ignored like this. It doesn’t like to be covered in dust sheets, as though it were an old room which you had shut up during the winter. Especially since a garden knows how gay and delightful it can be, even in the very frozen heart of the winter, if you only give it a chance.”

— Beverley Nichols

As mother-nature would have it, we are not in a deep freeze. The groundhog has come out and it seems we will be blessed with an early spring. Poetry lends many meanings to the reader and for me this poem makes me think of those we serve here every day at My Second Home. It is so heartwarming to witness the many chances given each and every day, by our wonderful staff, our volunteers, interns, the children and by the caregivers at home.

My best to everyone,

Karen

“Winter is the time for comfort, for good food and warmth, for the touch of a friendly hand and for a talk beside the fire: it is the time for home.”

— Edith Sitwell

Holiday

We will be closed on Monday, February 15 for Presidents Day.

February Birthdays

Cathie W.
Olga D.
Terea T.
Judy G.
Patricia W.

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, as you can see below)
- Artificial/silk flowers (for arts & crafts)
- Disinfectant wipes
- Personal wipes
- Boxes of tissues

Matthew and Fanny work as a team playing BINGO and the results are a prize for Fanny! Christine helps her choose her necklace.

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Upcoming

Caregiver’s Support Group
The next meeting will be Tuesday, Feb. 16, from 6:00–7:30 p.m. Call Amy at 914-241-0770 to confirm attendance.

Haircare Services Monday, Feb. 22.
Please call Amy at 241-0770 to make an appointment with our new hairdresser, Maria Devito, and to discuss the new rates. Payment is required at time of service.

Podiatrist Tuesday, March 15.
Call Amy at 914-241-0770 to make an appointment with Dr. O’Hanlon.

Overheard
While sitting in their office while the parade of preschoolers toddled by after their singing time with the seniors, a staff member overheard 2 girls talking. “That was fun!” said one; “It’s a nice place to go” was her friend’s reply.

Evening Edition

Evening Edition participants have been learning about the states one-by-one with our after-school friends from the Mount Kisco Child Care Center. Each week we choose a state to focus on and find out facts about it, watch video clips promoting it, and then engage in an activity having to do with some aspect of that state’s tourist attractions or culture. Can you guess what state we were learning about from the activity above? Hint: One of the president’s heads on our version of Mt. Rushmore is a relative to the Roosevelt who should be on the clay mountain.

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.

Taking Care of the Caregiver

Respite care can help you as a caregiver by providing a new environment or time to relax. It’s a good way for you to take time for yourself.

Respite care can provide:
• A chance to spend time with other friends and family, or to just relax
• Time to take care of errands such as shopping, exercising, getting a haircut or going to the doctor
• Comfort and peace of mind knowing that the person with dementia is spending time with another caring individual

Respite care services can give the person with dementia an opportunity to:
• Interact with others having similar experiences
• Spend time in a safe, supportive environment
• Participate in activities designed to match personal abilities and needs

Article from the Alzheimer’s Association website.
Read more at www.alz.org/care/

Important Contacts
• MLTC Complaint Line 1-866-712-7197
• 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 County’s Department of Senior Programs & Services offers many resources and services. For more information, check out their website at www.westchester.gov or call 914-813-6400.

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