Director’s Corner

Dear Participants, Caregivers, and Friends;

“Let our New Year’s resolution be this: we will be there for one another as fellow members of humanity, in the finest sense of the word.”

— Goran Persson

We have all spent the holiday time reflecting on 2015, trying to shed the memories of the negative things we leave behind, while looking forward to the promise of the year to come. Here at My Second Home the moments come and go quickly along with the changes we see in our participants who share life with us. In the smaller world of My Second Home the staff and volunteers live by the resolution mentioned above. We all must show up and be there for each other each and every day. The staff has to do this in order to keep our participants safe, motivated, social and respected. But we all owe this to every person we come across in our lives every day. Secondly, to enjoy the precious moments we are privileged to share with everyone, every day. Have a very happy & healthy New Year!

My best to everyone,

Karen

“There are only two days that nothing can be done. One is called yesterday and the other is called tomorrow, so today is the right day to love, believe, do and mostly live.”

— Dalai Lama

Upcoming Holidays

We will be closed on the following holidays:

Monday, January 18: Martin Luther King Jr. Day

Monday, February 15: Presidents Day

Upcoming

Caregiver’s Support Group

The next meeting will be Tuesday, Jan. 12, from 6:00–7:30 p.m.

Call Amy at 914-241-0770 to confirm attendance.

Haircare Services

Monday, Jan. 25.

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, Jan. 12, 2016.

Call Amy at 914-241-0770 to make an appointment with Dr. O’Hanlon.

January Birthdays

Grace C
Gladys T
Mohani D
Bea P
Peggy F
Jerry S

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My Second Home

• 2014 National Adult Day Services Association Adult Day Center Award for an outstanding program

• 2014 MUSIC & MEMORY™ Certified Care Facility Partner


• 2011 MindAlert Award from American Society on Aging and the MetLife Foundation

• 2010 Recognized by the Alliance for Children & Families for Innovation in Serving Older Adults

• 2008 Winner of National Best Practices Award by MetLife Foundation and Generations United

• 2007 Non-profit Agency of the Year, Mt. Kisco Chamber of Commerce
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)
• Artificial/silk flowers (for arts & crafts)
• Disinfectant wipes
• Personal wipes
• Boxes of tissues

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.

RideConnect
RideConnect and the Westchester Philharmonic are helping older adults attend some beautiful musical performances. If you would like to offer a ride, or if you know someone in need of a ride, contact Karen Ganis at 914-242-7433 or email kganis@fsw.org.

As a token of appreciation, the Westchester Philharmonic is offering volunteer drivers a 50% discount on the price of the ticket to these events.

www.RideConnectWestchester.org
www.WestchesterPhil.org
Performances are held at the Performing Arts Center at Purchase College, 735 Anderson Hill Road, Purchase, NY.

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 County’s Department of Senior Programs & Services offers many resources and services. For more information, check out their website at www.westchestergov.com or call 914-813-6400.

Holiday Concert at Evening Edition
The participants of Evening Edition had a holiday treat when the a cappella choir from Fox Lane High School came to give both seniors and children a wonderful concert. Festive moods were contagious at this event and dancing did ensue!

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.

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.