Director’s Corner

Dear Participants, Caregivers, and Friends;

“The March wind roars, Like a lion in the sky, And makes us shiver As he passes by, When winds are soft, And the days are warm and clear, Just like a gentle lamb, Then spring is here.”

— Author Unknown

As I write my director’s corner for March, a winter weather event is upon us here at My Second Home. The sky is very grey and the snow and sleet are blowing on an angle to the ground. We’ve been fortunate this winter so far. Not so many snowy days. Anticipation is within us and all around us, for brighter days and warmer air. Maybe the lion will continuing roaring until April and spring. In any event, inside where we are warm and together, the seasons do not matter. It is the doing in the moments we share no matter what the season outside.

My best to everyone,

Karen

“It was one of those March days when the sun shines hot and the wind blows cold: when it is summer in the light, and winter in the shade.”

— Charles Dickens

Walk With Us!

The Alzheimer’s Association has announced their annual fundraiser for Sunday, Sept. 25, 2016 in White Plains. Last year the two My Second Home locations combined staff and supporters to raise nearly $5000 for the Walk to End Alzheimer’s. Save the date and join us this year to raise more awareness and funds for this important cause. Contact Dan Jackson at 914-241-0770 (djackson@fsw.org) or Joan Nimmo at 914-422-8100 (jnimmo@fsw.org) for details and to reserve your spot on the team. It’s not too soon!

An Online Resource for Alzheimer’s and Dementia Caregivers

The Alzheimer’s Reading Room (ARR), offers “real life” solutions to problems that Alzheimer’s caregivers face each day. The goal of the ARR is to educate and empower Alzheimer’s caregivers, their families, and the entire Alzheimer’s community. It has been ranked #1 by Healthline in the Best Alzheimer’s Blogs of 2012, 2013, 2014, 2015; and rated Best in Health on Google Plus by Wego Health.

The Alzheimer’s Reading Room Knowledge Base is searchable and contains more than 5,100 articles. These articles were written to answer and address the most difficult problems and issues faced in Alzheimer’s and dementia care. To visit Alzheimer’s Reading Room, go to alzheimersreadingroom.com.

Phone support is available as one of the many resources on the site. For more information, visit www.alzheimersreadingroom.com/2016/02/alzheimers-phone-support-for-caregivers.html.

Upcoming

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

Haircare Services Monday, March 21. Please call Amy at 241-0770 to make an appointment with our hairdresser, Patti. 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.

My Second Home is a program of Family Services of Westchester
Evening Edition

Young and old alike look forward to our monthly visit with Milo, our pet therapy dog, during the Intergenerational portion of the Evening Edition program. At a recent meeting, Milo greeted us with enthusiasm and caused many grins.

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.

Alzheimer’s Foundation of America

Concepts in Care Conference

Register for AFA’s Spring 2016 Concepts in Care Educational Conference, coming to New York City on May 13. The free event is designed to educate family and professional caregivers and to provide tips and strategies to assist them in their caregiving journey. Sponsored by Eli Lilly and Company, this event will feature noted Alzheimer’s researcher Peter Davies, Ph.D. and palliative care expert R. Sean Morrison, M.D. In addition, panels of intergenerational caregivers will discuss their experiences caring for loved ones with Alzheimer’s disease. The conference will also offer on-site recreational therapies for individuals with Alzheimer’s disease and related illnesses. For more information and to register, visit their website at alzfdn.org.

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)
- Stretch pants
- Bird food
- Artificial/silk flowers (for arts & crafts)
- Disinfectant wipes
- Personal wipes
- Boxes of tissues

March Birthdays

Lewis G.
Victoria P.
Bruce G.
Angelina D.
Elaine F.
Eleanor W.

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.westchestergov.com or call 914-813-6400.

Golden Years Healing Foundation

a new non-profit organization

The mission of Golden Years Healing Foundation (GYHF) is to provide complimentary alternative healing to our elders. With the assistance of volunteer healers from a variety of alternative modalities such as: reiki, energetic healing, elder care massage, reflexology, aromatherapy, guided imagery, etc. This service is a way to offer support, comfort, healing and respect to our older generation. Please contact Anne Martel at 914-482-2860 for more information.