Director’s Corner

Dear Participants, Caregivers, and Friends;

“The month of November makes me feel that life is passing more quickly. In an effort to slow it down, I try to fill the hours more meaningfully.”

— Henry Rollins

How easy it is for all of us to get caught up in feeling that time is passing so quickly when it feels as if spring had just sprung and summer’s heat was upon us like a heavy winter coat. Time is constantly moving and moving and moving. So living in the right here and right now is the thing that helps us feel as if we slow down time. I understand the feeling like wanting life to rush forward, especially when caring for our loved one whose difficulties only make our living harder. I felt that way so strongly when my mother was battling a recurrence of lung cancer. I wanted her here, but I wanted the stress to end. When I could breathe deeply and just focus on our small happy moments, then I have to say, I felt less stressed. How meaningful your everyday is with all of the great care you provide. Enjoy this day, and every day.

My best to everyone,

Karen

“Eventually all the pieces fall into place. Until then, laugh at the confusion, live for the moment and know everything happens for a reason.”

— Anonymous

Candle Lighting

Our 8th Annual Candle Lighting Evening will be Friday, Nov. 13 from 6 to 8:00 p.m. at My Second Home. More information will be sent with the invitation you will receive, or call Amy for further information at 914-241-0770.

Birthdays

Jack’s daughter Christine recently joined participants and caregivers at Evening Edition to celebrate Jack’s birthday (with delicious apple pie and cider).

Tag & Bake Sale

Mark your calendar to support My Second Home on Sunday, Nov. 22 from 10:00 a.m. to 3:00 p.m. The Tag & Bake Sale will take place at My Second Home at 95 Radio Circle, in Mt. Kisco.

Participants with birthdays in November:

- David T
- Rosemarie C
- Lewellyne W
- Ruth B
- Joan H
- Marie M
- Kitty C
- Margie C
- Claudia S
- John K

Upcoming

Caregiver’s Support Groups

Spouses meet every third Tuesday of the month (Nov. 17) from 3:45–5:00 p.m.

Adult children meet every other Tuesday (Nov. 10, 24) from 6:00–7:30 p.m.

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

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

Haircare Services Monday, Nov. 16. Please call Amy at 241-0770 to make an appointment with Patti. Payment is required at time of service.

My Second Home is a program of Family Services of Westchester

Karen Bisignano, LMSW, Director | 914-241-0770 | 95 Radio Circle, Mount Kisco, NY 10549 | www.fsw.org
2015 Holidays
Thurs, Fri, Sat, Nov. 26–28: Thanksgiving
Fri & Sat, Dec. 25 & 26: Christmas

Remember Dec. 4
A reminder to come into your participating TD Bank Store on Friday, Dec. 4, to count your change at their Penny Arcade Coin Counting Machine, and they will waive the fee and match coins counted up to $2,000 to benefit My Second Home.

Wish List
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

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 Department of Senior Programs & Services 914-813-6400

Above: Laughter and smiles were part of the autumnal floral arrangements made with pumpkins as vases at a horticultural activity.

Right: Our seniors and the children enjoyed a Halloween visit with Hearst, our canine therapy friend.

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