Director’s Corner

Dear Participants, Caregivers, and Friends;

“And the Spring arose on the garden fair,
Like the Spirit of Love felt everywhere;
And each flower and herb on Earth’s dark breast
Rose from the dreams of its wintry rest.”

— Percy Bysshe Shelley

April is here! Dare we hope that the wintry weather is finally behind us? There is nothing like spring to make you feel rejuvenated and hopeful. It is easier to get around and to move unencumbered by coats, and hats and scarves and slippery walkways. There is lots going on here at My Second Home and all of us look forward to ushering in the new season with all of you.

My best to everyone,
Karen

“Spring is when life’s alive in everything.”

— Christina Rossetti

April Birthdays

Mount Kisco
Agnes B
Anne F
Shirley F
Sarah C
Patricia S
Karen H

White Plains
Bobby A
Mary E
Barbara S

Upcoming

Mount Kisco
Hair Care Services  Monday, April 23. Call 914-241-0770 to make an appointment with our hairdresser, Patti. Payment is required at time of service.

Podiatrist  Tuesday, April 24. Call 914-241-0770 to make an appointment with Dr. O’Hanlon.

Caregiver Support Groups
Next support group date to be determined.

White Plains
We are now open the 2nd and 4th Saturdays of each month (April 14 and 28), from 9 am – 4 pm.

Caregiver Support Groups
Tuesday, April 10: 10:00 – 11:30 am
Tuesday, April 24:  5:30 – 7:00 pm
Call 914-422-8100 to RSVP for the evening group. There is a $10 fee to cover dinner and extra staff time for the day participant during the caregiver’s meeting.

Podiatrist  Tuesday, May 1. Call 914-422-8100 to make an appointment with Dr. O’Hanlon.

There’s always something fun happening at My Second Home!
Clockwise from top left: Rose & Pearl baking cupcakes for our St. Patrick’s Day party; Ed, Chris & Mike enjoying Poker Club; students from Seven Bridges School entertaining us; DW giving Hilda and Joyce a manicure.

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Wish List
Because we are not-for-profit, we’re grateful that you help support this important and unique program with your charitable donations.

- Bingo prizes
- Towels (new or used)
- Bird food
- Disinfectant and personal wipes
- Boxes of tissues

My Second Home
Karen Bisignano, Senior Director
Mount Kisco: 914-241-0770
White Plains: 914-422-8100
www.fsw.org/msh

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 24/7 Helpline 1-800-272-3900
- Local Westchester Alzheimer’s Association Chapter 914-253-6860
- The New York State Office for Aging 1-800-342-9871
- Westchester County’s Department of Senior Programs & Services www.westchestergov.com or call 914-813-6400

Evening Edition
Our participants show off fashionable friendship bracelets that they made and exchanged with their after-school friends.

Evening Edition is an innovative program for those who have concerns about their memory and are eager to enhance their cognitive functioning. We meet on Mondays from 3:00–6:00 p.m. at the Mount Kisco location. For info, contact Karen Bisignano or Dan Jackson at 914-241-0770, or email Dan at djackson@fsw.org.

Happy Spring!
Our horticulturist volunteer, Nancy, did a wonderful job helping us make beautiful Easter/Passover flower arrangements to celebrate Spring! These are a few of the budding florists proudly displaying their creative works of art.

Staff Updates
Promotions at the Mount Kisco location include: Ellen Bren, Program & Activities Coordinator; Teresa DeFabio, LMSW, Social Worker; and Marcia Quezada, Senior Program Assistant. Congratulations!