December Birthdays
Mount Kisco
Hyacinth J
Charlie L
Christa K
Brian M
Bud D
White Plains
Joe D
Faye P
Karin F
Lindsey V
Carol W

For Veterans Day, we honored and thanked our vets with breakfast at IHOP and a delicious cake.

Director’s Corner

Dear Participants, Caregivers, and Friends;

“When you choose joy you feel good, and when you do good you feel good & when you do good it reminds others what joy feels like & it just might inspire them to do the same.”

— homegrownhospitality.typepad.com

The holiday season is upon us as well as the season of wintry weather. When it comes to the weather, please pay attention on wintry weather days for a call regarding if we will remain open or not. The staff and I typically assess the day of a wintry weather event early in the morning. If the program is on a delay, or cancelled, you will receive a call from someone in the program letting you know. You can also pay attention to WHUD or Channel 12 as we post our delay/open/closed status by 6:00 a.m. typically. If inclement unsafe weather starts during the day, we make a decision based on safest time to send all our participants home and/or close the program, for caregivers who pickup at the end of the day. Please keep in mind, even though the roads may be paved, often walkways and steps remain slippery. We do not send out our transportation vans or buses in these situations as it might prove unsafe for our participants. A message will be left on the phone voicemail system if there is a delay or cancellation as well.

Additionally, please note on Friday, December 22nd, My Second Home Mount Kisco and White Plains will be closing early for the holiday weekend and we will begin expediting transportation participants at 1:30 p.m. and all participants must be picked up by 2:30 p.m. This will give all of our staff a bit of extra time to shop for the holiday. My Second Home reopens, Tuesday, December 26th.

I am wishing everyone a very happy and healthy holiday season!

Karen

“One kind word can warm three winter months.”

— Japanese Proverb

Holidays
My Second Home will be closed Saturday and Monday, Dec. 23 and 25, for Christmas. Please also note that we will be closing early on Friday, Dec. 22 (see details in Karen’s message at left).

We will be open on Saturday, Dec. 30, but closed on Monday, Jan. 1, for New Year’s Day.

Upcoming

Mount Kisco
Hair Care Services  Monday, Dec. 11.
Call 914-241-0770 to make an appointment with our hairdresser, Patti. Payment is required at time of service.

Podiatrist  Tuesday, Dec. 12.
Call 914-241-0770 to make an appointment with Dr. O’Hanlon.

Caregiver Support Groups
Saturday, Dec. 2: 2:30 pm
Saturday, Dec. 16: 2:30 pm
Call 914-241-0770 to RSVP for support groups.

White Plains
The White Plains location is now open 9 am – 4 pm the Second Saturday of each month.

Caregiver Support Group
Tuesday, Dec. 12: 10:00 – 11:30 am
Call 914-422-8100 to RSVP for the support group.

Evening Edition
This support group for participants meets on Mondays from 3:00–6:00 p.m. at the Mount Kisco location. The program includes current event discussions, an activity with the after-school kids, exercise, and a social time for conversation over snacks. For more info about Evening Edition, contact Karen Bisignano or Dan Jackson at 914-241-0770, or email Dan at djackson@fsw.org.

December Birthdays

Journal News

December 2017
There's always something fun happening at My Second Home!
Clockwise from upper left: Helen helps Christa learn the art of origami; Marguerite and Grace share a laugh; Gary Kahn entertains us with his music; Carmela ponders a game of Picture Bingo; the kids work with Lou on a Veterans Day craft; and the Engage volunteers lead us in a fun sing-a-long.

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 (costume jewelry is a favorite)
• Towels (new or used)
• Winter holiday flowers & ribbons
• Ink stamp pads (any color)
• Bird food
• Disinfectant and personal wipes
• Boxes of tissues

Home Health Care
My Second Home @ Home — Home Health Care Services of FSW, with Home Health Aides trained by Joan Nimmo, LCSW of MSH in White Plains. For information call Karen Bisignano 914-241-0770.

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
Free referral information, paralegal guidance, and information about support groups in Westchester
• 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

Tips for a Great Holiday Season
By Angil Tarach-Ritchey RN, GCM / Alzheimer’s Reading Room
When you are a caregiver of a spouse or parent with Alzheimer’s, the holiday season can be overwhelming. A little understanding and preparation can make the holiday season enjoyable and special.

Involve your loved one in the preparation. You can give your loved one small task such as signing holiday cards, hanging ornaments on the tree, assisting with holiday baking and cooking, sorting decorations, flower arranging, table setting, and household chores, such as folding laundry and dusting.

Plan their involvement during family gatherings. Peeling vegetables, stirring ingredients, folding napkins, helping set the table, passing out gifts, can all benefit you and your loved one’s holiday experience.

Visit the website (www.alzheimersreadingroom.com) for more tips to make the holidays great!

Help for Caregivers
Family members who are caring for a parent, spouse or other relative will find support services in the programs from the Westchester County Department of Senior Programs and Services (DSPS).

For information on their programs, visit www.eniocitizens.westchestergov.com/caregiving