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

It's the time of year here, in New York at least, for warm fires, carols, family, friends, and children. We have some special holiday activities scheduled for our participants with our children and without. We look forward to the coming New Year and spending our days with our participants. Here's wishing all of you a wonderful holiday season and the happiest of New Years!!

My best to everyone,

Karen

“One kind word can warm three winter months.” — Japanese Proverb

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!

Holidays

My Second Home will be closed on Saturday, Dec. 24, and Monday, Dec. 26, for Christmas. We will also be closed Saturday, Dec. 31, and Monday, Jan. 2, 2017, for New Years.

**December Birthdays**

Hyacinth J. Christa K. Brian M.

**December 2016**

Hearst, one of our pet therapy dogs, brings smiles to both seniors and toddlers sharing the couch.

Sy and Judy have been married 61 years. Here they enjoy challenging each other — and Christine — in a game of Scrabble.

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Grace learns some tech tips from Jenny, a student volunteer. Teens from Pace University are regularly meeting with some of our participants to help them learn how to navigate apps on their technology devices.

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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
- Disinfectant wipes
- Personal wipes
- Boxes of tissues

Kerry, Tanya and Ni’chlah wrap Sasha up as a mummy in a team building joint staff meeting between My Second Home and Mount Kisco Child Care Center.

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
- The Alzheimer’s Association offers support groups. For exact location, support group leader contact information, and general questions, please call 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 www.westchestergov.com or call 914-813-6400

Evening Edition
In our Intergenerational portion of Evening Edition, the participants and after-schoolers have been studying a different state each week and slowly working through all 50. After facts, interesting highlights, and videos about each state, we often work on a craft project involving something about that state. Below, Jeanette and Ella work on art in recognition of all the sunflowers grown in the state of North Dakota.

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.

During Breakfast Buddies, James gets some help from his friend Grandpa Brian. When James finished, he shouted with a smile, “I finished my breakfast!”

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