

## Director's Corner

Dear Participants, Caregivers, and Friends;

*"Most people, early in November, take last looks at their gardens, are then prepared to ignore them until the spring. I am quite sure that a garden doesn't like to be ignored like this. It doesn't like to be covered in dust sheets, as though it were an old room which you had shut up during the winter. Especially since a garden knows how gay and delightful it can be, even in the very frozen heart of the winter, if you only give it a chance."*

— Beverley Nichols

Even though many poets write with intent, I prefer to think on my own thoughts and feelings when I read one. The one I chose for February, because it was listed as a "February" poem struck me. Seems it may be talking about all the wonderful people we see here at My Second Home every day. Time and issues change all of us but still we need to give everyone a chance. There is so much still there to experience and share even though it looks as though there may not. What do you think?

February is already here! By the time you read our newsletter the ground hog will have either seen or not seen his shadow. I hope he doesn't see it!

My best to everyone!

*Karen*

*"The most wasted of all days is one without laughter." — e.e. cummings*

## Holidays

My Second Home will be closed and there will be no Evening Edition on Monday, Feb. 19, for **Presidents Day**.



Esther and Marcia: Each year members of the Northern Westchester Junior League personally shop for a lucky recipient at Christmas time. We all thank them for years of special gift-giving.



### There's always something fun happening at My Second Home!

Clockwise from above: Grace, Mel, Bob and Bill work with the after-schoolers on a Winter craft project; Breakfast Buddies Agnes and her little friend enjoy a smile together; Joye and Paula work on colorful creative sculptures during our Saturday program.



## February Birthdays

### Mount Kisco

Lucia B  
Lois S  
Lidia P  
Cathie W  
Angela L  
Olga D  
Leonard P

### White Plains

Ada M  
Eloise M  
Sonia R  
Ed G



## 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)
- Ink stamp pads (any color)
- Bird food
- Disinfectant and personal wipes
- Boxes of tissues

My Second Home is a program of Family Services of Westchester



## Upcoming

### Mount Kisco

**Hair Care Services** Monday, Feb. 26.  
Call 914-241-0770 to make an appointment with our hairdresser, Patti. Payment is required at time of service.

**Podiatrist** Thursday, Feb. 15.  
Call 914-241-0770 to make an appointment with Dr. O'Hanlon.

### Caregiver Support Groups

Saturday, Feb. 3: 2:30 pm  
Saturday, Feb. 17: 2:30 pm

Call 914-241-0770 to RSVP for support groups.

### White Plains

The White Plains location is open Sat., Feb. 10, from 9 am – 4 pm.

Beginning in March, we will be open **two Saturdays** – the **2nd** and **4th** – of each month (March 10 and 24).

**Podiatrist** Tuesday, Feb. 27 at 11:30 am  
Call 914-422-8100 to make an appointment with Dr. O'Hanlon.

### Caregiver Support Groups

Tuesday, Feb. 13: 10:00 – 11:30 am  
There will be no evening support group in February.

## 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, activities with the after-school kids, exercise, and social time over snacks. For info about Evening Edition, contact Karen Bisignano or Dan Jackson at 914-241-0770, or email Dan at [djackson@fsw.org](mailto:djackson@fsw.org).

## 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](http://www.westchestergov.com)  
or call **914-813-6400**



The Mt. Kisco staff hosted a Volunteer Breakfast to express our gratitude for their years of help and fresh ideas. Thank you to our wonderful volunteers!

Front row: Dave Bubser, Helen Zhu, Linda White-Ryan, Pat Ryan, Wendy Cox  
Back row: Diane Forte, Nick Fiegoli, Donna Kane, Nancy Taddikan

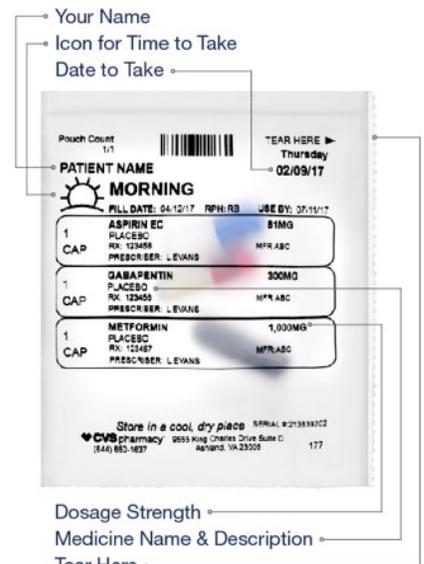
## Individualized Medication Packs

Some 32 million Americans — 10% of the population — are on at least five different prescription drugs. A 2005 study found that half of all Americans on medications don't take them properly, adding \$100 billion a year to U.S. health care costs. (*Forbes*, May 2015)

CVS Pharmacy and companies such as CarePax or PillPack offer prepackaged pills by dosage — organizing them for you by day and time. The company sends your prescription drugs by mail order, but instead of sending all the Lipitor in one bottle and the Simvastatin in another, pills are sorted together into clear plastic wrappers printed with the date and time at which they should be taken.

All your medications are organized into small, convenient packs in a continuous strip, stored in an efficient dispenser box. Simply tear your next scheduled pack(s) from the strip. Each order is custom-filled and individually labeled.

At-a-glance listing of all medications included on the inside of the box. We encourage you to call your pharmacy, CarePax (845-371-6464, ext. 301) or PillPack (855-745-5725) to see if this would give you peace of mind in caring for your loved one.



## Help for Caregivers

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

For information on their programs, visit [www.seniorcitizens.westchestergov.com/caregiving](http://www.seniorcitizens.westchestergov.com/caregiving)



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