**Director's Corner**

Dear Participants, Caregivers, and Friends;

“Another year and another number will be added to your age but what will remain ageless are the memories of times spent with you and the priceless lessons on wisdom that I received from you.”

— Anonymous

Happy New Year Everyone! My grandmother told me years ago when I was a child that when you get to be as old as she — at the time I believe she was 65 — time goes by in a snap. She was so right! We blinked and it’s 2018!

The holidays and changing schedules are behind us, but we are experiencing our wintry cold days and wintry weather. It is imperative, if you are cancelling for the day or if your schedule is changing, that you call and let us know. Especially our participants who use our buses. We’ve had too many issues with drivers showing up for pick-ups and the participant is not there, or they cancel at the door. Planning runs where participants are no-shows to the program is an expenditure we cannot carry. Other arrangements may be requested.

On another note, please take a look here at the wonderful times we had together in December!

Wishing everyone a safe, happy and healthy New Year,

Karen

“There are only two days that nothing can be done. One is called yesterday and the other is called tomorrow, so today is the right day to love, believe, do and mostly live.”

— Dalai Lama

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**Upcoming**

**Mount Kisco**

Hair Care Services  Monday, Jan. 29.
Call 914-241-0770 to make an appointment with our hairdresser, Patti. Payment is required at time of service.

Podiatrist  Tuesday, Feb. 13.
Call 914-241-0770 to make an appointment with Dr. O’Hanlon.

Caregiver Support Groups  Saturday, Jan. 6: 2:30 pm
Saturday, Jan. 13: 2:30 pm
Call 914-241-0770 to RSVP for support groups.

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**White Plains**

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

Caregiver Support Groups  Tuesday, Jan. 9: 10:00 – 11:30 am
Tuesday, Jan. 23: 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.

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**Holidays**

My Second Home will be closed on Monday, Jan. 1, for New Year’s Day, and on Monday, Jan. 15, for Martin Luther King Jr. Day.

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

Clockwise from upper left: Joe and June were among the participants who worked with Engage Westchester volunteers (who provided the tasty edible holiday materials) to make mini gingerbread houses; students from Bell Middle School in Chappaqua came to share their festive cheer; and The Bell Ringers from the Reformed Church in Bronxville gave us a wonderful concert.
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.

On the right, Irene and Regina work with the kids on a Hanukkah craft.

January Birthdays
Mount Kisco
Shelly G
Grace C
Mohani D
Marie M
Bob K
Frances D
Peggy F
Jerry S
White Plains
Moira C
Paula P
Pearl G
Berney G
Mary M
Mort F
Fran F
Frieda C

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

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

A Reminder for Caregivers
A psychologist walked around a room while teaching stress management to an audience. As she raised a glass of water, everyone expected they’d be asked the “half empty or half full” question. Instead, with a smile on her face, she inquired: “How heavy is this glass of water?” Answers called out ranged from 8 oz. to 20 oz.

She replied, “The absolute weight doesn’t matter. It depends on how long I hold it. If I hold it for a minute, it’s not a problem. If I hold it for an hour, I’ll have an ache in my arm. If I hold it for a day, my arm will feel numb and paralyzed. In each case, the weight of the glass doesn’t change, but the longer I hold it, the heavier it becomes.”

She continued, “The stresses and worries in life are like that glass of water. Think about them for a while and nothing happens. Think about them a bit longer and they begin to hurt. And if you think about them all day long, you will feel paralyzed — incapable of doing anything.” Remember to put the glass down.