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

Wowee! Another year is upon us. Time comes and goes so quickly. A lot happens between January 1st and December 31st. What we are making on the eve and the first of January, and every day in between are our memories; some good, and some not so good. One of the best parts of making memories is gaining life lessons and there are a million to be learned from our participants and caregivers all year round. So with that said, let me say thank you. I am grateful for each. Have a very happy & healthy New Year!

My best to everyone,
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

Holidays

My Second Home will be closed Monday, Jan. 16, for Martin Luther King Jr. Day.

Upcoming

Caregiver’s Support Group Tuesday, Jan. 17, from 4:00–5:30 p.m. Call Amy at 914-241-0770 to confirm attendance.

Haircare Services Monday, Jan. 30. Call Amy at 914-241-0770 to make an appointment with our hairdresser, Patti. Payment is required at time of service.

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

January Birthdays

Marie M.
Shelly G.
Grace C.
Gladys T.
Mohani D.
Peggy F.
Jerry S.

My Second Home is a program of Family Services of Westchester
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

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
Evening Edition meets on Mondays from 3:00–6:00 p.m. and includes current event discussions, intergenerational activities with after-schoolers, 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.

Thank you!
We are fortunate to have student interns from Fordham University who have become part of our staff during their school-year-long field placement. Jane (left with Santa) and Teresa are working toward their Master’s in Social Work, but have already mastered their way into the hearts of both the staff and participants at My Second Home.

My Second Home is funded in part by The U.S. Dept. of Health & Human Services, The New York State Office for Aging, and Westchester County Department of Senior Programs and Services.