Director’s Corner

Dear Participants, Caregivers, and Friends;

“Too often we underestimate the power of touch. A smile. A kind word. A listening ear. An honest compliment. Or the smallest act of caring. All of which have the potential to turn a life around.”

— Leo Buscaglia

So it is March, the third month of the year and the third month in the first quarter of the year. And time, as it usually does, march[es] on. I looked out in my yard on Sunday and saw the first crocus about three or four inches in height in my garden, which is still strewn with very brown twigs and old dried out leaves left over from the fall. But let me not get caught in hoping, wanting and wishing the seasons away. It’s better to get lost in connecting, making friends, lending a kind word or an ear. You never know how impactful that can be. I would rather live in the moment and cherish our time together. Today is all we have.

My best to everyone,

Karen

“Let us be grateful to people who make us happy. They are the charming gardeners who make our souls blossom.”

— Marcel Proust

March Birthdays

Evelyn H.
Victoria P.
Elaine F.
Eleanor W.

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.

After many months, our after-schoolers recently helped us vicariously visit all 50 states (by weekly learning information about each one). We will now begin a study of world landmarks and travel globally through our discoveries each Monday.

For more information about Evening Edition, contact Karen Bisignano or Dan Jackson at 914-241-0770, or email Dan at djackson@fsw.org.

Upcoming

Hair Care Services  Monday, March 13. Call Amy at 914-241-0770 to make an appointment with our hairdresser, Patti. Payment is required at time of service.

Podiatrist  Tuesday, March 28. Call Amy at 914-241-0770 to make an appointment with Dr. O’Hanlon.
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)
- Tabletop fan
- Bird food
- Disinfectant wipes
- Personal wipes
- Boxes of tissues

Angela and her young friend, Darcy, bring smiles to all the participants during recent Friday morning music with our seniors and children.

Health for Life

Are you over 55 and having to manage a chronic health condition such as arthritis, hypertension or diabetes? If so, think about taking part in a free program that teaches skills and strategies to:

- improve your health and quality of life
- take charge to feel better and more in control
- reduce unnecessary trips and payments to doctors and hospitals
- learn from others with similar issues
- have fun while benefitting from an interactive workshop

Westchester County's Health for Life Program (HeLP) offers a sensible and enjoyable way to enhance your quality of life through a greater understanding of physical activity, healthy eating, stress management, fall prevention, and more.

HeLP workshops are FREE and take place for 2½ hours each week for six weeks at community based locations like libraries, senior centers, housing complexes, and houses of worship. New classes are forming regularly, and classes can be scheduled upon request.

For more information: Deb Casill, dcasill@fsw.org, 914-241-0770 or Marikay Capasso, mqcq@westchestergov.com, 914-813-6407.

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

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.