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, marches 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.

Karen

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

— Marcel Proust

Spring Forward!

It’s that time of year to turn the clocks forward! Before you go to bed on Saturday, March 10th, set your clocks forward one hour.

Upcoming

Mount Kisco

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

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

Caregiver Support Groups

Next support group date to be determined.

White Plains

Beginning in March, we are open the 2nd and 4th Saturdays of each month (March 10 and 24), from 9 am – 4 pm.

Caregiver Support Groups

Tuesday, March 13: 10:00 – 11:30 am
Tuesday, March 27: 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.

Podiatrist Tuesday, May 1. Call 914-422-8100 to make an appointment with Dr. O’Hanlon.

March 15th will be Diane Forte’s last day at My Second Home. Many, many thanks to Diane for her years of bringing joy to our Grandmas and Grandpas (and to all of us)! We will miss her, but we wish her a happy retirement!
About Medications

Remember to keep all medications in a safe, secure place in your home out of reach of children and pets. It is best to properly dispose of medications (including controlled substances such as fentanyl, oxycodone, etc.) to ensure they will not be used in an unauthorized or accidental manner. There are drop boxes at pharmacies, New York State Police Headquarters, and other law enforcement agencies, or you can bring them into us and we will dispose of them properly.

Evening Edition

This support group meets on Mondays from 3:00–6:00 p.m. at the Mount Kisco location. For info, contact Karen Bisignano or Dan Jackson at 914-241-0770, or email Dan at 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 or call 914-813-6400

Thank You, Painters!

A hearty thank you to Nikki Hahn (Volunteer New York) and her crew of painters from Enterprise Car Rental who gave our walls at the Mount Kisco location a Spring cleaning and fresh coat of paint! Thank you to Michael Starace, William Sanchez, Dominic Rodriguez, Michelle Tovar, Jatnna Ruiz, and Karina Camps.

There’s always something fun happening at My Second Home!

Clockwise from above: JEWEL Valentine Friendship Project; an interactive game of Scrabble with participants and interns; lively singing with ENGAGE volunteers; and Reach Out Sing Out JEWEL program

March Birthdays

Mount Kisco
Barbara F
Brita A
Elaine F
Eleanor W

White Plains
Bob W
Sherry C
Lisa W
Bill N
May H
John T

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.