

Director's Corner

Dear Participants, Caregivers, and Friends;

In November, the trees are standing all sticks and bones. Without their leaves, how lovely they are, spreading their arms like dancers. They know it is time to be still.

— Cynthia Rylant

The holiday season is around the corner. Many plans coming into place on our activity calendars. The first for us is on November 10th, our Candle Lighting Evening at our Mount Kisco site. Invitations have gone out and all are welcome. Let Melissa know! (**Melissa Dalling@fsw.org**) It seems to be taking forever, but the cold will come. And with the cold there will be snow and other foul weather. Because I'm not really a fan of the winter I wanted to share some thoughts of November that embrace in a positive way the signs of the season. Everything will remain cozy and comfortable inside here at My Second Home no matter the chill outside.

My best to everyone,

Karen

Fallen leaves lying on the grass in the November sun bring more happiness than the daffodils.

— Cyril Connolly



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

Clockwise from upper left: Staff members Jane & Teresa surprise Sy with their Halloween costumes; Faye enjoys a festive horticultural project with pumpkins and fresh flower arrangements; Lorraine, Pat & Laura kick up their heels at the 9th Annual Fall Fling held in Ardsley.



Come join us!

10th Annual Candle Lighting Friday, Nov. 10, 6-8:00 pm

This beautiful event will be at Mount Kisco, but caregivers and friends from both sites are welcome. It is a way to honor our participants, their families, and to mingle with our staff. Refreshments will be served.



November is Alzheimer's Awareness Month

Upcoming

Mount Kisco

Hair Care Services Monday, Nov. 20.

Call 914-241-0770 to make an appointment with our hairdresser, Patti. Payment is required at time of service.

Podiatrist Tuesday, Dec. 12.

Call 914-241-0770 to make an appointment with Dr. O'Hanlon.

Caregiver Support Groups

Saturday, Nov. 4: 2:30 pm

Saturday, Nov. 18: 2:30 pm

White Plains

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

Veterans' Day Celebration Friday, Nov. 10

Caregiver Support Groups

Tuesday, Nov. 14: 10:00 – 11:30 am

Tuesday, Nov. 28: 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.

November Birthdays

Mount Kisco

Kitty C
Claudia S
Rosmarie S
Sarah P
John K

White Plains

Olympia C



Holiday

My Second Home will be closed Thursday through Saturday, Nov. 23–25, for **Thanksgiving**.

My Second Home is a program of
Family Services of Westchester



Helping others

Thanks to you, our Puerto Rico hurricane relief fundraiser in White Plains raised \$130 and was donated to Unidos Puerto Rico.

Please donate to our current can-food drive to benefit Westchester Food Bank.



And thank you to all who generously gave at our 1st Annual Golf & Tennis Outing in October and made it such a huge success. This fundraiser at the Mount Kisco Country Club was a benefit for My Second Home and honored Peggy & Roger Froehlich.



Carol, Marisa & Paula worked with others on the yarn trees used as centerpieces at the 1st Annual Golf & Tennis Outing supporting My Second Home.

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.

Evening Edition

This support group for participants meets on Mondays from 3:00–6:00 p.m. at the Mount Kisco location. The program covers news and current event discussions, an intergenerational activity with the after-school kids, light exercise, and a social time for conversation over snacks. Below: Our Halloween craft with our after-schoolers.

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



What not to do to people with Alzheimer's disease

— By Esther Heerema, MSW, *VeryWell.com*

Do you know someone who has Alzheimer's disease? The Alzheimer's Association estimates that approximately 5.4 million Americans have Alzheimer's or another kind of dementia. Sooner or later, your path is likely to cross with someone battling dementia.

Here are our top 10 pet peeves of what not to do:

1. Don't ignore him
2. Don't talk to her like she's a young child or a baby
3. Don't use terms of endearment instead of names
4. Don't assume she's confused all of the time
5. Don't quiz him
6. Don't ask other people questions about him while he's right there
7. Don't focus on what she isn't able to do anymore
8. Don't assume he's choosing to be difficult
9. Don't stop visiting just because you think she won't remember
10. Don't forget how you would like to be treated

Read the full article at: <https://www.verywell.com>, and search under

Conditions, Alzheimer's Disease and Dementia, and Communication Strategies



Students from the Bell Middle School recently performed for the seniors.

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)
- Winter holiday flowers & ribbons
- Ink stamp pads (any color)
- Bird food
- Disinfectant and personal wipes
- Boxes of tissues