November Birthdays

Patricia K.
Joan H.
Kitty C.
Claudia S.
Marie M.
John K.

Director’s Corner

“November comes And November goes, With the last red berries And the first white snows. With night coming early, And dawn coming late, And ice in the bucket And frost by the gate. The fires burn And the kettles sing, And earth sinks to rest Until next spring.”

— Elizabeth Coatsworth

I know, I know! It’s getting colder outside and the leaves are almost all gone. But let’s think of warm things. Participants’ hands as we hold them, and the heat as it blows out of the vents and in and around our arms, legs and bodies, AND the Thanksgiving turkey as it is placed on each and every one of our plates. Our annual Thanksgiving lunch is coming up!! What a great time of year, to reflect, to remember and to be grateful for the bounty of being together here at My Second Home.

My best to everyone,

Karen

“Vegetables are a must on a diet. I suggest carrot cake, zucchini bread, and pumpkin pie.”

— Jim Davis

Holiday

We will be closed on Thursday, Friday and Saturday, Nov. 24–26, for Thanksgiving.

Please Join Us!

9th Annual Candle Lighting

Friday, Nov. 11, 6-8:00 p.m.

This beautiful event is a way to honor our participants, their families, and to mingle with our staff. Refreshments will be served. Please RSVP to Amy at athomas@fsw.org or 914-241-0770.

November Birthdays

Patricia K.
Joan H.
Kitty C.
Claudia S.
Marie M.
John K.

We all love a party and it was a festive day on Halloween! Clockwise from upper left: Staff members Dan, Amy, Karen, Diane, and Marcia; Fanny and Christine were a match; Barbara won best costume as Lady Liberty; Ellen patrolled the multitude of kids who came to trick or treat with us; and Louise was one of the winners to guess how many candy corns were in the jar.
Morning Giggle
A number of participants were sitting at a table one morning. One participant was very concerned that the others weren’t using their walkers properly. She admonished them, “You have to use your walker when they tell you to! They want you to use your walker to keep you safe! You can’t get up from this table without your walker.”

One of the men said dryly, “The only walker I want to talk about is Johnny Walker!”

Evening Edition
Evening Edition meets on Mondays from 3:00–6:00 p.m. and includes current event discussions, Intergenerational activities, 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.

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

Upcoming
Caregiver’s Support Group Tuesday, Nov. 15, from 4:00–5:30 p.m. Call Amy at 914-241-0770 to confirm attendance.

Haircare Services Monday, Nov. 21. Call Amy at 914-241-0770 to make an appointment with our hairdresser, Patti. Payment is required at time of service.

Podiatrist Tuesday, Nov. 22. Call Amy at 914-241-0770 to make an appointment with Dr. O’Hanlon.

We love our faithful volunteers!
It was recently Nick’s birthday and we love to celebrate him as much as he loves to be celebrated.

Nancy, our wonderful volunteer horticulturist, has helped our creative seniors make beautiful projects such as festive seasonal decorations and pumpkin vases filled with floral arrangements.

And students from PACE University are helping some of our participants learn how to navigate apps on their technology devices. Here Irwin explains an app to Bill as he uses his smart phone.