Director’s Corner

Dear Participants, Caregivers, and Friends;

'Autumn is the eternal corrective.
It is ripeness and color and a time of maturity;
but it is also breadth, and depth, and distance.
What man can stand with autumn on a hilltop
and fail to see the span of his world and the
meaning of the rolling hills that reach to the far horizon?

— Hal Borland

So fall has arrived on time. I’m sure there must be some warmer days
in our future. On the business end, every year at this time we share
the “My Second Home Satisfaction Survey” and it was included along
with the mailing of this newsletter and/or your monthly invoice.
It is so very important for us to hear your feedback so that we can
continue the things that work, and change up the things that do not
work. Please set aside some time to fill them in and send them or
walk them back to us. Your responses are greatly appreciated.

Enjoy this wonderful season. As ever we are here and enjoying every
moment!

My best to everyone,

Karen

“There is no season when such pleasant and sunny spots
may be lighted on, and produce so pleasant an effect on the feelings,
as now in October.”

— Nathaniel Hawthorne

Upcoming

Caregiver’s Support Group Tuesday, Oct. 11, from 4:00–5:30 p.m. Call Amy at 914-241-0770 to confirm attendance.

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

Haircare Services Monday, Oct. 17. Call Amy at 914-241-0770 to make an appointment with our hairdresser, Patti. Payment is required at time of service.

Save the Date!

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. Delicious refreshments will be served.

Alzheimer’s Reading Room

The Alzheimer’s Reading Room is an online resource. The goal is
to educate and empower caregivers, their families, and the entire
Alzheimer’s community with more than 5,000 articles.

Learn more about the Alzheimer’s Reading Room at
Welcome back, Diane!
A big, warm welcome home to Diane Forte who returned on October 3!

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)
- Bath/shower chair
- Stretch pants
- Bird food
- Disinfectant wipes
- Personal wipes
- Boxes of tissues

Thank you!
The Alzheimer’s Association held its annual fundraiser on Sunday, Sept. 25, in White Plains. The Walk raised awareness and funds for this important cause. Thank you to all who walked with the My Second Home team and to those who contributed. If you missed it, you can still make a donation! Contact Dan Jackson at 914-241-0770 (djackson@fsw.org) or Joan Nimmo at 914-422-8100 (jnimmo@fsw.org) for donation details.

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

Help for Caregivers
Family members who are caring for a parent, spouse or other relative will find support services in the programs from the Westchester County Department of Senior Programs and Services (DSPS). Two valuable resources for the family caregiver are A Guide for Caregivers: Respite Services and Caregiver Support Groups, and A Guide for Caregivers: What You Need to Know.

For information on these resources and other important programs for caregivers, visit www.seniorcitizens.westchestergov.com/caregiving.