Director's Corner

Dear Participants, Caregivers, and Friends;

"The breezes taste of apple peel. The air is full of smells to feel — Ripe fruit, old footballs, Burning brush, New books, erasers, Chalk, and such. The bee, his hive, Well-honeyed hum, And Mother cuts Chrysanthemums. Like plates washed clean With suds, the days Are polished with A morning haze."

— John Updike, September

Preparing this edition of our My Second Home Journal News, monthly newsletter, I took a look at the Director’s Corner from the year before and decided I liked it and would reuse it this year. Already the air is cooling and the sun is setting what seems, so much earlier. Ugh! It is upon us, the changing of the seasons, as we switch from brief not so hot summer to beautiful autumn. This is an exciting edition, because it is the first ever joining of our two sites; the original in Mount Kisco and our sister site in White Plains. As most of you know, the success of our multi-award winning program brought about the decision by Family Services of Westchester, our parent agency, to open the second location. So now we are a small, but still, a family of two locations. It is my pleasure serving as Senior Director over both sites. Enjoy our New newsletter, pictures and articles and information. There is more to come.

My best to everyone,

Karen

“In the garden, Autumn is, indeed the crowning glory of the year, bringing us the fruition of months of thought and care and toil. And at no season, safe perhaps in Daffodil time, do we get such superb colour effects as from August to November.”

— Rose G. Kingsley, The Autumn Garden, 1905

Holiday

My Second Home will be closed Saturday and Monday, September 2 and 4, for Labor Day. Evening Edition will also be closed Monday, September 4.

Last Chance!

Walk With Us September 24

There is still time to join us at the Alzheimer’s Walk on Sunday, Sept. 24, in Purchase. Help raise more awareness and funds for this important cause. Contact Joan Nimmo at 914-422-8100 (jnimmoo@fsw.org) or Dan Jackson at 914-241-0770 (djackson@fsw.org) to join the MSH team or to donate to The Walk.

Upcoming

Mount Kisco

Hair Care Services Monday, Sept. 25. Call 914-241-0770 to make an appointment with our hairdresser, Patti. Payment is required at time of service.

Podiatrist Tuesday, Oct. 10. Call 914-241-0770 to make an appointment with Dr. O’Hanlon.

White Plains

Starting September 9 the White Plains location will be open 9 am-4 pm the second Saturday of every month.

Caregiver Support Groups

Sept. 12: 10:00 – 11:30 am
Sept. 26: 5:30 – 7:00 pm

We extend the program for the evening support group in order for the caregiver to participate and be assured that their loved one is safe and engaged in an activity. Call 914-422-8100 to RSVP for the evening group to plan for staffing. There is a $10 fee for extended program to cover dinner and extra staff time.

Evening Edition

We meet on Mondays from 3:00–6:00 p.m. at the Mount Kisco location. Want more information? Contact Karen Bisignano or Dan Jackson at 914-241-0770, or email Dan at djackson@fsw.org.

My Second Home is a program of Family Services of Westchester.
September Birthdays

Mount Kisco
- Patricia G
- Maria V
- Caterina C
- Jane S
- Bill F
- Barbara L
- Ilincu R
- Christine P
- Maria A

White Plains
- Frances G
- Rose P
- Joye A
- Marianne O

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)
- Silk flowers
- Bird food
- Disinfectant wipes
- Personal wipes
- Boxes of tissues

Quick News

The Westchester County Department of Senior Programs & Services offers events throughout the year. Westchester County residents can sign up for Quick News for Seniors. It’s a convenient way to get e-mail updates on programs, benefits and services for seniors and caregivers.

For more information on how to sign up and for info on other upcoming events, visit http://seniorcitizens.westchestergov.com or call 914-813-6400.

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

Safely Viewing the Solar Eclipse

Although it was not total, our participants loved viewing the partial solar eclipse on August 21! With special glasses and help from staff, the rare occasion was a highlight. We look forward to 2024 when we’ll see another view. Clockwise from top photo: Tanya peeks behind Dick while Dan steadies him. Shelly is amazed, and Pat G is in awe.