Director’s Corner

Dear Participants, Caregivers, and Friends;

"The first week of August hangs at the very top of summer, the top of the live-long year, like the highest seat of a Ferris wheel when it pauses in its turning. The weeks that come before are only a climb from balmy spring, and those that follow a drop to the chill of autumn, but the first week of August is motionless, and hot. It is curiously silent, too, with blank white dawns and glaring noons, and sunsets smeared with too much color."

— Natalie Babbitt, Tuck Everlasting

So much build up and anticipation as we on the east coast crane our necks towards the spring and summer. The promise of balmy breezes, and rustling leaves through fully canopied trees. And yet…I feel the last pull of the pendulum swinging or the momentum pulling us from summer to the very edge of the season. But it is still hot, and much easier to get around than in that other season where the winds are biting and the ground slippery beneath our feet. There is still more summer fun to be had here at My Second Home.

My best to everyone,

Karen

“When summer opens, I see how fast it matures, and fear it will be short; but after the heats of July and August, I am reconciled, like one who has had his swing, to the cool of autumn."

— Ralph Waldo Emerson, American essayist and scholar

Join Us!

On Monday, Sept. 17, My Second Home will host its 2nd Annual Golf Outing and Fundraiser. Join us for brunch, golf, cocktail reception, buffet dinner and auction, all to benefit My Second Home, celebrating 20 years! At the event, we will be honoring Lois Pellegrino and Rina Bellamy for their outstanding work and dedication to My Second Home.

And now you can place an ad or message in our Journal that will be at the event. For more information, contact:

Chereese Jervis-Hill
EventsCJH@EventsRemember.com
(914) 218-3968

Holiday

My Second Home will be closed on Monday, September 3, to celebrate Labor Day. Evening Edition will be closed September 3 and 10.

What is it about flowers and smiles? These happy florists can’t help but grin as they show off their beautiful arrangements after a fun horticultural activity.
August Birthdays

Mount Kisco
Sue R  Carol C
Shirley R  Laura L
Anthony R  Jim B
Semyon S  Elizabeth W

White Plains
Michael G  Peter P
Doreen M  Cynthia F
Harvey J  Anthony A
Vincent F  Barbra B
Elliot Z

Upcoming

Mount Kisco
Hair Care Services  Monday, August 27. Call 914-241-0770 to make an appointment with our hairdresser, Patti. Payment is required at time of service.

Podiatrist  Tuesday, September 11. Call 914-241-0770 to make an appointment with Dr. O’Hanlon.

Caregiver Support Groups
Next support group date to be determined.

White Plains
We are open the 2nd and 4th Saturdays of each month (August 11 and 25), from 9 am – 4 pm.

Caregiver Support Groups
Tuesday, August 14: 10:00 – 11:30 am
There will be no evening support group in July and August.

Podiatrist  Tuesday, September 18. Call 914-422-8100 to make an appointment with Dr. O’Hanlon.

Walk With Us

Sign up to walk with us at the Alzheimer’s Association’s annual fundraiser on Sunday, Sept. 16, 2018 in White Plains. Help us raise more awareness and funds for this important cause.

Contact Joan Nimmo at 914-422-8100 (jnimming@fsw.org) or Dan Jackson at 914-241-0770 (djackson@fsw.org) for details and to reserve your spot on the My Second Home team.

Important Contacts

• Medicare Rights Center Consumer Hotline 1-800-333-4114
• Alzheimer’s 24/7 Helpline 1-800-272-3900
• 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

Karen and Deb Move for Minds

On June 2nd Karen and Deb had the privilege of participating in Maria Shriver’s signature event to raise money and awareness for The Women’s Alzheimer’s Movement — MOVE FOR MINDS. The event took place at a NYC sports club, where we were challenged to a high-energy exercise routine followed by a discussion by a panel of experts on the latest Alzheimer’s research.

We learned that every 65 seconds a new brain develops Alzheimer’s, and two out of three belong to women. It is the mission of the Women’s Alzheimer’s Movement to find out why, and change the future for ALL MINDS.

We were honored to participate on behalf of My Second Home, and talked about this special place with everyone we met. We look forward to our continuing relationship with Maria Shriver and the Women’s Alzheimer’s Movement. To quote Ms. Shriver: “Alzheimer’s is the biggest health crisis facing our country today, and it’s going to take all of us working together to find the answers and wipe it out. I watched my father go from knowing every fact and figure to not even knowing my name. It was an extraordinarily painful experience. Imagine sparing one person that experience. Now imagine sparing a generation. ‘Together we can make that happen.’ ”

We will continue to do our best to bring days of joy to our participants and much deserved respite to their caregivers.

Learn more by visiting: www.womensalzheimersmovement.org