Director's Corner

Dear Participants, Caregivers, and Friends;

“When you choose joy you feel good, and when you do good you feel good & when you do good it reminds others what joy feels like & it just might inspire them to do the same.”

— homegrownhospitality.typepad.com

It’s the time of year here, in New York at least, for warm fires, carols, family, friends, and children. We have some fun activities scheduled for our participants with our children and without coming around this time of year. Check the calendar closely. We look forward to the coming New Year and spending our days with our participants.

Here’s wishing all of you a wonderful holiday season and the happiest of New Years!

Karen

“One kind word can warm three winter months.” — Japanese Proverb

December Birthdays

Mount Kisco
- Carmela B
- Hyacinth J
- Francesca S
- Carl M
- Christa K
- Barbara G
- Bud D

White Plains
- Carol W
- Fannie P

Upcoming

Mount Kisco
- Hair Care Services: Monday, Dec. 17. Call 914-241-0770 to make an appointment with our hairdresser, Patti. Payment is required at time of service.

White Plains
- We are open the 2nd and 4th Saturdays of each month (Dec. 8 and 22), from 9 am – 4 pm.
- Podiatrist: Tuesday, Dec. 11. Call 914-422-8100 to make an appointment with Dr. O’Hanlon.

Candle Lighting

We thank all those who joined us in Mount Kisco for the Annual Candle Lighting event in November. We will reschedule the event for White Plains as the snow storm forced us to cancel. Stay tuned for a future date!
Wish List
Because we are not-for-profit, we're grateful that you help support this important program with your charitable donations.

- Bingo prizes
  (costume jewelry is a favorite)
- Towels (new or used)
- Winter holiday flowers & ribbons
- Bird food
- Disinfectant and personal wipes
- Boxes of tissues

Evening Edition
This support group for participants meets on Mondays from 3:00–6:00 p.m. at the Mount Kisco location. The program includes current event discussions, an activity with the after-school kids, exercise, and a social time for conversation over snacks. With the kids, we are currently learning about the 50 states through stories, videos and activities. Below, Ruth, Lily and Grace work together making a sea lion after learning about the state of California.

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

Travel Tips from Alzheimer’s Foundation of America
More than 5 million Americans are living with Alzheimer’s disease, and millions more are serving as caregivers for a family member with the disease. As these families prepare to celebrate the holidays, the Alzheimer’s Foundation of America (AFA) is offering tips to help make the family gathering as enjoyable as possible for their loved one living with Alzheimer’s and other dementia-related illnesses.

AFA suggests the following tips if planning to travel with someone living with Alzheimer’s:

- Consult with the individual’s physician beforehand to make sure travel is advisable. Traveling can still be enjoyable throughout the course of the illness, but adaptations may need to be made as the disease progresses.

- Take the person and their needs into account when making arrangements. Plan your mode of travel and timing of your trip in a manner that causes the least amount of anxiety and stress. If the person with dementia travels better at a specific time of day, consider planning accordingly. Take breaks along the way for snacks, restroom visits, or rest.

- Advise airlines and hotels that you are traveling with a person who has memory impairment and inform them of safety concerns and special needs.

- Preserve the person’s routine as best as possible, including their eating and sleeping schedules. Small or unfamiliar changes can often feel overwhelming and stressful to someone living with dementia.

- Take important health and legal-related documentation, a list of current medications, and physician information with you. Consider utilizing an identification bracelet and clothing tags with your loved one’s full name and yours.

Families who have questions about traveling with a loved one with Alzheimer’s can call AFA’s National Toll-Free Helpline at 866-232-8484 to speak with a licensed social worker, or connect with them through AFA’s website, www.alzfdn.org. The helpline is open from 9 am to 9 pm (ET) on weekdays and 9 am to 1 pm (ET) on weekends.