Director’s Corner

“Most people, early in November, take last looks at their gardens, are then prepared to ignore them until the spring. I am quite sure that a garden doesn’t like to be ignored like this. It doesn’t like to be covered in dust sheets, as though it were an old room which you had shut up during the winter. Especially since a garden knows how gay and delightful it can be, even in the very frozen heart of the winter, if you only give it a chance.”

— Beverley Nichols

According to the “Farmer’s Almanac, we are not in a deep freeze and we most likely will not be for the rest of the winter accept from time to time. Hmm. Do they really know? Poetry lends many meanings to the reader and for me this poem makes me think of those we serve here every day at My Second Home. It is so heartwarming to witness the many chances given each and every day, by our wonderful staff, our volunteers, interns, the children and by the caregivers at home.

My best to everyone,

Karen

“Winter is the time for comfort, for good food and warmth, for the touch of a friendly hand and for a talk beside the fire: it is the time for home.”

— Edith Sitwell

Holiday

My Second Home and Evening Edition will be closed Monday, Feb. 18, for Presidents Day.

February Birthdays

Mount Kisco

Lucia B
William H
Henry W
Olga D
Elsa M
Jinx H
Ciro R
Judy G
Susan P

White Plains

Eloise M

Upcoming

Mount Kisco

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

Podiatrist Tuesday, March. 26.
Call 914-241-0770 to make an appointment with Dr. O’Hanlon.

White Plains

We are open the 2nd and 4th Saturdays of each month (Feb. 9 and 23), from 9 am – 4 pm.

Podiatrist Tuesday, Feb. 12.
Call 914-422-8100 to make an appointment with Dr. O’Hanlon.

White Plains

11th Annual Candle Lighting
Fri, March 29, 6-7:30 pm

This annual event was rescheduled at the White Plains site due to weather. It is a way to honor our participants, their families, and to mingle with our staff. Caregivers and friends are welcome. Refreshments will be served.

Please RSVP to Donna West at 914-422-8100 or donna.west@fsw.org.
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)
- Disinfectant and personal wipes
- Boxes of tissues

Evening Edition

This support group for participants meets on Mondays from 3–6 p.m. at the Mount Kisco location. The program includes current event discussions, activities with the after-school kids, light exercise, and social conversation over snacks. We recently finished a “Roots & Branches” photo project displaying family genealogy, and then enjoyed sharing our stories and memories with each other.

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

Support for Caregivers

The Alzheimer’s Association offers a multitude of support in addition to their 24/7 Helpline and local support groups. Visit www.alz.org to find information about online message boards, their library of resources, and other helpful information.

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

Evening Edition

Evening Edition is a support group for participants that meets on Mondays from 3–6 p.m. at the Mount Kisco location. The program includes current event discussions, activities with the after-school kids, light exercise, and social conversation over snacks. We recently finished a “Roots & Branches” photo project displaying family genealogy, and then enjoyed sharing our stories and memories with each other.

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

Support for Caregivers

The Alzheimer’s Association offers a multitude of support in addition to their 24/7 Helpline and local support groups. Visit www.alz.org to find information about online message boards, their library of resources, and other helpful information.

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

Evening Edition

Evening Edition is a support group for participants that meets on Mondays from 3–6 p.m. at the Mount Kisco location. The program includes current event discussions, activities with the after-school kids, light exercise, and social conversation over snacks. We recently finished a “Roots & Branches” photo project displaying family genealogy, and then enjoyed sharing our stories and memories with each other.

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

Support for Caregivers

The Alzheimer’s Association offers a multitude of support in addition to their 24/7 Helpline and local support groups. Visit www.alz.org to find information about online message boards, their library of resources, and other helpful information.

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

Evening Edition

Evening Edition is a support group for participants that meets on Mondays from 3–6 p.m. at the Mount Kisco location. The program includes current event discussions, activities with the after-school kids, light exercise, and social conversation over snacks. We recently finished a “Roots & Branches” photo project displaying family genealogy, and then enjoyed sharing our stories and memories with each other.

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

Support for Caregivers

The Alzheimer’s Association offers a multitude of support in addition to their 24/7 Helpline and local support groups. Visit www.alz.org to find information about online message boards, their library of resources, and other helpful information.

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

Evening Edition

Evening Edition is a support group for participants that meets on Mondays from 3–6 p.m. at the Mount Kisco location. The program includes current event discussions, activities with the after-school kids, light exercise, and social conversation over snacks. We recently finished a “Roots & Branches” photo project displaying family genealogy, and then enjoyed sharing our stories and memories with each other.

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

Support for Caregivers

The Alzheimer’s Association offers a multitude of support in addition to their 24/7 Helpline and local support groups. Visit www.alz.org to find information about online message boards, their library of resources, and other helpful information.

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

Evening Edition

Evening Edition is a support group for participants that meets on Mondays from 3–6 p.m. at the Mount Kisco location. The program includes current event discussions, activities with the after-school kids, light exercise, and social conversation over snacks. We recently finished a “Roots & Branches” photo project displaying family genealogy, and then enjoyed sharing our stories and memories with each other.

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

Support for Caregivers

The Alzheimer’s Association offers a multitude of support in addition to their 24/7 Helpline and local support groups. Visit www.alz.org to find information about online message boards, their library of resources, and other helpful information.

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

Evening Edition

Evening Edition is a support group for participants that meets on Mondays from 3–6 p.m. at the Mount Kisco location. The program includes current event discussions, activities with the after-school kids, light exercise, and social conversation over snacks. We recently finished a “Roots & Branches” photo project displaying family genealogy, and then enjoyed sharing our stories and memories with each other.

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