Director’s Corner

Dear Participants, Caregivers, and Friends;

"Another year and another number will be added to your age but what will remain ageless are the memories of times spent with you and the priceless lessons on wisdom that I received from you.”

— Anonymous

Wowee! Another year is upon us. Time comes and goes so quickly. A lot happens between January 1st and December 31st and what we’re making on the eve and on the New Year and each and every day in between are our memories; some good, and some not so good. One of the best parts of making memories is gaining life lessons and there are a million to be learned from our participants and caregivers all year round. So with that said, let me say thank you. I am grateful for each. Have a very happy & healthy New Year!

My best to everyone,

Karen

“There are only two days that nothing can be done. One is called yesterday and the other is called tomorrow, so today is the right day to love, believe, do and mostly live.”

— Dalai Lama

Holiday

My Second Home will be closed Tuesday, Jan. 1, for New Year’s Day, and Monday, Jan. 21, for Martin Luther King Jr Day. Evening Edition will also be closed.

Upcoming

Mount Kisco
Hair Care Services Monday, Jan. 28. Call 914-241-0770 to make an appointment with our hairdresser, Patti. Payment is required at time of service.

Podiatrist Tuesday, Jan. 22. 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 (Jan. 12 and 26), from 9 am – 4 pm.

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

January Birthdays

Mount Kisco
Shelly G
Grace C
Mohani D
Bob K
Frances D
Peggy F
Doris H
Jerry S

White Plains
Paula P
Berney G
Maria M
Jerry G
Fran F
Esther M
Sandra G

Our preschool friends helped Del and participants Esther, Laura, and Pat to make a delicious gingerbread house.
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. Each week with the kids, we are traveling vicariously to one of the 50 states through stories, videos, and fun activities.

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

About Medications

If making New Year’s resolutions or simply reorganizing and cleaning for the new year, remember to keep all medications in a safe, secure place in your home out of reach of children and pets. It is best to properly dispose of medications (including controlled substances such as fentanyl, oxycodone, etc.) to ensure they will not be used in an unauthorized or accidental manner. There are drop boxes at pharmacies, New York State Police Headquarters, and other law enforcement agencies, or you can bring them into us and we will dispose of them properly.

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

Fidget Blankets

Miracle shows Peggy one of the new fidget blankets donated to My Second Home. Many thanks to Diane Brownstone, a member of the Lewisboro Library Crafting Club for making and donating three blankets for our participants. These blankets can provide sensory and tactile stimulation for the restless hands of someone with dementia.