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. And 2020! Holy Cow! 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

Holidays

My Second Home will be closed Wednesday, Jan. 1, for New Year’s Day, and Monday, Jan. 20, for Martin Luther King Jr Day. Evening Edition will also be closed.

Staff Spotlight

Miracle Mayo

We all know that there are little miracles that happen daily here at My Second Home. We’re doubly blessed, because we have a “Miracle” on our staff! Miracle Mayo has been a program assistant at MSH since February of 2018. Always laughing and smiling, Miracle loves to joke and banter with participants. Maybe she developed that lighthearted approach to connecting with others being the baby in a family of eight siblings — six of them sisters!

Upcoming

Hair Care Services Monday, Jan. 13. Call 914-241-0770 to make an appointment with our hairdresser, Patti. Payment is required at time of service.

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

January Birthdays

Carmen P
Grace C
Richard W
Mohani D
Lee K
Jeanne B
Neil A
Barbara T
Paula P
Doris H
Celine “Rose” G

There’s always something fun happening at My Second Home!

Clockwise from top: Faye enjoys her Breakfast Buddy; Yvette works on a jigsaw puzzle; Bill plays the piano while Paul listens.

My Second Home | Karen Bisignano, Senior Director | 914-241-0770 | 95 Radio Circle, Mount Kisco NY 10549 | www.fsw.org/msh
My Second Home is funded in part by The U.S. Dept. of Health & Human Services, The New York State Office for Aging, and Westchester County Department of Senior Programs and Services.

**EISEP Explained**

My Second Home is contracted with the Westchester County Office of the Aging with a program called Expanded in Home Services for the Elderly (EISEP), please reach out to Teresa, Margaret or Karen (914-241-0770), to see if your loved one qualifies for these funds. If yes, the funds can cover most if not all of our fees.

**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.

**Weather Reminder**

In case of inclement weather and program delay or closing, please listen to WHUD 100.7 FM; or for more information, go to www.whud.com/stormcenter/.

For our transportation participants we will call you to let you know if transportation has been suspended for the day.

Caregivers who drop off participants may call the main number for a delay or closing announcement.

**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

**Seasons Greetings!**

What are the holidays without some delicious treats? Several participants loved working on gingerbread houses and were creative architects with the sugary sweets.