Director's Corner

Dear Participants, Caregivers, and Friends;

“There are only four kinds of people in the world. Those who have been caregivers. Those who are currently caregivers. Those who will be caregivers, and those who will need a caregiver.”

— Rosalyn Carter

Words of truth from our former first lady. Life brings challenges to all of us at one time or another. Some of them are short lived, others are not. All of us here at My Second Home are always thinking of our participants and caregivers. The winter was rough. Although the spring and summer are not necessarily easier. It’s just that one obstacle has been removed, wintry weather.

I hope everyone is ready for the summer weather? It’s finally June! I love this time of year. The long days, fresh warm breezes and a sense of ease ahead. It’s just easier to move around this time of year.

My best to everyone,

Karen

“Some days there won’t be a song in your heart. Sing anyway.”

— Emory Austin

Holidays

My Second Home will be closed on Wed., July 4, to celebrate Independence Day.

Remember to Save the Date

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.

For details visit http://tinyurl.com/FSWGolfMSH20 or call Michelle Nicholas at 914-305-6836.

Upcoming

Mount Kisco
Hair Care Services Monday, July 23.
Call 914-241-0770 to make an appointment with our hairdresser, Patti. Payment is required at time of service.

Podiatrist Tuesday, July 3.
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 (July 14 and 28), from 9 am – 4 pm.

Caregiver Support Groups

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

Podiatrist Tuesday, July 17.
Call 914-422-8100 to make an appointment with Dr. O’Hanlon.

Thank You, Landscape Volunteers

Morgan Stanley sent a team of volunteers to help spruce up the landscape at our White Plains location. Thank you, all involved — everything worked out well and the place looks great!
Wish List

Because we are not-for-profit, we’re grateful that you help support this important and unique program with your charitable donations.

- Bingo prizes
- Artificial flowers
- Floral foam (for arrangements)
- Bird food
- Disinfectant and personal wipes
- Boxes of tissues

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.

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
- 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

Should you tell a “fiblet”?

From our earliest days we are taught never to lie, especially to our mother or father. However, a recent survey of aging experts reveals that telling a “fiblet” can actually be therapeutic when adult children are faced with telling painful truths to aging parents who have a cognitive impairment such as Alzheimer’s disease.

The National Association of Professional Geriatric Care Managers (NAPGCM) recently surveyed 285 professional geriatric care managers about the most common and difficult situations faced by families who are helping aging parents. Geriatric care managers help these families deal with some of the most sensitive and challenging issues.

More than 90 percent of the professional geriatric care managers surveyed said they have used or recommended the “fiblet” strategy to relieve stress and anxiety and protect the self-esteem of an elderly person.

Source: The National Association of Professional Geriatric Care Managers (NAPGCM). NAPGCM was formed in 1985 to advance dignified care for older adults and their families. For more information, visit www.caremanager.org.