**Director’s Corner**

Dear Participants, Caregivers, and Friends;

“Each day holds a surprise. But only if we expect it can we see, hear, or feel it when it comes to us. Let’s not be afraid to receive each day’s surprise, whether it comes to us as sorrow or as joy. It will open a new place in our hearts, a place where we can welcome new friends and celebrate more fully our shared humanity.”

— Henri Nouwen

Summer is here! When will the HOT weather hit? So far it has been so cool! This is such a great time for all of us to get out of doors finally. A quick reminder to drink lots and lots of water! Even though we will all be inside with air conditioners. Enjoy the summer! We certainly are having fun at My Second Home.

My best to everyone,

Karen

“And so with the sunshine and the great bursts of leaves growing on the trees, just as things grow in fast movies, I had that familiar conviction that life was beginning over again with the summer.”

— F. Scott Fitzgerald, The Great Gatsby

**Holiday**

My Second Home will be closed Thursday & Friday, July 4 & 5, for Independence Day.

**July Birthdays**

Bill G
James J
Evelyn M
Jessie M
Jeanette S
Dick D

**Upcoming**

**Hair Care Services** Monday, July 22. Call 914-241-0770 to make an appointment with our hairdresser, Patti. Payment is required at time of service.

**Podiatrist** Tuesday, July 30. Call 914-241-0770 to make an appointment with Dr. O’Hanlon.

**SAVE THE DATE!**

**Sparkle for a Cause**

My Second Home has been selected to be the featured non-profit for the Crabtree Kittle House “Sparkle for a Cause” event on Tuesday, September 17th from 6–9 p.m. Please consider attending this fun night out for great food, sparkling cocktails, and a great cause — 30% will go to My Second Home!

Crabtree’s Kittle House
11 Kittle Road, Chappaqua, NY 10514

Please call for reservations: 914-666-8044

**Wish List**

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

- Red Melamine dessert dishes
  (see the related article on the back side)
- Bingo prizes
  (costume jewelry is a favorite)
- 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.

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

If you couldn’t see your mashed potatoes, you probably wouldn’t eat them. That’s why “The Red Plate Study” is so interesting!

Nursing home staff often complain that Alzheimer’s patients do not finish the food on their plates even when staff encourages them to do so. 40% of individuals with severe Alzheimer’s lose an unhealthy amount of weight. Previous explanations for this phenomenon included depression, inability to concentrate on more than one food at a time, and inability to eat unassisted.

Boston University Biopsychologist Alice Cronin-Golomb and her research partners designed the “red plate study” and took a different approach. They believed this behavior might be explained by the visual-cognitive deficiencies caused by Alzheimer’s. Patients with the disease cannot process visual data—like contrast and depth perception—as well as most other seniors. So the research team tested advanced Alzheimer’s patients’ level of food intake with standard white plates and with bright-red ones. What they found was astonishing — patients eating from red plates consumed 25 percent more food than those eating from white plates. Read more on this study at: https://www.bu.edu/cas/magazine/spring10/golomb/.

Staff Spotlight

Melissa Dalling has been the Administrative Assistant at My Second Home since September of 2017, but staff and participants know that she is so much more than that. Her warmth and genuine affection for our participants comes through in all that she says and does.

We asked Melissa what her favorite part of her job was, and she said “I absolutely LOVE my interaction with the seniors as they walk in every morning. Working with this population gives me a valuable insight into the aging process and what’s to come. It helps me to think about what matters the most in my life. We can be caught up in our day-to-day responsibilities and tend to worry about what comes next, so we end up forgetting to live in the moment and don’t always appreciate what is around us. I love listening to their stories, memories, and the fascinating lives they lived...it gives me this wonderful insight into the human experience over time.”

Well said, Melissa!

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

Left: Grace, Barbara, Adassa, Christine, and Lorraine enjoy a performance of Newsies at the Westchester Broadway Theatre in Elmsford.

Below: The inner courtyard at My Second Home was recently beautifully remodeled to be more accessible for activities. We look forward to having more fair-weather events there!