**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

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**Holidays**

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

**Celebrate!**

Did you know that My Second Home is celebrating our 20th anniversary this year? Celebrate and support us by purchasing a commemorative mug for just $10. Get yours at the reception desk.

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**Upcoming**

**Mount Kisco**

**Hair Care Services** Monday, June 11. 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 now open the 2nd and 4th Saturdays of each month (June 9 and 24), from 9 am – 4 pm.

**Caregiver Support Groups**

Tuesday, June 12: 10:00 – 11:30 am
Tuesday, June 26: 5:30 – 7:00 pm

Call 914-422-8100 to RSVP for the evening group. There is a $10 fee to cover dinner and extra staff time for the day participant during the caregiver’s meeting.

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

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**June Birthdays**

**Mount Kisco**

Carrie Y
Margaret L
Robert P
Armella F
Richard S
Barbara W

**White Plains**

Sara W
June T
Hilda G
Gino M
Lou T
Matthew K

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

Clockwise from below: IGP butterfly craft; Pet therapy & reading time with Shadow; Ted, Harriet and Doreen enjoying the “Senior Prom” hosted by Rye Country Day School 8th graders; Kelli’s Chair Aerobics class

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My Second Home is a program of Family Services of Westchester
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

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

Thank You, Volunteers!

VolunteerNY matched us up with Pentegra, a provider of retirement plan, fiduciary outsourcing and institutional investment solutions. Fifteen volunteers came to the Mount Kisco site to weed our garden, plant spring flowers in our window boxes, and make birdfeeders to put out in the courtyard. We want to thank both VolunteerNY and Pentegra volunteers for their help and enthusiasm!

Evening Edition

Evening Edition is an innovative program for those who have concerns about their memory and are eager to enhance their cognitive functioning. The program includes current event discussions, activities with the after-school kids, exercise, and social time over snacks. We meet on Mondays from 3–6:00 p.m. at the Mount Kisco location. For info, contact Karen Bisignano or Dan Jackson at 914-241-0770, or email Dan at djackson@fsw.org.

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.