Director’s Corner

Dear Participants, Caregivers, and Friends;

“The March wind roars, Like a lion in the sky, And makes us shiver As he passes by. When winds are soft, And the days are warm and clear, Just like a gentle lamb, Then spring is here.”

— Author Unknown

As I write my director’s corner for March, a winter weather event is upon us here at My Second Home. The sky is very grey and the snow and sleet are blowing on an angle to the ground. We’ve been fortunate this winter so far. Not so many snowy days. Anticipation is within us and all around us, for brighter days and warmer air. Maybe the lion will continuing roaring until April and spring. In any event, inside where we are warm and together, the seasons do not matter. It is the doing in the moments we share no matter what the season outside.

My best to everyone,

Karen

“It was one of those March days when the sun shines hot and the wind blows cold: when it is summer in the light, and winter in the shade.”

— Charles Dickens

Upcoming

Mount Kisco

Podiatrist

Tuesday, March 26.
Call 914-241-0770 to make an appointment with Dr. O’Hanlon.

Hair Care Services

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

White Plains

We are open the 2nd and 4th Saturdays of each month (March 9 and 23), from 9 am – 4 pm.

Podiatrist

Tuesday, March 19.
Call 914-422-8100 to make an appointment with Dr. O’Hanlon.

March 11th Annual Candle Lighting

Fri, March 29, 6-7:30 pm
It is a way to honor our participants, their families, and to mingle with our staff. Caregivers and friends are welcome. Refreshments will be served.
Please RSVP to Donna West at 914-422-8100 or donna.west@fsw.org.

Upcoming

White Plains

11th Annual Candle Lighting

Fri, March 29, 6-7:30 pm
It is a way to honor our participants, their families, and to mingle with our staff. Caregivers and friends are welcome. Refreshments will be served.
Please RSVP to Donna West at 914-422-8100 or donna.west@fsw.org.

FIRST FRIDAYS - LUNCH & LEARN

A Program of Aging In Place Workshops

Friday, March 8
Noon to 2 pm
My Second Home at Center for All Ages
106 North Broadway • White Plains, NY 10603

Join us for lunch and presentations

12 noon – 1:00 pm
Monday with a presentation by
Molly Roffman, PT MA CEEAA, Fall Prevention Specialist and owner of StepWiseNow Balance Fitness

1:00 – 2:00 pm
We continue with a special opportunity for a Virtual Dementia Tour (VDT) offered by Anthony Giampa, of Right at Home. VDT is an individual experience through simulated dementia to help you better understand the physical and mental challenges faced by those with dementia.

March Birthdays

Mount Kisco

Dagne C
Eleanor W

White Plains

Bob W
John T
Lloyd R

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 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.

Recently, we played a fun football game in honor of the Super Bowl in Georgia (which was the state we learned about that week). Our younger friends helped their senior team mates get the knack of the game.

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

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

Free Walk-in Clinic
Pace Women’s Justice Center is offering free bilingual 45-minute consultations with an attorney for a host of various topics (see flyer).

Walk-in or by appointment during normal business hours, Monday-Friday.

For information and assistance, call 914-422-4188.

Evening Edition
Clockwise from above: Nancy and her breakfast buddy start the day with a high five; Pat enjoys a visit with our pet therapy friend Shadow; Ted and his little friend have a fun conversation; Michael (our Fordham intern), leads a crossword puzzle group while Fran, Sara and Jin focus on coloring; a guest musician conducts the group in song.

Free Walk-in Clinic
Pace Women’s Justice Center is offering free bilingual 45-minute consultations with an attorney for a host of various topics (see flyer).

Walk-in or by appointment during normal business hours, Monday-Friday.

For information and assistance, call 914-422-4188.