Director's Corner

Dear Participants, Caregivers, and Friends;

“And so with the sunshine and the great burst 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

No season seems to change as much for me as the spring. From barren trees, to buds, to leaves to flowers to the rustling of leaves in the breeze. With the change in the weather also comes big changes for My Second Home. As of April 26th, My Second Home in White Plains sadly closed its doors after only four years. I am saddened by this, but overwhelmed with joy that we have been able to help transfer 26 participants and caregivers to our Mount Kisco site. So our family will be living in one house rather than two. Lots of change and transition and adjustment to a new place and new faces. All our staff including some of the wonderful staff from White Plains will be with us. We wish good luck and happiness to those who will not be us. And we will miss you.

My best to everyone,

Karen

“At last came the golden month of the wild folk — honey-sweet May, when the birds come back, and the flowers come out, and the air is full of the sunrise scents and songs of the dawning year.”

— Samuel Scoville Jr., Wild Folk

Holiday

My Second Home and Evening Edition will be closed Monday, May 27, for Memorial Day.

May Birthdays

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<td>Bert</td>
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Upcoming

Hair Care Services  Monday, May 20.  Call 914-241-0770 to make an appointment with our hairdresser, Patti. Payment is required at time of service.

Podiatrist  Tuesday, May 28.  Call 914-241-0770 to make an appointment with Dr. O’Hanlon.
Hiking for a Cause
Hello, my name is Karen Ganis and in June, I will be hiking 180 km, over 8 days, in the mountains of Sicily to raise awareness and funding to find a cure for Alzheimer's. Each day along the route, I will be hiking in honor or memory of someone, and on the 5th day, I will be hiking for My Second Home, including past/present participants, family caregivers, and staff.

I hope that you will consider supporting my efforts by making a donation at www.bit.ly/karenshike and if you provide the name of a loved one that you would like remembered, I would be honored to ‘carry’ them with me on my journey, and I will read each and every name when the team reaches the Temple of the Gods at the end of the journey in Agrigento, Italy.

This will be a beautiful way to remember those that we love who have battled, or who are battling, this terrible disease.

Thank you, André!
With regularity, André visits My Second Home with boxes of delicious pastries from L'Anjou Pâtisserie Française in Mount Kisco. André began the wonderful deliveries when his wife Armella was attending, and now continues the tradition to honor her life and to say hello to staff and participants with his treats. Thank you, André! You spoil us.

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. The program includes current event discussions, activities with the after-school kids, discussions on brain health, light exercise, and social conversation over snacks.

Below, Richie and Lily share a fun moment during our arts and crafts activity.

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

We are fortunate to have college students bring their energy and creative ideas during their field placements with us. Physical therapy interns Sasha and Melissa, from Mercy College, spent several weeks getting to know our participants and engaging with them in various activities such as the painting project above.