Director's Corner
Dear Participants, Caregivers, and Friends;

In November, the trees are standing all sticks and bones. Without their leaves, how lovely they are, spreading their arms like dancers. They know it is time to be still.

— Cynthia Rylant

The holiday season is around the corner. Many plans coming into place on our activity calendars. It seems to be taking forever, but the cold will come. And with the cold there will be snow and other foul weather. Because I’m not really a fan of the winter I wanted to share some thoughts of November that embrace in a positive way the signs of the season. Everything will remain cozy and comfortable inside here at My Second Home no matter the chill outside.

My best to everyone,

Karen

Fallen leaves lying on the grass in the November sun bring more happiness than the daffodils.

— Cyril Connolly

Come join us!
11th Annual Candle Lighting
Thurs/Fri, Nov. 15/16, 6–7:30 pm
This beautiful event will be celebrated at both sites, and caregivers and friends are welcome. It is a way to honor our participants, their families, and to mingle with our staff. Refreshments will be served.

White Plains: Thurs., Nov. 15th, 6–7:30 pm
Mount Kisco: Fri., Nov. 16th, 6–7:30 pm

Holiday
My Second Home will be closed Thursday, Friday, and Saturday, November 22–24, to celebrate Thanksgiving.

November Birthdays
Mount Kisco
Kitty C
Claudia S
Melvin N
Richard C
Sarah P

Upcoming
Mount Kisco
We are open Saturdays from 8 am – 4 pm.

Hair Care Services
Monday, Nov. 19.
Call 914-241-0770 to make an appointment with our hairdresser, Patti. Payment is required at time of service.

Podiatrist
Tuesday, Jan. 22, 2019.
Call 914-241-0770 to make an appointment with Dr. O’Hanlon.

White Plains
We are open the 2nd and 4th Saturdays of each month (Nov. 10 and 24), from 9 am – 4 pm.

Podiatrist
Tuesday, Dec. 11.
Call 914-422-8100 to make an appointment with Dr. O’Hanlon.

Alzheimer’s Reading Room
This online resource aims to educate and empower caregivers, their families, and the entire Alzheimer’s community with more than 5,000 articles. Learn more about it at www.alzheimersreadingroom.com.
Wish List
Because we are not-for-profit, we're grateful that you help support this important program with your charitable donations.
- Bingo prizes
- Bird food
- Disinfectant and personal wipes
- Boxes of tissues

Evening Edition
Evening Edition meets on Mondays from 3–6 p.m. at the Mount Kisco site. For more info about Evening Edition, contact Karen Bisignano or Dan Jackson at 914-241-0770, or email Dan at djackson@fsw.org.

What not to do to people with Alzheimer’s disease
— By Esther Heerema, MSW, VeryWell.com
Do you know someone who has Alzheimer’s disease? The Alzheimer’s Association estimates that approximately 5.7 million Americans have Alzheimer’s or another kind of dementia. Sooner or later, your path is likely to cross with someone battling dementia.

Here are our top 10 pet peeves of what not to do:
1. Don’t ignore him
2. Don’t talk to her like she’s a young child or a baby
3. Don’t use terms of endearment instead of names
4. Don’t assume she’s confused all of the time
5. Don’t quiz him
6. Don’t ask other people questions about him while he’s right there
7. Don’t focus on what she isn’t able to do anymore
8. Don’t assume he’s choosing to be difficult
9. Don’t stop visiting just because you think she won’t remember
10. Don’t forget how you would like to be treated

Read the full article at: https://www.verywell.com, and search under Conditions, Alzheimer’s Disease and Dementia, and Communication Strategies.