Director’s Corner

Dear Participants, Caregivers, and Friends;

“The month of November makes me feel that life is passing more quickly. In an effort to slow it down, I try to fill the hours more meaningfully.”

— Henry Rollins

How easy it is for all of us to get caught up in feeling that time is passing so quickly when it feels as if spring had just sprung and summer’s heat was upon us like a heavy winter coat. Time is constantly moving and moving and moving. So living in the right here and right now is the thing that helps us feel as if we slow down time. I understand the feeling like wanting life to rush forward, especially when caring for our loved one whose difficulties only make our living harder. I felt that way so strongly when my mother was battling a recurrence of lung cancer. I wanted her here, but I wanted the stress to end. When I could breathe deeply and just focus on our small happy moments, then I have to say, I felt less stressed. How meaningful your everyday is with all of the great care you provide. Enjoy this day, and every day.

My best to everyone,

Karen

“There eventually all the pieces fall into place. Until then, laugh at the confusion, live for the moment and know everything happens for a reason.”

— Anonymous

Holidays

My Second Home and Evening Edition will be closed Monday, Nov. 11, for Veterans Day. Evening Edition will be closed Monday, Nov. 25, and My Second Home will be closed on Thursday and Friday, Nov. 28 and 29, for Thanksgiving.

Upcoming

Hair Care Services Monday, Nov. 25. Call 914-241-0770 to make an appointment with our hairdresser, Patti. Payment is required at time of service.

Podiatrist Tuesday, Dec. 10. Call 914-241-0770 to make an appointment with Dr. O’Hanlon.

November Birthdays

Melvin N
Ralph P
Giovanni S
Richard C
Sarah P

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

Clockwise from above: Barbara gets into the Halloween spirit with her family sweatshirt; Elsa helps Peter in a sing-a-long; Yeongsun and Paula spend time with their little friend.
**Staff Spotlight**

**Delrhea (Del) Bratton**
Del has been a program assistant at MSH since December of 2017. With a smile she says her curiosity was peaked when her sister Christine (Bratton) kept talking about “her second home.” She had just moved to the area from down south and was getting settled when Christine encouraged Del to volunteer at MSH during the holiday season. Needless to say she found her fit when staff and participants alike welcomed her “with open arms.” Del’s favorite thing about MSH is, of course the participants — saying they “just lift her up.” She says she has learned so much, from old songs, to history, and about life in general.

Del will marry her fiancé in July of 2021, and knowing how much we like kids around here, brings her future stepdaughter to work whenever she has the chance!

**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

**Evening Edition**
This program to support the needs of those individuals newly diagnosed with mild cognitive impairment or early stage dementia meets on Mondays from 3–6 p.m. The schedule includes current event discussions, intergenerational activities with the after-school kids, information about keeping our brains healthy, 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.

**Thank you!**
September and October were busy fundraising months for My Second Home. Thank you, thank you to family members, Advisory Council members, Golf Committee members, and other friends of the program for helping us to raise money to enrich the program — whether you bought mums, attended Sparkle for a Cause, or attended our Golf outing and dinner — we really appreciate your support!

In a pumpkin decorating contest, MSH joined the classes at MKCCC to showcase their creativity for The Great Pumpkin Patch in the lobby. Everyone was asked to vote for their favorite pumpkin and the favorite was announced on Halloween.

My Second Home is funded in part by The U.S. Dept. of Health & Human Services, The New York State Office for Aging, and Westchester County Department of Senior Programs and Services.