



FRIENDS FOR LIFE
HOMECARE and
MEDICAID CONSULTANTS

Call Us!
(516) 900-1818

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Friends for Life Newsletter, December 2019

Let's Talk Senior Care



Upcoming Events in December

Babylon's Old Fashioned
Village Christmas Night of
Shopping
12/6

McKenna Senior Center
Christmas Party
12/18

Past Events from November

Bagels for Veterans
11/11

Senior Planning Seminar
11/12

St. Rose Senior Center
11/14

Toy Drive Delivery to Masons
Warriors
11/15

Alzheimer's Caregiver's Conference
11/15

Caregiver Support Group
11/21

If you want to read more and view photos from
our November events

[Click Here](#)



Q: *My mom has dementia and is living at home with a 7 day a week live-in. When I visit her, she talks to me about my dad, who she still thinks is alive. How do I handle this?*

A: "I feel that you should always be in her reality. Live in her moment. Trying to correct her will only agitate her and get her upset. It will not make for a pleasant visit. Speak of your Dad as if he is alive too. Being that she will unfortunately forget your conversation within a short time anyway, support what she has to say and enjoy the happy and calm moments that she's experiencing at that time."

Q: *My parents always hosted the holidays, until a few years ago. As they're aging, it's been much more difficult and they seem very upset about it. What should I do?*

A: "Keep the traditions going. If your mom always did the cooking, have her help you make a few simple dishes at your house. Sit her safely at the kitchen table, and have her mix ingredients or any other simple tasks. If your dad always hung the outdoor lights, bundle him up and have him sit comfy in an outdoor chair so you could ask his opinion where to place the lights. Have him supervise the operation... you'll always be grateful for his input. Never forget to let your parents know how much you love and treasure all the memories that they

created for you all those years and that you hope to follow in their footsteps."

If you have any questions you want to "Ask Amy",
message us on our website!

[Send a Message](#)



December Word Search

Blizzard Dreidel Garland
Gingerbread Hanukkah Jolly
Menorah Ornament Presents
Sleigh Snowman Stocking 

B	S	T	O	C	K	I	N	G	K	F	W	L
L	L	V	V	M	T	O	S	A	B	L	I	Z
I	O	I	E	P	I	L	G	J	I	M	S	A
Z	W	Y	R	I	E	G	R	V	O	I	V	I
Z	Z	A	E	I	T	A	A	E	N	L	I	F
A	A	G	G	U	D	R	E	I	D	E	L	G
R	M	H	R	B	G	L	O	T	B	O	S	Y
D	D	E	O	R	N	A	M	E	N	T	G	S
V	E	B	N	H	A	N	U	K	K	A	H	N
Y	Y	Z	Q	O	Y	D	A	J	O	T	T	O
G	I	N	G	E	R	B	R	E	A	D	R	W
L	G	S	T	Z	Z	A	R	D	D	N	S	M
R	E	P	A	R	A	S	H	O	W	D	J	A
P	R	E	S	E	N	T	S	U	H	S	K	N



*Laughter is the
best Medicine!*



1. Where do polar bears vote?
2. What do you get when you cross a snowman with a dog?
3. What kind of music do elves like?
4. What does the gingerbread man use to make his bed?

Answers:

Flip the screen to reveal the answers!

1. The North Pole
2. Frost Bite
3. "Wrap" Music
4. Cookie Sheets

Recipe of the Month:



Peppermint

INSTRUCTIONS

Oreo Cookie Balls



INGREDIENTS

- 10 mini candy canes
- 4 ounces cream cheese, softened
- 1 (10.7 ounce) package Peppermint Oreos
- 16 ounces dark or white candy wafers

For Garnish

- 5 mini candy canes, crushed (optional)

1. Line a large baking sheet with parchment paper.
2. Place candy canes into a food processor and pulse the machine until crushed into fine pieces.
3. Add in Peppermint Oreos and pulse until crushed into fine crumbs.
4. Add in cream cheese and pulse until thoroughly combined.
5. Using a small cookie scoop, measure mixture (about 2 teaspoons) and then roll into cookie balls.
6. Place rolled cookie balls on prepared cookie sheet and place into the refrigerator for about 30 minutes or into the freezer for 10 minutes.
7. Once cookies balls are chilled, melt candy wafers according to package directions.
8. Dip cookie balls (see tip below) in melted candy wafers and place back onto parchment lined cookie sheet.
9. If desired, sprinkle with crushed candy canes and/or drizzle with contrasting candy melts.
10. Once all cookie balls are dipped refrigerate them for one hour.



Tip of the Month!

Keep Travel Plans Offline!

- We know everyone gets excited to go away to visit family and friends during the holidays, but it's very important to keep those plans off social media. You never want criminals to know when you'll be away and for how long. Keep your pictures and vacation thoughts to yourself until you return home from vacation. Then, have fun posting as many pics as you want!

A Special
Thanks...



Thank you to all who have participated in our Toy Drive for Mighty Masons Warriors. We appreciate all the kind gifts and admire your loving hearts.



**Friends For Life Homecare
and Medicaid Consultants**



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Contact Us Today!