



FRIENDS FOR LIFE
HOMECARE and
MEDICAID CONSULTANTS

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(516) 900-1818

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Friends for Life Newsletter, January 2020

Let's Talk Senior Care



Upcoming Events in January

FREE Caregiver Support Group
1/28

Past events from December

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

McKenna Senior Center
Christmas Party
12/18

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

[Click Here](#)



Q: *How do you balance caring for your family, as well as your aging parent?*

A: "The heavy load carried by the sandwich generation brings about common stress that leave adult children asking these questions and more. Not being able to accomplish everything will usually cause guilt. Since the average time that the adult child will care for their aging parents is 8 years, the stress that builds up and the difficulty of the situation may eventually force the child to a realization: it's time to reach out for professional help.

Just having this thought can make an adult child feel guiltier, but it is important to remember that one can provide quality care for someone only if they are taking care of themselves. In many cases, some needs are better met professionally. Hiring an in-home caregiver or placing a senior in the right assisted-living community can provide many new opportunities for the senior and adult child."

By relieving the stress of meeting a senior's care giving needs, an adult child can better focus on his or her own needs and the needs of other family members. Peace of mind will come with knowing that the senior is receiving quality care. That said, many feel that the most important aspect of this arrangement is that the time spent with an aging parent can truly be quality time."

Q: *What do you do when your elderly parents aren't listening?*

A: "There are a number of things you can do when your parents are not listening. Here are just a few solutions.

Accept the situation. You may want your mantra to be "It is what it is." Said another way, "You can lead a horse to water, but you can't

make him drink.” Suzanne Modigliani, a Boston-based geriatric care manager with a social work background, points out, “They are adults with the right to make decisions — even poor ones.” While you probably wish you could control your aging parents for their own good, the reality is you cannot force them to do anything. Accepting this fact can help reduce your stress and even improve your relationship with your parents.

Think Ahead. To avoid potential problems, help your parents remember important dates instead of getting upset or frustrated with them if they forget. Is there a milestone they want to be around for, such as an anniversary, graduation or wedding? Then bring it up! Even if your parent has not been diagnosed with Alzheimer’s or dementia, living with memory loss can be very difficult for elderly adults to deal with.

Treat Them Like the Adults They Are. While it may feel as if the relationship between you and your parents have switched at times, it is important to remember that they are still your parents and that they desire to be treated with respect. Dr. Kane warns about infantilizing parents. “Dealing with a stubborn parent is not the same as dealing with a stubborn child. Older people should be autonomous.” Avoid behaviors such as threatening to move a parent to a nursing home or insisting you always know what’s best, which will only drive a wedge between you and your parents. Remember that, above all, the goal is to help your parents receive the best care possible. You’re much likely to get positive results by treating your aging parents like the adults they are.”

For more advice, call (516)900-1818 and ask Friends for Life.

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

[Send a Message](#)

January Word Search

Champagne
Cheers Clock
Confetti Countdown
Glitter Horn Kiss
Midnight Resolution
Toast Tradition

2020

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



*Laughter is the
best Medicine!*



1. What happened to the man who shoplifted a calendar on New Years eve?
2. What did the little champagne bottle call his father?
3. Where can you find comedians on New Years Eve?
4. Why do you need a jeweler on New Years Eve?

Answers:

Flip the screen to reveal the answers!

1. He got 12 Months!
2. Pop!
3. Waiting on the punchline
4. To ring in the new year

Recipe of the Month:



Classic Chili Recipe INSTRUCTIONS

- Add the olive oil to a large soup pot and place it over medium-high heat for two minutes. Add the onion. Cook for 5 minutes, stirring occasionally.
- Add the ground beef to the pot. Break it apart with a wooden spoon. Cook for 6-7 minutes, until the beef is



INGREDIENTS

- 1 tablespoon olive oil
- 1 medium yellow onion - diced
- 1 pound 90% lean ground beef
- 2 1/2 tablespoons chili powder
- 2 tablespoons ground cumin
- 2 tablespoons granulated sugar
- 2 tablespoons tomato paste
- 1 tablespoon garlic powder
- 1 1/2 teaspoons salt
- 1/2 teaspoon ground black pepper
- 1/4 teaspoon ground cayenne pepper* -optional
- 1 1/2 cups beef broth
- 1 (15 oz.) can petite diced tomatoes
- 1 (16 oz.) can red kidney beans, drained and rinsed
- 1 (8 oz.) can tomato sauce

browned, stirring occasionally.

- Add the chili powder, cumin, sugar, tomato paste, garlic powder, salt, pepper, and optional cayenne. Stir until well combined.
- Add the broth, diced tomatoes (with their juice), drained beans, and tomato sauce. Stir well.
- Bring the liquid to a low boil. Then, reduce the heat (low to medium-low) to gently simmer the chili, uncovered, for 20-25 minutes, stirring occasionally.
- Remove the pot from the heat. Let the chili rest for 5-10 minutes before serving.





Tip of the Month!

New Year, New Goals

- A recent Swedish study found that physical activity was the number one contributor to longevity, adding extra years to your life—even if you don't start exercising until your senior years.
- Getting moving can help,
 - boost your energy
 - maintain your independence
 - protect your heart
 - manage symptoms of illness or pain
 - manage your weight
- Regular exercise is also good for your,
 - mind
 - mood
 - memory



Friends For Life Homecare and Medicaid Consultants

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Contact Us Today!