



Call Us!  
(516) 900-1818

[View Services](#)

## Friends for Life Newsletter, November 2019

# Let's Talk Senior Care



### Upcoming Events in November

Bagels for Veterans  
11/11

Senior Planning Seminar  
11/12

St. Rose Senior Center  
11/14

Last day to donate toys to  
Mason's Worrior's  
11/15

Alzheimer's Caregiver's Conference  
11/15

Caregiver Support Group  
11/21

### Past Events From October

Farmingdale AARP  
10/16

2019 Walk to End Alzheimer's  
10/19

McKenna Senior Center  
10/23

Trick or Treat on the Blvd.  
3:00pm-5:00pm  
10/31

If you want to read more and view photos from  
our October events  
[Click Here](#)

---



**Q:** *What are some warning signs that your parents may need help in their home?*

**A:** "There are so many signs indicating that your parents may need some assistance in their home. Just to name a few would be:

- If their once very neat and clean home looks cluttered and unkempt.
- If they forget to shower regularly and/or wash their clothing.
- If they forget to take their medications often.
- If you notice mom or dad (or spouse) losing weight.
- If they forget to pay their bills resulting in late payment notices.
- If mom or dad has a physical decline in mobility.
- If they have difficulty completing familiar tasks.

To be safe, if you notice any kind of change, you should question it. We all want our parents to live safely in their homes and we want to keep them living in their homes as long as possible."

**Q:** *Why use non-medical care?*

**A:** "Letting seniors age in place can bring fear and uncertainty among family members who can't regularly be on site with their loved one. Friends for Life Homecare ensures seniors maintain as much self-sufficiency as possible, while family members remain at ease knowing their senior is receiving personal, trustworthy care. And, at a price that's more affordable than care facilities or a visiting nurse."

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

[Send a Message](#)

## November Word Search

Acorn   Bake   Family   Football  
Grateful   Gravy   Harvest     
Parade   Pie  
Pilgrims   Turkey   Voyage

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



# *Laughter is the best Medicine!*



1. Why was there a turkey on Comedy Central?
2. What do turkeys eat on Thanksgiving?
3. Why did the turkey cross the road twice?
4. If April showers bring May flowers, what do May flowers bring?

## **Answers:**

Flip the screen to reveal the answers!

4. Pilgrims
3. To prove he  
wasn't chicken.
2. Nothing, they're  
already stuffed!
1. He was there for a  
roast!

## Recipe of the Month:



**French Toast**

**INSTRUCTIONS**

# Casserole



## Directions

1. Slice French bread into 20 slices, 1-inch each. (Use any extra bread for garlic toast or bread crumbs).
  - Arrange slices in a generously buttered 9 by 13-inch flat baking dish in 2 rows, overlapping the slices.
  - In a large bowl, combine the eggs, half-and-half, milk, sugar, vanilla, cinnamon, nutmeg and salt and beat with a rotary beater or whisk until blended but not too bubbly.
  - Pour mixture over the bread slices, making sure all are covered evenly with the milk-egg mixture.
  - Spoon some of the mixture in between the slices.
  - Cover with foil and refrigerate overnight.

2. The next day, preheat oven to 350 degrees F.

3. Spread Praline Topping evenly over the bread and bake for 40 minutes, until puffed and lightly golden. Serve with maple syrup.

## Praline Topping:

1. Combine all ingredients in a medium bowl and blend well. Makes enough for Baked French Toast Casserole.

## Praline Topping:

- 1/2 pound (2 sticks) butter
- 1 cup packed light brown sugar
- 1 cup chopped pecans
- 2 tablespoons light corn syrup
- 1/2 teaspoon ground cinnamon
- 1/2 teaspoon ground nutmeg



## Tip of the Month!

### How to Stay Warm this month!

- **An Easy Way to Block Drafts:** Cut a pool noodle in half lengthwise. Wrap it in fabric and slide it under your door.
- **I'm a "Fan" of This Tip:** Turn on your ceiling fan! Yep, that's right. Warm air rises to the ceiling. Run your fan at the lowest setting in a clockwise direction to push the warm air back down where you can feel it.

**Don't Forget to be a good neighbor and check in on those that are elderly or disabled to ensure they are safe.**



**Friends For Life Homecare  
and Medicaid Consultants**



(516) 900-1818  
1045B Park Blvd., Massapequa Park, NY  
[info@friendsforlifen.com](mailto:info@friendsforlifen.com) | [friendsforlifen.com](http://friendsforlifen.com)

**Contact Us Today!**