



**FRIENDS FOR LIFE**  
**HEMOCARE and**  
**MEDICAID CONSULTANTS**

**Call Us!**  
**(516) 900-1818**

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## Let's Talk Senior Care



### Past Events From September

- ADRC Walk @ Marjorie Post Park  
9/7
- St. Rose Bereavement Group  
9/12
- McKenna Senior Center  
9/18
- Caregiver Support Group  
9/26
- Tanner Park Senior Center  
9/30

### Upcoming Events in 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 September events



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***Q: Why did you become an advocate for seniors and their families?***

**A:** "It's extremely important for everyone to maintain their sense of independence. This is especially true for seniors, as some of their independence may be slowly taken away from them, due to physical limitations, as they age. For this, I became an advocate. As I present information and recommendations, I fully respect their right to make choices for themselves. My compassion and support extends to their families as well, as I see many families overwhelmed with the overall process. We not only provide home care services, but we're a great resource to the community, as we are here to answer their elder care questions, offer recommendations and referrals, and provide much needed support and encouragement individually and through our support groups."

***Q: What is the most important aspect of home health care?***

**A:** "There are two key elements in home health care. I can sum it up in two words: "Home" and "Care". To me, these are the two reasons why home care has become so very important in our society. Through my years of experience, seniors like to stay in the comfort and safety of their own environment. It's all about keeping independence and maintaining the same lifestyle in their own familiar surroundings, just with some added help. Staying home means being near family and friends and it gives seniors the sense of freedom and confidence that they deserve."

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

[Send a Message](#)

 **October Word Search**

Apple Autumn Cider Costume  
Fall Harvest  
Crow Ghost  
Pumpkin Witch  
Leaves Spice



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



*Laughter is the  
best Medicine!*



1. What is the most important subject a witch learns in school?
2. Why didn't the skeleton go to the ball?
3. What room does a ghost not need?
4. What is a vampire's favorite fruit?

## Answers:

Flip the screen to reveal the answers!

1. Spelling
2. Because he had no BODY to go with
3. A Living Room!
4. A Nectarine!

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## Recipe of the Month:



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## EASY APPLE CINNAMON MUFFINS

*These muffins are easy to make, and they're smack full of apple chunks and sweet cinnamon!*

**Cook Time** 20 minutes  
**Total Time** 35 minutes  
**Servings** 12 muffins  
**Calories** 238

## INGREDIENTS

## MUFFINS:

- 1 cup all purpose flour
- 1/2 cup whole wheat flour
- 1/2 cup granulated white sugar
- 1/2 cup packed brown sugar
- 2 teaspoons baking powder
- 2 teaspoons ground cinnamon
- 1/2 teaspoon salt
- 1/3 cup vegetable or canola oil
- 1 large egg
- 1/3 cup milk
- 2 medium apples (peeled, cored & chopped)

## TOPPING:

- 1/4 cup granulated white sugar
- 2 tablespoons all purpose flour
- 2 tablespoons butter, at room temperature
- 1 teaspoon ground cinnamon



## INSTRUCTIONS

1. Preheat oven to 400°F. Grease a 12-cup muffin tin or line with paper muffin liners.
2. In a medium bowl, whisk together dry ingredients. Add oil, egg and milk and stir just until combined. Fold in apples. Divide batter between the 12 muffin cups.
3. In a small bowl, mix topping ingredients, blending together with a pastry cutter or fork. Sprinkle over unbaked muffins.
4. Bake 15 to 20 minutes, or until a toothpick inserted in center of muffin comes out clean.



## Tip of the Month!

**Don't leave an elder with Dementia or physical limitations home alone on**

# Halloween...

- Take them to a community event or family home, and return home after dusk.
- Send a companion or professional to be with them from 4:00-10:00 or overnight.
- Help them answer door and hand out candy if they wish.
- Put out sign when done "Sorry No More Candy".



## Friends For Life Homecare and Medicaid Consultants

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**Contact Us Today!**