



FRIENDS FOR LIFE
HOMECARE and
MEDICAID CONSULTANTS

Call Us!
(516) 900-1818

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Friends for Life Newsletter, February 2020

Let's Talk Senior Care



Upcoming events in February

Young at Heart Seminar &
Luncheon - Grace Episcopal
Church Massapequa
2/5

Mckenna Senior Center
Valentines Day Lunch
2/12

St. Rose Senior Group
Valentines Day Lunch
2/13

Babylon Village Winter-fest
2/16

Past Events From January

FREE Caregiver Support Group
1/28

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

[Click Here](#)

Are you wondering who or what is considered a caregiver?

A **Caregiver** is someone who is taking care of a loved one whether it be a parent, a friend, a grandparent, or an aunt/uncle. Whoever it may be, however much time you spend and however much help you may be receiving, if you assist in caring for this individual, you are considered a caregiver.

Every month, Friends for Life hosts free caregiver support groups for those who are stressed out from the task of care giving. The meeting is meant to exchange ideas, solutions and lend an ear to those who need it.

If you or a loved one would like to know more about our caregiver support groups or would like to attend one of our meetings, **call us at (516)900-1818.**



Q: How do you tell your parent - I know you don't want anymore help, but you NEED more help?

A: "Aging parents often want to hold on to their independence, which ultimately makes it difficult to point out that it's an absolute necessity for them to receive more help. This is a question that comes up more often than not. Luckily, there are a couple of approaches to this discussion.

First and foremost, know your options in advance. Know exactly what

services are available in your area and be ready with specific recommendations for your parents. There are tons of options, each one more helpful than the next. Be sure to also point out the benefits of each. For example, home care allows you to stay in the comfort of your own home. Your children can still have the chance to visit and stay with you whenever they please.

If you present them with different options, it allows you to open up the conversation for what they may prefer. Though sometimes we may think we know what's best, take a moment to hear them out. If they have lived in their home for many years, an assisted living may be upsetting. But if they feel lonely in their home, an assisted living could be a valid option. This conversation will make them feel included and possibly in control of their next steps. It may make them less reluctant to accept the extra or full time help if you listen and meet them halfway.

You can also call for back up. If they are reluctant to listen to what you have to say, ask close family members or friends. Maybe your parent trusts advice of her best friend or a close cousin. You can also call Home care agencies or assisted livings personally. Many times, they will come meet you and your family to help break the tension, or the negative preconceived notions your loved one may have. Perhaps there may be other people that can help make the persuading a little easier.

Lastly, try again. Just because they turned down your answer once, doesn't mean they will always feel the same way tomorrow. Give them time to think about what you proposed. You may need to try a different approach the second time around. Ultimately, adults with disabilities or illness can beg and plead, but if there are safety concerns at play, it is important to stress that this is help they need. Don't give up."

Q: My mom has dementia, and my father just passed away... do I tell her he passed, or do I avoid it?

A: "Telling someone about the death of a family member is difficult for everyone. It becomes even more of a challenge when the person you have to tell has dementia. Your approach will depend on the extent of the person's disease. Everyone's situation is different.

Often the first thought is to try to protect the person with dementia and not confuse them. Some people may prefer to avoid discussing death for this reason. However, it is important to remember that your loved one is still the person she has always been, and to respect that they can still feel the same emotions; they just may not be able to express them the way they used to. Also, not sharing the news may confuse her more and make it harder for her to cope, especially if her husband was a part of her everyday life.

There isn't one approach that works for all people with dementia, but

there are a few things to consider. Several sources give these recommendations for sharing the news of death with someone who has dementia:

- Have only one person break the news so it does not become overwhelming.
- Find a quiet, comfortable spot. Choose a time of the day when your loved one is well-rested.
- Speak clearly and straight forward. EX: "Your husband has died". Using phrases such as "passed away" may confuse them.

After you tell your mother about her husband's death, it is important to watch how she reacts:

- What does she say?
- How does her facial expression change?
- What does she do?

Reading these cues will help you to connect with how she is feeling at the time, as well as to know what to say if she asks about her husband in the future. If you know the reaction is negative, then you may want to avoid the conversation from there on out. For example, if you are talking about her husband, a change in her facial expression may tell you she is distressed. This in turn may tell you it is time to stop talking about his death.

Responding to her emotions will help her to feel supported and comforted. You may simply acknowledge her feelings by saying 'this must make you feel sad'. Your conversations may shift into reminiscing about her husband and their times together, which she may find comforting."

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. You may be featured in an upcoming article!

[Send a Message](#)



February Word Search

Arrow
Candy
Card
Chocolate
Cupid
Date

Dear
Heart
Hug
Love
Romance
Rose

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



1. How did the phone propose to his girlfriend on Valentines Day?
2. Why shouldn't you fall in love with a pastry chef?
3. What did the girl cat say to the boy cat on valentines day?
4. What did the flame say to his buddies after he fell in love?

Answers:

Flip the screen to reveal the answers!

1. He gave her a ring!
2. He'll dessert you
3. You're purrrr-fect for me.
4. I found the perfect match!

Recipe of the Month:



Strawberry Tart

INSTRUCTIONS

1. In a food processor, pulse the flour, salt, and 1 tablespoon sugar to combine. Add the butter and pulse to form fine crumbs. Add the water and pulse until the dough comes together. Refrigerate until chilled, about 20 minutes.



INGREDIENTS

- 1 1/4 c. all-purpose flour
- 1/2 tsp. kosher salt
- 3 tbsp. granulated sugar
- 1/2 c. (1 stick) cold unsalted butter, cut into small pieces
- 2 tbsp. ice water
- 3 c. pie weights, dry beans or rice
- 1 (8 ounce) package cream cheese
- 1/2 c. sour cream
- 1 c. very cold heavy cream
- 1/2 c. store-bought dulce de leche
- 1 1/2 lb. Strawberries, sliced
- Confectioner's sugar, for serving

YIELDS:

10

2. Heat oven to 375 degrees F. Lightly coat a 9-inch removable bottom tart pan with cooking spray.
3. On a lightly floured surface, roll the dough into an 11-inch round. Fit into the bottom and up the sides of the tart pan, then cut off and discard any excess. Chill for 15 minutes. Place the tart pan on a baking sheet. Gently line the inside of the crust with non stick foil and fill with pie weights, dry beans or rice. Bake for 20 minutes. Discard the beans or rice and foil and return to the oven until lightly golden brown, 10 to 15 minutes more. Let cool completely.
4. While the crust is cooling, using an electric mixer, beat the cream cheese and remaining 2 tablespoons of sugar until smooth, 1 to 2 minutes. Add the sour cream and beat to combine. With the mixer on low, gradually add the heavy cream, mixing until fully incorporated. Increase the speed and beat until the mixture has thickened and doubled in volume, about 2 minutes.
5. Spread the dulce de leche evenly over the bottom of the crust. Spoon the cream cheese mixture on top, gently spreading to smooth. Top with strawberries. Serve immediately or cover and

PREP TIME:

0 hours 45 mins

TOTAL TIME:

1 hour 50 mins

refrigerate overnight. Dust with confectioner's sugar just before serving, if desired.

Recipe provided by Woman'sDay.com



Tip of the Month!

Take a Trip Down Memory Lane

Use this holiday as an opportunity to help your loved one experience the joy and self-worth associated with a cherished moment. Prompt fond memories with questions like “*Did you exchange Valentines growing up?*” or “*Who was your first date?*” Leaf through photo albums and look back on the love you shared - and continue to share - as a family. Consider framing a special moment in time for an extra heartfelt touch.





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**Contact Us
Today!**