

## Friends for Life Newsletter, April 2020

# Let's Talk Senior Care



## **Friends for Life Homecare & Medicaid Consultants**

As Always, the health of our community is our top priority in light of the ongoing coronavirus (COVID-19) developments, we are committed to keeping you up to date on the initiatives that we are taking to ensure optimum health & safety.

### **Professional Steps Can Be Taken to Protect the Elderly**

It is increasingly apparent that care in the home is the most prudent approach whether for purposes of isolating potentially infected individuals, providing direct virus-related care or addressing risks of infection caused by avoidable exposure to other individuals. As you well know, the elderly and those with fragile health conditions are considered the highest risk members of our society.

Home care professionals can help seniors follow the CDC's recommendations to reduce the risk of catching the virus. While following these practices can help reduce the risk of catching COVID-19, remember to still keep an eye on your elderly loved ones and watch for symptoms of COVID-19.

A qualified in-home caregiver can also monitor your elderly loved one for symptoms and alert family caregivers if symptoms develop.

If serious symptoms develop, have your loved ones seek medical treatment immediately. Always be sure to listen to your local public health officials and follow their advice.

**Our services and support are always available 24 hours a day 7 days a week, especially during this difficult time. Do not hesitate to reach out for assistance.**

**Wishing you and your family good health.**

*Amy & Michael Recco*

For More information on protection from COVID-19 visit: [www.cdc.gov/coronavirus](http://www.cdc.gov/coronavirus)  
Please consult with your health care provider about additional steps you may be able to take to protect yourself.

### **Upcoming Events for April**

All upcoming events for April are unknown as of this time due to COVID-19. This includes the date for our caregiver support group. For immediate updates, like us on Facebook

[Facebook.com/FriendsforLifeHomecare](https://www.facebook.com/FriendsforLifeHomecare)  
or for direct information call  
(516)900-1818

### **Past Events for March**

FREE Caregiver Support Group  
3/26  
(Postponed)

St. Patrick's Day  
3/17

First Day of Spring  
3/19

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

[Click Here](#)

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## 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. No matter how much time you spend or how much help you may be receiving, if you assist in caring for this individual, you are considered a caregiver.

Every other 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.**

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**Q: "My dad is leaving a rehabilitation center this month, and with the COVID-19 outbreak, I am hesitant to put an aide in his home right now. What are my best options at this time?"**

**A:** "Surprisingly, now is a good time to have an aide take care of your father in his home. There are a number of reasons why. First, it is safer to be home, than the facility he is currently placed in. Even with the no-visitors allowed policy in facilities, staff members/doctors/nurses coming in and out of the rooms regularly. He is also exposed to other patients. At home, he is reducing his chances of illness with a one-on-one environment.

Having a second set of eyes on your dad is so essential during this period. It is important to stay healthy and germ-free during this time, and an aide in the home is the best way to make sure of that. The aide will clean the home regularly, while practicing CDC guidelines themselves. The aide will make sure your dad is taking his medications on time every day, and that his hygiene is taken care of as well.

Another reason this second set of eyes will be crucial, is if there is any detection of illness in your parent, the aide will be the first one to notice. They will ensure emergency services are contacted in a timely manner.

Lastly, this time can be extremely lonely for seniors. Many live alone and are isolated from their family members. Having someone else in the home, in quarantine with your loved one, can help immensely. It can keep your dad from feeling depressed and from slipping out of his basic routine. The aide can go on walks with your dad, play games with him, or just simply watch a television program with him. The aide will make sure he is getting up at a decent hour and getting ready for the day (which can boost his mood due to productivity). It will also give you peace of mind, knowing someone is caring for your parent, while

you are caring for your children at your home."

**Q: "My grandma lives alone and I am coming in/out of her house to drop off supplies. What precautions should I take when entering her home?"**

**A:** "It is smart of you to make sure your grandmother stays home and away from public places, especially when you are fortunate enough to have her do so. Make sure you are in the know of safe cleaning practices when entering public places, such as a food store/pharmacy/gas pumps/bank etc.

When shopping for your grandmother, be sure to wipe down the cart you are using. Bring wipes and wear gloves to try to help eliminate any chance of carrying germs home. If you have a mask, wear it. Try not to touch every item if you are not purchasing it.

Before touching anything in her house, be sure to wash your hands with soap and water from any bacteria you could be bringing from outside. Be sure to clean, disinfect and sterilize all supplies, and containers (yourself included). When you are finished bringing supplies in, be sure to wipe down the counter top they sat upon. If you don't feel comfortable going inside her house, and want to still bring her the supplies, you can simply leave them right outside her front door, so you don't come in contact. Remember to clean the packages before placing them on the doorstep.

Depending on the surface, germs can stick for several hours. This is why it's important to always clean. Listed below are different means of "cleaning up".

**Cleaning** – Removes germs, dirt, impurities from surfaces. It doesn't kill germs, but taking them away can reduce their spread.

**Disinfecting**- Kills germs on surfaces with the use of chemicals, it's not the same as removing germs and should be done after cleaning.

**Sterilizing**- Destroys microorganisms on surfaces and in fluids, which can be done through high heat and steam.

If you are not able to have a family member deliver food to your home, there are a number of grocery delivery services readily available. Some of these include Instacart, Fresh Direct, Shipt, Peapod, Amazon Fresh and Amazon Prime Now. Links to delivery services listed below."

<https://www.instacart.com/>

<https://www.shipt.com/>

<https://www.freshdirect.com/>

<https://www.peapod.com/>

<https://www.amazon.com/>

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

For more information on COVID-19, visit [cdc.gov/coronavirus](https://www.cdc.gov/coronavirus)

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**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](#)**

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# April Word Search

April Fools    Carrot    Garden    Rabbit  
 Basket        Easter    Joke        Showers  
 Bloom         Eggs      Prank

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



*Laughter is the best Medicine!*



1. What's Easter Bunny's favorite kind of music?
2. What happened to the egg when he was tickled too much?
3. What do you call a rabbit with flees
4. How excited was the gardener about spring?

## Answers:

Flip the screen to reveal the answers!

1. Hip-hop, of course!
2. He cracked up
3. Bugs Bunny
4. So excited he wet his plants

## Recipe of the Month:



## LEMON-RICOTTA PANCAKES



### Directions

- Line a fine-mesh strainer with cheesecloth; set over a small bowl.
- Add ricotta to strainer and let drain for 15 minutes; set aside.
- Gently combine berries, 1/3 cup sugar, and lemon juice in a medium bowl.
- Let macerate, tossing occasionally, until sugar dissolves and juices are released, about 15 minutes.
- Whisk both flours, baking powder, and salt in a large bowl.
- Using an electric mixer, beat egg whites in a medium bowl until frothy.
- Gradually beat in 2 tablespoons sugar, beating until peaks form.
- Whisk the egg yolks, remaining 2 tablespoons sugar, and zest in another medium bowl to blend.
- Whisk in milk. Add the yolk mixture to dry ingredients; whisk just to blend.
- Add half of the egg white mixture; fold just to blend. Fold in ricotta, then remaining egg white mixture.
- Heat a griddle or large heavy nonstick skillet over medium-low heat; brush with melted butter.
- Using scant 1/2 cup batter for each pancake and working in batches, ladle batter onto griddle and cook until bottom is golden brown, edges are dry, and bubbles form on top of pancake, about 1 1/2 minutes.
- Flip pancakes and cook until browned and just cooked through, about 1 minute.
- Transfer pancakes to plates. Serve with berries and their juices.

### INGREDIENTS

- 2 cups ricotta
- 2 cups mixed fresh berries
- 1/3 cup plus 4 tablespoons sugar, divided
- 2 tablespoons fresh lemon juice
- 1 1/2 cups all-purpose flour
- 1/2 cup chestnut flour
- 2 tablespoons baking powder
- 1/2 teaspoon kosher salt
- 4 large eggs, separated
- 2 tablespoons finely grated lemon zest
- 1 1/2 cups whole milk
- Melted unsalted butter for brushing

*Recipe provided by Bonappetit.com*



## Tip of the Month!

### ***Come Together by Staying Apart*** What can you do to help?

If you're younger and in good health, there are many ways to help without compromising a senior's health (or your own):

- Pick up the phone and call a senior or elderly neighbor and check on them.
  - Do they need groceries/essentials?
  - Need their dog walked?
  - Trash taken out?
  - Extra toiletries?
- Make a care package with things like food, movies, books or puzzles.
- Volunteer for senior programs like Meals on Wheels.
- Write a general card for a senior and drop it off or mail it to Friends for Life Homecare for them to pass it along.
- Lastly, Friends for Life urges you and your family to...
  - Stay home if you are a non-essential worker.
  - Limit the amount of people you come in contact with.
  - Stay away from anyone who may have a compromised immune system/senior citizens/anyone over the age of 65.



### Friends For Life Homecare and Medicaid Consultants

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(516) 900-1818

1045B Park Blvd., Massapequa Park, NY  
[info@friendsforlifeny.com](mailto:info@friendsforlifeny.com) | [friendsforlifeny.com](http://friendsforlifeny.com)

**Contact Us  
Today!**