



**FRIENDS FOR LIFE**  
HOMECARE and  
MEDICAID CONSULTANTS

Call Us!  
Nassau (516) 900-1818  
Suffolk (631) 485-5574  
Queens (718) 878-4334

[View Services](#)

**Friends for Life Newsletter, July 2020**

# Let's Talk Senior Care



## Upcoming Events for July

Friends for Life Homecare X  
Broadway Gourmet Facebook Senior  
Giveaway Continues

Massapequa Strong T-Shirts  
still available - limited stock

Independence Day  
7/4

Upcoming events for the month  
of July may be affected due to  
COVID-19.

## Past Events for June

Massapequa Strong T-Shirt  
Fundraiser Continued

Massapequa Center  
6/4

First Day of Summer  
6/20

Fathers Day  
6/21

If you want to read more and view photos from  
our June 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. No

matter how much time you spend assisting or how much  
additional help you may be receiving, if you assist in caring for  
this individual, you are considered a caregiver.

## Free Caregiver Support Groups

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.**

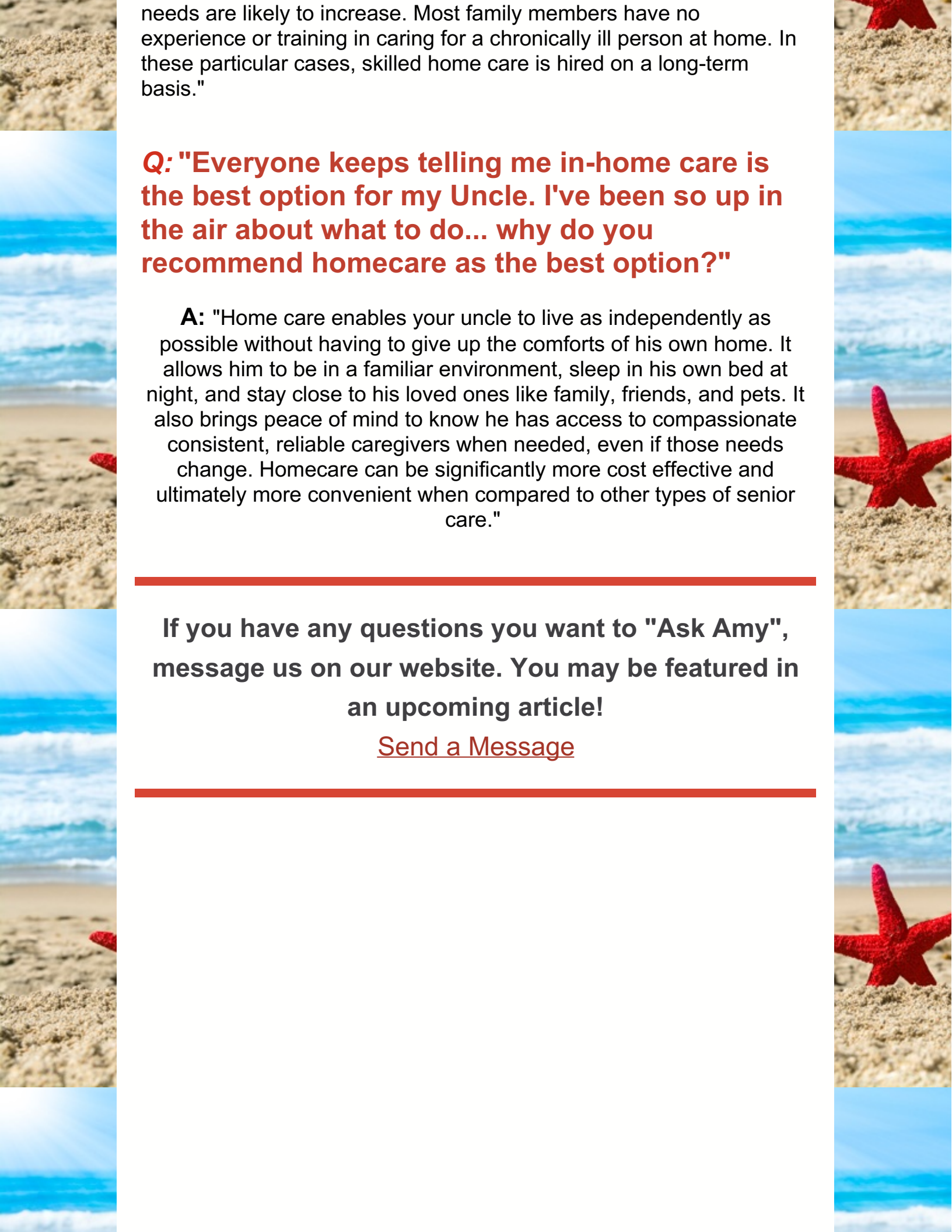


***Q: "My grandma needs homecare but I don't know how to determine if she needs short-term or long-term in-home care."***

**A:** "Whether grandma just needs help around the house for a few weeks after she's discharged from the hospital or requires around-the-clock dementia care, in-home care can meet these needs and everything in between while enabling her to live as independently as possible at home. In-home care can be customized to accommodate a senior's unique needs and can be adjusted at any time if their condition improves or declines.

**Short-term** home care services can last anywhere from a few days to a couple of months while someone is recovering from an illness, injury or surgery. In these instances, home care is a beneficial temporary solution. For example, some homecare companies offer special short-term services to help seniors make smooth transitions from the hospital back to their homes. Professional caregivers can provide assistance with activities of daily living, household tasks, preparing meals and ensuring a safe recovery.

**Long-term** services are generally for seniors with chronic and/or progressive conditions, such as Parkinson's disease, a debilitating stroke, or Alzheimer's disease and other forms of Dementia. In these instances, regular assistance and care are required, and the client's



needs are likely to increase. Most family members have no experience or training in caring for a chronically ill person at home. In these particular cases, skilled home care is hired on a long-term basis."

**Q: "Everyone keeps telling me in-home care is the best option for my Uncle. I've been so up in the air about what to do... why do you recommend homecare as the best option?"**

**A:** "Home care enables your uncle to live as independently as possible without having to give up the comforts of his own home. It allows him to be in a familiar environment, sleep in his own bed at night, and stay close to his loved ones like family, friends, and pets. It also brings peace of mind to know he has access to compassionate consistent, reliable caregivers when needed, even if those needs change. Homecare can be significantly more cost effective and ultimately more convenient when compared to other types of senior care."

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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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# July Word Search

America  
Fireworks  
Flag  
Fourth

Freedom  
Grill  
Liberty

Picnic  
Sparklers  
Stars  
Stripes

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



*Laughter is the  
best Medicine!*





1. What was the most popular dance in 1776?
2. Why does the Statue of Liberty stand for freedom?
3. What do you get when you combine an elephant with a fish?
4. Why don't oysters share their pearls?

## Answers:

Flip the screen to reveal the answers!

1. The indepen-dance
2. Because she can't sit
3. Swimming trunks
4. Because they're shellfish

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## Recipe of the Month:



## Grilled Hawaiian Teriyaki Chicken Skewers

### Directions

1. In a small saucepan, whisk





PREP TIME

15 MINUTES

COOK TIME

10 MINUTES

## INGREDIENTS

- 4 boneless skinless chicken breasts cut into 1 inch cubes
- ½ cup brown sugar
- ½ cup soy sauce
- ¼ cup pineapple juice
- 2 garlic cloves minced
- ¼ teaspoon pepper
- ½ teaspoon salt
- 1 Tablespoon cornstarch
- 1 Tablespoon water
- 1 red bell pepper cut into 1 inch cubes
- 1 yellow red bell pepper cut into 1 inch cubes
- 1 green bell pepper cut into 1 inch cubes
- 1 red onion cut into 1 inch cubes
- 2 cups fresh pineapple cut into 1 inch cubes
- green onions for garnish

- together the brown sugar, soy sauce, pineapple juice, garlic, pepper, and salt.
2. In a small bowl, whisk together the water and cornstarch. Slowly whisk into the mixture.
  3. Bring to boil and boil about 1-3 minutes until the mixture just starts to thicken.
  4. Remove from heat and reserve ¼ cup of the sauce for later.
  5. Marinate the chicken in the sauce in the fridge for at least 30 minutes.
  6. Thread the chicken on skewers along with the peppers, red onion, and pineapple.
  7. Grill for 8-10 minutes until the meat is done to desired liking.
  8. Remove from the grill and baste with reserved sauce. Garnish with green onions if desired.



*Recipe provided by [therecipecritic.com](http://therecipecritic.com)*



# Tip of the Month!

# Are you or a senior citizen you know struggling with navigating the internet?

We have the solution for you. It's called..



The Bridge to Now is a website and resource built for senior citizens to learn the ins and outs of different aspects of the ever-changing internet.

**"Technology should come natural to everyone"**

'The Bridge to Now' was created by High school Student, Michael Leff. This website will guide you on how to sign up for your zoom class and allow you to give input on the upcoming topic. The zoom session will take you on a step-by-step tutorial on new internet-related topics each week. **The sessions are completely FREE and can be utilized at your leisure.** There are 2-3 sessions a week around 3pm.



"I have a strong admiration for them and their generation. I started 'The Bridge To Now' to be here to help them understand how to use the current methods of technology which have revolutionized the way we communicate and do business today", says Michael. Michael began this company in June 2020 and has already helped around 20 seniors have a better understanding in the technological world.



[Click Here to Join a Class](#)





# ***SUPPORT LOCAL***

**Business of the Month**



**Prudential**

**Rosanne Rolon Gil**  
Financial Planner  
60 Fire Island Ave,  
Babylon, NY 11702  
631.482.8277

Prudential Advisors in Babylon is your local office to help service your insurance and Financial needs. Our office is conveniently located in the heart of Babylon Village and

has been serving the community for the last 6 years.

The world right now is very different and can be scary for many people. You may have questions about your financial future and how to make sure your family is protected; we are here to make that easier for you.

We are offering **phone and video appointments** for your safety and can offer most of our services remotely through electronic applications and mail. Call us to help guide you through your questions and concerns.



**Friends For Life Homecare  
and Medicaid Consultants**

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**Contact Us  
Today!**