



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, August 2020

Let's Talk Senior Care



Upcoming Events for August

Feed a Precinct Program by
Massapequa Chamber of Commerce
8/4

Nominate a Senior Giveaway
(In Honor of National Senior Citizens Day)
Partnered with Dine LI
8/14-8/21

National Senior Citizens Day
8/21

Massapequa Strong T-Shirts
still available - limited stock

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

Past Events for July

Friends for Life Homecare X
Broadway Gourmet Facebook Senior
Giveaway Continues

Donated food to Momentum
Rehabilitation and Nursing Center
7/9

Donated food to Ross
Health Center
7/30

Donated food to Sunrise Manor
Center for Nursing
7/30

Massapequa Strong T-Shirts
still available - limited stock

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

[Click Here](#)

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.**



Please note: Due to COVID-19, our meetings have been postponed. Please reach out if you are in need of guidance and/or assistance. Our Friends for Life Team can always provide remote support to you or any family members during this time.

OUR NEW LOCATION



99 Deer Park Ave. Babylon, NY



Read more about our new location in Suffolk..

Click to Read
More!



Q&A Ask Amy



Q: "Can I have both Medicare and Medicaid? "

A: Yes! Medicare and Medicaid are two separate, government-run programs. They are operated and funded by different parts of the government and primarily serve different groups.

- If you are eligible for both Medicare and Medicaid (dually eligible), you can have both. They will work together to provide you with health coverage and lower your costs.

Also know that while Medicare and Medicaid are both health insurance programs administered by the government, there are differences in covered services and cost-sharing. To see if you qualify for Medicaid, Call Friends for Life Medicaid Consultants at (516)900-1818.

Q: "What services are covered through Community Medicaid if I am eligible?"

A:

- Home health services (CHHA, CASA)

- Skilled nursing facility services

- Physician Services
- Nurse Practitioner Services
- Hospital inpatient services
- Health outpatient
- Health clinic services

- Intermediate Care Facilities
- Laboratory test and x-rays
- Medical transportation
- Eyeglasses/Eye Care
- Dental Care

For a complete list of services, click the link below.

[View Full Document Here](#)

Please see our "**Tip of the Month**" below for additional information on Medicaid

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](#)

August Word Search

Baseball Icecream
 Boat Pineapple
 Campfire Senior
 Fishing Strawberries
 Frog Sunset
 Watermelon



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



*Laughter is the
 best Medicine!*



1. What do ghosts like to eat in the summer?
2. Why did the robot go on vacation?
3. What did the beach say to the tide when it came in?
4. Why did the teacher jump into the pool?

Answers:

Flip the screen to reveal the answers!

1. I-scream
2. He needed to recharge his batteries
3. Long time, no sea
4. He wanted to test the water

Recipe of the Month:



Chicken Tacos with Pineapple Salsa

Directions

1. Cut chicken into small strips*



2. Put chicken in a bowl and add all ingredients (olive oil, juice of 1 lime, salt, garlic salt, cumin, chili powder, paprika) and stir to combine. Let sit for 5 minutes (or marinate up to overnight in the fridge.)
3. While chicken is resting, make the pineapple salsa.
4. Combine fresh pineapple pieces, chopped red onion, cilantro, juice of 1/2 of a lime, jalapeno and a pinch of salt. Stir to combine, and put salsa in the fridge while cooking the chicken.
5. Cook the chicken in a cast iron skillet over high heat, allow chicken to brown before flipping it (about 3 minutes per side).*
6. Warm tacos according to package instructions & Assemble your tacos!

PREP TIME

15 MINUTES

COOK TIME

10 MINUTES

INGREDIENTS

- 1 pound boneless skinless chicken (or chicken thighs)
- 1 tablespoon olive oil
- 1 lime juice of lime
- 1/2 teaspoon salt
- 1/2 teaspoon garlic salt
- 1/2 teaspoon cumin
- 1/2 teaspoon chili powder
- 1/2 teaspoon paprika
- For the pineapple salsa
- 1 cup fresh pineapple chopped
- 1/4 large red onion finely chopped
- 1/2 cup fresh cilantro chopped
- 1/2 lime juice of 1/2 lime
- 1/2 jalapeno finely chopped (seeds removed if you don't like it too spicy)
- dash of salt
- taco shells



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.

To learn more OR Join a class today, click the button below.

[Click Here to Join a Class](#)



Tip of the Month!

Huge "Community Medicaid" Cuts

It is essential to "plan" NOW more than ever

Beginning October 1, 2020, the new Medicaid rules will require a full review of an individual's finances, going back to October 1, 2020 transfers, eventually adding up to a two and a half year look-back.



THE PHASED IN SCHEDULE:

- Each month from 10/1/20, the look-back will add an extra month, requiring submission of records since 10/1/20. Transfers made BEFORE 10/1/20 will not have any penalty.
- If there were transfers of assets during that look-back period that are not "exempt" transfers, the individual will be denied Medicaid coverage of the long-term care services for a "penalty" period. The penalty period is still undetermined by New York State.

The usual "exempt" transfers still apply—transfers to the spouse, transfers by an individual under 65 to a supplemental needs trust, transfer to a disabled child.

The new plan is still rolling out changes, but here at Friends for Life Medicaid Consultants, we are staying fully informed of the changes as they come.

If you or your loved one is interested in speaking to our Medicaid specialist, call (516)900-1818 to schedule your FREE phone consultation today.



SUPPORT LOCAL

Business of the Month

Sole Provisions

Unbelievably Comfortable Footwear Since 1997

**101 Deer Park Ave, Babylon, NY 11702
(631) 314-4628**

Since 1997, Sole Provisions has been providing a huge selection of footwear from the world's finest comfort brands and our commitment to customer service has only gotten stronger! Our team is committed to providing a unique, personal experience to everyone who walks through our doors, making sure you get exactly what you need, and have a good time while you're at it! We are grateful for the opportunity to serve our community and promise to continue doing so with knowledge, comfort, and care.



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and Medicaid Consultants**



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**Contact Us
Today!**