



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

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Friends For Life Newsletter, September 2020

Let's Talk Senior Care



Upcoming Events for September

Grandparents Day
9/13

Babylon Street Fair
9/20

Ribbon Cutting Ceremony for
Babylon Office
9/23

Massapequa Strong T-Shirts
still available - limited stock

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

Past 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

Babylon Facebook Giveaway
8/21

National Senior Citizens Day
Celebration in Babylon
8/21

If you want to read more and view photos from
our August 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.

"Serving Nassau, Suffolk & Queens..."




[Click to Read More About Our Babylon Location](#)



Q: "Dear Amy, I'm beginning to think it's no longer safe for my mother to be driving. I've tried to get her to give up her car and stop driving but she will not listen to me. I'm so afraid she is going to have an accident and seriously hurt herself or someone else! I would feel so guilty knowing I could have done something to maybe prevent this from happening. I need help trying to figure out how to get her to understand it's not safe anymore."

A: "It's often difficult for seniors to give up driving because they feel that they're losing their independence. Approach the subject respectfully and acknowledge that this is difficult for her. Discreetly prepare a list of observations about her driving abilities. Reassure her that you will coordinate alternative transportation for her, (arrange a ride schedule with family/ friends, taxis, Able-ride, hire private car service or create an Uber or Lyft account). If your mom is not



receptive to you or other family members' concerns, perhaps asking her doctor to discuss it might be a better approach. Her physician can talk about how health concerns, vision or hearing impairment, medications, and reaction time and reflexes can make driving dangerous.

Additionally, New York State Department of Motor Vehicles has a form that any concerned citizen can use to inform the DMV of their concern and your name is held in confidence. You complete the information about the driver you are concerned about (name, address, approximate age, make & color of vehicle normally drives) and provide your contact information. The DMV also asks you to explain why the driver ought to have their driving abilities reviewed. This form is available at www.dmv.ny.gov or at your local DMV. Whichever way you decide to approach it, be understanding and give your mom time to accept this new big change in her life."

Q: "My elderly aunt keeps telling me that she is lonely and mentioning she doesn't feel a purpose in life anymore. I think she is showing signs of depression. I can't help but to think this is partly because of the isolation due to quarantine from COVID-19. Is there anything I can do to help her feel better?"

A: "Many people of all ages are feeling the impact of the lack of socialization from the pandemic. Try to promote a sense of purpose and encourage her to take up a hobby such as gardening or knitting. It is also important for seniors to partake in some physical activity, like taking a walk outside and getting sunlight. Eating healthy and ensuring the right vitamins and nutrients are being consumed can boost one's mood as well.

Most of all, show her that she is loved and important to you and do your best to set-up phone calls or video chats with her and other family and friends or safe and socially distanced visits. This will help her feel connected. If you suspect the depression not getting better or escalating, encourage her to seek professional help. Therapy or medications may be another option."

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](#)

September Word Search

Acorn

Apple

Autumn

Backpack

Classroom

Football

Labor Day

Leaves

Pencil

School

Teacher

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



*Laughter is the
best Medicine!*



1. What did a tree fighting with autumn say?
2. What do you call a tree that doubts autumn?
3. What did one autumn leaf say to another?
4. Why did the scarecrow win the Nobel Prize?

Answers:

Flip the screen to reveal the answers!

1. That's it, I'm leaving
2. Disbe-leaf
3. I'm falling for you
4. Because he was outstanding in his field

Recipe of the Month:



Apple Pie Cookies

Directions

1. Preheat oven to 350 degrees F



INGREDIENTS

- ¼ cup butter
 - 4 apples, peeled and diced into 1/4-inch cubes
 - ½ cup brown sugar
 - ¼ cup white sugar
 - 1 ½ teaspoons lemon juice
 - 1 ½ teaspoons ground cinnamon
 - ½ teaspoon vanilla extract
 - ¼ teaspoon salt
 - ¼ teaspoon ground nutmeg
 - ¼ teaspoon ground allspice
 - ⅛ teaspoon ground cloves
 - 2 tablespoons water
 - 1 tablespoon cornstarch
 - 4 sheets pie crust pastries
 - 1 teaspoon all-purpose flour
- Icing:
- ¾ cup confectioners' sugar
 - 1 teaspoon ground cinnamon
 - 1 teaspoon vanilla extract
 - 1 ½ tablespoons milk

- (175 degrees C).
2. Melt butter in a saucepan over medium heat. Add apples; toss until coated with butter. Stir in brown sugar, white sugar, lemon juice, 1 1/2 teaspoons cinnamon, 1/2 teaspoon vanilla extract, salt, nutmeg, allspice, and cloves; cook and stir until apples have softened and sugars have melted, about 5 minutes. Bring to a boil.
 3. Combine water and cornstarch in a bowl. Stir cornstarch mixture into the apple mixture; cook and stir until apple mixture is thickened, about 5 minutes. Remove from heat; cool completely, about 20 minutes.
 4. Roll out 1 sheet of pie crust on a work surface with a rolling pin; cover with half of the cooled apple mixture. Roll out a second sheet of pie crust with a rolling pin; slice into 1/2-inch wide strips with a sharp knife. Weave pie crust strips together over apple mixture to create a lattice top.
 5. Flour a round cookie cutter or drinking glass. Press cookie cutter through dough to create 12 round pies. Transfer to a baking sheet.
 6. Bake in the preheated oven until crust is cooked through a golden brown, about 20 minutes. Transfer to a wire rack to cool, about 10 minutes.
 7. Repeat with remaining pie crusts and apple mixture; place on a second baking sheet. Bake in the oven until crust is cooked through a golden brown, about 20 minutes.
 8. Combine confectioners' sugar and 1 teaspoon cinnamon in a mixing bowl; add 1 teaspoon vanilla extract. Stir in milk slowly until desired consistency is reached; drizzle over cooled pies.



Tip of the Month!

GETTING READY FOR AUTUMN

For the Elderly

As autumn approaches, and the seasons change, it may be difficult for elderly people to prepare. Preparation includes inside the home, outside the home and physical well-being. Here are a few tips to consider as we approach the fall months:

Seasonal Vaccines - Cold & flu season starts in the fall! Wash your hands to control the spread of germs, get plenty of sleep to keep your immune system strong and keep you healthy. Check your local pharmacy or primary care physician and get up to date on all appropriate vaccines.



Outdoor Precautions – The change in season can pose some out-door obstacles. Rainy weather can create slick,



slippery surfaces. When the trees change, falling leaves can contribute to unsafe conditions on the side walk or while driving on the road. Make sure to clear all walkways, maybe even consider hiring a landscaper! Prevent debris on your

walkways and steps, and be careful when outside.

Check all Safety Devices – The changing of seasons is an ideal time to check all the devices in your home to make sure they are in working condition. Make a difference by helping aging loved ones put fresh batteries in smoke detectors, carbon monoxide monitors and flashlights. Also, confirm that fire extinguishers are up to date and that backup generators are functioning properly.



SUPPORT LOCAL

Business of the Month

THE GREEN FORK

101 Deer Park Avenue, Suite B
Babylon, New York 11702
(631)539-0566

The Green Fork was born from two local sisters who sought to expand the healthy eating offering in Babylon Village. Grab and Go seemed exclusive to heavier, not the healthiest cuisines and we wanted to change that. We wanted to make healthy food that our community could trust, accessible any day of the week without all the prep work it entails to make at home.

We offer all of your favorite culinary flavors constructed into a bowl or wrap. We have everything from a southwest bowl to a Mediterranean to a sesame cauliflower, so eating clean never gets boring!



Our seasonal menus have also been a hit!

The Avocado Toast is here to stay on our regular menu now and the Baja Shrimp has been a summer favorite as well!

AS FALL APPROACHES, we are in the kitchen playing with autumn vegetables and flavors to create a warm seasonal fall menu sure to excite. While there won't be a "pumpkin spice latte" bowl ;) there will be pumpkin somewhere as well as pomegranate and walnut maple goodness sprinkled throughout the menu.



GET \$5 OFF YOUR NEXT GREEN FORK PURCHASE!!

Stop in at our Friends for Life Babylon Location for your FREE discount card.
We are located behind the Green Fork Storefront at
99 Deer Park Ave. Babylon, NY 11702.
Limited Discount Cards Available.



Friends For Life Homecare and Medicaid Consultants

(516) 900-1818

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**Contact Us
Today!**