



**FRIENDS FOR LIFE**  
HOMECARE and  
MEDICAID CONSULTANTS

Call Us!  
Nassau (516) 900-1818  
Suffolk (631) 485-5574  
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[View Services](#)

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**Friends For Life Newsletter, October 2020**

# Let's Talk Senior Care



## Upcoming Events for October

Voting Begins for Bethpage  
Best of LI 2021  
10/1

6th Annual Shopping Crawl in  
Babylon Village  
10/4

Trick or Treat!  
10/31

Massapequa Strong T-shirts Available -  
Discounted Price

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

## Past Events from September

Grandparents Day  
9/13

Babylon Street Fair  
9/20- Rescheduled

Ribbon Cutting Ceremony for  
Babylon Office  
9/23

Owner, Amy Recco, Receives Award  
for Community Service  
9/29

Massapequa Strong T-Shirts  
still available - limited stock

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

[Click Here](#)

*Thank You* to all who attended our Ribbon Cutting/Grand Opening ceremony. Your love and support means the world to us. It truly brings us joy to help seniors and their families live their best lives. We are excited to continue helping more senior communities and expand our outreach to Suffolk County. Thank you for celebrating with us and thank you for being our **Friend for Life.** ♥

[Click here to read more about our Grand Opening](#)



**Q: "I just recently found out my sister was diagnosed with Parkinson's Disease, how can she better cope with what is happening to her?"**

**A:** "When someone receives a life-changing diagnosis, it is normal to experience a range of emotions and go through several stages of adjustment to the disease. Learning how to deal with the illness can help someone feel the sense of regaining control and will ultimately allow them to manage more effectively. Taking action early is important, and will enable your sister to understand and deal with the many effects of the condition. A mental health care provider can design a treatment plan to meet a

person's specific needs.

Other steps she might find beneficial include the following.

- Research and gather information about the disease. After all, knowledge is power.
- Talk to friends and family about it. Don't isolate them. They will want to be involved in helping.
- Do things you enjoy.
- Do not be afraid to ask the doctor, nurse, or other health care provider to repeat any instructions or medical terms that are not understood. They should always be available to answer your questions and address your concerns.
- Make use of resources and support services offered by your hospital and in your community. Support groups, like ones that Friends for Life Homecare offers, may also be helpful to you and your family members."

**Q: "I'm caring for my dad who has dementia and he is slowly declining. Every day gets harder and I'm not ready to give up my role as his caregiver but I'm beginning to feel depressed... what do I do?"**

**A:** "Being a caregiver is not an easy job and can be overwhelming and time-consuming. As a caregiver, you are at risk for depression. Sometimes this is feeling hopeless or helpless, the inability to sleep, or trouble getting up and facing the day. And sometimes it makes you want to cry. Taking a step back and accepting other help can be extremely beneficial. Whether you ask other relatives or friends for help, or hire a caregiver; allowing respite for yourself is essential and may help relieve some of the stress contributing to your feeling of depression. Depression is treatable and should be taken seriously. Talk to your physician if you think you might be depressed. They may suggest medication or seeking professional help from a counselor. Another great option is to join a caregiver support group. Friends for Life hosts free support groups, so caregivers can come together to talk about their struggles, share information and resources and connect with others that understand."

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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](#)

# WE'VE BEEN NOMINATED

PRESENTED BY  
BETHPAGE FEDERAL CREDIT UNION  
BESTOFLONGISLAND.COM

Bethpage  **BEST OF L.I. 2021**

## VOTE FOR

### FRIENDS FOR LIFE HOMECARE

SECTION: **HEALTH, WELLNESS & BEAUTY**

CATEGORY: **HEALTH AIDES**

VOTE NOW THROUGH DECEMBER 15, 2020 [BESTOFLONGISLAND.COM](http://BESTOFLONGISLAND.COM)

LIMIT ONE VOTE PER CATEGORY PER PERSON PER DAY

Voting is so easy!

1. Click the link below
2. Click "Vote Now"



3. Find the section "Health, Wellness & Beauty"
4. Find the category "Health Aides"
5. Vote Friends for Life Homecare!

[Click Here to Vote for Friends for Life](#)

# October Word Search

Candy  
Costume  
Culdron  
Ghost  
Halloween  
Haunted  
Pumpkin  
Skeleton  
Spider  
Trick or treat  
Witch

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



*Laughter is the  
best Medicine!*



1. What kind of monster is the best dancer?
2. What do skeletons order at restaurants?
3. What kind of fruit do ghosts love?
4. What did the ghoul say to the vampire?

## Answers:

Flip the screen to reveal the answers!

1. The boogeyman
2. Spare ribs!
3. Boo-berries
4. You really suck!

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## Recipe of the Month:



## *Pumpkin Spice Martini*

### Directions

1. Pour the vanilla flavored vodka,



- Irish cream liqueur, and pumpkin flavored liqueur into a cocktail shaker over ice.
2. Cover and shake until the outside of the shaker has frosted.
  3. Strain into a chilled martini glass.
  4. Garnish with a sprinkle of ground cinnamon and ground nutmeg to serve.
- Feel free to add whipped cream in the martini or line the rim with syrup, cinnamon and sugar for an extra sweet taste.

*Recipe provided by allrecipes.com*

**Prep Time:** 5 Minutes

**Total Time:** 5 Minutes

**Servings:** 1

**Yield:** 1 Martini

## **INGREDIENTS**

- 1 (1.5 fluid ounce) jigger vanilla flavored vodka (such as Stolli®)
- 1 (1.5 fluid ounce) jigger Irish cream liqueur (such as Bailey's®)
- 1 (1.5 fluid ounce) jigger pumpkin flavored liqueur (such as Hiram Walker®)
- 1 cup ice cubes
- 1 pinch ground cinnamon
- 1 pinch ground nutmeg



## **Tip of the Month!**

**Fun Halloween Activities for Seniors**

- **Decorate pumpkins**



Consider painting the pumpkins and/or decorating them with craft supplies such as pom-poms, googly eyes, and yarn.

- **Decorative spiderwebs**

Decorate coffee filters with spiderweb designs!

- **Decorative ghosts**

You only need white paper, a marker, and scissors to make fun cut-out ghosts to tape up in your windows.



- **Halloween-themed charades**

Acting out different Halloween-related characters and themes can be a very fun activity to do with your loved one.

- **Share scary stories**

Come equipped with a book or some stories from the internet. Hopefully your loved one will join in and come up with their own scary stories!

- **Classic horror movie marathon**

Your loved one probably has their favorite old classic horror movies. Pick a day to sit down with them, bake Halloween sugar cookies and enjoy a "spooky" film.



Opting out of Halloween is okay too. Some seniors may not want to participate. If this is the case, suggest leaving a bowl of candy outside their door. Maybe place a note on their door indicating they are "busy flying around the neighborhood" or a cute Halloween poem in keeping with the theme of the holiday. At the least, turn the outside porch lights off to let trick-or-treaters know that your home isn't participating this year.



# ***SUPPORT LOCAL***

**Business of the Month**

EST. 1971

## *Positions Dance Studio*

QUALITY DANCE INSTRUCTION IN A FRIENDLY, NON-COMPETITIVE ENVIRONMENT

**264 Deer Park Avenue, Babylon NY 11702**  
**(631)669-8612.**

Positions Dance Studio will be celebrating its **50th year in 2021!**

We continue to offer a wide variety of dance classes for ages 2 and up (plus Mommy & Me!), where our students receive a strong foundation in technique while having fun with their dance friends.

We are also proud to offer a great adult dance and fitness program, which is perfect for returning or aspiring adult dancers and/or those who do not want to work out in a gym environment.



***We currently offer:***

Ballet, Tap,  
Modern, Barre  
Fitness, Cardio  
Strength, Zumba,  
Pilates, and Yoga.

Visit our website [www.positionsstudio.com](http://www.positionsstudio.com) for our current schedule - and use promo code **FRIENDSFORLIFE** for **10% off** your adult dance/fitness class purchase.

Please call us with any questions - 631-669-8612.

**We hope to see you on the dance floor soon!**

[Click Here to Visit Positions Dance Studio Website](#)



## Friends For Life Homecare and Medicaid Consultants

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**Contact Us  
Today!**