



**FRIENDS FOR LIFE**  
HOMECARE and  
MEDICAID CONSULTANTS

Call Us!  
Nassau (516) 900-1818  
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**Friends For Life Newsletter, November 2020**

## Let's Talk Senior Care



### Upcoming Events for November

\*November is National Alzheimer's Awareness Month\*

Alzheimer's Virtual Walk in the Park  
11/1

Vote Friends for Life Homecare for Best of Long Island  
11/1-11/30

Thanksgiving  
11/26

"Feed a Senior" Mission Continues

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

### Past Events from October

Voting Begins for Bethpage Best of LI 2021  
10/1

6th Annual Shopping Crawl in Babylon Village  
10/4

"Feed a Senior" Mission  
10/7

Eat. Shop. Enjoy Shopping Event  
Babylon Village  
10/17

Trick or Treat on the Blvd.  
Massapequa Park  
10/30

Trick or Treat  
Babylon Village  
10/31

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



[Click Here](#)



## Alzheimer's Foundation of America & Town of Babylon Respite Care Relief Park.

It is located next to Babylon Town Hall in Lindenhurst, is the first of its kind anywhere in the country and is serving as AFA's model for future sites across the United States



"This new park will be a **tremendous resource for caregivers**. Socialization, interacting with others and getting out of the house are all critically important steps which help prevent caregiver burnout and improve the quality of life for individuals living with Alzheimer's disease."

"Caregivers now have a beautiful, peaceful, dementia-friendly park that they can go to enjoy the outdoors, get out of the house and learn helpful information."

*-Charles J. Fuschillo, Jr., AFA's President & CEO.*



[Click Here to Read More](#)

 **Q&A**  
**Ask Amy**



**Q: "My mother was recently diagnosed with Alzheimer's. Her doctor recommended we make plans now for her future while she is still well**



## enough to tell us what she prefers. My sister and I agree, but how do we start?"

**A:** "It can be helpful to know where your loved one's important papers are stored so you can find them when you need them. Getting your affairs in order includes a list of legal, financial and personal records you'll want to locate and organize.

You can also get formal permission from your loved one to talk to his or her lawyer, bank and healthcare providers in advance. Many of these institutions have their own forms that must be signed with your loved one's consent."

**Q:** "My uncle has been experiencing delusions as his Alzheimer's seems to be progressing. For instance, he claims that someone stole his Halloween decoration inside our home but it is simply not true. How do I deal with him having these delusions?"

**A:** "Being paranoid or having delusions can make a person believe without good reason, that others are mean, unfair, lying or out to get them. As Alzheimer's progresses, it is possible for your loved one to experience delusion, or accuse others of what they don't understand or remember because no other explanation makes sense. Just like your situation, they may make accusations that their items are being stolen. Here are a few ways to go about handling this situation.

- Don't argue with your loved one or try to convince. Remind them that they are in a safe environment.
- Don't react if they blame you for something, but switch the focus to another activity.
- Don't take offense, listen to what they have to say and attempt to understand that reality. Then be reassuring and let the person know you care.
- Offer a simple response. Don't overwhelm the person with a lengthy explanation or reason.
- Duplicate any lost items. If the person is consistently searching for this specific item, have several available if possible.
- Discuss your loved one's hallucinations or delusions with their doctor. Ask the doctor if another illness or any medications could be causing your loved one's symptoms. "

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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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# 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](https://bestoflongisland.com)

LIMIT ONE VOTE PER CATEGORY PER PERSON PER DAY

Voting is so easy!

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



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

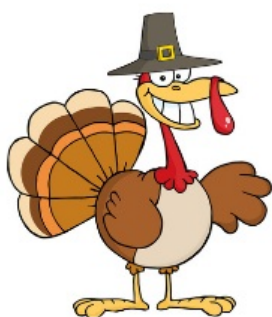


# November Word Search

Apple Pie  
Feast  
Gather  
Gobble  
Gravy  
Harvest

Potatoes  
Scarecrow  
Voting  
Turkey  
Thankful

B D Q I L P C A P P L E P I E S C A T H S L  
S U G S H I N W O O R S O L F B J I I P S O  
L U O F O B A Y P B O C H O E L K T E W L N  
C F B I P Y E O S O T L V R A D E Y I A I S  
B L B L E J T A I T I R T O S E J M B V U L  
U I L O R A U Y C F D P O L T U R K E Y O I  
T P E P T O M N G H T U F E E I U Y S S T A  
B F I O T E T R E A I M D L I Q N G I F F E  
M L E C U R A E A R T A M T O W E G A S S H  
S S E N N V O S H V N H L E B B E T U L V P  
C P O L Y I F A T E E R E D A Y R I A A L L  
S S H F P D C A P S S C A R E C R O W U S E  
K S T E F T F A T T H A N K F U L A Y W I 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. Whats a turkey's favorite type of dessert?
2. Why did the cranberries turn red?
3. Why did the scarecrow win a medal?
4. How did the Mayflower sailors say hello to each other?

## Answers:

Flip the screen to reveal the answers!

1. Peach Gobbler
2. Because they saw the turkey dressing
3. He was outstanding in his field
4. They waived!

## Recipe of the Month:



## THANKSGIVING SANDWICH



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

**Prep Time:** 5 Minutes  
**Total Time:** 10 Minutes  
**Servings:** 1  
**Yield:** 2

### Directions

1. In a small bowl, mix together mayo and mustard. Spread one side of two pieces of bread with Dijonnaise mixture. This is your base for both sandwiches.
2. Top each of the two slices of bread with 1 cup of turkey, ¼ cup of mashed potatoes, 2 tablespoons cranberry sauce, ¼ cup of stuffing, and then 2



## INGREDIENTS

- 2 tbsp. mayonnaise
- 2 tbsp. Dijon mustard
- 4 slices sourdough, toasted
- 2 c. leftover roasted turkey
- 1/2 leftover mashed potatoes
- 1/2 c. cranberry sauce
- 1/2 c. leftover stuffing
- 1/4 c. gravy, warmed
- 1/4 c. baby spinach, packed



tablespoons of gravy and spinach.

3. Place second pieces of bread on top to complete sandwiches. Slice in half and serve.



## Tip of the Month!

### ALTERNATE WAYS TO CELEBRATE THE HOLIDAYS in order to limit the risk of contracting or spreading COVID-19

Host outdoor activities rather than indoor activities as much as possible. If hosting an outdoor event is not possible, and you choose to host an indoor event, avoid crowded, poorly ventilated, or fully enclosed indoor spaces.



Increase ventilation by opening windows and doors to the extent that is safe and feasible based on the weather.



Limit people going in and out of the areas where food is being prepared or handled, such as in the kitchen or around the grill, if possible.

Avoid any self-serve food or drink options, such as buffets or buffet-style potlucks, salad bars, and condiment or drink stations. Use grab-and-go meal options, if available.

Make sure your guests are aware



of COVID-19 safety guidelines. Encourage them to bring their own masks, hand sanitizer and tissues.

Consider shopping online for the holidays. Many retailers have options for online shopping and in-person, contactless curbside or drive-up pick-up. If using in-person contactless pick-up, you and the retail personnel should wear masks



## ***SUPPORT LOCAL***

**Business of the Month**



**255 Deer Park Avenue, Suite 2  
Babylon NY 11702**

**(631)669-5196**



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## Friends For Life Homecare and Medicaid Consultants



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**Contact Us  
Today!**