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Friends For Life Newsletter, January 2021



Let's Talk Senior Care



Upcoming Events for January

New Years Day
1/1

Martin Luther King Jr. Day
1/18

"Feed a Senior" Mission Continues
1/1-1/31

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

Past Events from December

Babylon Village Santa Car Parade & Old fashioned Night of Shopping
12/4

Vote Friends for Life Homecare for Best of Long Island
12/1-12/15

See the Decorated Houses on Park Blvd. in Massapequa Park - write letters to santa!
12/1-12/31

Friends for Life Food Drive Continues
1045B Park Blvd.
12/1-12/31

"Feed a Senior" Mission Continues
12/1-12/31

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

[Click Here](#)

Thank You to Our Amazing Caregivers

OUR CAREGIVERS HAVE FACED A VERY EXTRAORDINARY YEAR. THROUGHOUT IT ALL, EACH AND EVERY ONE HAS GONE ABOVE AND BEYOND TO MAKE SURE YOUR LOVED ONES HAVE BEEN SAFE AND CARED FOR. THEY HAVE TAKEN EXTRA PRECAUTIONS AND SHOWN GREAT KINDNESS, MAKING YOUR LOVED ONES A PRIORITY.

AS A SMALL TOKEN OF OUR APPRECIATION THIS HOLIDAY SEASON, OUR TEAM DISTRIBUTED A COZY BLANKET TO EACH AND EVERY CAREGIVER TO BRING WARMTH TO THEIR HOMES THIS TIME OF YEAR.

THIS YEAR WAS A DIFFICULT ONE. WITH MANY OBSTACLES THROWN THEIR WAY, OUR FRIENDS FOR LIFE CAREGIVERS PERSISTED WITH A SMILE. FROM THE BOTTOM OF OUR HEARTS, WE THANK THEIR SELFLESS EFFORTS TODAY AND EVERY DAY!





Q&A Ask Amy



Q: "What is the difference between Alzheimer's and Dementia?"

A: "Dementia is a general term for a decline in mental ability severe enough to interfere with daily life. Alzheimer's is the most common cause of dementia. Alzheimer's is a specific disease. Dementia is not.

Dementia describes a group of symptoms associated with a decline in memory, reasoning or other thinking skills. Many different types of dementia exist, and many conditions cause it. Mixed dementia is a condition in which brain changes of more than one type of dementia occur simultaneously. Alzheimer's disease is the most common cause of dementia, accounting for 60-80% of dementia cases.

Alzheimer's is a degenerative brain disease that is caused by complex brain changes following cell damage. It leads to dementia symptoms that gradually worsen over time. The most common early symptom of Alzheimer's is trouble remembering new information because the disease typically impacts the part of the brain associated with learning first."

JANUARY WORD SEARCH



Bubbly

Kiss

Toast

Calendar

Midnight

Cheers

Music

Clock

New Year's Eve

Hats

Resolution

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



Thank you to everyone who donated to our food drive in support of St. Rose food pantry. Our Friends for Life family is gracious for all of the love and support we received throughout the community. We thank you for helping those in need this holiday season.

[Click Here to Read More](#)



***Laughter is the
best Medicine!***



1. Why did frosty the snowman want a divorce?
2. Why was the snowman sad?
3. What did the tree say after a long winter?
4. What do call always wanting a date for new years eve?

Answers:

Flip the screen to reveal the answers!

1. He thought his wife was a flake
2. He had a meltdown
3. What a re-leaf
4. Social Security

Recipe of the Month:



Rumchata Hot Cocoa

Recipe provided by delish.com

Prep Time: 5 Minutes
Total Time: 15 Minutes
Servings: 2

Directions

INGREDIENTS

- 2 1/2 c. whole milk
- 1/4 c. granulated sugar
- 2 tbsp. cocoa powder
- 1 tsp. pure vanilla extract
- 6 oz. chocolate chips (or chopped bittersweet chocolate)
- 1/2 c. Rumchata
- 1/3 c. warm caramel
- Whipped cream, for serving
- Cinnamon sugar, for garnish
- Cinnamon stick, for garnish



1. Bring milk to a simmer in small saucepan over medium heat.
2. Whisk in sugar and cocoa powder and stir until no lumps remain.
3. Stir in chocolate chips and vanilla and cook, stirring occasionally, until the chocolate is completely melted.
4. Stir in Rumchata, then turn off heat.
5. Pour caramel into a small dish.
6. Dip cups in the caramel to coat the rim.
7. Pour hot chocolate into each glass, then top with whipped cream, a sprinkle of cinnamon sugar, more caramel, and a cinnamon stick.



Tip of the Month!



PROJECT LIFESAVER®

Bringing Loved Ones Home
The Original 501(c)(3) Non-Profit Organization

Project Lifesaver is a community based, public safety, non-profit organization that provides law enforcement, fire/rescue, and caregivers with a program designed to protect, and when necessary, quickly locate individuals with cognitive disorders who are prone to the life threatening behavior of wandering.

**Project lifesaver
is put securely
around the wrist
of those who
need tracking.**



If you are interested in enrolling a loved one in the program you can start by locating a Project Lifesaver agency that serves your area.
To locate an agency, Click below to "Find an Agency" and search by zip/postal code.

[Find an Agency](#)

If you have questions, please do not hesitate to call 1-877-580-LIFE OR click the link below to visit their website.

[Click Here to Learn More](#)



SUPPORT LOCAL

Business of the Month

START THE NEW YEAR RIGHT
WITH
COMPREHENSIVE FINANCIAL PARTNERS



COMPREHENSIVE
FINANCIAL PARTNERS

Meet Joseph Granato, CSA, CLTC

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jgranato@compfinancialpartners.com

www.compfinancialpartners.com

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1045B Park Blvd., Massapequa Park, NY
info@friendsforlifeny.com | friendsforlifeny.com

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