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Friends For Life Newsletter, February 2021

Let's Talk Senior Care



[Click Here](#) to view photos and read articles from our events in 2020.



A Look Back at 2020

Jan 4, 2021

What a year it has been. 2020 has been a whirlwind of unexpected events. Although we are going to look back at this year with negativity, there are many things to celebrate that we must keep in mind.

[read more](#)



St. Rose Holiday Food Drive

Dec 11, 2020

In late November, Friends for Life Homecare heard that St. Rose food pantry was running low on supplies. The following week, team then decided to support the parish and start a food drive.

[read more](#)



Q&A Ask Amy



Q: "I'm 67 years old. Should I get the COVID-19 Vaccine?"

A: "Vaccines are especially important for older adults. As you get older, your immune system weakens and it can be more difficult to fight off infections. You're more likely to get diseases like the flu, pneumonia, and shingles — and to have complications that can lead to long-term illness, hospitalization, and even death.

If you have an ongoing health condition — like diabetes or heart disease — getting vaccinated is especially important. Vaccines can protect you from serious diseases (and related complications) so you can stay healthy as you age.

Getting vaccinated can help keep you, your family, and your community healthy.

If you are questioning whether or not you should receive the COVID-19 Vaccination, we provided a link to more information.

Click the link below to find out the best solution for you or consult with your primary care physician."

Covid-19 Vaccine Health

Covid-19 Update

At Friends for Life Homecare, our employees are following all of the necessary protocols. This includes, taking temperatures, wearing masks, gloves, washing hands, etc. We take the health and safety of our clients and our caretakers very seriously and it will remain our top priority.



To find out if you are eligible for the COVID-19 vaccine or where to get it, click the button below.

COVID-19 VACCINE ELIGIBILITY



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



Answers:

Flip the screen to reveal the answers!

1. What did one flame say to the other on Valentines Day?
2. What do you call two birds in love?
3. How did the phone propose to his girlfriend?
4. What kind of candy is never on time?

1. We're a perfect match!
2. Tweetharts!
3. He gave her a ring!
4. CHOCOLATE

Recipe of the Month:



Chocolate Cherry Cupcakes

Recipe provided by bakedbyanintrovert.com

Directions

Make The Cupcakes

Prep Time: 20 Minutes
Total Time: 40 Minutes
Servings: 20 cupcakes

INGREDIENTS

For The Cupcakes

- 2 tablespoons vegetable oil
- 6 tablespoons unsalted butter, softened
- ½ cup sugar
- ½ cup packed light brown sugar
- 2 large eggs
- 2 teaspoons vanilla extract
- 1 cup all-purpose flour
- 6 tablespoons unsweetened cocoa powder
- ½ teaspoon baking soda
- ¼ teaspoon baking powder
- ¼ teaspoon salt
- ¾ cup milk
- ¾ cup black cherry preserves, or regular cherry preserves

For The Frosting

- 1 cup unsalted butter, softened
- 3 cup confectioners' sugar
- 2 tablespoons heavy cream
- ⅓ cup black cherry preserves, or regular cherry preserves

1. Preheat the oven to 350°F. Line 12 muffin cups with paper liners. Set aside.
2. In a large bowl, beat together the oil, butter, and sugars until fluffy. Add the eggs one at a time beating well after each addition. Beat in the vanilla.
3. In a separate bowl, combine the flour, cocoa powder, baking soda, baking powder, and salt. Stir with a whisk. Gradually add the flour mixture to the butter mixture alternating with the milk, begin and end with the flour mixture. Beat until well blended.
4. Spoon 2 Tbs of batter into the paper-lined muffin pans. Bake for 15-20 minutes or until dry crumbs. Remove cupcakes immediately from pans, and cool completely on a wire rack.
5. Use the point of a sharp knife to cut a small well in the top center of the cupcakes and fill with cherry preserves. Replace the top portion of the cupcake and top with frosting. Garnish with fresh cherries dipped in chocolate if desired.

Make The Frosting

1. Beat butter on medium speed until fluffy.
2. Gradually beat in powdered sugar until light and fluffy.
3. Beat in cream until frosting reaches spreading consistency.
4. Beat in the cherry preserves. If the frosting becomes too loose or curdled looking, add more powdered sugar, 1 tablespoon at a time until

the frosting comes together
once again.



Tip of the Month!

Valentine's Day ♥ Cards for Seniors



Do Your Part and Fill a Heart with Love

Friends for Life Homecare will be collecting Valentine's Day cards to drop off at Local Assisted Livings and Rehabilitation centers until February 12th.

1. Write out Valentine's day cards addressed to "someone special" and wish them a Happy Valentine's Day!
2. Drop off all cards outside our office or mail them to us so we can hand deliver every wonderful card!



**Friends for Life Homecare
& Medicaid Consultants**

1045b Park Blvd. Massapequa Park, NY 11762

For Any Questions, Click to Contact Us Via Email



SUPPORT LOCAL

Business of the Month



WELCOME TO NY PHYSICAL THERAPY & WELLNESS

Since NYPT was established in 2001, the practice has grown to include nearly 100 employees in 10 different offices located throughout Nassau County, Suffolk County, and Queens. We accept walk-ins and same-day appointments at all of our locations.



If you're homebound or otherwise unable to come to us for rehabilitation care, **we'll come to you.** Our in-home physical therapy program, called NYPT Home PT, is designed to get you the care you need in the comfort of your own home.

The experienced, compassionate, and dedicated physical therapists at NY Physical Therapy & Wellness provide superior therapy for improved patient outcomes.

Seaford Office: 516-783-3420
Seaford@nyphysicaltherapy.net
www.nyphysicaltherapy.net

In-Home PT: 516-520-7200
Eric@nyphysicaltherapy.net
www.nyphysicaltherapy.net

[Click Here to Visit NY Physical Therapy & Wellness](#)



Friends For Life Homecare and Medicaid Consultants

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