



FRIENDS FOR LIFE
HOMECARE and
MEDICAID CONSULTANTS

Call Us!
(516) 900-1818

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Friends for Life Newsletter, March 2020

Let's Talk Senior Care



Upcoming Events for March

FREE Caregiver Support Group
3/26

St. Patrick's Day
3/17



First Day of Spring
3/19

Past Events from February

Young at Heart Seminar &
Luncheon - Grace Episcopal
Church Massapequa
2/5

Mckenna Senior Center
Valentines Day Lunch
2/12

St. Rose Senior Group
Valentines Day Lunch
2/13



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



[Click Here](#)

Are you wondering who or what is considered a caregiver?

A **Caregiver** is someone who is taking care of a loved one whether it be a parent, a friend, a grandparent, or an aunt/uncle. No matter how much time you spend or how much help you may be receiving, if you assist in caring for this individual, you are considered a caregiver.

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.**





CAREGIVER PSA

Friends for Life *always encourages,*
Universal Safety Precautions for
Caregivers.

—
This Includes:

- FREQUENTLY WASHING YOUR HANDS
- WEARING GLOVES
- WEARING A MASK IF NECESSARY
- DON'T TOUCH YOUR FACE



Q: "My dad has dementia and he's beginning to walk away and wonder off a lot. He claims he's going to the food store but he can't drive anymore and the store is too far to walk. I'm not sure how to handle this, it's becoming draining."

A: "Wandering is common among many people living with dementia. Caregivers sometimes say, "I don't have to worry because she has never tried it", but the truth is, at some point down the line, they will most likely attempt to try it.

Why do they wander? There may be several causes. A person with dementia may feel stress or fear resulting from an overstimulating/confusing environment. They also could be searching for someone or an object. They may just be bored, looking for something to do. A lot of the time they are looking to fulfill a basic need like - searching for food or a bathroom. Whatever it may be, there are a couple of solutions we suggest for you.

- Install simple devices that alert you when a door or window is opened. Even installation of newer or higher placed locks that your father is unaware of will, if not prevent, prolong his exit. (This is only a good idea if someone else is in the home to supervise)
- If your father is not able to drive, keep all car keys out of sight.
- You can try to camouflage doors and exits by hanging curtains or pictures in front of them.
- Make sure his basic needs are met – Make sure he is going to the bathroom, eating and drinking so he doesn't wander for it.
- Ensure that he has identification and emergency contacts on him in case he does wander off. This way, someone can help him return home or contact a loved one.
- Avoid busy/loud places in general. It can stress him out or give him anxiety and attempt to remove himself from the situation.
- Keep a list of places he may have wandered in the past. This will help you find him quicker if he gets out.
- Consider hiring help for a second set of eyes and supervision. It can be a lot to handle, so if you are seriously struggling alone, consider hiring a companion/aide to supervise while you complete your own tasks, or go out food shopping, etc."

Q: "Daylight Savings is coming this month, and my grandma gets a little confused when we lose the hour of sleep. Her daily routine gets messed up and out of sorts. What can I do to help her make this adjustment?" -Diana G., Friends for Life Client

A: "Spring is right around the corner and with that, comes the adjustment of Daylight Savings Time. With the clocks moving forward, there can be an uprising of health concerns in seniors who have illness or a strict routine. Though we only lose 1 hour of sleep, we generally need several days to reset our internal clocks.

Sleep deprivation or unusual sleeping patterns are common complaints for seniors. The change in daylight may cause more sleep disturbances, worsening of sun-downing in dementia and higher risk of heart attack in the first 3 days due to stress of sleep disturbance. Being thrown off from a sleep schedule can cause grogginess during the day and increase risk of auto accidents.

To help adjusting to some of these changes, here are a couple of suggestions.

- Maintain a routine. Keep up with regular sleep patterns, adjusting to the time of waking up and going to bed by no more than 15 minutes.
- Nothing to keep you up! Try not to drink caffeine or alcohol in the evening to keep from staying up too late. You may want to drink these to keep from falling asleep too early, but avoid this. Also, try to avoid over the counter sleep aides to help you get to sleep easier.
- Exercise. Going for a walk or a bike ride can all help you fall asleep at night more easily.
- Take a bath. A warm bath before bed can help the body relax and produce natural sleep hormone, melatonin.
- Lastly, set the stage for sleep. Make sure your sleep environment is comfortable and quiet! Keep the TV on a low volume or completely off.

For more advice, call (516)900-1818 and ask Friends for Life.

**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](#)



March Word Search

Clock Leprechaun
Clovers Luck
Emerald March
Gold Shamrock
Green Spring
 Rainbow

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



*Laughter is the
best Medicine!*



1. Why shouldn't you iron a four leaf clover?
2. Why shouldn't you borrow money from a leprechaun?
3. What do you call a fake rock in Ireland?
4. What does it mean if you find a four leaf clover?

Answers:

Flip the screen to reveal the answers!

1. you might press your luck
2. Because they're always a little short
3. A Sham-rock
4. You have too much time on your hands!

Recipe of the Month:



Irish Soda Bread Muffins



Directions



Prep
10 m

Cook
20 m

Ready In
30 m

1. Preheat oven to 400 degrees F (200 degrees C). Line a muffin tin with paper liners.
2. Mix flour, raisins, 1/2

30 m 12 servings 252 cals

INGREDIENTS

- 3 cups all-purpose flour
 - 1 cup raisins
 - 1/2 cup white sugar
 - 2 tablespoons white sugar
 - 1 tablespoon caraway seeds
 - 1 tablespoon baking powder
 - 1 teaspoon salt
 - 1/4 teaspoon baking soda
 - 1 3/4 cups buttermilk
 - 1 egg
 - 1/4 cup butter, melted
- cup plus 2 tablespoons sugar, caraway seeds, baking powder, salt, and baking soda in a large bowl.
3. Whisk buttermilk and egg together in a small bowl. Stir into flour mixture. Fold butter into the batter.
 4. Spoon batter into the prepared muffin tin.
 5. Bake in the preheated oven until a toothpick inserted into the center comes out clean, 20 to 30 minutes.

Recipe provided by Allrecipes.com



Tip of the Month!

Spring into Action! **Tips for Seasonal Changes**

Watch out for Spring Allergies

Millions of Americans suffer from seasonal allergies, which ramp up in the springtime due to increased pollen levels. Allergies can be a major senior health issue, especially for those already dealing with a chronic illness. Alert your doctor if you experience any of the symptoms of seasonal allergies, which typically include itchy or watery eyes, a runny nose, and sneezing.

Avoid Spring Slip and Fall Hazards

Rainy spring weather can pose dangerous slip and fall risks for older adults. Grass and pavement become slippery when wet, and tracking

water indoors can make your home's flooring hazardous, too. Prevent the risk of slipping or falling this spring by wearing shoes that are comfortable and have adequate traction. You can avoid bringing water inside on a rainy day by keeping a floor mat near the entrance of your home.

Experience the outdoors

After a long, cold winter, it's natural for many older adults to experience a sense of "spring fever." Spending time outside is known to help people of all ages experience less stress and improved mental health and well-being. Take advantage of the warmer weather by enjoying healthy and fun outdoor activities such as walking, gardening, or bird watching.

Dress for unpredictable weather

Spring weather is known to be highly unpredictable and often switches from sunny and warm to cold and rainy all in the same day. Prepare for the weather by dressing in layers so you can feel comfortable both indoors and outdoors.

A Special Congrats

To Amy Recco for winning a "Random Acts of Kindness Award". This was specifically in regards to her efforts in starting Mighty Mason's Warriors Toy Drive.. Councilwoman Laura Maier and Amy Recco worked together to help Laura's Son collect over a thousand toys for his friends at Cohen Children's Medical Center, creating a positive effect on all of the children.



Congratulations Amy, we are so proud of you and all that you do for those around you.



**Friends For Life Homecare
and Medicaid Consultants**



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**Contact Us
Today!**