



FRIENDS FOR LIFE
HOMECARE and
MEDICAID CONSULTANTS

Call Us!
(516) 900-1818

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Friends for Life Newsletter, May 2020

Let's Talk Senior Care



FRIENDS FOR LIFE
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At Friends for Life Homecare, we understand your struggles and commit to stand by your side through these times not only as a homecare agency but also as a resource, advocate and guide. We will continue to lend a hand and our hearts to those who need us. Whatever help you may seek, we will ensure a successful solution for you and your family. Our main priority is keeping the senior community safe, and giving you and your loved one peace of mind.

#StrongerTogether

Upcoming Events for May

"Massapequa Strong" T-Shirt
Fundraiser Continues
5/1

Cinco De Mayo
5/5

Mother's Day
5/10

Memorial Day
5/25

Upcoming Friends for Life events
for this month may be affected
due to COVID-19.

Past Events for April

Donated meals to Berkshire
Nursing & Rehabilitation
Center staff
4/22

First Day of "Massapequa
Strong" T-Shirt Fundraiser
4/25

If you want to read more and view photos from
our April 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.**



Q&A Ask Amy



Q: “I have 2 siblings that don’t live in the state, and I seem to be the only one caring for my mom hands on. I’m feeling a little stressed out doing this alone, and don’t have a lot of friends who’ve experienced this yet. I’m not sure how to relieve some stress without neglecting my mother and feeling guilty. What do you recommend?”

A: "Unfortunately caring for a parent alone is pretty common. While caring for your mother, it is easy for stress to come about. Seeing your loved one struggle as they get older isn't an easy thing to do. There are a couple of ways that you can de-stress during this care-giving experience.

First, Friends for Life provides free caregiver and family support groups. This is one of the best ways to relieve the stress you are feeling. There are plenty of people out there that are experiencing the same challenges when it comes to care-giving. There is no better way to come up with solutions than to speak with others who may have overcome a similar obstacle.

If your family is not helping you make decisions, we have an entire team made up of senior advocates who will lend a hand. We not only provide service, but support, advice and guidance. We are here to listen to your situation and ensure the best solution for you and our loved one. We will hold your hand through the decision-making process, and make sure your needs and wants are heard.

Lastly, it's important to not forget that you can only properly care for your mother, if you yourself is taken care of first. Caring for yourself is so important, especially when carrying a large part of the responsibility.

We are here for you in whatever way you need support. Call us today if you are struggling and need assistance (516)900-1818."



Q: "How do I know if putting my Dad on Medicaid is right for him?"

A: "When a loved one reaches the point of needing help with daily living activities, few people are prepared to confront the numerous challenges and decisions that come with providing the care needed. Determining the appropriate level of care, finding the best healthcare provider, and deciding how to pay for the needed services are among the many important choices to be made.

Friends for Life guides families and seniors through the complex process of applying for Medicaid. We are dedicated to helping families understand, prepare and qualify for one or more of the Medicaid programs that cover the high costs of long-term care.

Once approved, our services will continue and we will make all necessary referrals to ensure you receive maximum benefits. We will provide you with ongoing support and/or case management as needed.

Overall, every situation is unique and may require different types of care. To talk more about whether or not Medicaid is right for your loved one, call Friends for Life today and ask to speak to our Medicaid experts.

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](#)

May Word Search

BBQ May Sunshine
Bouquet MemorialDay
Butterfly Mother Tulip
Gift Nurture Troops

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



*Laughter is the
best Medicine!*



Answers:

Flip the screen to reveal the answers!

1. Why do mother kangaroo's hate rainy days?
2. Can February March?
3. What did mommy spider say to baby spider?
4. What type of bee can't make up it's mind?

1. Because their kids have to play inside
2. No, but April May
3. You spend too much time on the web!
4. A maybe

Recipe of the Month:



Breakfast in bed for mom **CREME BRULEE FRENCH TOAST**

Directions

1. Preheat oven to 375 degrees F.
2. In a small bowl, whisk together melted butter,



YIELDS:

4

COOK TIME:

0 HOURS 25 MINS

TOTAL TIME:

0 HOURS 30 MINS

INGREDIENTS

- 5 eggs
- 1 c. milk
- 1/2 c. heavy cream
- 1 tsp. vanilla
- 1/4 tsp. ground nutmeg
- 1 tsp. cinnamon
- Pinch kosher salt
- 1 stick melted butter
- 3/4 c. brown sugar
- 1/4 c. maple syrup
- 1 loaf challah bread, sliced 1" thick (Regular bread will also do)
- Confectioners' sugar, for serving (optional)

brown sugar and maple syrup. Pour mixture into a large tall baking dish and spread into an even layer using a spatula. Arrange bread on top in a single layer.

3. In a large bowl, whisk together eggs, milk, cream, vanilla, cinnamon, nutmeg and salt. Pour mixture over bread. If you have time, cover and let soak in refrigerator for 1 hour or up to overnight. Otherwise, bake for about 25 minutes, or until the the butter-sugar mixture is bubbling in the bottom of the pan.
4. Serve immediately, sugar side up. Sift powdered sugar on top if desired.

Recipe provided by Delish.com



Tip of the Month!

Gaining a Green Thumb

A small herb garden that you can keep indoors.

1. Find a location that gets decent sunlight throughout the day (at least 4 hours).
2. Plant your herbs in small pots with loose soil for good drainage.

3. Tend to and water once soil surface appears dry (indoor gardens need less water, because of the cooler air).

Here's a list of herbs that grow great indoors:

- Mint
- Parsley
- Chives
- Lemongrass
- Oregano
- Basil
- Thyme

When ready, add your herbs to your signature dish!



"The History of Friends for Life Homecare dates back to 1970 when my mother, Norma E. Recco, opened her first home care office. For 35 years, she committed her life to home care and for over 20 years, I had the privilege of working side by

side with her. She gave me the vision, knowledge, kindness and professionalism to help people live safely at home with comfort, independence and dignity.

There was one unique quality my mom, Norma E. Recco, instilled in me: **“the key to quality was through professionalism in a family atmosphere.”** When Friends for Life Homecare was founded in 2010, we were dedicated to living by this philosophy. Now almost a decade later, after having 10 successful years of



service with my company, I can clearly see that my mom had it right- Success is in family, and that is what makes Friends For Life different from all the rest."

-Owner Michael Recco on his mother, Norma Recco



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and Medicaid Consultants**



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**Contact Us
Today!**