



FRIENDS FOR LIFE
HOMECARE and
MEDICAID CONSULTANTS

Call Us!
(516) 900-1818

[View Services](#)

Friends for Life Newsletter, June 2020

Let's Talk Senior Care



Upcoming Events for June

Massapequa Strong T-Shirt
Fundraiser Continues

Massapequa Center
6/4

First Day of Summer
6/20

Fathers Day
6/21

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

Past Events for May

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

Donated Bristol at West Babylon
5/7

Delivered \$10k fundraiser check to
St. Rose of Lima Parish Outreach
5/13

Oyster Bay Food Drive at Burns Park
5/16

Donated to Bristol at Massapequa
5/20

Donating to White Wood Landing
Living community
5/27

If you want to read more and view photos from our May 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 assisting or how much additional 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: "My grandpa is resistant to having someone in his home to care for her. What are some good qualities I need to look for when finding the right caregiver?"

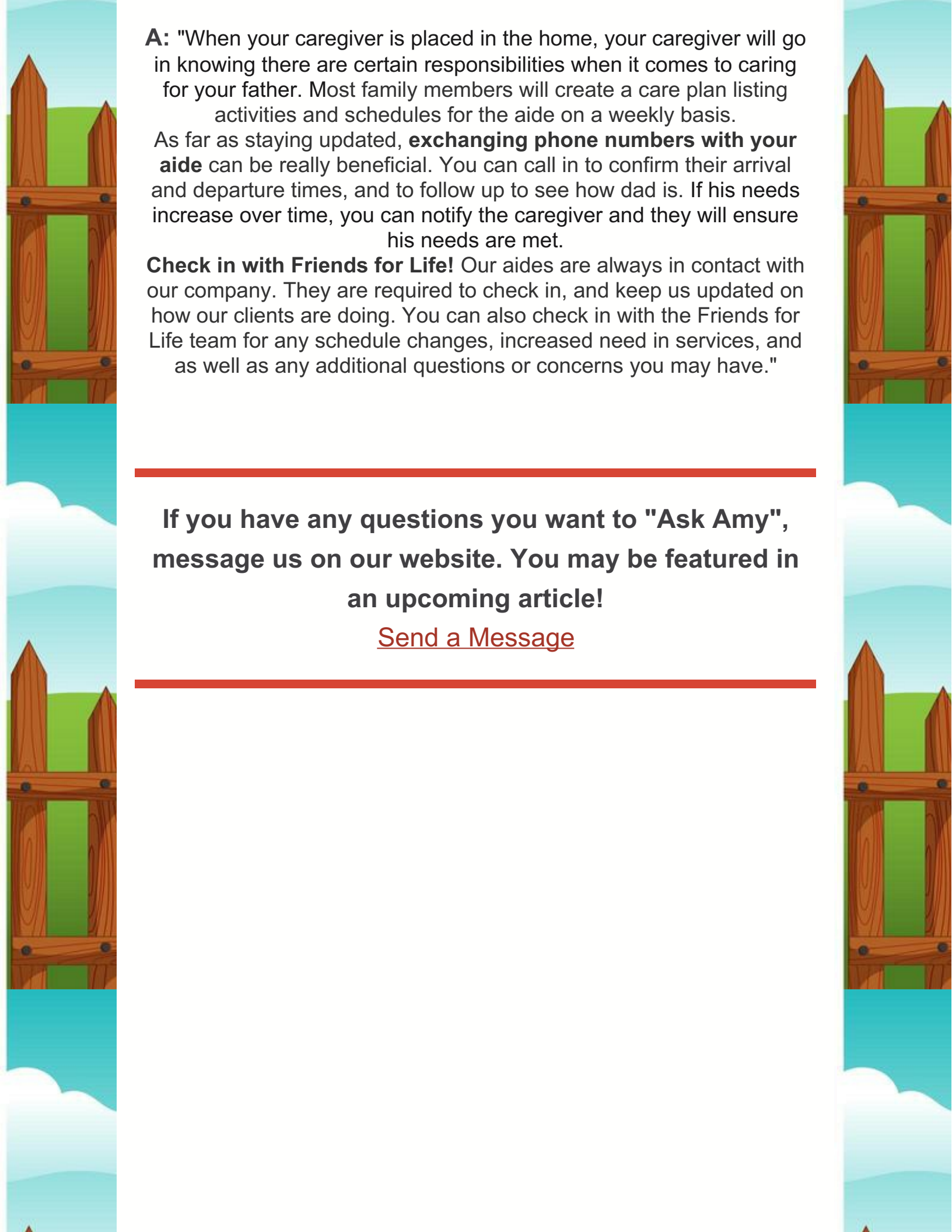
A: Matching caregivers with clients is a process that Friends for Life Homecare has perfected, but there are a few fundamental traits we look for when hiring the perfect caretakers.

It is important to us to make sure our caregivers will be a perfect match for your loved one to pair up with. If your aging loved one is comfortable with this person, and you feel the caregiver has the right skills and attitude, then you will be confident that they are in good hands.

Characteristics of a Great Caregiver

1. **Experience:** Professional caregivers provide services in a number of different areas, so we make sure to create the best match for you. If your grandpa has a preexisting condition, such as dementia or diabetes, we make sure that the caregiver has experience working with these conditions.
2. **Expertise:** We ensure that the caregiver chosen has undergone the necessary training and received proper certification(s).
3. **Compassion:** Empathy and attentiveness are crucial to fostering a trusting relationship with your grandpa. Because they will be spending a lot of time together, Friends for Life coordinators ask what interests a caregiver has that can possibly be shared with your grandpa, such as watching a particular sport or listening to a certain kind of music. This will make their time together all the more enjoyable.
4. **Patience:** Caregiving is not for the faint of heart, and it takes a very special kind of person to choose this line of work as a career. One of the most important qualities we look for in a caregiver is patience. We look for both composure and warmth in their dialogue.
5. **Communication:** We look for someone who communicates and has a positive attitude. Your caregiver should assist in keeping your loved one calm and comfortable, while also keeping the lines of communication open with you, your family and our agency about any changes in their care plan or condition.

Q: "How do I know if my caregiver is working the hours they are supposed to? How can I get a status update on the services they are providing to my father?"



A: "When your caregiver is placed in the home, your caregiver will go in knowing there are certain responsibilities when it comes to caring for your father. Most family members will create a care plan listing activities and schedules for the aide on a weekly basis.

As far as staying updated, **exchanging phone numbers with your aide** can be really beneficial. You can call in to confirm their arrival and departure times, and to follow up to see how dad is. If his needs increase over time, you can notify the caregiver and they will ensure his needs are met.

Check in with Friends for Life! Our aides are always in contact with our company. They are required to check in, and keep us updated on how our clients are doing. You can also check in with the Friends for Life team for any schedule changes, increased need in services, and as well as any additional questions or concerns you may have."

**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](#)

June Word Search

Beach
FathersDay
Flipflops
June
Picnic



Pool
Popsicle
Swimsuit
Tie
Towel
Waves

B D Q I L P C A P A L O W A Y S C A T H S L
S U M S H I N W O O R S O L A B J I I P S O
L U C F O B A Y P B O C H O A L K T E W L N
C F L I P Y E Y S O T L E R S D E Y I A I S
B L U L E J I A I T I R T U R E J M B V U H
U I T O R F U Y C F D P O L A B S O B E O I
T P O P S O M N L H T U F E E U U Y S S T N
B F I Q T E T G E O I M D L I Q T G I F F E
M L M C U R Y E A R D A M T O W E L A S S H
S O E N N G O S H E N E L E B B E T U L V P
C P O L I I F A T H E R S D A Y R I A A L L
S S H F P D C A P E D E L I A C F I O U S E
K S T E F T F A T S H E R S D Y L A Y W E 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. What did the baby corn say to the mama corn?
2. Why did the baby strawberry cry?
3. What lies at the bottom of the ocean and twitches?
4. What did one ocean say to the shore?

Answers:

Flip the screen to reveal the answers!

1. Where's POPcorn?
2. Because his dad was in a jam
3. A nervous wreck
4. Nothing. It just waived.

Recipe of the Month:



Watermelon Feta Salad

Directions

1. In a small bowl, whisk



YIELDS:

4

PREP TIME:

0 HOURS 5 MINS

TOTAL TIME:

0 HOURS 10 MINS

INGREDIENTS

- 1/4 c. extra-virgin olive oil
- 2 tbsp. red wine vinegar
- 1/2 tsp. kosher salt
- 3 c. cubed seedless watermelon
- 1 c. medium cucumber, chopped
- 1 c. crumbled feta
- 1/2 c. red onion, thinly sliced
- 1/2 c. coarsely chopped mint
- Flaky sea salt, for garnish (optional)

together olive oil, red wine vinegar, and salt.

2. In a large serving bowl, combine watermelon, cucumber, feta, red onion, and mint. Pour over dressing, tossing to combine.
3. Garnish with more mint and flaky sea salt.



Recipe provided by Delish.com



Tip of the Month!

SUMMER FUN AT HOME!

Have a picnic

Bring snacks, drinks, a blanket, and maybe some music to your backyard. Enjoy a sandwich, and even lie back and watch the clouds.



Watch an outdoor movie

If you have a local park that hosts outdoor movies in the summer, take advantage! Don't forget to bring water and blankets to stay warm and hydrated. Or if you have your own projector, watch one in your backyard!

Take a dip.

For some folks, this might entail putting a foot in the pool, while others may be able to handle low-impact water aerobics. If a senior is willing and able, spending some time in the pool is an excellent way for them to incorporate some physical activity into their routine that seems more like relaxing than a workout.

Don't have a pool? Buy a kiddie pool and dip your feet in to stay cool!



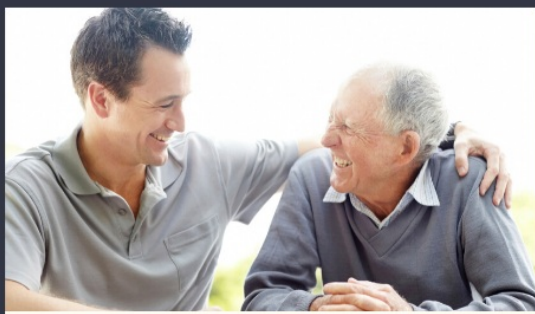
Make homemade popsicles!

Instead of going out to get some ice cream, try to make some homemade popsicles! Grab some juice and fruit and use your ice tray from your freezer for a nice treat.

Buy a bird feeder and bird watch from your own home!

Grab a nice bird feeder you can watch the birds come to your yard. Birds eat much more than seed, suet and nectar! Feeding birds in your backyard also invites them to feast on the insects, worms, snails, and spiders in your landscape.

Always remember to stay hydrated and wear sunblock to protect yourself from the sun♥



**To the world, you are Dad.
To me, you are the world.**

Celebrating Fathers Everywhere



**Friends For Life Homecare
and Medicaid Consultants**

(516) 900-1818

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

**Contact Us
Today!**