



**Call Us!**  
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**Friends For Life Newsletter, March 2021**

# Let's Talk Senior Care



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

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**Q: "Ever since my dad passed away, my mom has been quite lonely. I feel guilty because my own life is so busy, I can't occupy her 100% of the time and a lot of her friends are married. What can I do for her?"**

**A:** "Great question! If your mom is looking to make new friends, try a senior center! Senior centers are a great way for your mom to make some friends and take part in social activities. Senior centers can meet up to once or twice a week for a couple of hours a day. That will allow you a time to relax, run errands and do what you need to do with peace of mind that your mother is in good company. Another option is bereavement groups. These groups are quite similar to what senior centers do, except all the members

have also lost their spouse. This may help her create new relationships with people she can relate to. There are many senior centers throughout Long Island and if you have any questions, contact us! We can try to guide you to a senior center local to you.

**\*Unfortunately, due to COVID, many Senior Centers are currently not operating as normal. In the meantime, try connecting through virtual senior centers and/or Facebook groups\*."**

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♥ #BFFL

 **Friends for Life Homecare  
& Medicaid Consultants**



♥ *Meet Gabrielle!  
Welcome to the Team!* ♥

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## 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.



We encourage all of our Caregivers to receive vaccination.

COVID-19 VACCINE ELIGIBILITY



*Laughter is the  
best Medicine!*



## Answers:

Flip the screen to reveal the answers!

1. What did the leprechaun say when the video game ended?
2. Why shouldn't you iron a four-leaf clover?
3. How can you tell a leprechaun likes your joke?
4. Why do people wear shamrocks on St. Patrick's Day?

1. Game Clover!
2. You might press your luck
3. He's Dublin over with laughter.
4. Cause real rocks are too heavy!

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## Recipe of the Month:





# Avocado egg-in-a-hole

*Recipe provided by [olivemagazine.com](http://olivemagazine.com)*

**Total Time:** 20 Minutes

**Serves:** 4

## INGREDIENTS

- Sourdough 8 slices
- Olive oil
- Chilli jam 4 tbsp.
- Avocado 1, mashed with salt, lime juice and chopped coriander
- Eggs 4 small

## Directions

1. Brush 4 of the slices of bread on both sides with olive oil then fry in a large non-stick frying pan until golden. Keep warm in a low oven.
2. Cut a hole from the other 4 slices of bread then brush with oil and fry on one side.
3. Flip the cut bread over so the fried side is uppermost.
4. Crack each egg into a sieve before tipping in the hole (this will get rid of the excess runny white so you have a neater egg).
5. Cover the pan with a lid or a flat baking sheet and keep cooking on a low heat until the white is set.
6. To serve, spread the whole slices of bread with chilli jam and mashed avocado.



7. Top with the egg-filled bread



**Tip of the Month!**

# COVID-19 VACCINE APPOINTMENT

**WE CAN HELP!**

**CALL 516-272-2596**

Teenagers Ava and Lily Weinstein are 9th and 10th graders at Roslyn High School looking for a way to help out during these hard times.

This pandemic has been scary and hard for everyone, especially for the elderly who are at the highest risk.



The vaccine now gives us some hope. Unfortunately, registration for vaccination is difficult and often involves online registration and appointments.

Ava and Lilly are ready to help! They want to make it as easy as possible for those who are eligible to be vaccinated. **They will do the work to register you online after you talk to them and give them necessary information.** Call the number above to sign up today.

# ***Spring is Coming***

Help Robert and Maureen get to the other side of the garden!



[View Completed Maze](#)



***SUPPORT LOCAL***

**Business of the Month**

BLOG



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MENUS

BACKYARD BARBECUES

GALLERIES

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## Friends For Life Homecare and Medicaid Consultants

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