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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.



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."







What did the leprechaun say when the video game ended?

2. Why shouldn't you iron a four-leaf clover?

How can you tell a leprechaun likes your joke?

Why do people wear shamrocks on St. Patrick's Day?

Answers: Flip the screen to reveal the answers!

sie too heavy! → Cause real rocks

with laughter. 3. He's Dublin over

INCK You might press your

Game Clover!







Avocado egg-in-a-hole

Recipe provided by 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

- 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.
- 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.



Tip of the Month.



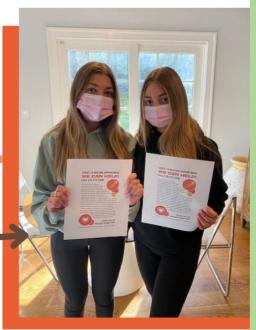
COVID-19 VACCINE APPOINTMENT

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, <u>especially for the elderly who are at the highest risk.</u>



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.











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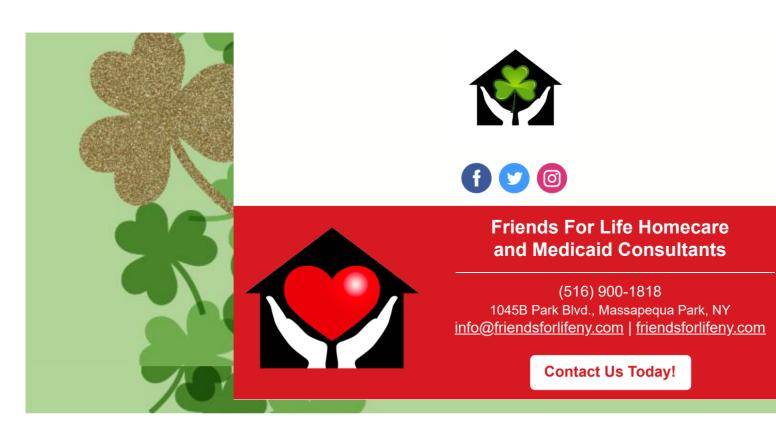
Although our passion is bagels we take the same pride in all of our products from our delectable homemade salads, made to order wraps, our overstuffed sandwiches, and our vast gourmet catering options prepared by our in house chef.



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