

Call Us! Nassau (516) 900-1818 Suffolk (631) 485-5574 Queens (718) 878-4334

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### Friends For Life Newsletter, April 2021

## **Let's Talk Senior Care**



Click Here to view photos and read articles from our events in March.



# Q: "Do you conduct personality matches to ensure that caregivers will be a good fit for my dad?"

A: "Our team has case coordinators who's main priority is to match your loved one with the perfect aide. We have a pool of experienced aides that our coordinators work closely with, which enables us to get to know their strengths, weakness's and overall experience with different clients prior. Additionally, our team will walk you through an assessment in person or over the phone to ensure we have full detail of your fathers conditions and necessary level of care.

We also take note of activities of interest as well as the clients personality traits. We like to make sure it's not only a care match, but a chemistry match as well. If your father likes watching and chatting about baseball, well make sure we pick someone who is ready to chat!

The assessment allows our coordinators to make an accurate match in order to have a positive experience.

If you are looking for your perfect match, call our matchmaking professionals!

(516)900-1818"



## AIDE OF THE MONTH





## **SHARON SPENCER**

In recognition of her valuable work and dedication towards the Friends For Life Family.

We sincerely appreciate and thank you for your hard efforts and work to help the world become a better place.

**CONGRATS!** 



We pick our aide of the month based on which aide is going above and beyond and always putting their best foot forward! If you love your aide and think they deserve to be aide of the month, message or call us and let us know how your aide is doing! We love getting updates and feedback! We want to award as many aides as possible.



## Laughter is the best Medicine!



- 1. What happens when you tell an egg a joke?
- How do bunnies stay healthy?
- Does February like March?
- Why do bananas wear sunscreen?

Answers: Flip the screen to reveal the answers!

peeg Because they

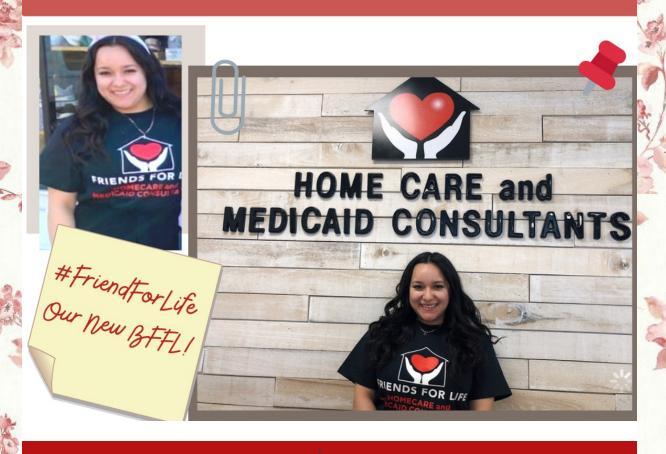
\$ No, but April May

**7** Lhey Eggs-ercise!

It cracks up!!



## Meet Emily! Welcome to the Team!







### What is Meditation?

Meditation is about awareness to self, nonjudgement, and calmness. It's a way of paying attention to your breathing techniques.

### How to Meditate:

- **1. Take a seat** Find a place to sit that feels calm & quiet to you.
- **2. Set a time limi**t-If you're just beginning, it can help to choose a time limit, such as 5 or 10 minutes.
- **3. Notice your body-** You can sit in a chair with your feet on the floor, you can sit loosely cross-legged, you can kneel-all are fine. Make sure you are in a stable position you can stay in for the time.





- **5. Notice when your mind has wandered-** Your attention may leave the breath and wander to other places. When you notice that your mind has wandered-in a few seconds, a minute, five-simply return your attention to the breath.
- **6. Be kind to your wandering mind-** Don't judge yourself or obsess over the content of the thoughts you find yourself lost in. Just come back.
- **7. Close with kindness-** When you're ready, gently open your eyes. Notice how your body, thought and emotions feel. Repeat! Remember-patience is key!





## Spring Word Search



X C Z X T M E S ı 0 N S R D 0 W X R Q Z M



Sunshine Vacation Rain Boots Road Trip

Airplane Sleeping In Friends Spring Blossoms Games Puddles Tulips



View Completed Word Search



## SUPPORT LOCAL

**Business of the Month** 



## HAUS OF GRACE

10 James St, Babylon, NY 11702 OPEN: MONDAY- SATURDAY 9 AM TO 9 PM

**(**631)889-7241







Haus of Grace is a one stop shop for all your beauty needs. We cater to men and women! From our master colorists, Make up artist, Hairdresser, Body contouring, butt cupping, full body Sugar waxing, facials, Master Lash technicians, and much more! Grace was inspired to open Haus of grace to help women and men have more confidence and less insecurity, where you can walk out of the salon and feel like the best version of yourself!

Come on down and check our talented team out, We can't wait to meet you!

Click Here to Visit Haus of Grace Instagram









### and Medicaid Consultants

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Contact Us Today!

