



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&A Ask Amy



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

THIS IS AWARDED TO

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?

2. How do bunnies stay
healthy?

3. Does February like
March?

4. Why do bananas wear
sunscreen?

Answers:

Flip the screen to reveal the answers!

4. Because they
peel

3. No, but April May

2. They Eggs-ercise!

1. It cracks up!!



**Friends for Life Homecare
& Medicaid Consultants**

*Meet Emily!
Welcome to the Team!*



*#FriendForLife
Our New BFFL!*



Tip of the Month!



What is Meditation?

Meditation is about awareness to self, non-judgement, 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 limit-** 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.



- 4. Feel your breath-** Follow the sensation of your breath as it goes in and as it goes out.
- 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

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

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



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hausofgrace__



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](#)



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and Medicaid Consultants



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**Contact Us
Today!**