



**Call Us!**  
Nassau (516) 900-1818  
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## Friends For Life Newsletter, May 2021

# Let's Talk Senior Care



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

**MAY 2021**

**FREE CAREGIVER  
SUPPORT GROUPS ARE  
COMING BACK**



# Q&A Ask Amy

**Q: "How do I maintain a mother-daughter relationship with my mom while also being her caregiver?"**

**A:** "The responsibility of being a caregiver to your parent can take a major toll on your relationship with your loved one. When you put all of your energy into being their caretaker, you forget to have moments where you are just her daughter. My best advice is to give up that control and allow for extra help. Your extra help could be from other family members or you can hire an aide through an agency. Once you receive this extra help, it will give you more time to get back to your personal relationship. It will allow for more time to do activities, search through old scrap books, have conversation or even watch a good TV show together. It is OK to set a boundary and let go of what you wish to control. No one will love mom like you, but someone else may be able to take care of her medical issues with the right amount compassion, kindness & care"

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# AIDE OF THE MONTH

THIS IS AWARDED TO

**SHARI PINNOCK**

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!**



April 2021

**April:  
Surprising  
our Aide  
of the  
Month**





***Laughter is the  
best Medicine!***



- 1.** What did the baby  
Egyptian say when he  
got lost?
- 2.** What's a bow that can't  
be tied?
- 3.** Which month can't  
make a decision?
- 4.** What does winter fat turn  
into?

## **Answers:**

Flip the screen to reveal the answers!

- 1.** I want my Mummy!
- 2.** A Rainbow!
- 3.** MAY-be
- 4.** Spring Rolls!





## Mother's Day Word Search



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

Caring  
Child  
Chocolate  
Daughter  
Flowers  
Special

Spring  
Sunday  
Parent  
Guidance  
Forgiving

Heart  
Sweet  
Laugh  
May  
Son  
Memories

[View Completed Word Search](#)

# Happy Mother's Day

HONORING AMY & SHARON



This month, we would like to honor owner, **Amy Recco**, and her mother, **Sharon!** Amy has been a caretaker to her mother for years, and more recently, her care needs have increased.

As Sharon's caretaker, Amy does whatever it takes to make sure Sharon is safe and happy in the comfort of her home. Amy puts 110% into her mother-daughter relationship as well. She truly is, 'super mom'. Amy juggles care for her mother, children and at work, the parents of others.

Sharon has raised her beautiful family to be strong, caring and compassionate individuals- and it shows! We love these two wonderful mothers and we celebrate you both this mother's day!

Happy Mother's Day to all the hardworking, amazing moms out there. This month is all about you.



## Tip of the Month!



**If you or someone you know personally suffers from hearing loss that inhibits their phone use and have been qualified by a hearing professional, you may qualify for this free service!**

ClearCaptions is an innovative telephone captioning provider available as a mobile app, too!

There is no cost to qualified individuals whose hearing loss inhibits their phone use.

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**Click the link below to visit their website.**



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Patricia Barna  
(631)372-2964  
Patricia.barna@clearcaptions.com





# ***SUPPORT LOCAL***

**Business of the Month**



**107 E Main St, Babylon, NY 11702**  
**[www.longislandyoga.com](http://www.longislandyoga.com)**  
**631-893-5445**

Celebrating 18 years! Long Island Center for Yoga is a yoga studio located on the south shore of Long Island in the Village of Babylon.



Our mission is to bring peace, joy, and serenity to the busy lives of Long Islanders. Come experience the peace in either our physical location at The Long Island Center for Yoga or virtually on Zoom.

[Click Here to Visit Long Island Center for Yoga](#)



**Friends For Life Homecare**



## and Medicaid Consultants

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**Contact Us  
Today!**