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Friends For Life Newsletter, June 2021

Let's Talk Senior Care



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

Thank You for coming!



Thank you to everyone who attended our caregiver support group on Tuesday, May 25th. We are so lucky to get to connect with each and every one of you. You all hold a special place in our hearts!

If you missed this month's support group, don't panic! We will have another group in the next month. Follow us on social media for any upcoming announcements.



Q&A Ask Amy



Q: "What can I expect when attending a caregiver support group?"

A: "Our caregiver support groups are a wonderful way to connect with others, share your feelings and get the heck out of your house for a night! It's no secret that caregiving is an overwhelming task, even when it's for someone you love so dearly. But often times, we forget to take a moment for ourselves (who we also need to remember to take care of).

That's why we started our support groups.

Pre-pandemic, we held support groups in our office on Park Blvd. in Massapequa. We would sit in a circle and take turns telling our stories. We would have apps, drink wine, cry a lot - but laugh a lot more. Unfortunately, the pandemic came around and we weren't able to create the same experience.

Post-pandemic, we came back with our support group, but after a year of hardship, a lot more people needed relief. We re-located to Patrizia's in Massapequa Park and it was bigger and better than before. We were able to help more people in a socially distanced environment.

Usually, when attending a support group, Owner, Amy Recco, tells her story and lets us in on her experience as a caregiver to her mother at home. Then everyone is given an opportunity to ask questions, chat with other caregivers and hear all about the other resources we offer. We eat, we laugh, we make new friends- it truly is a fun night out. Our goal is to leave you feeling less alone, more relieved, and happy that you had a good time."



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



1. What did the ocean say
to the beach?



2. Where do boats go
when they're sick?

3. What do ghosts like to
eat in the Summer?

4. What did the beach say
to the tide when it came
in?



Answers:

Flip the screen to reveal the answers!



4. Long time, no
sea.



3. I scream!

2. A boat doc.

1. Nothing, it just
waved!

FATHER'S DAY WORD SEARCH



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JUNE
SUMMER
FATHER'S DAY
WAVE POOL

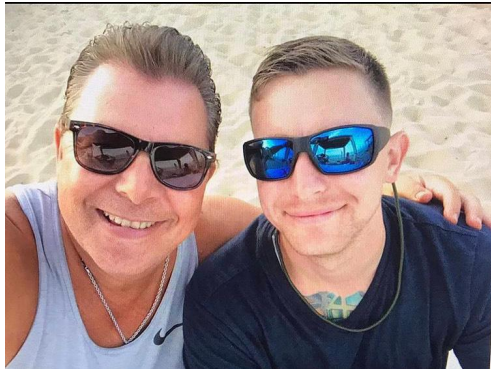
GRILLING
SUNNY
VACATION
CAMP
SOLSTICE

BEACH
STRAWBERRIES
GRADUATION
SAND

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Happy Father's Day

MICHAEL RECCO



This month, we would like to honor, **Michael Recco**, owner of Friends for Life Homecare. Michael is a natural born caretaker, looking out for his mother-in-law, his wife and his 3 beautiful Children. Michael has been in the Homecare industry since he was a young man, working for his mother, Norma Recco, who founded 'Recco Homecare'. With Michael's compassion and years of experience, he decided to open his own Homecare agency we now know as 'Friends for Life Homecare'. Michael has always been known to go above and beyond for his family, friends and clients, no matter the task. We love Michael and celebrate all that he is!

Happy Father's day to all the fantastic Father's out there.



Tip of the Month!

HERE COMES THE SUN

Sunscreen is key.

Always use sunscreen with an SPF of at least 30 to protect your skin against harmful UV rays.

Shade, shade, shade

Wear sunglasses, a hat, or use an umbrella to protect your eyes and body.

Wear protective clothing.

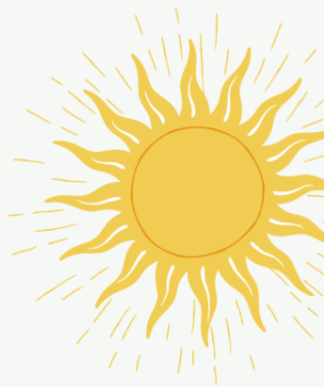
Try to wear clothing that covers most of your body, too.

Re-apply SPF!

Re-apply SPF every two hours to ensure maximum protection from the sun.

Hydrate!

Drink at least 6 to 8 glasses of water a day to avoid dehydration.



Visit
americanlifestylemag.com for more
tips!



SUPPORT LOCAL

Business of the Month



**4913 Merrick Rd.,
Massapequa Park, NY 11762**
www.Patrizias.com
516-218-8400

Patrizia's has been a family owned and operated establishment for over 25 years. Our family is involved in every aspect of the day to day activities to make sure that your dining experience at Patrizia's is always great. As with Italian tradition, every single customer is treated like family.



Each dish is prepared with fresh organic ingredients that use the family's recipes dating back over 150 years. Aside from dining in, we also provide pick-up, delivery and catering for all occasions. Superb food, impeccable service, and a unique family atmosphere distinguishes Patrizia's from any other restaurant and makes it a one of a kind experience.



[Click Here to Visit Patrizias.com](http://www.Patrizias.com)



Friends For Life Homecare

and Medicaid Consultants



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