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Friends For Life Newsletter, July 2021

Let's Talk Senior Care



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

June 30th, 2021

WE HOSTED A SENIOR DAY IN THE PARK WITH OVER 250 SENIORS.

WE HAD LIVE MUSIC, BBQ, RAFFLES & ICES.

TO SEE EVERYONES SMILING FACES AGAIN AFTER COVID WAS
THE GREATEST GIFT.

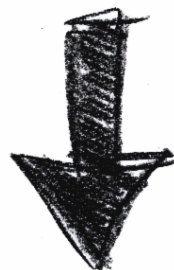
Thank You

TO EVERYONE WHO MADE OUR SENIOR DAY IN THE
PARK A SUCCESS.

**Trailer:
Senior
Day In the
Park**



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TO WATCH US
ON NEWS12**





Q: "How do I help my mom through the night of the fourth of July? She has dementia and I am afraid of how she will react to all of the fireworks. What can I do?"

A: " Fourth of July celebrations almost always include fireworks at night, which can be scary for seniors who have dementia. The loud noises can be unfamiliar to them which may create a state of confusion and fear, ultimately exacerbating their dementia symptoms. Some helpful tips would include talking to your loved one about the fireworks prior to the holiday. Remind them they may hear fireworks as the holiday approaches.

If you will be with them, suggest ear protection, play comforting music, turn on a fan for white noise and have an exit strategy if the experience is too overwhelming.

Set them up with fun distractions to keep their mind engaged in something pleasant, such as a favorite movie or puzzle.

It is best not to leave seniors who have dementia alone on the fourth of July, but if you cannot spend the evening with your loved one,

consider having a caregiver help for the night.
If you cannot get a caregiver and they must remain alone, leave a note in places they will see that they will be hearing and possibly feeling the fireworks. In the case of memory loss, this will serve as a consistent reminder throughout the holiday."



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



- 1.** What did colonists wear to the tea party?
- 2.** What is a firecracker's favorite treat?
- 3.** Why does the Statue of Liberty stand for Freedom?
- 4.** What stays in the corner, but goes all over the U.S.?

Answers:

Flip the screen to reveal the answers!

- 4.** A Stamp
- 3.** Because she can't sit
- 2.** A pop-sicle!
- 1.** a tea-shirt



Tip of the Month!

BALANCE

What are balance activities?

- Balance activities require you to keep control of your body as you move.
- They may help strengthen your abdomen (stomach area), chest, lower back, hips, arms, and legs.

Benefits

- Helps you stay steady on your feet
- Reduces the risk of a fall or injury
- Improves your strength at the same time



What you can do

- Try walking heel to toe in a straight line.
- Practice standing on one foot.
- Practice standing from a sitting position.



SUPPORT LOCAL

Business of the Month



INSPIRED SPEECH

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Inspired Speech LLC was created to help adults and their families with their rehabilitation needs. Adults with speech, voice, cognition, or swallow deficits following neurological events (e.g., stroke) or neurodegenerative disease require skilled treatment to improve their function and quality of life. That's where Inspired Speech LLC can help!



Katie Kozulla, the owner & licensed speech pathologist, is passionate about helping others. She is trained in a variety of adult and geriatric-focused treatments, including dementia care and voice therapy for Parkinson's disease. Compassionate and personalized therapy in the comfort of your own home! Now accepting new clients for evaluation, treatment, and/or caregiver training.

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Friends For Life Homecare and Medicaid Consultants

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