



Call Us!  
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**Friends For Life Newsletter, August 2021**

## Let's Talk Senior Care



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

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## *Senior Day in the Park: Full Video*



**Q: "What if my parent is not living in a home?  
Can we still receive your services?"**

**A:** "Yes, you can! Our services are not only for in-home care, but some seniors need extra help in different places. Our services can be provided at hospitals, rehabilitation facilities, nursing homes, assisted living facilities or, of course, your home. There are rules and regulations for different facilities, so be sure to check with the facility on what guidelines must be followed. Wherever your loved one may be living, we can help."



## Q: "Are we locked into a long-term service contract?"

**A:** "Friends for Life Homecare does not lock you into a long-term contract. You can cancel any time with 7 days' notice, unless it is an emergency. We can accommodate the type and length of in-home care your loved one needs, whether your family needs a few hours of respite care or you are looking for multiple weeks of care for your loved one. Contact your local Friends for Life Homecare office to explore the types of services and care plans we offer."

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



1. What does the sun drink out of?
2. What is the coolest letter in the alphabet?
3. What does a bee do when its hot?
4. Where do sheep go on vacation?

## Answers:

Flip the screen to reveal the answers!

1. Sunglasses!
2. Iced-Ti
3. Take off its yellow-jacket!
4. The baaa-hamas

# AUGUST

## Word Search

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

August   Swimming   Sandals   Lemonade  
Ice Cream   Beach   Sun   Sand   June  
July   Sunscreen   Vacation   Travel   Sunglasses  
Splash   Pool   Fireworks   Fun   Picnics

[Click to View Completed Word Search](#)



## Tip of the Month!

# LET'S GET WALKING

## 10 Healthy Benefits of Walking

1. **5 minutes** aids digestion
2. **20 minutes** improves Heart health
3. **30 minutes** is great for weight loss
4. **30 minutes** can regulate your blood pressure
5. **30 Minutes** reduces your risk of Diabetes
6. **35 minutes** works to improve your blood circulation
7. **40 minutes** reduces stress
8. **45 minutes** will strengthen muscles
9. **50 minutes** can increase productivity
10. **60 minutes** will increase your creativity





## Friends For Life Homecare and Medicaid Consultants

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**Contact Us Today!**

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