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## Friends For Life Newsletter, September 2021

# Let's Talk Senior Care



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





**Friends for Life Homecare  
& Medicaid Consultants**

# OUR TEAM IS GROWING... WELCOME THOMAS!



## ***Q: Why Home Care verse other options?***

Home care enables a person to live as independently as possible without having to give up the comforts of their own home. It allows them to be safe and in a familiar environment, sleep in their own bed at night, and stay close to loved ones like family, friends, and pets. It also brings peace of mind to know they have access to skilled, consistent, reliable care when it's needed, and can be adjusted if those needs change.

## Q. How long does home care last?

There is no set length of time for home care—it can vary greatly based on a person's unique needs. Some home care services may last for a few weeks, while others may be lifelong. If a physician is prescribing you home care, he or she will oversee services until your recovery goals are met. However, if you are making the decision to start home care on your own, you can determine how many hours a week of care you need, and how often. Some home care providers may have a minimum hourly commitment to start care, or require you to sign a contract for a certain duration of time, so it's important to ask any provider you consider.



*Laughter is the  
best Medicine!*

- 1.** What do you call a fake noodle?
- 2.** What sits at the bottom of the sea and twitches?
- 3.** How does the Ocean say hello?
- 4.** What do you call a sick lemon?

### Answers:

Flip the screen to reveal the answers!

- 4.** Lemon-Aid
- 3.** It Waves
- 2.** A Nervous Wreck
- 1.** An Im-pasta!





# *Yummy Pumpkin Cupcakes*

## Ingredients for Cupcakes:

2 cups all-purpose flour  
1 1/2 cups granulated sugar  
2 tsp baking powder  
1 tsp baking soda  
2 tsp ground cinnamon  
3 large eggs, room temperature  
1 cup extra light olive oil or vegetable oil  
1 can (15 oz) pumpkin puree

## Ingredients For Cream

### Cheese Frosting:

1 1/2 packages (12 oz) cream cheese, room temperature  
3/4 cup (12 Tbsp) unsalted butter, room temperature  
2 cups powdered sugar  
1 Tbsp real vanilla extract



.....  
*Preheat oven to 350°F. Line a 24 count muffin pan with 24 cupcake liners.*

*In a medium mixing bowl, combine dry ingredients: 2 cups flour, 1 1/2 cups granulated sugar, 2 tsp baking powder, 1 tsp baking soda and 2 tsp cinnamon.*

*In a second medium mixing bowl, combine wet ingredients: 15 oz pumpkin puree, 1 cup oil, 3 large eggs. Whisk until well combined and all oil is fully blended in and no longer visible. Combine wet and dry ingredients and whisk until smooth. Divide evenly between 24 liners, filling each 2/3 full. Bake at 350°F for 20-22 min or until toothpick inserted in center comes out clean. Let cupcakes rest in pan 10 min then transfer to wire rack and cool to room temperature before frosting.*

*Combine all frosting in the bowl of a stand mixer fitted with whisk attachment. Beat on medium/low speed until powdered sugar is incorporated. Scrape down the bowl with spatula and beat on high speed 4 min or until fluffy, scraping down the bowl as needed. Transfer to large pasty bag fitted with large open star tip (Wilton 1M) and pipe over cupcakes. Refrigerate until ready to serve*



**IDEA OF THE MONTH**







The change of season brings a new variety of activities, sights, smells, and flavors.

**Get outside to enjoy the weather and the crisp blue sky**

**Go for a Ride. The Best ways to enjoy the CHANGE OF SEASON is to to drive around and look. Bring a companion to drive the car so you can really take in the scenery**

**Go apple picking: Many orchards are taking reservations now. If is too strenuous Bring a friend, child, or grandchild. You can call ahead to see if the apple orchard is handicap accessible.  
Don't forget to enjoy an apple cider donut!**

**Decorate your front door: Get festive --- buy or make a wreath, set up a scarecrow, or use your imagination and be as creative as you want.**



## Friends For Life Homecare and Medicaid Consultants



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**Contact Us  
Today!**