



# FRIENDS AND FAMILY PROGRAM NEWSLETTER

## RECENT ACTIVITIES

We enjoyed several outings to sites around Hyde Park. Our group always seems to enjoy the outdoors and the fresh air.

We have been to Locust Grove, Walkway Over The Hudson, and Vanderbilt Mansion.

As the weather changes, we have continued indoor activities such as music, dancing, puzzles, flower arranging, trivia and mind games which keeps our participants intellectually stimulated.



October 2017

## UPCOMING EVENTS

As the winter months are coming we are looking forward to finding new activities to engage with indoors. We are also planning a pet therapy day, a pumpkin picking trip, and a Halloween celebration.

### Things to look forward to:

What events are we planning and how can you get involved?

#### **Pet Therapy**

We will be having a therapy dog come into the facility to interact with our participants. We are thrilled about this event as the positive effects of pet therapy are well documented and know our participants will enjoy this. If you have any allergies or do not wish to participate, please let us know beforehand.

#### **Pumpkin Picking**

We will be going Pumpkin picking two days during the month! If you want to purchase anything during our excursion please bring some money from home!

#### **Halloween Party**

We are hoping to plan a Halloween celebration on Tuesday October 31<sup>st</sup>. It will be a "Hat Halloween Party" so remember to wear your spookiest and favorite hat to the party!

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*"We can't change the world unless we change ourselves"– Christopher Wallace*

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## REQUEST FOR ITEMS

Winter is almost upon us. With that in mind, we ask that families provide an extra winter coat and pair of gloves to be kept here at FFADP. This way we can be prepared in case of emergency or if someone forgets or loses an item. Please remember to label all extra clothing.



## Contact Us

### Friends and Family Senior Companionship

845-867-8492

### Friends and Family Senior Transportation

845-229-2851



the best transportation experience for you or your loved one. Whether you use crutches, a walker, or have any other special needs, we are here to assist you!

## ISSUES SENIORS FACE

There are lots of different issues people face as they age. A decline in hearing, vision, or mobility may mean activities you once enjoyed are more difficult or even impossible. Day to day tasks may become more strenuous and seniors may become tired more quickly. We hope to provide resources you can use to overcome these obstacles and enjoy life to the fullest.

In addition to the physical struggles that Seniors face as they age, it is important that you are aware of the increased frequency of scams via the phone or e-mail. It has become common for individuals to get calls and messages from people saying that you owe the "IRS" money or individuals requesting credit card information and social security numbers. Be aware of these scams and do not fall victim to these predatory individuals who are trying to take advantage of Seniors.

## WE APPRECIATE YOUR FEEDBACK!

If there are any other ways we can assist you or your loved one, please contact us and we will do our best to service your needs. We grow stronger every day with the support of our participants and their families. We will continue to strive for excellence at the Adult Day Program along with our new ventures in Senior Companionship and Senior Transportation.

## FRIENDS AND FAMILY IS EXPANDING!

Friends and Family has developed a reputation in Dutchess County for providing top quality services for Seniors at our Adult Day Program in Hyde Park. We have seen through our work with the community and through our time spent with our members that there is a lack of companionship and transportation services for Seniors in Dutchess County.

Friends and Family Senior Companionship provides non-medical homecare services to clients, who may require assistance in their homes to assist in the maintenance and retention of their independence and well-being. These services are responsive to the distinct needs of the client and are delivered by qualified home care workers. We are not your average companionship service, we utilize the latest technology which enables our staff to communicate in real time with staff back at our offices through video chatting and messaging. This gives us the power to handle any situation that may arise and allows us to have important information readily available for our staff. This is an essential service which separates us from other agencies and is another reason why Friends and Family Senior Companionship is an agency you can trust for yourself or loved one.

Friends and Family Senior Transportation is a private pay or contracted transportation provider for Seniors and disabled individuals with over ten years of experience. We pride ourselves on providing punctual, professional, and courteous service in Poughkeepsie and the surrounding areas. We are staffed with professional, courteous employees who are focused on providing