



RAYNOR & D'ANDREA
FUNERAL HOMES

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Raynor & D'Andrea Caring & Sharing Newsletter

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Thank You for Supporting the Sangria Salute!



We want to sincerely thank everyone who attended the 2023 Sangria Salute on October 24, 2023, and donated online! We had a great time raising more than \$17,500—exceeding our goal once again—for the LT Michael P. Murphy Navy SEAL Museum!

Special thanks to Chuck Cabrera, co-owner of The Sayville Inn, for co-hosting and sponsoring this event. We are all humbled by the community's support of this special asset in Sayville.



A Time of Shared Remembrance



To remember loved ones we miss the most, Raynor & D'Andrea Funeral Homes partnered with New Life Community Church in Sayville to hold the 10th annual Candlelight Memorial Service on November 9, 2023.

Those who attend treasure this time of shared remembrance before the holidays.



Simple Ways to Spread Kindness

Mark Twain once said, “Kindness is the language which the deaf can hear and the blind can see.” Kindness has a positive effect that can be felt by the person who shows kindness as well as the person receiving kindness. Plus, it is so easy to spread kindness, and most kind acts are free!

- Give compliments
- Say hello
- Hold the door
- Forgive a grudge
- Make something and give it away
- Pay it forward – coffee, gas, groceries, etc.

Get inspired to spread kindness and do a random act of kindness today!



7 Ways to Keep Your Brain Engaged

Staying sharp as you age isn't as hard as it sounds. We thought of 7 simple ways to stimulate your brain and maintain your mental and emotional state! Here's a quick list of ways you can keep your noggin healthy:

1. Engage in new activities — Try something new, like volunteering, learning a language, attending events, and

so on!

2. Do puzzles — Jigsaw puzzles, crosswords, sudoku and more all challenge you mentally. Plus, they're fun!

3. Read — Open yourself to reading more, whether it's the newspaper or a new genre of books. The library can keep you stocked with great fiction and nonfiction!

4. Stay socially active — Connection is key to mental, emotional, and physical health. Meet up with friends and family, join a senior center, or volunteer for a local nonprofit.

5. Exercise — Keeping your blood flowing helps promote brain health as well as physical fitness. Even simple exercise can be beneficial!

6. Sleep — One of the most important things for cognitive function is getting quality sleep. Stick to a sleep routine so you can be your best cognitively.

7. Be mindful — Practices like yoga, tai chi, and meditation can improve your concentration and focus, even if you only practice them for a minute.

[Keep reading our blog post](#) for more information and inspiration!



Can I preplan my own funeral without pre-paying?

Yes, you can. When you preplan your funeral services, you can specify your wishes for readings, music, and other details without paying for the services. While prepaying is optional, recent concerns over inflation shine a light on the cost-saving benefit of paying for funeral services in advance. In addition, prepaid funeral plans are transferrable, so if you need to move elsewhere, you can take your prepaid plan with you to a local funeral home. In short, prepaid funeral plans are a great way to protect your family from rising costs and stress.

Do you have other questions about preplanning and how it works? [Learn more](#) about preplanning, or contact us at Raynor & D'Andrea Funeral Homes today.
Email us now: raynor.dandrea@mac.com



Saturday morning breakfast recipe! Serve it with coffee, milk and fresh fruit!

[Get The Recipe](#)

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