



April 2010

Quality of Life: The Benefits of Companionship

Being in a relationship with another person is one of the major contributing factors to long life, quality of life and reduced health challenges. Research continues to show the negative impact of stress on our health and immune system.



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Staying engaged is one of the factors to brain health and dementia prevention. So, not only does being intentional in having friends and companions in your life influence your overall health, it can be a deterrent to potential illnesses.

Life happens to each of us, sometimes in spoonfuls and other times in buckets. How we traverse a crisis, health issue, family or business stressor or even financial stress is dependent on our overall attitude and who we have in our lives as a support system, confidant, or life partner.

behoves you to be intentional in becoming engaged with others. The companionship you cultivate will be as important as the vitamins you take each day – maybe this will be the most important contributor to the quality of your life. When asked, “What gives your life meaning?”, most individuals answer that it’s the relationships they have.

Stay well, stay engaged – make a new friend. It could add a year or more to your life. Quality of life is more important than quantity of life – make yours a life of value - keep companions in your life. The Girl Scouts had a song I remember singing, “Make New Friends and Keep the Old, One is Silver and the other Gold” – not a bad motto for healthy living.

Companionship can be a challenge in later life when we might have lost a spouse through death or divorce. Our most important focus is to be intentional in having relationships with others who we count on as friends. They could be friends of years, extended family, co-workers, church friends, club members or those you know from sports activities.

If you find yourself on the shy side, you might want to volunteer at a local non-profit or join a club or sports related activity. After meeting new people, the next step is to invite the person with whom you are feeling comfortable out for coffee or lunch. If you’re in a club and interested in a specific hobby such as gardening, woodworking, genealogy, etc., you can suggest going to an event that addresses the area you have in common.

Eldercare Services provides Counseling, Support Groups, Caregiving, and Care Management to aid Family Caregivers.

If you or someone you know could benefit from self-care, give us a call at (866) 760-1808.

For the outgoing, gregarious individual, it is easier to make new friends and stay in a relationship than it might be for the shy and less outgoing individual. It is extremely important for the majority of us to stay engaged in life and to stay connected.

Companionship is a form of friendship and there is always at least one common bond of interest. Not all friends that are companions become intimate friendships but they are just as important to your overall health.

If you find yourself in a new area, in a new place in your life and you feel disconnected from others, it

Companionship

Check List

1. Stay engaged - friends are good for our health.
2. Volunteer, join a club or sports activity.
3. Find common ground with a new companion.
4. Maintain relationships with intent.

Call us for Counseling or a Support Group at (866) 760-1808



Help us do our Part

To receive this newsletter by email and conserve paper please send a request to DanielleG@EldercareAnswers.com



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Eldercare Services has offices in Marin, Oakland, San Francisco and Walnut Creek, CA. Visit us on the web at <http://www.EldercareAnswers.com> for more information.

For more information regarding classes and support groups, visit us at www.EldercareAnswers.com or call (925) 937-2018, (415) 469-8300 or email us at info@EldercareAnswers.com

Class Registration: Please call at least 3 days ahead

Families Dealing with Dementia
Thursday, April 22, 2010 from 10 AM to Noon

The World of Parkinson's
Friday, May 14, 2010 from 10 AM to Noon

Walnut Creek

Community Classes

When concerns for aging family members are part of every day life, or when they interfere with work, your health or other relationships, you need to join a support group.

Caring for An Aging Family Member

2nd Thursday of every month from 7 to 8:30 PM
1808 Tice Valley Blvd., Walnut Creek, CA 94595

1st Tuesday of every month from 6 to 7:30 PM
605 A Cheney St., San Francisco, CA 94131

Cost for Support Groups: None

Support Group Registration: Not required

Support Groups