

# Eldercare Answers

December 2009



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Let's stay positive! As we look forward to a new year, can we do it with a positive outlook? Can we put behind us the negative economy of the last 18 months? Can we put behind us other negatives that might have entered our lives, businesses or family members?

What we know from those who have lived long lives is that they have had stressors but view them as just part of life and move on. Most people who have reached 100 years of age have one thing in common: they have responded to stress, not so much as life halting, but as an opportunity to grow in some unknown way. The big difference is that they approach even the sad times as those of transition. This doesn't mean that grief is not experienced but it is seen as a necessary process to the circle of life.

Existentialism is being in the moment, and when we are, we are freed of the anxiety that the future can present or guilt that

## Positive Spin on Longer Lives

looking backward can produce. Maybe, as we enter a new year, we can try to focus on being in the moment for just a few hours every day and learn to just "be". Often, if you focus on your breathing and visualize a pleasant place you have been, you can detach from the responsibilities of the present and future.

Becoming pro-active with your health can also put you in a better frame of mind. The best advice is to follow a heart-healthy diet - low sodium, low fat, reduced alcohol consumption, reduced red meats and exercise of about 30 minutes a day for at least 5 days a week. Remember, two short walks of 15 minutes will be an easy way to start moving. As the weather changes and prevents outdoor walks, try moving to the early morning exercise programs on television.

Don't forget "brain health." Besides the heart-healthy diet, try brain exercises that stretch your thinking. Puzzles like Sudoku, crossword, and word searches done for 30 minutes a day can improve brain

functioning. Learning a new task, like playing a musical instrument or learning another language, also helps keep those dendrites functioning.

Dr. Hilary Tindle, of the University of Pittsburg School of Medicine, states that optimists had a 16% lower risk of having heart attacks than pessimists. We have an option to change our attitude and that change can add years to our lives.

*At Eldercare Services, seven of our Professional Geriatric Care Managers are also licensed counselors – so if you find your attitude doesn't support good health, we can help with individual counseling.*

### Positive Living

#### Check List

1. Let go of past stress
2. Try to view the bad as necessary for the good
3. Live "in the moment"
4. Be pro-active with your health
5. Exercise your brain
6. Ask our Counselors for ways to improve your outlook/perspective



You've got questions? We've got answers!

[www.EldercareAnswers.com](http://www.EldercareAnswers.com)

If you don't see what you're looking for call us!



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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.

## Community Classes

Walnut Creek

### Dementia—In the Thick of It

Friday, December 18, 2009 from 9 to 11:30 AM

### Families Dealing with Dementia

Friday, January 15, 2010 from 10 AM to Noon

**Class Registration:** Please call at least 3 days ahead

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

## Support Groups

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 and Classes:** None

**Support Group Registration:** Not required