

# Eldercare Answers

November 2009



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When you worry about your own resources for retirement, health issues, caregiving responsibilities or multiple pulls on your time and attention, it can be hard to focus on being thankful. It is challenging to be thankful when we are doing more external care than self-care. Striving for a balance between caring for others and self is the ideal goal. It is not always attainable—but if you set a goal you are more likely to achieve it.

As we approach **Thanksgiving**, the one day a year we set aside to have a feast with family and friends, we also pause to be grateful for our blessings. It is truly a shame that this isn't part of our every day experience but we could change that by doing a simple exercise each night before going to sleep. Think about the day just lived and what you are most grateful for that you experienced and what you are least grateful for in the same day. Some days will be easy to focus on an investment that appreciated or a call from a grandchild and some days it will just be a good cup of coffee. Likewise, as you think of least grateful items, it might be obvious like a cancelled event you were

## *An Attitude of Gratitude*

looking forward to attending, a cracked tooth or if you had a relatively good day – you might have to look for the burnt toast or the broken finger nail.

The point of doing a daily self check-in is that life is usually never *all* bad or *all* good. This helps us begin to be grateful with more frequency, which in turn will change our inner spirit and our basic attitude. This very small adjustment in our behavior can have positive impact on health and longevity. When centenarians are asked how they lived to be so old, most if not all, say “attitude” and reducing stress.

The beginning of this year, as we all experienced the effects of the recession, the staff at Eldercare Services committed to volunteering in our community, despite job losses of spouses, cut backs in hours and reduced resources. Our staff chooses a community cause each month to focus their efforts. We have served at a rescue mission, gathered linens and household goods for a women's shelter, collected 100 pounds of canned goods for a local food pantry, sorted donations at the county food bank and raised funds for the Alzheimer's Association. What a joy it is to be able to give! What a

way to say “thanks” for what we have by sharing with others.

As the Founder and Executive Director of this agency, I can't say strongly enough how thankful I am to be on their team. I am grateful for the people who care from their hearts and for the families we serve. I believe that in giving, you give a gift to yourself and your life becomes enriched by this **Attitude of Gratitude**.

May every day be Thanksgiving for you! May you enjoy the inner gift of being grateful and experience the joy of giving to yourself and others.

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*If you need more time for self-care or to volunteer, consider giving yourself and your loved one the gift of respite care. Give us a call to learn more about how we can help.*



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!



National Memory  
Screening Day® 2009

Make an appointment for a  
**Free Memory Screening**

November 17th

Toll Free 866-760-1808

San Francisco  
10:00 AM to 3:00 PM

Walnut Creek  
9:00 AM to 4:00 PM



1808 Tice Valley Boulevard  
Walnut Creek, CA 94595

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ADDRESS SERVICE REQUESTED

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

**Caring for an Aging Family Member**  
Friday, November 13, 2009 from 9 AM to 3 PM

**Hands on Caring**  
Friday, November 20, 2009 from 9:30 AM to Noon

**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 9 AM to Noon

San Francisco

**Aging in Place- Aging Explorer's Lecture Series**  
Wednesday, November 18, 2009 from Noon to 1:45 PM  
SF State Downtown Campus, Rooms 612/613  
For more information call (415) 817-4242

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

**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

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)