



# Newsletter

DECEMBER 2015

## *Have You Experienced The “Emotional Rollercoaster?”*

While it is not the most welcomed amusement in our collection of experiences, we have all been on the emotional rollercoaster. I find that family caregivers ride this train even more than the rest of us because of the changing needs and behaviors they deal with day in a day out.

For those of us who are not currently family caregivers, we can easily find ourselves on this train. We may find that the Holidays bring on a myriad of feelings, from missing those we have lost, to the stress of having to be “merry” when we would really like to crawl into a cave and hibernate like the bears. Then comes the day when we actually feel happy, until we hear a Christmas Carol play at the local shopping center and we begin to cry thinking of times past.

We are all mortals, and some of us weather the ups and downs fairly well, and then there are those who can get stuck in a downward spiral which can lead to seasonal depression, which is a very real diagnosis.

Talking about your feelings with a professional is always a good place to start. We have therapists at Eldercare Services that can help if you live locally. If you live at a distance, we can refer you to a professional through our new sister agency named The **VillagePlan™**.

During other times, just doing some mindfulness activities like focused breathing, meditation, yoga or taking a walk in nature can get you off those sharp and sometimes twisting turns of that “emotional rollercoaster”.

One activity I have used over the years with family caregivers is the use of affirmations; statements you say to yourself even if they are not currently manifesting in your life. It is a “re-framing” of your thoughts to get you off the dips of family caregiving or seasonal depression.

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### **About Our Founder**

**Linda Fodrini-Johnson, MA, MFT, CMC**, is a Licensed Family Therapist and Certified Care Manager. She has been practicing professional care management (now called aging life care) since 1984. Linda founded Eldercare Services, a full-service care management and home care company in 1989, which now employs over 200 caring people. Eldercare Services has been providing Bay Area families with care management, home care services (caregiving), advocacy, counseling, support groups and education for 26 years.

**MONTHLY AFFIRMATION:** *“I take care of my emotional health with mini-retreats of time alone.”*

### Affirmation Examples:

When feeling guilty, perhaps because you had to place a family member in a care setting:

- My love is limitless, my time and energy is limited.
- I forgive myself for not always being patient, I am human and have a breaking point.
- I spend quality time with my family member, although it is limited time.

### When Feeling Anxious:

- I acknowledge the anxiety and write a plan that I will address tomorrow.
- I have planned for most of the “what ifs” of my family members future needs.
- I have consulted a professional to discuss my feelings.

### When You Need Self-Care:

- I find one pleasurable activity to do each day.
- I have a right to be respected.
- I share the care with others: family, day-care or paid caregivers.

We often cannot avoid the “rollercoaster” in our lives, but we can use tools to allow for self-renewal and self-care. For those caring for family members, remember to ask yourself “Where would they be without you?” They need YOU to care for yourself, so promise yourself that in the New Year, you will be pro-active with self-care and not stay on a rollercoaster ride for longer than necessary!

Find peace during the holidays, simplify and enjoy those who enlighten your life, and do only what nurtures your spirit and soul. Be your own gift to yourself.

Know we are here for you when the twists and turns and the ups and downs of family care overwhelm you.

### Happy Holidays!

Peace, Linda

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## Upcoming Events

### Dementia Education

Join Linda Fodrini-Johnson as she discusses what you need to know, what you need to plan, and what you and your family can do when faced with the challenges of dementia.

### Dementia: Understanding Behaviors & Finding Solutions

WEDNESDAY, JANUARY 20<sup>TH</sup>, 2016 • 5:30 PM

- Tools on how to have conversations about needs when denial is present
- Giving you permission to “stretch the truth” for dignity, safety and self-esteem
- Understanding the different types of dementia

*\* No fee. Advanced registration required. Class intended for family caregivers or those dealing with the challenges of aging.*

**Location of Events:** Eldercare Services, 1808 Tice Valley Blvd., Walnut Creek, CA 94595

**TO REGISTER** Call: [866.760.1808](tel:866.760.1808) or Email: [info@EldercareAnswers.com](mailto:info@EldercareAnswers.com)