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Newsletter

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Matters of the Heart

Does your heart ache because of loss or disappointment? Do you have a cardiac condition or a family history of cardiac problems? Surprisingly the treatments for both are not so far apart.

When we have a loss from death or from a distance, we are missing the loved one that is no longer visible in our lives. Right after a death, because that loss is so permanent it is sometimes hard to bring up good memories because the pain and loss are so new. The loss of a relationship because of distance, such as children who move away or a your own relocation to a different city, are not felt as permanent “pain” like a death, however, longing for those who are important in your life can affect your mental health and make you feel blue.

With modern technology (most of it is easy to use) you can “follow” your distant family members through social media or use email, texts or video chats to stay in real time connection. However, you still won’t be getting that physical hug or kiss, and that can sometimes contribute to depression. We

humans need to be touched, and we all need love to the very end of our lives.

If your heart aches because of a loss, we recommend support groups which can provide you with new opportunities to connect and make friends. After you have been in a new group for a few months invite someone to go out for coffee or lunch with you. It may feel slightly uncomfortable, but you need to be a little more assertive than you were in the past because this is part of the healing process.

If you find that you are stuck with either grief or the feeling of loss, find a therapist who can help you move beyond these feelings. Not addressing these feelings of loss will eventually affect your overall health and cardiac health in a negative manner.

Physical matters of the heart can often be reversed or managed with a good plan of both lifestyle changes and a Cardiologist. Because stress can affect all health, especially cardiac health, it is very important to address your stress level every



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 care for myself with the same love I care for others”*

day. A good way to do this is through Mindfulness; a lifestyle change that is important but not often prescribed. You can incorporate Mindfulness into your lifestyle with meditation, breathing exercises and yoga.

We all know that exercise contributes to good health, longevity and energy and should be worked into our daily routines. It doesn't need to be strenuous exercise, simply walking three days a week for 20 or 30 minutes is a good starting point. Try to challenge yourself to park some distance away from your destination or take the stairs instead of an escalator or elevator when available. Remember, if you can get 30 minutes a day of some type of intentional exercise, you will see a great improvement in health and stamina.

Most of us know what a healthy diet consists of, but there are also some foods that add rich Omega 3's which contribute to heart health. These include walnuts, salmon and sardines. Don't forget to add good fats to all your meals – such as olive oil, avocados, and nuts especially walnuts and almonds. Eliminate as much processed food as possible from your diet and add whole grains – not whole wheat. Eat sugar in very limited amounts and even less artificial sweeteners if possible.

Your heart needs you to take care of it – it needs love, relationships, less stress, healthy diets and exercise.

Reach out to someone this Valentine's Day and have a shared day of heart health – be creative and let me know what you did!

Upcoming Events

Caregiver Survival 101: Caring for Someone with a Dementia - Reducing Your Stress

WEDS, MARCH 23RD, 2016, 5:30PM - 7:00PM

Riding the roller coaster of dementia care? If the emotional ups and downs and the loop-di-loops are making your head spin, our Caregiver Survival Series is for you! Topics include:

- The major challenges of dementia care
- Responses and reactions to reduce your stress
- Self-care activities, mini-support groups, and resources for coaching and support

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

Caring for an Aging Family Member

2ND THURSDAY OF EVERY MONTH

6:00PM - 7:30PM

Addressing the fears of Alzheimer's disease & other issues associated with aging.

Anyone caring for another is welcome to this group. We focus on caring for you with suggestion to make the journey of care less stressful at the same time as finding solutions for challenges of delivering care.

** No fee and no registration required.*

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