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Newsletter

APRIL 2016

Generosity, Gratitude and Forgiveness and Quality of Life

What came to mind for you as you read this title? What word jumped out at you? Did that word resonate with you because you think that is an attribute of yours or did it jump out at you because this is something you want to work on?

As we reach our early retirement years, we start to look back as well as forward and are aware that the path forward is much shorter than the journey it took to arrive at the place we are now. How do you want this next phase of your life sometimes referred to as the fourth quarter to play out?

As I roll back the years, I have had the privilege to work with so many older adults and their families. I think of the ones who were able to tell me they had a good life, and most of those were still contributing to the greater world in a variety of ways well into their late 80's and 90's.

The commonality that I see in individuals who see their lives as positive are three traits – generosity, forgiveness and gratitude.

At some point in our life, most of us have been wronged, and many of us might have done something with intent or indirectly that offended or hurt another. So, forgiveness is most necessary to come to a place of peace in our lives, and that is peace with each other and with ourselves. Forgiving yourself is sometimes harder than forgiving another. But, to live a healthy life, I believe that forgiveness is necessary because when we harbor resentments, anger, rage and all sorts of negative emotions they can be the catalysis to serious illnesses and depression. If you need a referral for counseling, give us a call, and the professional staff here at Eldercare Services can assist you or refer you to someone who can help free you from the old issues that might be challenging to you and your quality of life.



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 am grateful and generous with my time, talents and financial gifts."*

Generosity means different things for all individuals – it is the giving of one’s self in time to others or the giving of financial gifts to those who are needy (not just to family but strangers). It can also be volunteering in person or kind to a variety of organizations those that are structured around generosity and who want to serve and make a difference in the lives of others. My granddaughter taught me something recently. That is, just out of the blue, or maybe when she’s having a bad day, she asks her mom to take her to the bank so she can withdraw \$30 from her savings account to buy a beehive from Heifer International to send to help others make a living and or to have food. What a beautiful example of taking a gloomy day and turning it upside down with generosity!

Gratitude or thankfulness should be on our minds always – yes even on those bad days we can find small things to be thankful for – it might be the green on hills this month, or a great cup of coffee. What is important, is to think of small and large things we are grateful for each day and write them down, saying thank you to others often, and putting them in your meditation or prayers. Being grateful is what keeps us in balance emotionally when health, relationships, career or family weighs heavily on us.

Evaluate yourself on a score of 1-10 on where you are in forgiveness, generosity and gratitude. Make a commitment to improving your score. Our journey is short, make it the best with these three attributes – it will extend your life and improve your health!

Upcoming Events

Dementia – The Road Map from Diagnosis to Family Care

WEDS. MAY 18TH, 2016, 5:30PM - 7:00PM

- What is dementia? Where is it diagnosed?
- Understanding the progression
- What does a Family need to do to prepare for the journey?
- Protecting Dignity and Reducing Stress in all family members

** No fee. Advanced registration required.*

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