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# Newsletter

THIS MONTH

June 2019

## Life Transition: Open Doors or Dark Holes?

Eldercare Services is going through a transition, as am I as the founder of this fantastic organization, led by professionals, who only care about one thing: the “quality of our client’s lives”.

Graduating from High School is one of the first major life transitions that, we as adults, make. We leave the safety of having our needs met on most levels, and not having to worry about rent or most other expenses, to facing new challenges as individuals. There is also the emotional transition of going from child to young adult and having the expectation that you are instantly a responsible person. It was not easy; many young adults struggle with this for several years before they actually become “responsible.”

Then most of us enter the roller coaster of life. There are many transitions such as romantic relationships, career moves, marriages, having children and the death of parents or other close family and/or friends. Each of these events, even the positive ones, take some time to adjust to. Eventually, after 6 months to a year, you wonder why you were so worried. In the case of sudden changes like death or the ending of a job or a relationship, it can take longer to find the new norm.

Some of us may feel like we have lost our identity because of a change. We might have put so much time into a specific role that it is hard for us to think of ourselves as anything but the “mother,” the “husband,” or the “founder of a company”. Of course, we are much more than the roles we play, especially as we strive to maintain the attributes of humility, kindness, compassion, love, and care. That is what matters in life, not the role we play, but how and with what “spirit” we play that role.

As a therapist for the last 30+ years, I have seen many an individual struggle with depression or anxiety as a result of over-identifying with a role they once played. When that life began to transition, they fell into a dark hole. These individuals can struggle in that darkness for years if they don’t seek counseling. We owe it to ourselves to live the highest quality of life possible. Being in the morass of the depth of depression is not going to produce quality. Action and understanding your role is what is necessary.

### 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 30 years.

## MONTHLY AFFIRMATION

**I have knowledge as well as history that tells me closed doors are the openings to exciting new paths.**

CONTINUED ➔

Eldercare Services has merged with Home Care Assistance, which is a national company excelling in the delivery of caregiving. It was time for my husband and me to transition, and we needed to find a company with the same values as us to be able to let go. Bruce will officially retire after tying up a few loose ends and will begin taking more mission trips with his Rotary club and our church. I will continue on a limited schedule to promote and train Professional Care Managers throughout the newly merged company.

It is time for me to take off the hat as "founder," but as I pondered that action, I realized that I will always be the founder. Just like many of those other roles I have played – they are still a part of the essence of who I am.

Eldercare Services will flourish, as the need for Aging Life Care Professionals, also known as Professional Care Managers, continues. In the last week of my role as founder, I had the honor of answering the company intake calls. I heard the needs of more than 30 individuals and families that were in that dark hole of transition. I was able to throw out the life preserver to our care managers who are the advocates, navigators and Sherpas leading families to solutions and peace – staying with them through every transition to make sure that the essence of each individual who needs support is always respected and has the quality of their lives enhanced in every way possible.



I am pleased that the door closing for me now leads me onto the path of a company that wants to offer this guidance, coaching, and navigating to all their home care clients as well.

I will have many free days to explore art, volunteerism, mission and pleasure trips, and spend time with my family. God is good. Thank you for being part of my passion and know that we are still here for you.



## Upcoming Events

### Caregiver Survival 101: Caring for Someone With Dementia - Reducing Your Stress

 June 12<sup>th</sup>  5:30pm – 7:00pm



Riding the roller coaster of dementia care? If the emotional ups, downs, & 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 and mini-support group
- ▶ Resources for coaching and support

Advanced registration required. No fee.  
Class intended for family caregivers or those dealing with the challenges of aging. <https://eldercareanswers.com/registration-4/>

### Special Needs Trust & Conservatorship

 June 21<sup>st</sup>  2:00pm – 3:30pm

**Presented by:** Kathy Schofield, JD, Elder Law Attorney, Schofield Law Group

Planning for the care of an adult child or partner with a disability can be stressful. In this program.

We'll answer these questions:

- ▶ Why do you need a special needs trust?
- ▶ How can you help prepare for your family member when you are not in the picture?
- ▶ When is a conservatorship needed for family members?

Advanced registration required. No fee.  
<https://eldercareanswers.com/registration-3/>

### Location of Events:

Eldercare Services, 1808 Tice Valley Blvd.,  
Walnut Creek, CA 94595

### Caring for an Aging Family Member

**2nd THURSDAY of EVERY MONTH**  
**6:00 PM – 7:30 PM**

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

No Fee and No Registration Required.

