



November

THIS MONTH

Attitude of Gratitude – Live Longer & Healthier

We have an entire day set aside to focus on gratefulness: Thanksgiving. However, what if we focus on gratitude at least one day each week? Doing so can actually have a positive impact on our health!

Do you wake up every morning appreciative of another day or do you roll out of bed with the thought “Oh, another day of the same old thing”? Our attitude sets the stage for how each day plays out. Attitude can affect our health, our marriage, our career and the very essence of our lives.

Most of us probably model our attitudes based on our parents – that can be both a negative and a positive. If you had parents who were very critical, you might make a real effort at not being like them and always be looking for someone or something to compliment. On the other hand, you might be overly critical of others and yourself. If you find yourself in the latter group, your attitude might be hindering your ability to live life fully.

There is much research on attitudes of gratitude in the medical community and most of it points to less illnesses, better sleep, better relationships and adding an additional two years to your life.

A positive attitude is always seeing the possibility in every situation as a potential gift. Yes, the forest fire can bring about new life and clear the forest of the overgrowth.

“If you concentrate on finding whatever is good in every situation, you will discover that your life will suddenly be filled with gratitude, a feeling that nurtures the soul.”

- Harold S. Kushner

The positive attitude seems to bleed into an “attitude of gratitude.” We like to be around positive people. They make us feel good about ourselves and usually help us feel both grounded and safe. They always say, “thank you” and you may find that they smile a lot as well.

Upcoming Events

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

November 6th 5:30-7:00pm

Are you riding the emotional roller coaster of Dementia Care?

Join us to learn about:

- The major challenges of dementia care
- Responses and reactions to reduce your stress
- Self-care activities
- Resources for coaching and support

No fee. Advanced registration required.

To register go to: ElderCareAnswers.com/Dementia-Series

**This class is intended for family caregivers or those dealing with the challenges of aging.*

Stump the Chump: Your Burning Questions Answered by an Elder Law Attorney

November 15th 2:00-3:30pm

Come get your legal questions answered by an Elder Law Attorney. From Durable Power of Attorney, to Living Trust questions, ask them all!

- How do I word a “Living Trust” if I want to give different amounts to heirs?
- What do I do to protect my child’s public benefits if she has a disability?
- What are my options for staying in my home for as long as possible, and how do I document my wishes?
- How do I prevent my children from fighting with each other over my care?
- How do I get resistant parents to make the appropriate plans and let me help them?
- How do I know when it is ok to take control over mom’s finances and do it in a way that won’t get me in trouble?

No fee. Advanced registration required.

To register search for “Stump the Chump” on Eventbrite

**This class is intended for family caregivers or those dealing with the challenges of aging.*

If you tend to make "mountains out of molehills," these three tips could help you reduce stress and increase gratefulness:

1. Stop – Tell yourself you are not going to do this "mountain" thing again!

2. Breath – Focus on your breath. Practice deep belly breathing for about two minutes.

3. Refocus – Reframe that mountain into bite-size pieces and find someone who is grounded to help you forge a better path.

My 19-year-old granddaughter had a recent experience with a flat tire and a flat spare tire while also undergoing the stress of taking hard classes and the confusion of parents giving her differing advice. She became so overwhelmed that it was hard to know where to go and how to get herself back to a stress-free place. Reminding her of these three actions and to focus on what she was grateful for changed her whole experience from one of stress to an opportunity.

As a Geriatric Care Manager, I have been honored to work with individuals who are in their 90's and have had multiple losses and health challenges. Yet they feel good about their lives and see good in every day and in every person. They tell me that loss is just part of life and you need to expect it, grieve and move on. Many have added that the moving on is a way to honor those you have lost.

If you feel you're in need of an "attitude adjustment" try the following:

- Reading
- Journaling
- Deep breathing
- Meditation
- Giving compliments
- Seeking professional counseling

Many Care Managers are Licensed Therapists and can help you make this change. Let your life be one of light! Be healthy and live longer by making gratitude part of every day.

Happy Thanksgiving!

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.



About our Author



Linda Fodrini-Johnson, MA, MFT, CMC is a Licensed Family Therapist and Certified Care Manager. She has been practicing professional care management since

1984. Linda founded Eldercare Services, a fullservice care management and home care company in 1989. Eldercare Services has been providing Bay Area families with care management, home care services (caregiving), advocacy, counseling, support groups and education for 30 years. Linda is excited to be part of the Home Care Assistance family in order to expand the reach of Professional Geriatric Care Management with excellence in home care delivery.

MONTHLY AFFIRMATION

"I practice being grateful for what I have in my life daily."

Call us at **925-937-2018** to learn more.

Eldercare Services is now a division of Home Care Assistance, giving you the combination of great expansive caregiving and professional guidance.

Eldercare Services, 1808 Tice Valley Blvd.,
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