



**Eldercare  
Services**

EXPERTISE MATTERS

Accredited by The Joint Commission



## February 2015

# NEWSLETTER

### ABOUT OUR FOUNDER

Linda Fodrini-Johnson, MA, MFT, CMC, is a Licensed Family Therapist and Certified Care Manager. She has been a Professional Care Manager since 1984. She founded Eldercare Services in Walnut Creek, California in 1989. Now a full-service care management company that employs highly-skilled Professional Care Managers and over 250 employees, Eldercare Services has been providing Bay Area families with Care Management, Home Care Services, advocacy, counseling, support groups and education for over 25 years.

*Linda Fodrini-Johnson*  
MA, MFT, CMC  
Founder &  
Executive Director



## 9 Keys to a Healthy Heart

February has us all thinking about "love" and with that comes the Valentine: a sentimental exchange of cards with words of love between people of all ages. As we live longer lives, most of us should be concerned about our own heart health and the heart health of those we love.

Our heart is the one organ in our bodies that actually supports the function of all other organs – the main "pump" for the vital transportation of blood to brain, limbs and all the other "machinery" in our amazing bodies.

By utilizing treatments that were not possible for most of our grandparents, medical science and the physicians who practice cardiac medicine have made great strides in being able to save and extend the lives of those with cardiac conditions. Some major procedures, like heart valve replacement, can even be performed without open-heart surgery!

Keeping our hearts healthy, both in the physical sphere as well in the emotional sphere, can be the single most important contributor to healthy and joyful long lives.

Here are 9 ways to keep your heart healthy:

- 1. Exercise.** Engage in a physical activity 3-5 days a week for 30 minutes. Make your goal 200 minutes a week. Start slow and work up to that target. Even two 10-minute walks a day will help you reach your goals.
- 2. Eat a Heart-Healthy Diet.** 5 or more fruits and vegetables, 3 servings of protein – lean meats (limit red meats), legumes and fish (at least twice a week), whole grains and healthy fats in limited amounts like olive oil, nuts, avocado. Avoid saturated and trans fats. Try to keep sodium under 1,500 milligrams per day.
- 3. No Smoking.** Avoid second-hand smoke.
- 4. Stay Engaged.** Be with other people. Attend clubs or organizations you have an interest in. Isolation can be deadly. Do something you love – maybe even start a new career after retirement – or learn a new skill.

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5. **Volunteer.** Research shows those who volunteer live longer lives.
6. **Be Generous.** Find ways to contribute time and/or resources to your favorite non-profits.
7. **Medical Care.** Have annual physicals, do the testing required to manage medications and treatment options. Take medications as prescribed. Seek second opinions when you are uncertain about a new diagnosis or treatment strategy.
8. **Reduce Stress.** Find mindfulness activities to do each day. This can be a simple focus on breathing exercises, yoga, meditation, or prayer. It is quieting the mind or emptying the mind to a place of bliss. Research done locally at UCSF and Stanford shows adding mindfulness can go a long way in both keeping you and your heart healthy and extending your life.
9. **Love.** Can you name at least three people you love? Unconditional love is probably the most rewarding and life-giving.

I can say with all honesty that “love” is what motivates me; love was – and still is – the reason I began Eldercare Services 26 years ago. I truly loved my grandparents and when I saw my parents struggle to balance their family, career and aging parents, I knew I would need to find a way to support loving families who find themselves as caregivers. I didn’t know 40 years ago that it would be called “Care Management” – but this has been a career of love and passion for me. I love the work today even more than when I first began.

It is with great pleasure to announce our new website that has been remodeled to fit your smart phones and tablets and includes some great photos of our staff and some of our clients. Please visit it and give us your feedback!  
<http://EldercareAnswers.com>

Take good care of your main “pump”, love another, love yourself  
and find peace and joy in each day!



**Dementia Road Map:  
From Diagnosis to Family Care**

**THURSDAY, APRIL 2, 2015  
5:30 PM – 7:00 PM**

- 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.  
*Class intended for family caregivers or those dealing with the challenges of aging.*

Location:  
**ELDERCARE SERVICES**  
1808 Tice Valley Blvd.  
Walnut Creek, CA 94596

To register for classes, call:  
**866.760.1808**  
or email:

[info@eldercareanswers.com](mailto:info@eldercareanswers.com)

**Dementia: Families at a Crossroad between  
Safety & Respect**

**THURSDAY, JUNE 4, 2015  
5:30 PM – 7:00 PM**

- Tools on how to have conversations about needs when denial is present
- Giving you permission to “stretch the truth” for dignity, safety & 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.*