



# Newsletter

NOVEMBER 2015

## *Are You Aging Wisely? What Can You Do to Prepare for a Long Life.*

The good news is that 89% of mature adults between the ages of 65-74 report no disability – however, we want to be ready so we can have life our way.

We can be proactive and realistic in our plans to live a long and healthy life. To do this, we might need to make some changes in lifestyle or do research on options for the “what if’s” of a longer life. Making some small changes can help you age successfully and weather the bumps in this long and winding road we call life!

### Ten Ideas to Age Wisely

**1) Universally design your home:** Install door knobs with levers, and wide doorways. Make sure stairs have skid proof stepping and sound railings. Kitchens should accommodate ease of access to appliances, and step-free showers that are equipped with grab bars are very helpful.

**2) Evaluate your diet:** Follow a heart healthy or anti-inflammatory diet which includes eating less meat and eating more fish and legumes along with whole grains. Also, make sure to eat 5-8 servings of fruits and veggies every day – organic when

possible. Try to incorporate good fats like olive oil and avocados and eliminate all trans fats. Hydration is another important key to a healthy diet, drink 6-8 glasses of water every day. Food is medicine and making small changes can make a big difference. Having a consultation with a nutritionist and/or your physician can help you design the best diet possible for your needs.

**3) Plan for emergencies:** Have a list of people to call in case of an emergency, along with their phone numbers by every phone in your house. These names and numbers should also be programed into your cell phone which you should have with you at all times. Try to arrange to have someone check in with you daily if you live alone. A personal response system is also a good idea for all who live alone.

**4) Prevent falls:** Home safety precautions can help. However, working on your balance by doing daily exercises can improve strength and stability.

**5) Exercise daily:** Try to exercise for at least 30 minutes every day. Include some weight training and stretching in your routine every week.



### 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 sleep well knowing I focus on the positives that contribute to wellness.”*

### **6) Save your skin while getting your Vitamin D:**

Use sunscreen when in the sun, but since the sun is how we get Vitamin D, most of us will need a daily supplement of at least 1000 mg to protect our bodies from a host of problems. Ask your medical provider to check your levels.

**7) Support brain health:** Keep an active lifestyle by joining groups or meeting friends for a cup of tea or a game of golf. This is not only fun but it also keeps your brain healthy. Learn “mindfulness activities” like meditation, yoga, focused breathing, etc. Continue to learn new information by taking classes, traveling, and playing mind-expanding games. Daily physical exercise is also part of brain health.

**8) Have sex:** Sex is known to improve the immune system, lower blood pressure and heart attack risk, lessen pain, reduce prostate cancer and raise good cholesterol. Almost better than dark chocolate!

**9) Get physicals:** Have your annual physical (Medicare covers an annual “wellness evaluation”) and stay on top of health screenings – be pro-active.

**10) Have an “Advanced Directive”:** Also called a Living Will or a Durable Power of Attorney for Healthcare that allows you to explain the type of healthcare you want, and who can make these decisions for you if you are too ill to do it yourself. This is a very important document and does not require an attorney – but working with one will help you custom design this document.

Your attitude and emotional health are very important to aging wisely and managing the many losses that can come with long lives. Promise yourself and your family that if you are feeling low, grieving or just out of sorts you will seek help from friends and professionals. The second promise you should make is, if you find yourself a caregiver, you will continue to self-care and always find activities that feed your spirit and soul separate from the caregiving tasks.

If you need any help designing your blueprint for aging wisely – make an appointment with one of our experienced Professional Care Managers/Aging Life Care Advocates.

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## Upcoming Events

### **Dementia Education**

Join Linda Fodrini-Johnson as she discusses what you need to know, what you need to plan, and what you and your family can do when faced with the challenges of dementia.

### **Dementia Roadmap: From Diagnosis to Family Care**

**WEDNESDAY, NOVEMBER 11, 2015 • 5:30 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 & 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 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](mailto:info@eldercareanswers.com)