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Newsletter

DECEMBER 2016

Positive Aging & Year End Thoughts!

The marketing media has us thinking we want to use anti-aging products to look 20 years younger. Wouldn't you want to wear your wisdom in your body with pride and self-respect? If you are always trying to look younger, will you ever make friends with the "you" you are today? Or, will you be disappointed every time you look in the mirror?

Attitude and outlook have a lot to do with how we hold our bodies and how we appear. Those whom I have worked with during my years in the aging field, and that have aged well, and whom I admire for their continued contributions and lovely spirits, say it is all in how you look at life that gives you life. When I talk with these people, I only see beauty and wisdom not wrinkles or gray hair. I see smiles even when they are talking about losses in their long lives as they seemed to have made adjustments and come to acceptance without regrets but only lovely memories.

These people who are still with us, and in their late 80's, 90's, and beyond are almost like magnets. You just want

to be in their presence and soak up their wisdom while listening to their stories.

So what does it take to have a Positive Life?

- 1. Attitude:** Enjoy some of every day no matter what the day holds. Embrace your life's integrity.
- 2. Forgiveness:** Don't hold grudges.
- 3. Spirituality:** Belief in a "higher self" and practice "mindfulness" activities.
- 4. Engagement:** Take a stand on something you believe in, volunteer, and connect with friends and family. Don't ever isolate yourself from others.
- 5. Health:** Eat a fresh food diet, exercise, work on brain health and get regular health check-ups.
- 6. Interest:** Embrace a hobby or an outside interest that gives you joy.



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 27 years.

MONTHLY AFFIRMATION: *"I am more than this body – I am spirit and attitude."*

7. **Love:** Relationships – always have someone in your life that you really “love.”
8. **Self-Care:** Find time in every day to do something for yourself that makes you feel good. If you are ever a caregiver for another – always find time for yourself and your relationships.
9. **Grieve:** After a loss, take the time to grieve but move beyond at a reasonable time. Memories will always be within you.
10. **Generosity:** Give of your time and resources to those who are in need.

If you are down, depressed, over-caring for another, or just can't get motivated, seek out a professional therapist/counselor. Positive people find answers and get back on track. Life has dips and potholes, the trick is not to get stuck.

If you want to “Age Positively” and you are not quite all the way there with the above ten tips (that have come from many of my clients), Eldercare Services will be having a class on “Positive Aging” on December 16th from 2:00-3:30 in our office. Give us a call 925-937-2018; you are more than welcome to join others as we work on a few of these ideas.

We all want to live well and have the best life possible – sometimes we didn't have the best of role models, and when we work on ourselves – the wrinkles will not disappear – but the smiles will make you more attractive than you have ever been.

Upcoming Events

The Elephant in the Room

MONDAY DEC. 12th, 2016 • 5:30PM-7:00PM

Understanding the value and benefit of engaging in meaningful stimulating and social activities.

- A workshop to empower family caregivers with the right tools for sensitive topics.
- How to have the “difficult” conversations with ourselves, our children and our spouses regarding real and imagined challenges we may encounter in later years. Topics include: keeping or selling the family home, future health considerations and when it's time to stop driving.

**No fee, but advanced registration is required. Visit EldercareAnswers.com for registration information.*

Positive Aging

FRIDAY DEC. 16th, 2016 • 2:00PM-3:30PM

Aging is a journey. As we walk the path of aging, how can we inject new ideas for positive, hopeful, expansive and intriguing lives?

- Where does your joy come from?
- What are you grateful for?
- Would you like to impact the lives of others?
- Finding balance - learning to be more optimistic.

**No fee, but advanced registration is required. Visit EldercareAnswers.com for registration information.*

Location of Events:

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

TO REGISTER

Call: **866.760.1808** or

Email: info@EldercareAnswers.com