



Never Too Old...

MY MOTHER

FROM: *CAREGIVER STORIES AND STRESS SOLUTIONS* BY TOM DELOUGHRY

...That summer, when friends would ask how my mother was doing, I could never respond with just one or two words. So, usually, I'd say something like, "Well, physically she's a mess, but she's strong emotionally and spiritually."

Now I believe that **you're never too old, too sick or too stressed to be well** – regardless of the limitations you have. You don't have to stop being well, just because your body is sick. In fact, **peace of mind, joy and satisfaction can always grow – because love can always grow.**

Love plays a crucial role in healing. It grows when we choose to let go of anger, guilt and fear. But sometimes the **best, and most lasting, sign of healing is peace of mind and joy, not physical change.** This book will explore how you can maximize the healing power of both love and medicine, plus work closely with those who provide your care.

FOR DISCUSSION:

Can we *always* be well? Regardless of how old, how stressed or how sick we are?

Can these feelings always grow: *Peace? Joy? Satisfaction? Love?*

What is the best, and most lasting, sign of healing? *peace of mind... or physical change?*

THE SATISFACTION SKILLS ARE FOUR CHOICES THAT ARE ESPECIALLY HELPFUL IN DEALING WITH THE EMOTIONAL, SOCIAL AND SPIRITUAL PIECES OF THE WELLNESS PUZZLE.

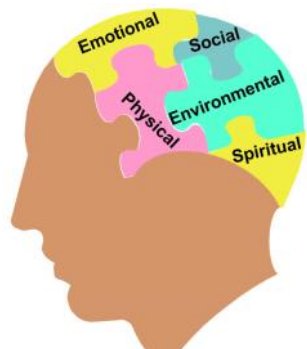


Which *Satisfaction Skill* might be most helpful for you and your loved ones?



Start solving your puzzle. Get help when you can.

Use four ways to stop stress. Then learn from your plan.



START SOLVING YOUR PUZZLE

Any piece of the wellness puzzle can help or harm the other pieces. Which ones are most important for you? ...and your loved ones?

Don't focus on solving just one piece, and ignore the others.

GET HELP WHEN YOU CAN

2-1-1 is a national phone service offered by the United Way. It connects you to an information specialist who can link you to community services (e.g., financial, emotional, medical, addiction prevention and other help) for seniors, adults or children



For **local services to help seniors** remain independent, contact;

- The Erie County Department of Senior Services (716) 858-8526, WWW3.ERIE.GOV/SENIORSERVICES;
- The Niagara County Office for the Aging (716-438-3030 WWW.NIAGARACOUNTY.COM)



The Caregiving Resource Guide, developed by the New York & Michigan Solution Journalism Collaborative, offers over 100 links to information from non-profit groups, government agencies and other organizations, plus rigorous reporting on successful solutions to caregiving (VISIT: WWW.NYMISOJO.COM/RESOURCE-GUIDE/)

USE FOUR WAYS TO STOP STRESS

Use the **Satisfaction Skills** to:



- Improve communication between you and others
- Stop your stress (for a minute, until peacefulness grows into hours)
- Stop "tunnel-vision" (seeing just the bad when you are stressed)
- Forgive others and/or pray

THEN FOLLOW YOUR PLAN FOR EACH PIECE OF YOUR WELLNESS PUZZLE

Collaborate with family, friends, aides and professionals to discuss the "signs" and "steps" in your plan. Then, learn *together* what self-help strategies and/or professional care works best to improve your health and happiness.

Choose Your Goals

...and Check Your Signs.

Take Some Steps

...and Learn Each Time.



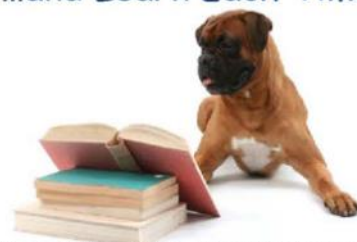
LOVE · PEACE OF MIND · HEALTH
INDEPENDENCE · HAPPINESS



STRESS · SATISFACTION · DEPRESSION
BLOOD PRESSURE · WEIGHT · CHOLESTEROL
ILLTIES FOR ACTIVITIES · DRUG OR ALCOHOL USE



MEDICATION · THERAPY · SELF-HELP
EXERCISE · EAT WELL · GET SUPPORT
USE THE "SATISFACTION SKILLS":
BE AWARE · AFFIRM · ASSERT · ACCEPT



RE-CHECK YOUR "SIGNS" TO LEARN WHAT WORKS FOR YOU