



# NEWSLETTER

## SENIORS ENJOY SERVICE OPPORTUNITIES

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1 Senior Companions

2 Caregivers Community

3 Partners Stakeholders

### Simple Tips On How to Empower Your life NOW and Feel Better

*This issue is dedicated to giving Self-Management TIPS - One of the major questions that we must ask and answer, as a community, is: "How can we better learn, internalize and make more effective decision in our daily lives collectively?"*



**Learn, Learn, Learn: BREAK OUT OF YOUR COMFORT ZONE** When people get too comfortable at anything, this is usually the time that something will happen to disrupt that comfort zone. Therefore, try never to stay comfortable. This will require you to stay on top of your game and continue to learn. Learning should never be looked at as something you stop after school is over. Too many people make this mistake and find their skills become obsolete over time.



#### Your Check List

1. BREAK OUT OF YOUR COMFORT ZONE
2. BETTER ATTITUDE Self-Management Tips
3. BE MORE FORGIVING - Health & Fitness Tips



### *Examine Your Daily Routine:*

*Take a look at the types of day-to-day activities you are engaged with. See if there are ways to do them differently than you've been doing them. This can give you a renewed sense of value in those activities. You may also learn something in the process.*

### **Anticipate & Accept Change:**

The one thing that you can depend on in life is change. It will happen all throughout your life. Some changes will be great while others will be difficult to accept. People that you know will move away, and others will die. You will be faced with life decisions that overwhelm you. When you are more accepting of changes and try to account for them, you can prepare yourself better when they happen. You can never be truly prepared, but any preparation can lighten their severity.

### **Try Not to Change Too Much Too Fast:**

While it is good to accept change, if you try to take on too many changes, you will find it difficult to manage them. There will be situations where this can't be helped. But, if you have control of several of the changes, take them slowly. Get used to small changes and then take on others once that happens. Allow yourself to get used to one change at a time.

### **Help Others Manage Change:**

Even though change is something you can depend on, this doesn't make it easy for many people to handle. If you make yourself more willing to accept changes, you will be able to help others do the same. For instance, you encounter a family crisis, help those who may struggle with this. Try to get them to see the benefits of the change, rather than letting them focus solely on the negative aspects. Not everyone will be receptive, but if you help out even a few people, you have done something good. Be sensitive to the fact that everyone deals with change in their own way.

# BETTER ATTITUDE

## Self-Management Tips

*Have you ever been around someone who has a bad attitude? It seems no matter what you try to say or do, this person won't be happy. They put everything and everyone down. You probably have tried to avoid this person as much as possible. If you have been told you have a bad attitude, people may be trying to avoid you. Use the following tips towards getting a better attitude. It will empower your life.*

### **Being Positive is Less Stressful**

When you are happy with your life, you tend to have less stress. Also, handling any stress you do have becomes much easier. You are likely to have a can do attitude which leads to solutions faster. When you get caught up in a negative mindset, you look for ways to shoot any ideas down. This takes a much longer time to solve problems (if ever) which can cause you to be stressed out.

### **Be Grateful for What You Have**

Life is short, and people should recognize what they have and be grateful for it. If you have a decent job and a great family, be grateful for that. There is always room for improvement, but you also have to take a step back and realize things could be worse.

**Re-Affirm Your Power** - I Feel Great. I Look Great. I Am Great. Then do something positive.

### **Force a Smile**

Studies have shown that simply forcing a smile has the potential to change your mood and hence, your attitude. Your brain picks up on the change and takes the steps to turn your mood around.

### **Don't Block Others from Being Happy**

If you have the power to make other people's lives miserable, why would you do this? If you insist on keeping up your bad attitude, why should other people suffer? That is completely your problem. Besides, when you make others happy you tend to become happier yourself. Haven't you ever seen A Christmas Carol by Charles Dickens?

### **Consider Loving Yourself More**

People who have bad attitudes usually don't have a high opinion of themselves. If you give yourself permission to love yourself, you will find amazing transformations will come your way. In fact, you can't love others until you love yourself.

## BE MORE FORGIVING - Health & Fitness Tips



**feel**  
More Powerful

It may be difficult to let something go, but the benefits are so worth it.

Pray.

*Are you someone who doesn't forgive easily? Do you find yourself often holding grudges? If so, this can not only be harmful to your health; it can prevent you from living a good life, with potential and possibility. Use the following tips to help you learn to forgive.*

### **Put Yourself in Someone's Shoes**

There is an old saying about walking a mile in another person's shoes. Use this statement to help you try to see what the person you are upset with may be going through. People never know what others are experiencing. Perhaps there is a fundamental reason they did what they did to make you upset.

### **Life is Too Short**

You may believe your anger with someone is justified, and it may even be true that they wronged you. But, what happens if you or the person you

have no way to reconcile when that happens. Accept what they did as wrong but try to take steps to forgive them.

### **Holding Grudges Drains Your Energy**

It is far easier to love people than it is to hold grudges. When we hold a grudge, it consumes much of our energy. Buddhists have a saying, something along the lines of, it's like eating poison and hoping for the other person to die. It is not a productive use of your energy. Also, when you are consumed in such a manner, you are preventing your body from performing normal tasks, like keeping diseases at



# BE CONSCIOUS & ACTIVE EVERYDAY OF LIFE

*Calling all Seniors, Caregiver, Community Residents, Partners Service Providers, Researchers, Policy Makers & Community Leaders, Let's partner and work together to improve, transform and empower 1) Senior Independent*

The Senior Companion Program Advisory Council is excited about the community meetings that have been held monthly. These meetings are a result of an award given by the Patient Centered Outcomes Research Institute hereafter known as (PCORI). The community have

been forth coming with information that concerns seniors. The Senior Companion Program is still in need of your participation. We ask that you sign up to be a partner with us on the website: [www.scpadvisorycouncil.net](http://www.scpadvisorycouncil.net). We are in partnership with the University of

Maryland Patients Program which gives us access to more information for all seniors. Author Ernestine Shepherd, who is a senior body builder has partnered with us to show how much even being a senior can accomplish. She is quite the inspiration. Seniors are living longer and we want the quality of life to be the utmost.



**1 Health** - What could be preventing you from loving, respecting and appreciating yourself unconditionally?



**2 Relationships** - How are people able to make you feel insecure or dis-empowered and why are you allowing them to do it?



**3 Self-Management** - Are you a Leader? What are your strengths and weaknesses as a Leader?

*The need for the assistance of companions are greater than ever. With the assistance of a companion seniors would be allowed to live in their homes longer while managing their disease as oppose to going to a nursing facility. For more information please call Deloris Mack 410-521-6864.*