



HONORED BY

AARP
SOCIAL IMPACT AWARD

...AS "A SIMPLE MIND-BODY-SPIRIT PROGRAM
FOR SENIORS, ADULTS AND TEENS
OF ANY FAITH, OR NO FAITH."



WORKSHOPS, MUSIC & STORIES



LEARN ANYWHERE WITH VIDEOS

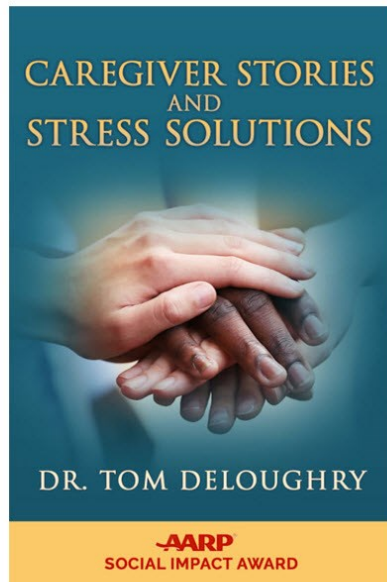


FIND LOVE EVERYWHERE

Want better health and more happiness for paid *and* unpaid caregivers?
...while improving the outcomes of traditional and alternative care
..and increasing the satisfaction of patients, professionals and aides?

Caregivers, aides, patients and professionals can **improve communication and collaboration** by using the *Planning Poem* (see next page) to bridge the silos of medical, emotional, spiritual and alternative care.

ALL participants use the same videos to learn how to help themselves before helping others.



Visit www.LivingWellNow.INFO
to see a video overview and to
DOWNLOAD A FREE COPY OF
***CAREGIVER STORIES AND STRESS SOLUTIONS*,**
offering dozens of well-researched solutions to help
caregivers and their loved ones.

Caregiver Stories is the starting point for the videos being developed by the Living Well Community Collaborative, a consortium of non-profits and individuals who will learn from each others successes and stumbles.

UPCOMING WORKSHOPS AND TRAINING INCLUDES:

LESS STRESS AND MORE LOVE FOR CAREGIVERS, FAMILY AND FRIENDS
FOUR WEEKS TO GREATER SATISFACTION

BETTER HEALTH FOR THE WHOLE PERSON
PARTNER WITH PROVIDERS OF TRADITIONAL AND ALTERNATIVE CARE

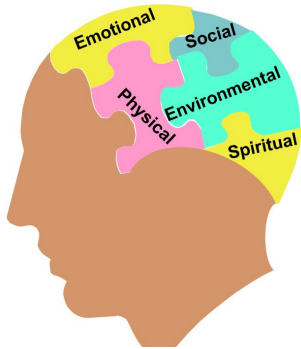
Help Yourself and Help Others
CONTINUING EDUCATION FOR COACHES AND AIDES
INCLUDES HOME HEALTH TRAINING TOPICS MANDATED BY MEDICARE & MEDICAID

THE *CAREGIVER STORIES* BOOK IS COPYRIGHTED © 2023 BY DR. TOM DELOUGHRY AT www.LivingWellNow.INFO

HOWEVER, THE **LIVING WELL** CONCEPTS AND GRAPHICS, AS PUBLISHED IN THE *LESS STRESS, BETTER HEALTH AND MORE LOVE* WORKBOOK, **MAY BE USED OR IMPROVED WITHOUT PRIOR PERMISSION**
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**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/)



Awareness

- Focus on the present, instead of past hurts or future fears
- Tune into feelings



Appreciation

- Be grateful for the good
- Praise others

Acceptance

- Forgive
- Trust

*Less Stress
More Satisfaction
Deeper Wisdom*

Action

- Speak assertively, not aggressively
- Volunteer and use your powers: *physical, emotional, social, spiritual*

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



LOVE • PEACE OF MIND • HEALTH
INDEPENDENCE • HAPPINESS

and Check Your Signs.



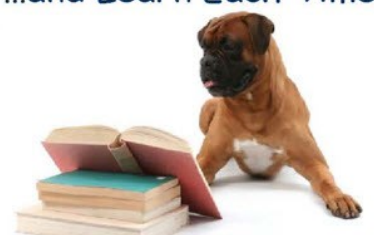
STRESS • SATISFACTION • DEPRESSION
BLOOD PRESSURE • WEIGHT • CHOLESTEROL
ILLITIES FOR ACTIVITIES • DRUG OR ALCOHOL USE

Take Some Steps



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

...and Learn Each Time.



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