

## 90 ... The New 70?

By Julianne Roth

It may be a trite adage, but you really are as old as you feel. The interesting lesson I have recently been learning even more clearly recently is that life is what you make of it.

Some of our clients act their age. Some act older. Still others act much younger. It is interesting to see how those clients who act younger than their years always seem the most cheerful. Perhaps they have the wisdom to know, given time, we all get through the challenges that life throws at us and come out stronger for it at the other end.

I think about some of the conversations I have had with individuals who are in their 90's and even 100+ years in age. They all seem to have a sense of serenity about them. They also seem to always have a twinkle in their eye. I believe it is largely their attitude that gave them as many good years as they've had. The other mindful theme they mention is that they are grateful for what they have had in their lives, and they have been happy that they've had enough.

I find that people of my generation have a much greater need to always have more, unlike the generations before us. We want more money, bigger houses, impressive careers, fancier cars and exciting vacations. Perhaps our generation has a greater sense of entitlement because we have never really suffered as our parents or grandparents did through The Depression and World War II.

I find however, that as I work with people who do appreciate the simple things that it makes me more grateful for what I have. It is inspiring to hear stories my clients tell and see them re-lived on the faces of these wonderful people. I wonder about how the world will be when this generation is gone. I only hope that when I am their age that I can inspire a younger person and help them to reevaluate their goals and ambitions just as some of my clients have for me.



*Thanks to you and [my caregiver] for giving me more happy days than I've had in a long time.*

*R. from Simsbury*

Companions for Living is dedicated to inspiring our clients to get and stay active. Our Life Coaching service is all about Living younger... longer. In this process we facilitate a conversation with our client and their family members. The objective of this conversation is to understand what the person enjoyed doing when they were younger/healthier/more independent, and what types of activities s/he has always wanted to try but has yet to get around to. Through this process we identify three or four key activities and if the client so desires, a caregiver can help them to explore the activities and even motivate the client to do them. If you know someone who can benefit from this service, I invite you to use the coupon on the next page to reengage that person through this wonderful process.

Meanwhile, it is my plan to continue to fill my cup by helping our clients and appreciate all of the wonderful things in my life.



## Caregiver Spotlight

Pam Bronsord is the most recent recipient of CFL's Caregiver Excellence Award. Pam's clients have given her the highest possible ratings! Pam has two regular clients. The first is able to stay in his own home because of the care he receives from Pam. She helps him with errands and doctor's visits, but more importantly she really understands this client's needs. She helps him to organize his calendar so he can remember appointments, family events and even when to pay his bills. Ever since Pam started working with this client, his family has commented on how much happier he is. Pam's second client is younger, wheelchair bound and independent. Pam helps him with household chores and drives him to his numerous community activities. With Pam's help he is able to go to aqua therapy every week, be a member of a town commission, be active in the Connecticut Traumatic Brain Injury Association and volunteer at a local nursing home. Congratulations Pam and thank you for your hard work and dedication!

**To commemorate her 69th birthday on October 1, actress/vocalist, Julie Andrews made a special appearance at Manhattan's Radio City Music Hall for the benefit of the AARP. One of the musical numbers she performed was "My Favorite Things" from the legendary movie "Sound Of Music". *Here are the lyrics she used:***

Maalox and nose drops and needles for knitting,  
Walkers and handrails and new dental fittings,  
Bundles of magazines tied up in string,  
These are a few of my favorite things.

Cadillacs and cataracts, and hearing aids and glasses,  
Polident and Fixodent and false teeth in glasses,  
Pacemakers, golf carts and porches with swings,  
These are a few of my favorite things.

When the pipes leak,  
When the bones creak,  
When the knees go bad,  
I simply remember my favorite things,  
And then I don't feel so bad.

Hot tea and crumpets and corn pads for bunions  
No spicy hot food or food cooked with onions,  
Bathrobes and heating pads and hot meals they bring,  
These are a few of my favorite things.

Back pains, confused brains, and no need for sinnin',  
Thin bones and fractures and hair that is thinnin',

And we won't mention our short shrunken frames,  
When we remember our favorite things.

When the joints ache,  
When the hips break,  
the eyes grow dim,  
Then I remember the great life I've had,  
And then I don't feel so bad.

(Ms. Andrews received a standing ovation from the crowd that lasted over four minutes and repeated encores.)

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## Management Position Available

We are currently seeking a job-shared/part-time position for Director of Operations. This position requires a strategic thinker with attention to detail and a high energy level. Please contact us at 860-882-0802 if you are interested.

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