

Caring Teams

TOTAL WELLNESS FOR SENIORS, ADULTS AND TEENS

Can Two Poems Help You be Healthier and Happier?

The Learning Poem

Choose your goals, and check your signs.
Take some steps, and learn each time.

The Planning Poem

Start solving your puzzle. Get help when you can.
Use four ways to stop stress. And learn from your plan.

Life can be overwhelming, especially when illness strikes.

However, these two poems can help you:

- **tackle one problem at a time**, (the Learning Poem)
- **make sure you consider everything that might help** (the Planning Poem)

- The **Learning Poem** (on this page) can help you to
 - Stay motivated (*Remember your goals*)
 - Focus on the results you want (*Check your signs*)
 - Decide on which strategies you'll try (*Take some steps*)
 - Evaluate whether or not your steps are helping (*Learn each time*)
- The **Planning Poem** (on the back of this page) can:
 - Remind you to consider each factor that may help or hurt you (*Start solving your puzzle*)
 - Nudge you to find all the help that is available (*Get help when you can*)
 - Improve communication, and reduce the stress and "StupidVision" that may cause you to make a bad decision (*Use four ways to stop stress*)
 - Keep using the *Planning Poem* for each problem (*Then learn from your plan*)

The Learning Poem Choose Your Goals



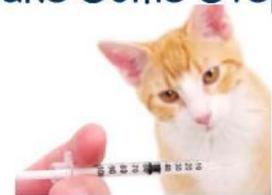
LOVE · PEACE OF MIND · HEALTH
INDEPENDENCE · HAPPINESS

...and Check Your Signs.



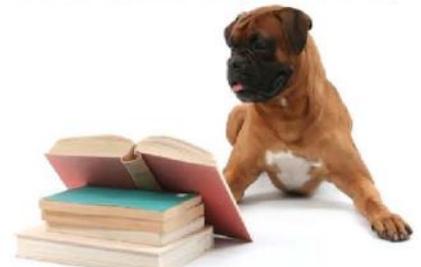
STRESS · SATISFACTION · DEPRESSION
BLOOD PRESSURE · WEIGHT · CHOLESTEROL
ABILITIES FOR ACTIVITIES · DRUG OR ALCOHOL USE

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



Ralph C. Wilson, Jr.
Legacy Funds

At the Community Foundation for Greater Buffalo

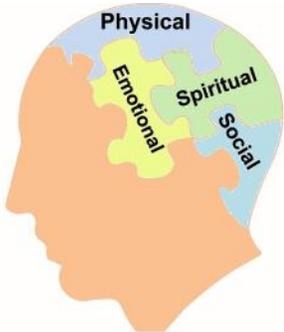
TO GET FREE MATERIALS, WATCH VIDEOS AND LEARN MORE VISIT:

WWW.CARINGTEAMS.ORG



The Planning Poem

Use this poem to make sure you consider everything that might help.
Start solving your puzzle. Get help when you can.
Use four ways to stop stress And learn from your plan.



START SOLVING YOUR PUZZLE

Any piece of the wellness puzzle can help or harm the other pieces.

Which pieces of the Wellness Puzzle are most important for you?
 ...and for your loved one?

Don't focus on one 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 the community services (e.g., financial, emotional, medical and other help) for seniors, adults or children

New York Connects (through the NYS Office for the Aging) connects you with resources and assistance whether you're caring for a senior, an adult or a child (1-800-342-9871 /www.NYCONNECTS.ny.gov)



Similar information is available nationally through the Eldercare Locator (www.Eldercare.gov - 1-800-677-1116)

USE FOUR WAYS TO STOP STRESS

Use the **Satisfaction Skills** to help you:

- improve communication between you, your loved one and your care team
- Stop your stressing (if only for a minute or an hour)
- Understand people who are different from you
- And (if spirituality is important) to pray

THEN LEARN FROM YOUR PLAN

Use our **Planning Poem** to make a plan with your doctor, family and friends ... **then learn from it!**

- **Remember your goals** (for each piece of the Wellness Puzzle)
- **and check your signs.** (e.g, blood pressure, depression)
- **Take some steps** (e.g., exercise, medications, volunteering)
- **and learn each time.** (Tell you doctor what worked, and what didn't)

Bring someone with you to each medical appointment. Share your record and questions with the doctor, and write down their advice.

Awareness
Listen
Focus

Accept
Relax
Forgive

The Satisfaction Skills

Affirm
Compliment
Praise

Assert
I think...
I want...
I feel..

Learn from Your Plan!

<p>1. Remember your Goals <small>Write down the most important goals you want to achieve. Do your family celebration? Are you successful and happy? "Look better!"</small></p>	<p>Experience more love with family Less stress... More peace More energy to enjoy friends and family</p>	<p>2. Check your Signs <small>Does the "most important" goal you set for yourself seem to be progressing or are there responses? "Weight?" "Can I sleep without resting?"</small></p>	<p>Learn each time. <small>What did you learn? How did you feel? How did you improve your "signs"?</small></p>
	<p>Stress, Moods and Behavior Social and Spiritual Satisfaction Physical Abilities or Problems</p> <p>Feel disconnected - angry with others. Strong "alarm response" each AM; Blood Pressure = 160/100 Am breathless after climbing one flight of stairs</p>		
<p>3. Take Some Steps <small>Write each "step" that might help you. List, describe two or "set" for special focus, or satisfaction skills. "Walk twice a day." Try new exercise. Partner for support."</small></p>	<p>Exercise: Weight lifting, Yoga Affirmations: Personal Care hygiene, positive Acceptance: Relax, Decide Acceptance: Relax, Decide Get and Give support: Discuss with partner, friend or relative</p> <p>Use "Your Resources: Emotional, Occasional Medical" Get and Give support: Discuss with partner, friend or relative</p> <p>See doctor about blood pressure control - medications? Practice "satisfaction skills" exercises at least twice a day Walk every day - do strength building every other day</p>		

KAREN D. Partner's Name: *Angie C.* Today's Date: *3/14* Next Discussion date: *3/21*