

Healthy Living Newsletter

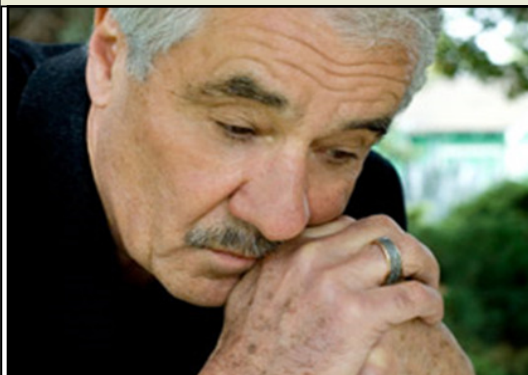
Workshops and Lay Leaders Trainings Completed during the 1st Quarter

- 2 Tai Chi, Moving for Better Balance Workshops
- 20 Total # of Completers
- 1 MOB Leader Training
- 19 New MOB Leaders
- 1 Tai Chi Training
- 20 New Tai Chi Leaders

There is a New Healthy Living Trainer Workshop Coming Up

For More Information See Page 3

Quarter One 2014



Grief & Loss Help Guide

FROM: Helpfulguide.org

You may associate grief with the death of a loved one, but any loss can cause grief, including the loss of a relationship, your health, your job, or a cherished dream. After a significant loss, you may experience all kinds of difficult and surprising emotions, such as shock, anger, and guilt. Sometimes it may feel like the sadness will never let up.

While these emotions can feel very painful, accepting them as part of the grieving process and allowing yourself

to feel what you feel is necessary for healing.

As you deal with your loss, remember that there is no order or timetable for grief. Everyone grieves differently, but there are healthy ways to cope and heal from the pain.

When grief doesn't go away

It's normal to feel sad, numb, or angry following a loss. But as time passes, these emotions should become less intense as you accept the loss and start to move forward. If you aren't feeling better over time, or your grief is getting worse, it may be a sign that your grief has developed into a more serious problem, such as complicated grief or major depression.

For resource information contact Your Aging & Disability Resource Center at

866-684-5885

Dates to Remember

- ♦ **National Volunteer Week** — April 6th-12th
- ♦ **Fearless Caregiver Conference** — April 10th, from 8:30-2:30pm at West Palm Beach Marriott
For info: <http://caregiver.com/fearlessconference/>
- ♦ **SunFest** — April 30th - May 4th located on Flagler Dr. in downtown West Palm Beach. **For discounted ticket information call 561-684-5885 Ext. 59204**

23rd Annual Prime Time Awards Breakfast

We want to encourage you to nominate one or more worthy senior volunteer(s) that have distinguished themselves in the service of others.

Nomination forms can be found at: <http://youradrc.org/> and click on the Prime Time Tab. Nominations are due April 23rd.

Thank you!



Liliana Herrera, Project Director
 Phone: 561-684-5885 Ext: 59235
 Mobile: 561-236-1370
 Email: LHerrera@YourADRC.org

Your Aging and Disability Resource Center focuses on four values that we believe affect not only how we work internally as a team, but also how we relate with our community network partners and our external customers. These four values are:

Humility– the willingness to lift up others as well as put others needs first; **Gratitude/appreciation**– recognizing and appreciating others for their respective roles; **Respect**– for everyone regardless of their station, position or amount of contribution; **Responsibility/Accountability**– accepting personal and shared responsibility and being personally accountable.

Tai Chi training at the Area Agency on Aging:

Your Aging Resource Center hosted a Tai Chi training session at the agency in January. At the training over 20 new instructors were certified. 4 out of the 20 instructors were from Okeechobee and they are currently instructing a total of 46 seniors in that community. Pictured at the right is instructor Suman Barkhas who came in all the way from Oregon.



Welcome to Our New Healthy Living Interns

**There are two new faces
 working in the Healthy Living
 Center of Excellence**

- Yanisa Hernandez is a Senior at Florida Atlantic University. She is currently working on her Bachelor's in Health Care Administration as well as a minor in Healthy Information Technology.
- Stephen Poskitt is a graduate student at the University of Miami Miller School of Medicine. He is currently working on his Master's in Public Health

**They can be reached at
 Ext. 59245**



Matter of Balance Training Session:

A Matter of Balance facilitator training was conducted at the Area Agency on Aging in February resulting in 19 new certified coaches. Participants in the training session were from the Treasure Coast, Palm Beach County Fire Rescue and their volunteer CAT (Citizen action team) program. Congratulations to all the new facilitators !

Medicare Updates:

The Affordable Care Act contains a \$350 million investment to fight fraud as well as provisions that will attack those who defraud the system. Seniors, you can do your part to ensure you're not a victim: Check your Medicare statement to make certain that you received the services listed, and never give your Medicare number to someone who calls on the phone or comes by your home. Seniors can also receive screenings for conditions like colorectal cancer and breast cancer without a co-pay or a deductible fee.

Living Healthy Training



Join us for the coming Healthy Living Leader Training!

After completing a 4 days training, you will be certified to co-facilitate this workshop in your community.

We are looking for people who are motivated to help themselves and assist others to manage their health conditions. No prior teaching experience is necessary.

You must attend ALL FOUR days of training.

And above all you must enjoy working with Seniors!

Living Healthy Workshops

Empower participants who are living with one or more chronic health problems such as:

- * Arthritis
- * Heart Disease
- * Diabetes
- * Cancer
- * Depression

to feel better and take control of their health.

Participants will learn how to:

- Manage symptoms and break the pain cycle
- Deal with difficult emotions
- Improve breathing techniques and muscle relaxation
- Reduce and manage fatigue
- Improve communication skills
- Make action plans and improve problem solving skills
- Manage depression
- Develop positive thinking techniques

Are you interested in making a difference in a senior's life ?

for more information, call

561.684.5885 x 59235

lherrera@YourADRC.org

Class size is limited ~

Call today!