



People ~ Passion ~ Purpose That's Landmark Life!

Independent and Assisted Living
Specialized Memory Care Program

Visit our website! LandmarkSeniorLiving.com

Landmark Life Happenings at Monastery Heights



Enjoying the holiday party!



Look who came to the holiday party!



Special entertainment was organized for the residents of MorningStar.



It was nice to have family, friends and staff join the holiday party!

A Caregiver's Resolution

**Caregivers New
Year's Resolution
In this new year, I
will...**



Learn to take one hour out of each day just for myself to read, enjoy a hot bath, journal my thoughts or call a friend.

Attend at least one caregiver support group to realize that I am not alone and that I can learn from

others.

See my doctor for a physical exam and give my own health needs more priority.

Use respite care at least once a month so that I may get a break and be refreshed. I will consider using the time I have to discover the benefits of massage therapy, the joy of a musical concert, self expression in a painting class or a day at the spa to find stress relief.

Eat a balanced diet and exercise at least 20 minutes three times a week even if all I can do is walk around the house, up and down the stairs or exercise from a chair.

Seek out one new resource to support my caregiver role such as chore services, housekeeping, home care programs or delivered meals.

Try to find a way to laugh or find humor in the day amidst the sadness or discouragement I may feel.

Reach out to my family and friends to help with my loved one so that the weight of my responsibility can be lifted and shared. One way I can do this is to keep a list of needs handy so that when help is offered, I can be ready with an answer.

Seek spiritual support or personal counseling to gain perspective of my life, clarity of my role and keep my mental health in check.

Finally, by focusing on these resolutions, I will be able to reap the rewards of caregiving, maintain balance in my life and provide care longer for my loved one.

by Kristine Dwyer, LSW, Caregiving.com



I love Grampa's
new home!
He smiles more
now!

Is it time to have a conversation with your loved one about senior living? Are they lonely, missing medications or not eating well? We have the solution!

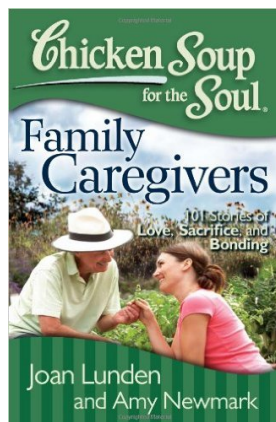
Join us for an open house on Monday, January 16th (Martin Luther King, Jr. Day), at 10am or 2pm. Or call us at 413-781-1282 to schedule your personal consultation and tour.

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Landmark at Monastery Heights
110 Monastery Ave., West
Springfield, MA
413-781-1282
LandmarkSeniorLiving.com

Top 3 Books for Caregivers



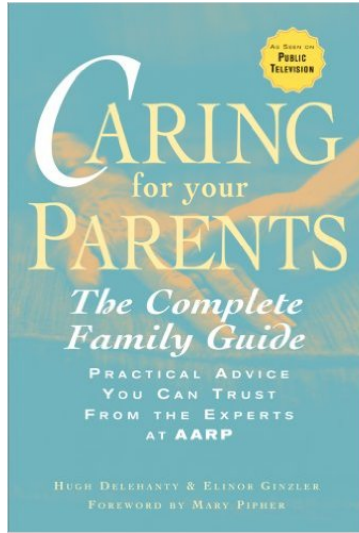
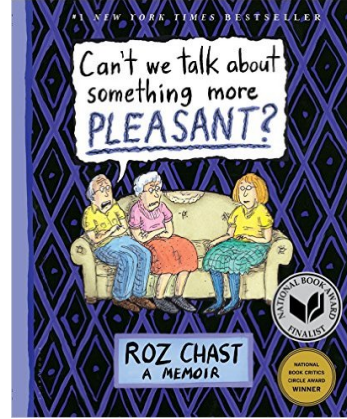
"Chicken Soup for the Soul"

Do you have a family member who requires constant care? You are not alone. This collection offers support and encouragement in its 101 stories for family caregivers of all ages, including the "sandwich" generation caring for a family member while raising their children. With stories by those on the receiving end of the care too.

"Can We Talk About Something More Pleasant?"

In her first memoir, *New Yorker* cartoonist Roz Chast brings her signature wit to the topic of aging parents. Spanning the last several years of their lives and told through

four-color cartoons, family photos, and documents, and a narrative as rife with laughs as it is with tears, Chast's memoir is both comfort and comic relief for anyone experiencing the life-altering loss of elderly parents.



"Caring For Your Parents"

Drawing on AARP's deep wellspring of expertise in the topic, AARP's Caring for Your Parents offers both sensitive counsel and a practical road map through the complex emotional terrain many of us face as our parents age. This eye-opening book guides readers through a new, creative approach to caregiving that turns familial duty into a journey of emotional development and resolution.



Please Join Us For the Following Events!

January 9th@9:30am
Yoga

January 13th @ 2pm
Happy Hour with Dave
Andrews Entertaining

January 26th @ 2pm
Bingo

January 30th @ 11:30am
Join the lunch bunch
and have lunch at an
area restaurant



Happy New Year!

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Schedule Your Private Tour

Visit our website

Landmark at Monastery Heights | 110 Monastery Ave, West Springfield, MA 01089

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