



**People ~ Passion ~ Purpose  
That's Landmark Life!**  
Independent and Assisted Living  
Specialized Memory Care Program

Visit our website! [LandmarkSeniorLiving.com](http://LandmarkSeniorLiving.com)

## Landmark Life Happenings at Longwood



Longwood hosted an educational program for staff and caregivers titled: **Saying it Best When You Say Nothing at All.**



Residents getting ready for the holidays!



The residents decorated the community from top to bottom with holiday decorations and it looked amazing!



Longwood's staff wish everyone a happy and

Please Join Us!

# My Life, My Health

## HEALTHY AGING WORKSHOPS



**My Life, My Health helps participants with ongoing health conditions to:**

- Find better ways of dealing with pain and fatigue
- Discover easy exercises to help improve or maintain strength and energy
- Learn the appropriate use of medications
- Improve nutrition
- Talk effectively with family, friends and health professionals
- Understand new treatment choices
- Feel better about your life

### MY LIFE, MY HEALTH

#### CHRONIC DISEASE SELF-MANAGEMENT PROGRAM

My Life, My Health is designed for adults who live with the daily challenges of one or more ongoing health conditions. Participants will learn different methods for managing pain, fatigue, and other symptoms. Each participant also receives a copy of the book "Living a Healthy Life". If you have conditions such as high blood pressure, diabetes, arthritis, heart disease, chronic pain or anxiety, or any other chronic condition, this workshop can help you take charge of your life.

*This **free** interactive workshop is conducted in 2 ½ hour sessions, one day each week, for six consecutive weeks.*

**Space is limited. To register contact:**  
Ann Glora at [aglor@ethocare.org](mailto:aglor@ethocare.org) or 617-477-6616 or  
Katie Izadi at [Katayoun.Izadi@landmarkseniorliving.com](mailto:Katayoun.Izadi@landmarkseniorliving.com) or  
617-975-0110 ext. 108



**WORKSHOP DETAILS:**

**My Life, My Health:**  
Chronic Disease  
Self-Management Program

**Next Class Begins:**  
Wednesday,  
February 1, 2017

**Schedule:**  
1:30 to 4:00 p.m.

**Location:**  
**Landmark at Longwood**  
63 Parker Hill Ave.  
Boston, MA 02120

Ethos | 555 Amory Street | Jamaica Plain, MA 02130 | T: 617.522.6700 | [www.ethocare.org](http://www.ethocare.org)

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

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# ALL YOU CAN EAT

## Spaghetti Supper

*At Landmark at Longwood*

*Come enjoy a gourmet spaghetti dinner served with salad, warm rolls, and a freshly baked cookie.*



**Wednesday,  
January 25th  
from 5-7pm**

**FREE**

Enjoy dinner at our community, stay for a tour and meet our residents and staff!  
Perfect!

RSVP to Mary

**617-975-0110**

**Landmark at  
Longwood**

63 Parker Hill Rd  
Boston, MA

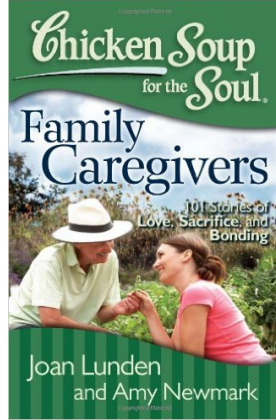
[LandmarkSeniorLiving.com](http://LandmarkSeniorLiving.com)



### Top 3 Books for Caregivers

#### ***"Chicken Soup for the Soul"***

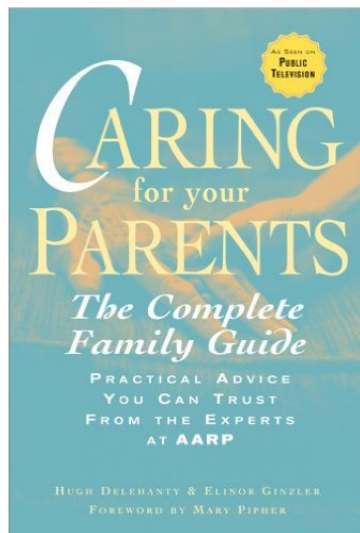
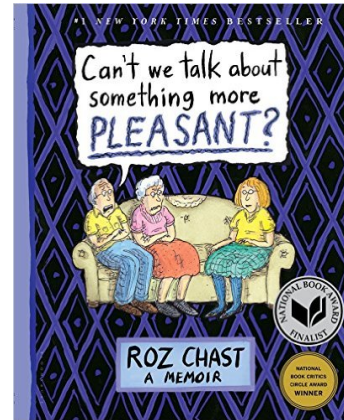
Do you have a family member who requires constant care? You are not alone. This collection offers support and encouragement in its 101 stories for family caregivers of all



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.

**Grab a Friend or Two and Join us!**

**Please Join Us For  
the Following**



## Events!

January 11th@9:30am  
Music and Exercise

January 12th @ 2:30pm  
Trip to Art Works

January 21st @ 3:30pm  
Book Club

January 27th @ 1:30pm  
TGIF Happy Hour with  
Music



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**Happy New Year!**

**Joe Murtagh and Mary Barry**  
**Marketing**  
**617-975-0110**

[Schedule Your Private Tour](#)

[Visit our website](#)

Landmark at Longwood | 63 Parker Hill Ave, Boston, MA 02120

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Sent by mary.barry@landmarkseniorliving.com in collaboration with

**Constant Contact** 

Try it free today

