

*Celebrating 16 years of service~ Experts in Eldercare Since 1995*



Mary Peters, our founder & president, with the late Jack Segars.

Senior Moments are much less common than current perceptions reports a new study by Harvard Medical School & published in the journal of *Age & Aging*.

The study shows that **COGNITIVE DECLINE** as we age is NOT normal. The more fitness we enjoy the less likely we are to have a fast decline in cognitive abilities.

**START THE CONVERSATION** with your doctor earlier rather than later. Poor cognitive performance might be caused by reversible conditions such as medication side effects or an infection.



**Are you feeling weary and in need of respite? Let our care managers help you plan ahead for some time for yourself.**

Family caregivers are notoriously neglectful of their own needs. We understand completely what you are experiencing, and we can help!



Call us today to schedule additional care for your loved one so that you can head to your favorite place for a few hours or a weekend away.

Our care managers can re-assess your loved one at any time if you become concerned about any sign of decline physically or socially. We look forward to your call...843.852.9090.



**YOU CAN NOW JOIN US ON FACEBOOK!**



I am having trouble balancing work and personal demands...any tips?

### Achieving balance between work and life is no small feat, but YOU CAN DO IT!

You can make this task easier, however, by following certain steps. You will find the peace that comes with having an adequate work-life balance is well worth the effort of becoming balanced.

#### The Tips For Balancing Work And Life Are:



- 1. Stop And Smell The Roses** - Life is too short to be constantly running in high gear. Take time to be still and enjoy a quiet time everyday. Allow yourself time for personal things. Schedule more time between meetings and errands. You will find that you are just as productive as before.
- 2. Manage Your Time** - Learn to better manage your time at home and at work. Do not procrastinate about things that need to be done as they will pile up. Reset goals and deadlines. You will find that life flows more smoothly.
- 3. Get Organized** - You need to "make" the time to get organized. You will save yourself a ton of time, energy and stressful moments in the long run.
- 4. Delegate** - Delegate what you can at work as well as at home. At home, delegating age-appropriate chores to your children will teach them valuable skills. Do not worry about perfection.
- 5. Just Say "No"** - Be wise. Do not agree to do everything you are asked. If you do not have the time to do a good job you are not doing anyone any favors. Carefully pick and choose what you take on.
- 6. Set Priorities** - Make a list of things to do and set your priorities. Doing so will help you complete the tasks that really need your attention. It may also help you realize which tasks do not need to be done or may be completed less frequently.
- 7. Simplify** - Try to simplify life however you can.
- 8. Use Technology** - Utilize technology to make life easier and faster whenever possible. Contact managers will help you manage your business and personal contacts and save you time looking for a business card. Take breaks from technology too!

You can achieve a satisfactory work-life balance. New things thrown into the equation of life require you to rebalance your life. Rebalancing is necessary to have a good balance between work and home life. Talk to a friend often or find a life coach to encourage you and hold you accountable. We are always here for you to help anyway we can with any and all eldercare challenges you face.

Call us today [843-852-9090](tel:843-852-9090)  
[www.careforlifecharleston.com](http://www.careforlifecharleston.com)