

Aging Well Newsletter

Lutheran Counseling Services

Caregiving: Moments of Love!

LCS is celebrating "moments of love in you story", this month. The first thought that came to mind about moments of love in a story, was Caregiving. Have you ever been cared for before, when you were sick, had surgery or if someone close, died? I want you to take a minute and think about that person who cared for you.



Most, likely they cared for you because they love you. The majority of care that older people receive is often provided by family members who do not receive pay for their services. Caregiving can be stressful, lonely and an act of love that many do not recognize. Caregivers express their love almost every day to the person they are caring for, by just the mere action of putting someone else before themselves. Caregivers provide what is needed, whether that is physical, emotional, social, or financial. Twice a month LCS has the opportunity to host a Caregivers group and twice a month

at least 7-10 member show up. Yes, they often come because they are struggling and need to know they are not alone. However, the majority of the time is spent on how to give better care to their loved ones, and how to continue to help them. Every single one of the members provide care because they truly love the person. Now, think about that person who is being cared for. What if, they did not have a caregiver? Would their story be different? I say it would! Many that are cared for, would have no place to live, and no means to help themselves. This month I



SHARE highs and lows
READ the weekly Bible verse
TALK about the weekly Bible verse
PRAY your highs and lows
BLESS each other

AGING WELL

TRY THIS TIP!

5 Finger Check-in



This is a tool to use with family and friends when connecting with each other. Spend 15 minutes doing: the Following

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Ask a
therapist...

challenge you to look around and notice those caregivers who are selflessly caring for others and thank them. **They are really the main characters of moments of love, in the stories of life!**

“Caregiving is a series of small acts of care that alter the course of someone’s life.”

-thecaregiverspace.org

Ask A Therapist Webinar

Once a month, LCS will be having a free webinar on various helpful topics. This month the Webinar will focus on Relationships, Families and Inclusion. Erika Sickles, Registered Mental Health Counselor Intern, will join Megan Miessler, LCSW, in a discussion on how to create check-ins with our children, spouses and family members so that they feel heard, valued and included. Megan and Erika share their own experiences in parenting, relationships and counseling on developing healthy, loving relationships in families.

To Register, go to: <https://register.gotowebinar.com/register/8955055320198514443>

Lutheran Counseling Services, Inc. is a non-profit organization. To support our mission to make mental health support more accessible, go to:
<https://lcsfl.com/how-to-help/>



(407) 644-4692 or lcsfl.com

E	E	C	A
A	L	E	P
H	N	B	O
Q	T	T	Y

BRAIN FUN ZONE: BOGGLE

Link the letters to make words! Each word must be 3 letters or longer. You may not use proper nouns, abbreviations, or contractions.

3 letters = 1 point

4 letters = 2 point

5 letters = 3 points

6 letters more = 5 points