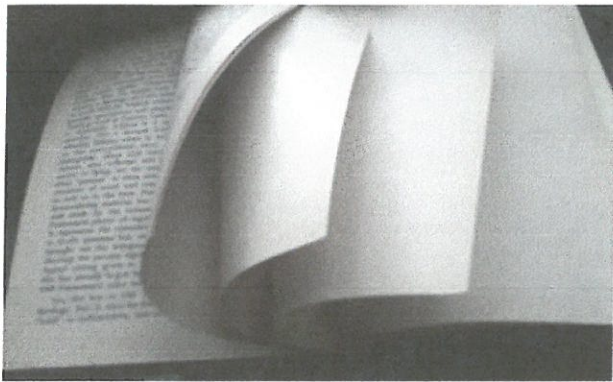


# Aging Well Newsletter

Lutheran Counseling Services



## Turning the Page & Starting a New Chapter

As the new year, new decade begins, the ideas of “a clean

slate”, “to start fresh”, “to turn the page, and start a new chapter of your story,” is the cultural tradition of New Year’s resolutions which is a mere reflection of our burning desire and need for change. By having that desire and need for change we often create narratives of the events that have occurred in lives over the past year. We reflect upon them to begin shaping what has been our tendencies, habits, and behaviors. Seeing these patterns we then can choose to learn from them, and shift our story and later rejoice in that growth that has been done. So how do we begin to learn and grow from our past story to create a new chapter? Much like reading a story being aware and interested in what it is all about. Here are some practical ways to practice being aware and interested in your own story. Look at yourself objectively, keep a journal, write down your goals, plans and priorities, perform daily self-reflection, practice mediation and other mindfulness habits. Lastly, remembering you have the choice to change your story!

**“Each new day is a blank page in the story of your life. The secret of success is in turning that story into the best story you possibly can.”**

-Douglas Pagels

**AGING WELL**

**TRY THIS TIP!**

**STAR BREATHING**



**1**

**START**

Begin at any “Breathe in” side.

**2**

**Breathe**

Hold your breath at the point, then breathe out.

**3**

**REPEAT**

Keep going until you’ve gone around the whole star.

Begin at Step one!



## LAUNCHING AGING WELL AND CREATING CONNECTIONS

Speaking of a new chapter LCS, will be launching a new focus for our Older Adult Program which is “Aging Well and Creating Connections.” Literature has acknowledged that in order to age healthily social connections are important. This years focus is just that, to help to create connections within our older adult community. LCS Older Adult Ministry serves 3 sites: Lutheran Haven, Plymouth and Calvary Towers. The services that are provided include individual counseling, support groups, wellness groups and workshops.

**“I DEFINE CONNECTIONS AS THE ENGERY THAT EXIST BETWEEN PEOPLE WHEN THEY FEEL SEEN, HEARD, AND VALUED; WHEN THEY CAN GIVE AND RECEIVE WITHOUT JUDGEMENT; AND WHEN THEY DERVIE SUSTENANCE AND STRENGTH FROM THE RELATIONSHIP”  
-BRENE BROWN PHD, LMSW**



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](https://lcsfl.com)

### BRAIN FUN ZONE

#### SUDOKU PUZZLES

Sudoku is easy to play and the rules are simple. Fill in the blanks so that each row, each column, and each of the nine 3x3 grids contain one instance of each of the numbers 1 through 9.

5		6			
	1		7	8	3
	7	3	4		
			5	9	
		9			
8	6	1	7		4
			3	2	1
		5		6	7
4				5	9