

This Free E-Book is brought to you by Natural-Aging.com.

100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

Home For The Holidays: Is it Time for That Talk?

By Linda LaPointe

Home For The Holidays: Is it Time for That Talk?

by: **Linda LaPointe**

Just a couple of years ago Annie helped her parents get the washer & dryer moved from the basement to a bedroom on the first floor after her mom missed the last step & broke her toe. Annie reassured them that she would make sure they would stay in their own home no matter what. Before she knew it she was fixing every supper for them at their home, taking care of the yard and cleaning the house on the weekend.

Then, Annie started to receive calls during the day at work. Mom had an accident with the car or Dad couldn't get out of the bathtub. She hired a home care aide during weekdays after she talked them into selling the car & accepting help for cleaning and cooking. Annie continued to promise her parents that they would live in their home forever. Her life was consumed with their care.

She hid a house key outside their home after the second time the EMTs called in the middle of the night because they couldn't get into the house for her dad who had fallen while going to the bathroom in the night & her mom couldn't get out of bed to unlock the door. Annie hired a nighttime aide. They now had help 24 hours a day.

After their phone was disconnected for non-payment, Annie finally realized that their mental capacities had degenerated, and convinced her parents she should take over their finances. It wasn't long before she discovered that her parents could not afford to pay for the current arrangements for long. She was surprised how little money they had put away and how small their monthly income was.

When she finally tried to discuss long term care needs with her parents, they were convinced that they were doing just fine on their own. They announced that they would stay right where they were even if they had to let the night time help go, which was of course unthinkable. It was at this point that Annie came to see that they had slipped into an unrealistic state, believing that they were independent and she had never spoken with them about the realities of aging and their possible needs for care.

Home For The Holidays: Is it Time for That Talk?

Annie's kids claimed they felt like orphans, her husband threatened divorce and though her boss told her to take the time she needed, she was unclear what that meant before her job was in jeopardy.

Then, so suddenly it seemed Dad was in the hospital with pneumonia and the doctor said that a nursing home was probably imminent. Annie was exhausted, on the verge of a breakdown and faced with calling her brother who had had little contact or time for his parents for the past few years and lived a thousand miles away.

Like a snowball rolling down a hill, Annie's involvement, her parents needs and the resultant problems grew bigger and bigger over time. We never know the exact course of aging, so it is impossible to be sufficiently prepared for all unforeseen events, but some targeted pre-planning can avoid dealing with one crisis after another. Don't wait for a crisis to talk to your parents about their future. It may become too late before you know it.

As soon as Annie's parents needed the laundry room moved upstairs it was time to talk, as the situation usually doesn't get better. Aging is a process of loss & degeneration. It may be difficult to bring up such private matters, but the situation won't go away. Often it gets worse if we wait and our loved one's cognition deteriorates as it did with Annie's parents, who really thought that they were independent as she continued to reassure them that they would stay in their home.

We plan more for our young/old lives than we do for our old/old years. We may look forward to retirement and we specify an age at which that will begin, so we are clearer about the target and our desires. Old/old age is difficult to imagine and the specific age for which to prepare is slippery as it is more health than age related. Most people announce their desires for this age by simply saying, 1. they don't want to go to a nursing home, 2. they don't want to be a burden, and 3. they don't want to be in pain. But that's too vague and not enough direction for future caregivers. Have that talk with your loved ones the first chance you get. Create a chance to talk about old/old age.

Linda LaPointe, MRA is an ElderLife Matters coach and author of several products to assist families experiencing aging including the pamphlet, Don't Be a Burden: 100 Tips. Get free articles and information at

How to Handle Christmas Before it Handles You :)

By Randy Mclean

How to Handle Christmas Before it Handles You :) by Randy Mclean

Ahh, the Holidays gotta love it. Family, fun, presents, and food! I guess you probably knew where that was going... :) Yes, we can't escape it but we can handle it...this months tip will show you just how to do that.

Home For The Holidays: Is it Time for That Talk?

Many dread the holidays because of this fact...turkey, stuffing, chocolates you name it we'll eat it! No matter how strong a persons will power is they'll usually succumb to temptation. I will share with you some different ideas and perspectives on how to survive the onslaught of 'fearless feeding' most of us will partake in.

The first approach most will try is to lose the weight before the holidays. Sure, this approach is great but you have to be careful 1. That you avoid crash diets to get there and 2. You do not overcompensate during the holidays.

Let's start with number one. If you lose the weight too fast just so you can 'look good' for the holidays or maybe to possibly eat more you will no doubt put the weight back on. Your body is used to a 'set weight' and will be starving for nutrients. You'll usually blow up like a balloon and will be in the same situation (or worse) than when you started.

Number two, if you have dieted long and hard do not use this as a license to take in massive amounts of calories over too long a time...you'll just undo what you set out to do. Set in your mind from the start how long you plan to eat 'freely.' Maybe a week? You should know yourself over time what you can and can't get away with...above all it's only natural that 'treating' less days than you don't will be measured with success, it's just in the odds...use common sense.

Thirdly, the next group is those who are already dieting... If you are going to try and keep losing during the holidays...don't. You'll only be torturing yourself watching everyone else enjoy themselves. If you are doing particularly well just take a break and maintain during the holidays. Don't go over your body maintenance level everyday and you should be fine. You'll be able to eat more but at the same time you won't be eating too much in order to gain back what you've worked so hard to take off.

These same general principles also apply to those who haven't started a program yet. It might be a good idea to wait, especially at the beginning of a diet because you'll need greater will power. But do not make your situation worse. You can then get your revenge after the holidays!

In summary, just keep a clear head and you will see everything in perspective. Write your goals down, make a plan, draw charts in order to 'see' that it won't be that bad...whatever it takes. Then you will be able to enjoy the holidays...guilt free!

Randy Mclean has a diploma in Fitness and Nutrition from Education Direct, a YMCA individual

conditioning certificate and is the author of Instinct – Master Your Mind And Your Body! For free tips and tricks visit www.weightlossguidance.com

Related Content:

Read more Content at

Related Products:

: A genuine resource center for Quality Ebooks and Softwares



This Free E-Book has been brought to you by Natural-Aging.com.

100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!