

SHARE THE CARE NETWORK NEWSLETTER

1704 W. MANCHESTER AVE. STE. 207A LOS ANGELES, CA 90047



Happy Easter

By **Shirley Polk**, Owner
Share the Care Network

Hello again. Another month rolled by faster than I could expect. With the introduction issue of our newsletter in March, I was looking forward to getting started with April's issue. And here it is!

I have fond memories of Easter holiday. Especially when I think of dyed eggs and watching my Dad dye the eggs in "unusual" colors. As a little girl that was one of my Dad's "favorite" Easter holiday traditions. I would have one hard-boiled egg in my school lunch box everyday for lunch. By the end of the week, I had enough of eggs! But now it's fun memories. Now, I find myself repeating these things with some of my clients. I ask the seniors I work with if they would like to dye eggs. At first they seem to be reluctant, but then I see joy in their eyes and the fun it brings. Seniors begin recounting stories and memories past. It brightens their day to feel they are being productive doing what brings them pleasure. Some of the things we do with our children should be shared with our elder loved ones. Not to long ago my Grandmother would bake her "traditional" Easter Bunny loaf cakes. Grandma now does the icing and decorating of the baked loafs while I do the cake mixing and baking. It gives me pleasure to see my Grandmother having fun.



My Grandmother and I having fun at a Hawaiian party.

I am still happy to share this with her. So, next Easter include the Grandparents with the kids and make Easter fun. Start a new "tradition" that you and your elderly loved one will enjoy.

In this issue of our Newsletter

- April Free Give-a-way
- National Healthcare Decision Day
- Senior Housing booklet
- Five Wishes Advance Directive



Order Your FREE Senior Housing Booklet

The National Family Caregiver Association NFCA website has a booklet “Senior Housing: What You Need.” Written for seniors, their families, friends and advocates, the booklet outlines factors everyone should consider when thinking about a move into senior housing.

Order your free copy by clicking on this link:

https://www.surveymonkey.com/s.aspx?sm=e95Fy8joXxWsdZjmY0sgDw_3d_3d



The booklet is generously sponsored by the Center for Special Needs Trust Administration (<http://www.sntcenter.org>) and the Center for Medicare Set-Aside Administration (<http://msacenter.com>)



April 16th is **National Healthcare Decisions Day** and all Americans are encouraged to ensure that their future healthcare choices are known and protected. The process does not take long and it is free. This is something I have done for myself and hope you will, too.

An advance directive is a *legal* document that tells healthcare providers who it is that you wish to make medical decisions for you and what treatments you would want or not want, if you are ever not able to tell us what you want for yourself. For the month of April readers of **Share the Care Network's** newsletter will receive a Five Wishes Medical Advance Directive. This is our April *Free Give-a-way*. So that we can mail the form to you please go to our web site www.sharethecarenetwork.com click on the **Contact Us** button, complete your name and address. Supplies are limited! The Five Wishes Medical Advance Directive is simple to complete and user friendly.

National Healthcare Decisions Day exists to remind all people, regardless of age or current health of the importance of making these decisions known.

Please be sure to complete your advance directive today and also encourage all your loved ones to do the same.

I'm happy to answer any questions you have and for more information, please visit:
www.nationalhealthcaredecisionsday.org

Sign up for our Newsletter

It's easy! If you have internet access to our website at: www.sharethecarenetwork.com click on the [Contact Us](#) button. There you can enter your information in the fill-in form.

If you prefer to have our newsletter mailed to you instead complete yellow post card enclosed and mail back or you can call us at **(323) 753-3910** and we will take your information over the phone.

If you need in-home healthcare services call us so that we can discuss your individual's needs. There is **no charge** for a consultation.

Share the Care Network is a professional source of non-medical and supportive care for the elderly. Here are just some of the services we can assist you in: Personal hygiene care, Light house keeping, Meal preparation, Transportation, Errands, Companionship, Clerical assistance with appointments, Shopping and much more!

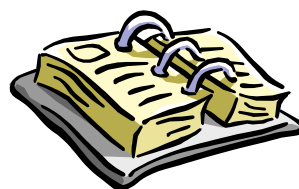
Give us a call today and let us *Share the Care*.



Receive E-mails and our Newsletter online!

Our address:

info@sharethecarenetwork.com



May 2009 Newsletter

- MyPrivateCaregiver website launch
- May Free Give-a-way
- You Can Save A Life: CPR Skills
- May 10th Mother's Day special
- May 25th Memorial Day

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