



Laurel House Comfort Care Home | 224 Fair Street, Newark, NY 14513 | (315) 573-7028



Welcome Back! It took longer than expected for our pause to resolve technological production issues; until now we have fallen into fall!

As the leaves change colors, our feelings start to change. Would this be the turning over a new leaf idea? or is it another season of remembrance? Either way, embrace the colors, sit and have a cup of coffee, remember our loved ones, and prepare for the upcoming season!

~Laci Graham, Executive Director

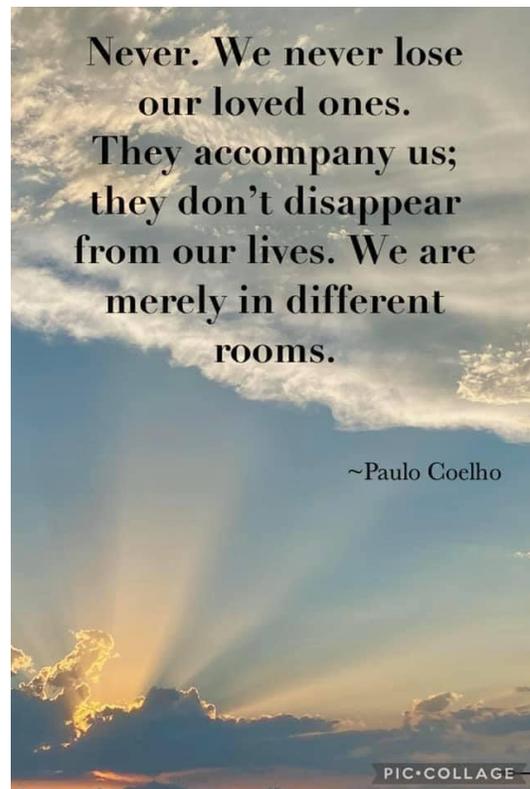


Shared Moments

My dad passed away in December 1998; he kind of faded away over a 2-week period...My youngest brother developed an idea to help us through our first holiday with our dad. He took one of dad's flannel shirts, some of his socks and tee shirts and had a friend make each sibling and my mom a stuffed snowman. We knew that Christmas 1998 would be difficult for all of us but especially for our mom. So, we decided to change our usual tradition of gathering at my middle brother's home on Christmas Eve. I had brunch at my home and my youngest brother surprised us with our snowmen! It was really very touching and allowed us to remember our dad in a very special

**Never. We never lose
our loved ones.
They accompany us;
they don't disappear
from our lives. We are
merely in different
rooms.**

~Paulo Coelho



way. Each of us had holiday memories of dad to share and held him in our hearts on our first Christmas without his earthly presence. It is still one of my most memorable Christmases! My snowman sits on my fireplace mantel now with a bound and laminated version of his funeral service.

Shared by Patty Paprocki

We begin to remember not just that you died, but that you lived. And that your life gave us memories too beautiful to forget



Timely Tips

What you will learn in the 6 step balance system tm
Here is a sample:

 <p>1 Stretching in Bed Exercises Stretching is a form of exercise. Improve flexibility and mobility with stretches that create warmth in muscles and ligaments.</p>	 <p>2 Balance Exercises Balance is the basis for all movement. Promote better posture, confidence, leg strength and overall stability with these fun exercises.</p>	 <p>3 Ball Handling Activities Improve balance and dexterity using these easy and energizing activities that reveal the body's own innate abilities.</p>
 <p>4 Walking While Talking on the Phone in The House An everyday activity, this exercise focuses on dual tasks and involves both hemispheres of the brain to improve balance.</p>	 <p>5 The Slump Practice the "art of falling" with a relaxed slump into a comfortable chair -- and reduce the fear of falling by becoming an expert in falling!</p>	 <p>6 Dancing with a Pillow Using a soft pillow as a partner, you'll relax and easily move forward, backward, sideways and in circles.</p>



As we begin to feel the cooler evenings and leaves begin to turn in color, let's bring our attention to 'fall' prevention. Stretching prior to getting out of bed each morning is a great start to your day. This brings our attention to our body and awakens the senses to our surroundings. I would also



*When it comes to exercise, we might listen to MARK TWAIN:
“Don’t wait. The time will never be just right.”*

recommend Betty Perkins-Carpenter as a great resource. Betty is a local star; she started the Perkins Swim Club in Penfield in 1964. She also brings much expertise to this topic; she served on the President’s council on Physical Fitness and Sports, was an Olympic diving team coach and has studied balance in all age groups as a result of these varied experiences. All that to say, she is truly a great resource on Balance/Fall Prevention.



A SUFI TALE

This stream, the story teaches, worked itself across the country for ages and experienced little difficulty. It ran easily around the rocks and quickly through the mountains. No obstacle, it seemed, was too much for this fresh and life-giving water. Then, suddenly, it arrived at a desert. Just as it had crossed every other barrier, the stream tried to cross this one, but it found that as fast as it ran into the sand, its waters disappeared. After many attempts the stream became very discouraged. It appeared that there was no way it could continue the journey.

Then a voice came in the wind. “If you stay the way you are, you cannot cross the sand. In fact, you will only become a quagmire. To go further you will have to lose yourself.”

“But if I lose myself”, the stream cried, “everything I have been will be lost.”

“Oh, on the contrary”, said the voice. “If you lose yourself, you will become more of what you were meant to be than you ever dreamed.”

So, the stream surrendered itself to the hot drying sun. And the clouds into which it was formed were carried by the raging wind for many miles. And once it crossed the desert, the stream poured down from the skies, fresh and clean, and full of the energy that comes from storms.

Source: PEACEMAKING DAY by DAY

And as we let our own
light shine, we
unconsciously give
other people
permission to
do the same.

Nelson Mandela

www.fb/ambitiousminds

**"You don't always
need a plan.
Sometimes you just
need to breathe,
trust, let go, and see
what happens."**

MANDY HALE

GH

WHEN I DESPAIR, I REMEMBER THAT ALL
THROUGH HISTORY THE WAY OF TRUTH AND
LOVE HAVE ALWAYS WON. THERE HAVE BEEN
TYRANTS AND MURDERERS, AND FOR A
TIME, THEY CAN SEEM INVINCIBLE, BUT IN
THE END, THEY ALWAYS FALL. THINK OF IT -
ALWAYS.

MAHATMA GANDHI

HeopoeQuotes.com



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including Native American*

Here is HOW TO USE A FINGER LABYRINTH card

*Start at the edge of a Labyrinth and trace within the lines until you reach the
center. There's only one path, so you will always reach it.*

If the pathway is small, try using something that points like a pen, a stylus, or a coffee stir stick.

THEN TAKE A DEEP BREATH, and trace back out to the edge. Repeat this back -and- forth motion as often as you wish



We offer you one to try: an adaptation of the simple Conimbriga Labyrinth from 3rd Century Portugal. To order your own travel cards: www.CelticArtStore.net

On the lighter side...



“THAT’S NOT MY JOB”

Author unknown

This is a story about four people named Everybody, Somebody, Anybody and Nobody.

There was an important job to be done and Everybody was sure that Somebody would do it. Anybody could have done it, but Nobody did it.

Somebody got angry about that, because it was Everybody’s job. Everybody thought

Anybody could do it, but Nobody realized that
Everybody wouldn't do it

It ended up that Everybody blamed
Somebody when Nobody did what
Anybody could have.



Remember...laughter massages the heart!



Crossing the Border

Senescence begins
And middle age ends
The day your descendants
Outnumber your friends.

~Ogden Nash~



"Makes you wonder, doesn't it?"

Blessing



**Little by little,
day by day,
what is meant for you
will find its way**

Sp Adobe Spark

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