



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

February 2023



Coffee and Conversation

Everyone thinks of February as the month of LOVE. Most say Valentines Day is difficult once you have lost a loved one. I think everyone deals differently, but what I can tell you is, LOVE never stops. It never stops giving, it never stops being there. It is all the memories you have that you need to remember.

~Laci Graham, LPN
Executive Director

Sharing a Moment....

Excerpts from Loss of my Father. By: A G Postle.

From griefandsympathy.com

It is a major moment in any person's life when they must face the realization that one of their main sources of advice, learning and support - their father - is no longer here. Its then time for you to step up.

There are in a lifetime, simply countless days, moments, minutes, seconds, simple glances, smiles and even silences that all add up to become our catalogue of memories of our relationship with our fathers.

Some are lucky enough to say that when they face the time to say goodbye to their dad, that every moment, minute, every second and every glance between them counted towards something richly rewarding, nurturing, loving and importantly unique between the two of you. Countless moments in life shared between father and son, from which each unique and very special relationship is built.

I can say that.

Yes, indeed I am very, very fortunate. Very fortunate and proud to say that my relationship with my dad was always a happy one. He was consistent, fair but firm, a great mentor, teacher,

very practical but also educated and meticulous. A generous, kind-hearted man who always gave me every assistance and encouragement to take all opportunities and to experience everything life has to offer as fully as possible.

What I learned from my father

I have a great respect for my father developed over nearly 46 years of my life, and an even greater love. I am very fortunate that I had 46 years - many will have much less time.

It only became apparent to me later in life just how much a young boy becoming a man absorbs from his relationship with his father. Not simply practical skills but life skills, emotional strength and attitudes, the basis of your fortitude and indeed some of the foundations of your personality.

We are so profoundly tied to our fathers in so many ways it should not really be a surprise that for many losing your dad can be amongst the hardest of life events. But it was a surprise to me because I wasn't ready, my dad just died suddenly, unexpectedly and unannounced and it hit me very hard.

How I learned to cope with my loss of father

Upon reflection I can now share my thoughts about how I have learned to cope with this profound loss. Initially I don't think I coped very well at all with my loss but given a little time, it's now been 3 years, I can see how one can benefit from coming to terms with loss from a healthy, positive perspective whenever possible.

By building your unique catalogue of memories and strengthening them each day. By adding to them each day little by little, until, by reflecting, you do not dwell in the sadness of the loss but rejoice in the detail and happiness of everything you shared together and everything you learned and became as a result of his influence in your life.

Treasure the memories of your father

I continue recounting the days, the minutes and the moments in my mind each day, counting and recalling every glance, every smile, each memorable moment. With each photo, each clipping, each quote I find or remember, even mistakes made and every argument. Every home, holiday, place and every change of place. Every person who relates to him, every connection from anywhere or anyhow and every direction, as long as it brings forth new thoughts of him. Unrelated thoughts and paths are dismissed, no dead ends. All thoughts must resonate with a recall of another moment between Dad and me. Me and my dad, a massive catalogue of memories now gathered and more easily recalled and fondly remembered.

I count myself as one of the incredibly lucky few who can look at that circumstance and honestly say I would never have wished things any other way.

Until he is gone you will possibly not find yourself truly appreciating everything that your father is to you. I'm just so glad to say that I was one of the lucky individuals that never doubted I had a precious and unique bond with my dad that is so hard to explain, so hard to express, and so desperately hard to let go of.

For everyone who feels this loss of a father as much as I do, I hope that by understanding that reflecting on positive emotions and memories, you will begin to rejoice in all that you value, remember and hold dear from that relationship and pass on the best of what you learnt from that relationship to another.



Timely Tips

Recovery through Art...

I recently attended a 'Local Authors Day' at Irondequoit Public Library. I met and spoke with author/artist/life coach, Renée A. Schuls-Jacobson. She was one of many authors that day that had a personal story/journey to tell and their story led them to reaching out to others that may be experiencing similar life issues. Her art work is bright, colorful and yet at times reveals very strong emotions; she has found art helpful in her journey to better health and self-discovery.

I would like to offer some of her work and ideas as a way to perhaps navigate grief as well.

I will share two prints of her work we purchased that day from her-they spoke to both myself and my husband; we creatively used them to fill a void in our Charlie Brown Christmas tree. (See images below)



Filling the void...

Below is a link to an interview of R. Jacobson and a link to her website if you wish to seek more information.

<https://www.rochesterfirst.com/news/local/recovery-through-art-local-artist-inspires-others-after-life-changing-injury/>

<https://www.rasjacobson.store/about/>

Winter's Holistic Medicine Chest

Excerpts from ROSEMARY GLADSTAR (herbalist)

Rosemary Gladstar is one of the leading herbal authors and teachers in North America. She is the founder of United Plant Savers, cofounder of Sage Mountain Herbal Retreat Center and Native Plant Preserve in E. Barre, Vermont, and creator of the *Science and Art of Herbology* home study course



I've spent many winters of my life in the cold, rainy regions of northern California. There was always a wood fire burning and the soft sound of rain. Those long peaceful

nights and short silver days were great for “burrowing in.” Reading, writing, dreaming, working with the herbs were my favorite winter activities and kept me busy until spring. My herb shop, too, was always busiest in the winter as people succumbed to the dilemma of winter’s health problems. The nature of winter, Saturn’s season, is a test of both physical and emotional strength for many people.

Over the years, I’ve listened to folks tell me what herbs and remedies worked for them for these woes of winter. There was a marvelous sharing of information in those 15 years of listening “over the counter” to people’s favorite remedies. All are “simpler ways,” bits of earth wisdom that, when used, work. Most of what I know is of such simplicity: eat the abundant autumn harvest; be thankful for life’s gifts; use a cold-water shower; play in the winter weather; drink warm herbal teas; dress for the weather. Nothing complex or profound here, but it works.

Flu and Cold Symptoms

For many people, the very term “flu” is synonymous with winter. There are many people who suffer one bout after another of colds and flu, generally because the inner strength or “chi” is weakened. If one is vital, strong and active, the chances of “catching” the current flu are slim; and if one does contract it, recovery is usually quick and complete.

Attention to our general health and the early symptoms of the flu is each person’s responsibility. When I worked at the herb shop, each winter I would see some of the worst cases of the flu. Sometimes I would feel tired, worn out and susceptible, so I would take these extra precautions: for my immune system I would take echinacea tincture 3-4 times daily; I would rub resins on my skin, those same resins that have been used for centuries to cleanse and purify the temples: myrrh, sage and amber; I would drink tonic herbal soups to strengthen my whole system; and I would wear some of the old protective herbs in a small pouch around my neck or in my pocket: Chinese star anise, sage, sweet grass, osha.

If you do contract the flu, there are several measures you can take that will help it pass quickly and completely. It is often difficult to care for oneself during a flu as there is very little energy left for making teas, soups, even getting up at all. So if at all possible, it is good to allow yourself to be taken care of.

Keep goldenseal and echinacea tinctures by the bedside, as well as a thermos of herbal tea. Eating is not important but fluid intake is essential. Three to six quarts should be consumed daily, more if there is high fever and profuse sweating. If a person won’t or can’t drink, water can be administered by a warm, gentle catnip enema. This simple home treatment is not very popular anymore, but is one of the most effective methods for lowering fever and getting necessary fluid into the system. If an enema is out of the question, try a tepid bath. It, too, will help get the needed fluid into the system and help lower a fever. Be sure there are no drafts in the room and as soon as person has completed the bath, wrap them snugly and hurry them back to bed.

Purify and disinfect the air by burning sweet grass, myrrh, sage and/or frankincense. It is good to open a window to air out the room once in a while, but be sure not to create a draft. Change the bed linens frequently.

For sinus congestion and head colds, freshly grated horseradish is your medicine. Store bought horseradish has lost much of its potency and is not as strong as that you grate yourself. Chances are your sinuses will be clear by the time you’ve finished grating the root. Eat on toast, with soup or on rice. You could also try an herbal decongesting steam by placing a drop or two of eucalyptus, sage or pine essential oil into a large pot of boiling water. Remove from heat and place a large towel over your head and the pot. Breathe in deeply for 10 minutes.

This winter listen to your body.

For more of Rosemary's tips: <https://www.spiritofchange.org/winters-holistic-medicine-chest/>.



LIFE IS WHAT HAPPENS WHILE YOU ARE EXPECTING SOMETHING ELSE

Anonymous

(The following are excerpts from an article originally on Your Tango on Internet)

Whether it's friends or family, we are constantly being let down by those we care about (and who care about us). But perhaps it's because **we have high expectations of those around us**. We can't expect people to always do what we want, and we **can't blame them when we are let down**. We have to meet people where they are, which means bridging the gap from our expectations to their reality. So instead of being disappointed, we need to learn how to be happy for ourselves. No one person on this planet can give us everything, except ourselves. Once we realize that, life becomes much easier. If someone cannot meet your expectations or keeps disappointing you, you are able to leave them easier and put yourself first.

Here are 7 things to stop expecting from others, if you want to be happier:

1. Don't expect them to always do the right thing

This is the greatest way we set ourselves up for failure. People won't always do the right thing. They won't always make the right call: Sometimes they don't have your interests at heart: Or they simply make mistakes.

2. Don't expect them to agree with you

Your true friends, won't agree with you just for the sake of agreeing with you. If they have a differing opinion, they'll debate you for sure.

3. Don't expect them to be mind-readers

If you have high expectations, you need to make them clear. Your friends, family, your partner ---- can't read your mind.

4. Don't expect them to understand you

No one has to like or understand you. Instead, you should focus on liking and understanding yourself.

Be yourself because you want to be, NOT TO IMPRESS ANYONE ELSE.

5. Don't expect them to always stay the same

People change over time. One of the greatest mistakes you can make is assuming that they're going to remain exactly as they were a year, five years, or 15 years ago. Expecting and demanding that will push them away.

6. Don't expect them to always have it all together

No one always has it all together. We all struggle in life from time to time. Don't expect people to always have their lives together. Understand that other people also need space sometimes, and that doesn't mean that they still don't care for you. (And be sure to allow yourself the same right to be human.)

7. Don't expect them to follow the golden rule.

But you still always should. We follow it so we can better live with ourselves and the memory of who we have been.

Finally, let's take a tip from Oscar Wilde:

TO EXPECT THE UNEXPECTED SHOWS A THOROUGHLY MODERN INTELLECT.

Higher Perspective seeks to bring together like-minded individuals focused on personal growth and expanding their consciousness.
This article originally appeared on YourTango



GOOD NEWS from the younger set

Another day with SO MUCH chaos and sadness!

WHAT CAN I DO TO REGAIN MY BETTER SELF?

"Our children can be our greatest teachers if we are humble enough to receive their lessons."

Bryant McGill

Can't shake the doldrums? Fall asleep? Relax those tensed-up muscles? What could be more fun than to let beautiful young children, who are our future, help us to re-center our emotions and lead the way?

A quick, and easy way to do just that is check out these YOU tube offerings on your computer or phone. They are 5 to 7 minutes each....and in just that short time can bring a smile to our hearts, relax our tensed-up muscles and get us back in the game

1-HOUSE OF SWAG KIDS, BGT (Britain Got Talent) from Ireland

<https://youtu.be/dXDouA-JSY8>

This energetic and captivating group of dancers age 6-16, from Dublin, are leading the way to encourage positive mental health. Their positive and captivating way to show taking on relieving the pressures of life, thru dance and togetherness, is like opening the window for a breath of fresh air.

2-HUGO MOLINA,

https://youtu.be/-IS_WCRq5BY

2-year-old drummer from Spain Got Talent, Winner 5 years ago.

This truly amazing toddler, who never missed a beat in 3 different auditions is guaranteed to melt your heart. Even if we can't grasp the comments in Spanish, it is easy to catch the joy and wonder of this amazing young boy: It never seems to lose its' ability to lift the heart. You may have tears of joy along with the audience!

3-DETROIT YOUTH CHOIR – AGT ALL STARS 2023

<https://youtu.be/CaA8TSGyc00>

The youth of Detroit have offered their spirited song and dance performances to uplift the spirits of audiences and participants themselves, as they vigorously celebrate joy, emotions, singing and

greeting the world with enthusiasm. Determined to make a difference in their state for over 20 years now, they will also be singing in the finals of this year's ALL STARS 2023 contest, if you wish to catch them live.

4-Flakefleet Primary School, BGT, England.

This primary school came onto BGT as a song and dance choir, promoting joy, smiling, and making life happy. Full of fun, while creatively expressing as only children can do, their presentation fulfilled seven-year-old Meaghan's wish to do this project: and became a wondrous 5 minutes of "pure chaos and pure joy". Whether you see it 2 or 20 times be prepared to catch the contagion...and maybe dance your way into the day.

Whether from Detroit, Spain, Ireland or England we can let the children lead us right here in our own homes.



More Good News...

In Baltimore, Healing Trauma Is Now Official Policy

Credit: Screenshot from Healing City Baltimore video

Excerpts from....

A groundbreaking law directs city agencies and employees — from cops to librarians — to root out practices that cause trauma. Already, lives have been saved.

By: **Lisa Elaine Held**

In the year since Donna Bruce started working at the Baltimore public library's Penn North branch, she has connected more than 400 visitors to housing programs, food assistance and substance abuse recovery options — and saved a man from dying of a drug overdose by administering the emergency treatment Narcan.

Poverty is pervasive in the neighborhoods around the Penn North library, and many people come in simply looking for heat or shelter. Bruce is leading a team of "peer navigators" in the library system trained to provide trauma-informed engagement and support to the public.

"It takes me back," she says, remembering the moment the man collapsed. "I get emotional, because if the peer navigator program wasn't here, if Narcan wasn't here, I don't know what would have happened to him."

Peer Navigators is the first city agency program that owes part of its origin story to Baltimore's 2020 Elijah Cummings Healing City Act. The goal of the groundbreaking legislation is to help departments reckon with and change policies that have caused — and continue to cause — trauma, while charting a new path rooted in healing.

The act mandates that city employees receive training, to gain awareness and learn how to help those who have been harmed. At the same time, agency leaders must evaluate their practices and procedures to determine if they are causing trauma and how to change those that are to better serve Baltimore's communities.

Donna Bruce is a peer navigator with Baltimore public library.

All navigators have personal experience with mental health challenges or substance abuse disorders and act as role models in the community.

To read the entire article click the title above



‘LOOKING FOR A GOOD BOOK SUGGESTION

(one that won't keep you up all night, but invites you to keep coming back for more?)

THE GOOD LIFE, by Robert Waldinger, MD and Marc Schulz, PhD is a current addition to our reading

choices. Part research and part personal stories, quotes, anecdotes and bits of good sense and advice thrown in, the book reports on 80 years of research, started by Harvard to study what makes us happiest, creates the best chance of achieving a feeling of success and longevity.

The original research started with two groups; one was Harvard University students, and one of Boston city residents who had not gone to college. All committed to ongoing studies and review of their health status, answers to questionnaires, and reports of the same information for all family members. All subsequent family members have been followed and continue in this program.

After 80 years it is now possible to form some conclusions. Other studies are also discussed and amazing truths uncovered. It seems the greatest predictor of a good life, good health, success and a feeling of accomplishment, are relationships. One study found that: "More money does not necessarily buy more happiness, but less money is associated with emotional pain." (This study set a certain amount and found what were differences between having more and less of it.)

Regardless of money, good relationships offer universal improvement in our health and happiness. Period. In all countries studied.

The book enjoys a reader friendly writing tone; both writers work with teaching, research and have private counseling practices. One teaches Zen meditation. Both met years ago at Harvard and maintained a strong friendship and are currently Director and Associate Director of the ongoing study. Gone is the stuffy tone of scientific research and heady theories. In is the friendly tone of someone having a talk with just you.... on life in bite size bits of understanding what matters most. The good news is, we can change and grow as we age! It is not too late! Poor childhoods, unlucky periods of life, and effects of the cultures we live in all influence us; but ALL cultures studied had the same results.

STRONG RELATIONSHIPS MAKE FOR A GOOD LIFE. GOOD RELATIONSHIPS KEEP US HEALTHIER AND HAPPIER.

Here is an example of helpful quotes offered;

Happiness and freedom begin with a clear understanding of one principle. Some things are within your control. And some things are not.

Epictetus, a Greek philosopher said that. Born as a slave he learned much about freedom and its absence. Turns out he was spot on! Nice to know from one who has been there!

This is a book you can pick up, and then put down when needed. Upon return the book is still appealing and offers new and exciting information and stories. Our guess is you'll find it brings some light and hope into the life you are living; maybe even you'll be less hard on yourselves as you see what you've been living is more "usual" than you ever dreamed. Let us know what your thoughts are after you read it....and what you'd like others to know about it. We can print a follow up if you do! Happy reading! Happy Good Life and all that entails.

On The Lighter Side...



Only Joking.....

As a crowded airliner is about to take off, the peace is shattered by a 5-year-old boy who picks that moment to throw a wild temper tantrum.

No matter what his frustrated, embarrassed mother does to try to calm him down, the boy continues to scream

furiously and kick the seats around him.

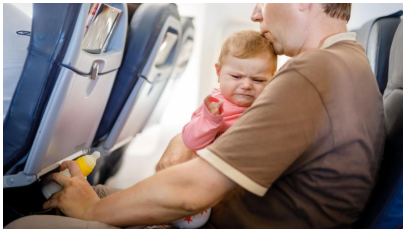
Suddenly, from the rear of the plane, an elderly man in the uniform of an Air Force General is seen slowly walking forward up the aisle.

Stopping the flustered mother with an upraised hand, the white-haired, courtly, soft-spoken General leans down and, motioning toward his chest, whispers something into the boy's ear.

Instantly the boy calms down, gently takes his mother's hand, and quietly fastens his seat belt. All the other passengers burst into spontaneous applause.

As the General slowly makes his way back to his seat, one of the cabin attendants touch his sleeve. "Excuse me, General she asks, "could I ask you what magic words you used on that little boy?"

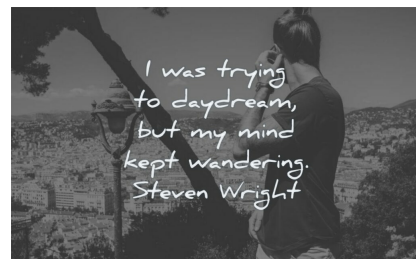
The old man smiles serenely and gently confides: "I showed him my pilot's wings, service stars and battle ribbons, and explained that they entitle me to throw one passenger out the plane door on any flight I choose."



We all know mirrors
don't lie...
I'm just grateful that
they don't laugh.



What did one insect say to the other? Bee My Sweetheart	How did the elephant and the ant start dating? It began with a crush
What did the apple say to the grapes? I love you a bunch	Knock, knock Who's there Fallen Fallen who? Fallen for you
What did the stamp say to the envelope? I'm stuck on you	Knock, knock Who's there? Needle Needle who? Needle little love
Knock, knock Who's there? Tail Tail who? Tail everybody I love you	WHAT DID THE ICE CREAM DO WHEN IT GOT A VALENTINE? IT MELTED





What flower gives
the most kisses on
Valentine's Day?



Valentine's Day Food Puns

I have a whole latte love for you.

Let's canoodle.

You've got me tongue-tied.

I love you a waffle lot.

You are the loaf of my life.

To my butter half on this Valentine's Day.





"I want a place that's fireproof, floodproof, windproof, and close to a Trader Joe's."

Blessing



May the sun bring you
new energy by day.
May the moon softly restore you
by night.
May the rain
wash away your worries.
May the breeze blow
new strength
into your being.
May you walk gently
through the world
and
know its beauty
all the days of
your life.

Apache Blessing

© Copyright

*Having trouble with the links? No problem!
Call 315-573-7028 and we will gladly mail you a print out.*

If you feel someone could benefit from receiving this newsletter, please email:

director@laurelhousecomfortcare.org



Laurel House Comfort Care Home | www.laurelhousecomfortcare.org | 315-573-7028

Laurel House Comfort Care Home | 224 Fair Street, Newark, NY 14513

[Unsubscribe](#) director@laurelhousecomfortcare.org

[Update Profile](#) | [Constant Contact Data Notice](#)

Sent by director@laurelhousecomfortcare.org in collaboration
with



Try email marketing for free today!