



## Spring- Spring- Hooray! Time to Spring into Action

The days are getting brighter. The air feels a bit warmer. Leaves are growing. Flowers are budding and some even blooming. Very soon we will be changing our clocks forward. And then it's official, spring is here!

During this time, much in nature is working on rejuvenating, rebuilding and reinventing. It's also a good time for us to do the same.

The act of *spring cleaning* (getting rid of stuff we don't need) is just one task we can do to rejuvenate, rebuild, and reinvent ourselves.

We can also take inventory of the physical, emotional,

and spiritual aspects of our lives. Consider the following:

Take a look at your physical condition. Is it time for a visit with the doctor? Or perhaps a fitness trainer?

What about your mental and emotional condition? Is it time for a well-deserved vacation or special treat? Perhaps sessions with a counselor to address stress or burdening issues, or to fine-tune your goals?

And don't forget about your spiritual condition. Are you happy and content with your faith and your connectedness in this world? Have you strayed off track from what's important for you?

Spring is a great time to take action. Get started today.

## The New "Must Have" for Older Adults

Have you heard? Are you prepared? The new "must have" is called senior care management, or geriatric care management.

## News & Specials

- New groups!
- **Free** in-person initial consultation
- **Free** workshops at your worksite or community group
- Give the **gift** of counseling to your loved ones



Psychotherapy,  
supportive counseling,  
coaching, groups,  
& seminars

Geriatric care  
management

Social work consulting  
for healthcare &  
community resources

Services can be  
tailored for businesses  
& organizations

Serving children,  
adolescents, adults,  
families, & seniors

### Services for:

Anxiety	Panic attacks
Depression	Self-esteem
Grief & loss	Life transitions
Health	Coping skills
Social skills	Personal growth

Stress management  
Communication skills  
Disordered eating  
Caregiver stress  
Parenting & family issues  
ADHD & behavior problems  
Defiance



Care management is a service that can make life easier and less stressful for the senior, and his/her family members. It is the process of planning and coordinating care for the...



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## The New “Must Have” for Older Adults

(continued from page 1)

elderly to maintain the highest quality of life possible, and the greatest level of independence possible.

Care managers have extensive knowledge about the costs, quality, and availability of resources in their communities. They can help seniors navigate the healthcare system, understand Medicare and Social Security Benefits, and find health and social programs.

Through an in-person (typically in-home) full assessment, care managers evaluate the senior's level of

functioning, health, emotional status, finances, legal matters, and other areas. The purpose is to identify problems early and provide practical resources and information. Basically, care managers help determine what kind of help is needed, where to find helpful resources and services, and how to coordinate and pay for them.

Some care managers also provide counseling to help the senior and family members adjust and cope with the aging process.

## Teenage Emotions: Does Someone in Your Home Look or Act Like This?

Something that teenagers are well known for are their emotions – the up and down rollercoaster of mixed feelings that even the teenager cannot explain.

The teenage years can be a rough period for everyone in the home. There may be an increase in opinions, arguments, defiance, and button-pushing. Or perhaps, more quiet and emptiness as teens withdraw, isolate, and spend less time with the family.

This period of time will come and go. But how do you get through it without pulling your hair out? For parents and teens, it's important to know that this transition in life is normal. It's healthy for teens to try out images and behaviors as they develop their self-identity. However, teens can and do make choices that are unsafe, and this is where parents need to step in. Otherwise, pick your battles – it may just be best for parents to take a step back and even encourage the teen's new ideas and interests. Teens want to know that parents are listening and interested in their ideas and opinions. Parents don't have to agree – they just need to listen and be interested in their teen and what they're up to.

Remember, this a transition time, and like other transitions in life, it's helpful to reevaluate roles and rules, and then make any necessary changes. Oh, and one last thing – be honest and sincere – are you the child screaming and breaking the car in two?

