



In Good Company

Autumn 2007

Prior issues of In Good Company may be found on our website.

Companions for Living celebrated its second anniversary on September 6th. We celebrated our milestone in a momentous way by moving into new offices in The Armory Building in West Hartford! On Wednesday October 3, 2007, we hosted a Grand Opening Reception and were officially welcomed to the town with a ribbon cutting ceremony performed by West Hartford Mayor Scott Slifka and W.H. Chamber President Ed Pilkington. The staff, our clients, and the community were all invited to the event which was well attended.

During the event we held a charity raffle to benefit The Alzheimer's Association of Connecticut. Prizes were generously donated from Arden Courts, Cosi, Crate and Barrel, Gledhill Nursery, Hebrew Health Care, Home Owners Club of America, Tagliarini Chiropractic, Westfarms Mall, We Care Computers,

and Wine Cellars 4. Patricia Clark, Executive Director of the Connecticut Chapter of the Alzheimer's Association was at the event to accept the donation, and also provide information about the disease and the association.

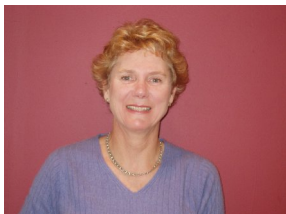
Companions for Living also lead a team for the Memory Walk which was held on November 7th. Between both events, CFL raised over \$1050 for the Alzheimer's Association!

Hors d'oeuvres were generously donated by caterer and client family member Elaine Lovett, with support from Whole Foods, and refreshments were provided with support from Wine Cellars 4 and Arch Ambers Ale.



Pictured left to right: Mayor Scott Slifka, Betsy Van Loon, Julianne Roth, Barbara Rescigno, Sarah Chorzempa, and Ed Pilkington

New Management Team Member



We are pleased to announce that Mia Fulton has joined our team as co-Director of Operations. Mia is job sharing with Betsy Van Loon.

Mia comes to us with a wealth of experience in retail management, start up organizations, and a degree in Gerontology from the University of Connecticut. Along with Betsy she is responsible for managing a team of Caregivers, Scheduling, Payroll, Billing, and Quality Assurance. Please join us in welcoming Mia to the CFL team!

Now Hiring

Retirees... Stay at home moms...

Companions for Living is always looking for good people with the heart to join our team. Do you know anyone looking for a rewarding position? If so, Please have them contact us.

Caregiver Spotlight

Caregiver Excellence Quarterly Award Winner

It is a pleasure to announce the Fall Winner for the Caregiver Excellence Award. Marianne Klein has been working with us for one and a half years and has been a wonderful caregiver. Each of Marianne's clients always has the nicest things to say about her and can't wait to have her back! Marianne is always willing to chip in and help if she can, whenever a fill-in is needed. Marianne always has a positive and cheery attitude. Her work is quick and efficient, and always thorough. She is prompt and reliable and always a calming influence.

Marianne started working for us after she retired early from the corporate world. In her spare time she loves spending time with her grandson!



Views on Aging

By George Carlin

Do you realize that the only time in our lives when we like to get old is when we're kids? If you're less than 10 years old, you're so excited about aging that you think in fractions. "How old are you?" "I'm four and a half!" You're never thirty-six and a half. You're four and a half, going on five! That's the key.

You get into your teens, now they can't hold you back. You jump to the next number, or even a few ahead. "How old are you?" "I'm gonna be 16!" You could be 13, but hey, you're gonna be 16! And then the greatest day of your life . . . you become 21. Even the words sound like a ceremony . . . YOU BECOME 21. YESSSS!!!

But then you turn 30. Oooohh, what happened there? Makes you sound like bad milk! He TURNED; we had to throw him out. There's no fun now, you're Just a sour-dumpling. What's wrong? What's changed? You BECOME 21, you TURN 30, then you're PUSHING 40. Whoa! Put on the brakes, it's all slipping away. Before you know it, you REACH 50 and your dreams are gone.

But wait!!! You MAKE it to 60. You didn't think you would! So you BECOME 21, TURN 30, PUSH 40, REACH 50 and MAKE it to 60. You've built up so much speed that you HIT 70! After that it's a day-by-day thing; you HIT Wednesday!

You get into your 80s and every day is a complete cycle; you HIT lunch; you TURN 4:30; you REACH bedtime. And it doesn't end there. Into the 90s, you start going backwards; "I Was JUST 92."

Then a strange thing happens. If you make it over 100, you become a little kid again. "I'm 100 and a half!" May you all make it to a healthy 100 and a half!!

HOW TO STAY YOUNG

1. Throw out nonessential numbers. This includes age, weight and height. Let the doctors worry about them. That is why you pay "them."
2. Keep only cheerful friends. The grouches pull you down.
3. Keep learning. Learn more about the computer, crafts, gardening, whatever. Never let the brain idle. "An idle mind is the devil's workshop." And the devil's name is Alzheimer's.
4. Enjoy the simple things.
5. Laugh often, long and loud. Laugh until you gasp for breath.
6. The tears happen. Endure, grieve, and move on. The only person, who is with us our entire life, is ourselves. Be ALIVE while you are alive.
7. Surround yourself with what you love, whether it's family, pets, keepsakes, music, plants, hobbies, whatever. Your home is your refuge.
8. Cherish your health: If it is good, preserve it. If it is unstable, improve it. If it is beyond what you can improve, get help.
- 9 Don't take guilt trips. Take a trip to the mall, even to the next county; to a foreign country but NOT to where the guilt is.
10. Tell the people you love that you love them, at every opportunity.

AND ALWAYS REMEMBER:

Life is not measured by the number of breaths we take, but by the moments that take our breath away.

GREAT HOLIDAY GIFT IDEA!

\$100 Off

Companions For Living, LLC

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