

I Need An ANGEL Healing Moment

Impressive research in science is analyzing which healthy habits could keep your mind unaffected by memory challenges that begin to occur in the 40's and after; even if a brain scan revealed the presence of inflammation, free radicals damage, and weakened synapse connections.

Kenneth Kosik MD, codirector of the Neuroscience Research Institute at the University of Cal, Santa Barbara, has studied which habits boost cognitive function most and shared them in his book *Outsmarting Alzheimer's*.

Dharma Singh Khalsa, MD President & Director of Alzheimer Research & Prevention Foundation studied Kirtan Kriya and found 12 minutes can improve blood flow to the brain and increases telomerase, an enzyme that slows aging.

Rebecca's history with Yoga teaches this practice as well using the Sanskrit words **saa, taa, naa, maa** (divine self) while you move your thumb to touch your index, middle, ring and pinkie fingers with each word sound. This practice can raise your spirit and help reduce anxiety which creates fatigue and overwhelm as well.

Reference Kim Hiss



Call us if you need
an ANGEL - 480-951-4083

Dear Angel Reader
What's Inside?
Check out this month's
newsletter just for you!

I Need An ANGEL
480-951-4083
help@INeedAnAngel.com
www.INeedAnAngel.com

I Need An ANGEL, Inc.
8180 N. Hayden Rd.
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Scottsdale, AZ 85258



Angel News is a free newsletter from your friends at I Need An Angel, Inc.



What do you need a Caregiver to help with?

Did you know you can schedule a caregiver to...

- * Go on a day trip - like to the Dolly Steamboat on Canyon Lake
- * Appointment/Advocate, hair salon, doctor, attorney, etc.
- * Mani/pedi, massage, reiki, or other relaxation
- * Help you run errands, go to restaurants, window shop, etc.
- * Go to the symphony, garden, zoo, visit the cemetery or your old neighborhood
- * Help and motivate you with exercise or meal plan
- * And so much more!

Call us today to book your ANGEL ... 480-951-4083

TIME is precious..
Waste it wisely



If you are struggling tonight,
please know you are not alone
or on your own anymore. You
matter! Don't Give Up!

FREE Caregiver Training

I Need An Angel provides this FREE resource for FULL Access to the Family Learning Center®. This on-line training resource contains more than 50 classes created for individuals who are providing care to their loved ones. Why? Because we care about the big picture of Caregiving and the domino effect it has on the Cared for, the Caring For and the forgotten to Care About. As Rosalyn Carter said, "You have either been a caregiver, You are a caregiver, You will be a caregiver, Or someone will care for you."



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2017

Angel News

Celebrating 12 years & 9 months

I Need An ANGEL "Caregivers You Can Depend On"

Phone: 480-951-4083

www.INeedAnAngel.com

Strength Taken to an Extreme is a Weakness

STRENGTH (streNG(k)TH/)

a good or beneficial quality or attribute of a person or thing.

taken to an

EXTREME (k strēm/)

reaching a high or the highest degree; very great.

is a

WEAKNESS (wēkn s/)

a quality or feature regarded as a disadvantage or fault.

What?!! Say that again...

Strength taken to an extreme is a weakness?

So if I challenge and condition myself to be strong in any particular area it will become a weakness if I do it to an extreme? No! What? How does that work? I don't get it.

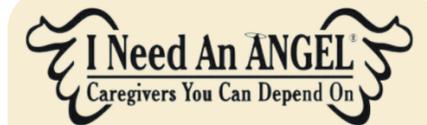
Here is a Caregiver Story:

Before seeking help this client was in a vulnerable place and their family was trying to keep their heads above the waves of information and advice. A definite sense of being overwhelmed. They were trying to make good decisions on their parent's behalf, but they were often losing some of the ability to make anything but rushed decisions in their own lives. A daughter described it as sprinkling water on everything but not truly watering anything.



We agree that spreading a little around everywhere won't give you the results you were working so hard to achieve. Rebecca tried that with her parents while she was raising her own children. You use a huge amount of energy on to do lists from dog groomer to picking up prescriptions, meal prepping and grocery shopping, advocating at doctors' offices and managing schedules. Multi-tasking while trying to water everything enough, nurture enough, everyone getting enough, and anyone feeling loved enough is tough. The mind said, "YES, I can handle it." but the body started to say, "NO!"

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Is too much, too much?

Too focused = tunnel vision

Too much of a controlled environment = too rigid or too sterile

Too many activities planned = too exhausted to enjoy anything

Too much coddling, protecting = diminishes independence and the other persons strengths

Overplaying your strong abilities = being wound up, tight mentally, emotionally, physically

Too prepared for every scenario = too tired to follow through if it happens or too exhausted and can't think fast enough when an unknown scenario comes up

To take care of others I need
to take care of myself.



Strength *(cont. from p. 1)*

According to an often cited Stanford University study, caregivers have a 63 percent higher mortality rate and 40 % of Alzheimer caregivers die from stress related disorders before the person they care for dies. Why? Because caregivers ignore their own health while making themselves busy with the many medical appointments they have to manage for their loved ones along with other to do lists. Family Caregivers are at much higher risk than others for diabetes, depression, chronic illness and stroke. The emotional and physical cost of family caregiving is high because you never know when the next emergency is coming and at what hour it comes. Strength taken to any extreme is a weakness. Getting help helps everyone!



It's ok to have a meltdown. Just don't unpack and stay there and habitually tell everyone you meet your problems. Meltdowns can create break throughs; if we change our perspective.

People We Love to Work With

Donnelle's Salon
"We do everything for hair!"
4126 N 82nd St,
Scottsdale, AZ 85251
(480) 947-5182

Release the Past, Embrace the Future!
480-388-0560
Call Maureen Herrera with Soul Works. She specializes in group or individual Grief Therapy for Mind and Body. She is a Certified Grief Recovery Specialists.

Caregiver Corner

Save money for the company and the company will save money for you!

The rewards will come. When you make it a practice to look after the company's assets as you would look after your own, you have shown that you are worthy of the trust of your employer - and your fellow employees (as well as the clients and families we care for). The savings need not be large. It's the habit of eliminating waste and searching for opportunities to save money that's important. Examine everything you do to see how it could be done more economically, (efficiently) and it is inevitable that you will soon find yourself destined for larger rewards.

Source: Napoleon Hill
Published 1937



Please let us know what you think we do that seems wasteful. We are always trying to improve how we run this complicated and regulated business.

We respect you so much for caring enough to share!



Learn More About Your Directors

Rebecca Barcy
Executive Director

As the Executive Director and Gate Keeper for I Need An Angel's brand it is all important to her to continue to improve the quality of care and make "Love the First Order of Business" wherever our community reaches. She says we are working with and on the side of people who care for other people every day. Employee's need a voice and the people we serve need to feel supported, as well. She wants to Bring the Best Out in People and provide a sense of belonging and inspiration to everyone she comes into contact with. Happily married, mother of two and with 7 grandbabies and extended family where she focuses on LOVE.



Amanda Barcy
Director

As the Director she continues the focus on Love and being an "Extension of Your Family". Amanda as a stoic and non-reactive problem solver is able to multi-task a lot of needs for the diverse requirements of staff and clients. The best part of all of that ability is it never, ever, waivers from doing the best thing for our staff and clients. Amanda works on your behalf and is emotionally attached to having the best solution. It hurts her heart if she thought for 1 minute we were not doing the very best we could. That is not something you can find anywhere easily! Happily married with 4 children 18, 7, 4, and 5 months she is happy to share pictures!

Seniors are so Savvy

We went to breakfast at a restaurant where the "seniors special" was two eggs, bacon, hash browns and toast for \$2.99.

"Sounds good," my Mom said. "But I don't want the eggs."

The waitress warned, "Then I will have to charge you \$2.45 cents more for a la carte."

"You mean I'd have to pay for not taking the eggs?" Mom said.

"Yes!" the waitress stated.

"I'll take the special then," my Mom said.

"How do you want your eggs?" the waitress asked.

"Raw and in the shell," my Mom said.

She took the eggs home and baked a cake.

Lesson, Don't mess with the experienced in life Senior.



Red sky at night, shepherd's delight. Blue sky at night, day.

Q: What kind of exercise do lazy people do?
A: Diddy-squats.

Laughing counts as an ab workout. Right?

Knowledge is knowing that a tomato is a fruit. Wisdom is not putting it in fruit salad. Philosophy is wondering if ketchup is a smoothie!

Fastest way to mess up someone's Knock, Knock joke. Say, "It's Open!"

Cheap Medicine is Laughter. -Byron

LAUGHTER IS THE BEST MEDICINE

Learn From Jax



Have you met Jax, Rebecca's 11-year-old Queensland Heeler? He likes to visit, if you like dogs.

- When someone is having a bad day, be silent, sit close by and nuzzle them gently.
- Never pass up the opportunity to go for a joy ride.
- Sometimes a good nap and deep stretching when rising miraculously puts things in perspective.

Caregivers
We appreciate these qualities in our caregivers.

H I C S F Q E T N D G X M C I T I O B E A Q W D
L J C E I T L H Q S Y Q D L K N S Z C J X Z L C
K C P R I N B E O X U M R S T I F N K A T Q T D
Q E G E P M I T J P J F D E F Z E K Y Z W C Z K
X C I S A R X C H X R K G H X I V B H R H M E Z
G N C P U F E O Y I W R O Q T G W I Q W B Q C W
M E P E X S L W E F I N R A O U I G A S F M T L
L T J C O W F N S T E X P E R I E N C E D Z J Y
J E N T X G D D Y S E L B I S N O P S E R E Q R
M P G E B L D B T G H L A C I H T E L U M H T E
L M E D Y K K X I A B R R I I H Z R T Y O C W W
C O M P A S S I O N A T E G N G F P H S T C P L
V R A J W K A N P T R U S T W O R T H Y Y C G S V

COMPASSIONATE	COMPETENCE	ETHICAL
EXPERIENCED	FLEXIBLE	FRIENDLY
HONEST	INTEGRITY	PATIENCE
RESPECTED	RESPONSIBLE	TRUSTWORTHY

Community Events

INAA BENEFIT
FREE Paper Shredding
1 bag per month - drop in bin under lock/key. Shredded on site by TNT Commercial Shredding under strict security. The company pulverizes paper beyond recognition.

First Aid & CPR Class
Open to Everyone
Required by Staff
Last class this year scheduled:
Saturday November 4, 2017
10:00 am- 1:00 pm

North Valley Symphony Orchestra presents "Holiday Pops"
Tis the season to be jolly with NVSO, as it presents a charming evening and matinee performance of seasonal favorites. This festive concert includes selections made popular by Mannheim Steamroller and Trans Siberian Orchestra, Anderson's popular *Sleigh Ride*, and Berlin's *White Christmas*. You and your family will leave the concert in a festive holiday spirit as the evening culminates with a holiday sing-along and visits from Santa.

TICKETS just \$5.00
Saturday, Dec. 16 & 17, 2017
Sat. 7:00pm, Sun 3:00pm
North Canyon High School
www.northvalleysymphony.org

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