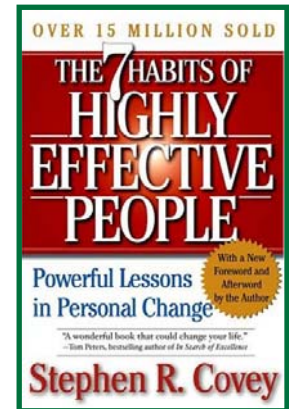


New Year, New You

While change sounds great, over 90% of people are said to abandon their New Year resolutions and revert to their comfort zone in the first thirty to sixty days following. This year, rather than setting overly ambitious goals and fizzling fast, focus on habits and behaviors that are important to you.

Remember the Best-Selling book *The 7 Habits of Highly Effective People*®? Each of Stephen Covey's seven habits is more about discovery and determination than the specific result. For example, [Habit #2 is "Begin with the End in Mind"](#). Instead of encouraging people to set a goal like "Lose 25 lbs" or "Reduce your credit card debt by \$3000," Covey poses questions which may seem trite. "Are you--right now--who you want to be, what you dreamed you'd be, doing what you always wanted to do?"

As we begin another new year, what areas or aspects of your life would you most like to focus on to be the new you? "As the leading provider of in-home care and companionship for people facing challenges due to aging, illness and injury, we often hear what people value most," said Mary Doepke, RN, Owner of Home Helpers of Hinsdale. The four questions below will help you get to the heart of the matter.



- **What aspects of aging are most important to you and your family?**
 - *Examples:* Being physically active and mobile, keeping your mind sharp, maintaining your independence, remaining in your own home, attending your grandchild's weddings.
 - *Importance:* Determining what's most important and what you value can help you set health goals and priorities for the long term.
 - *Perspective:* People often indicate they do not have time for exercise or eating right, yet they are forced to find the time when a crisis occurs. Don't wait for the crisis, set a goal to start now.
- **Who are the people in your life that are most important to you?**
 - *Examples:* Spouse/significant other, parents, children, friends and neighbors.
 - *Importance:* Deciding what relationships you want to invest more time and energy into now before time gets away, is a great way to start.
 - *Perspective:* "...we'll get together then...If I could just find the time" are a few of the [lyrics](#) from Cat Steven's song Cats in the Cradle that remind us of the importance of being purposeful with our time. Don't wait for 'then', make plans to get together and nurture those relationships now.
- **What do you want to accomplish in life?**
 - *Examples:* Learn a new language, play a musical instrument, skydive, volunteer your time and invest more in causes that are important to you, or travel to a special place you've dreamed of visiting.
 - *Importance:* Making time for the things that are important to you, gives you a reason to get up in the morning and brings you a sense of satisfaction and accomplishment.
 - *Perspective:* While the movie the [Bucket List](#) may be a bit far-fetched, it does encourage people to dream and not give up hope. What are things you've always wanted to do? What will it take to make them happen? Put a plan in place now.
- **What are things you've put off doing but really want to address?**
 - *Examples:* Organizing and labeling old photos, remodeling a room in your home, getting your affairs in order and purging clutter, expressing your wishes (advance directives – Power of Attorney, Living Will) in regards to your

personal affairs and health care, enjoying life more by accepting help from a professional caregiver with driving, activities of daily living and more.

- *Importance:* Completing projects and making choices are often things people take for granted, especially as life becomes increasingly challenging due to aging, illness or injury.
- *Perspective:* Maintaining a desirable quality of life and being in control are things that matter most and are often given little consideration until they are at risk. January is National Get Organized Month and you can find tips on getting organized and planning advance care directives on our [website](#).

“Time is really the only capital any human being had, and the one thing he can’t afford to waste.”

- American Inventor, Thomas Edison

These are just a few ideas to help you get started thinking about the New Year. There is no time like the present to consider enhancements you want to make to be the New You. While habits can be hard to change, people who have adopted new behaviors indicate the benefits are numerous.

If you’re not sure where to start or what to consider, think about the qualities and characteristics of the people you know. Are there certain behaviors and relationships that you admire most? If so, what is it that you find appealing and how can you start making strides to emulate and enjoy those things in your life?

Our voice of reason reflects the stories, hopes, dreams and struggles we’ve heard from our clients and their families over the years. While people place tremendous value on the services they receive from Home Helpers, let’s face it, no one wants to find themselves needing care and assistance. Despite the hype, findings from research prove time and time again, that the lifestyle choices we make now impact our health in the long term. Making simple changes now can reap large rewards later. Whether the challenges people face are due to nature or nurture, personal choices or factors outside of people’s control, Home Helpers is committed to providing the care and assistance people need and Making Life EasierSM. If you or someone you know may benefit from assistance with daily living activities, we would be happy to provide a FREE in-home consultation.

Resources:

- [Habit #2 is “Begin with the End in Mind”](#) from the book “7 Habits of Highly Effective People” by Stephen R Covey, published by Free Press in September of 1990. www.StephenCovey.com.
- [Cat’s in the Cradle lyrics](#) performed by Cat Stevens, written by Harry Chapin.
- [The Bucket List](#) – Released in January of 2008 starring Jack Nicholson and Morgan Freeman. Warner Brothers Studios.

HOME HELPERS – *Making Life Easier*. Home Helpers offers comprehensive home care, personal care* and companionship services similar to the care and support often provided by family members. Our flexible care plans are tailored to fit our clients’ specific needs and budgets. Compassionate Care is a bi-monthly newsletter produced by Home Helpers. We hope you found this edition to be informative and helpful.

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*Personal care provided as permitted by state law. Each office is independently owned and operated. *Services may vary at each individual office location. Check with your local Home Helpers office for available services.* Home Helpers does not discriminate against anyone on the basis of religion, race, sex, color, national origin, ethnicity, disability, age or sexual preference in connection with employment or acceptance, treatment, or participation in its programs, services and activities.