



**A+ Senior Care**  
We Are Here To Serve You

# Newsletter

Volume 1, Issue 1

August 2011

## SPECIAL POINTS OF INTEREST:

- While a fit body is enormously helpful as we age, a fit mind is an equally important part of the equation.
- Attitude is a key component of successful aging.

## INSIDE THIS ISSUE:

The Aging Process 1

Caregiver of the Month: Felicia Asare 1

10% Off August Promo Details inside 2

## The Aging Process

While aging is a process we all experience from the moment we're born, we don't think it should be a negative, fearful thing. The physical changes that accompany aging don't explode from one's body like a box of forgotten firecrackers, finally found and set off one summer's night – it's a gradual process. According to [www.seniorresource.com](http://www.seniorresource.com), "Normal age-related changes do occur. These may include: hearing impairment, failing vision, osteoporosis...increased likelihood of arthritis, diabetes, heart



disease and hypertension, mental process changes."

The good news is that regular exercise and a balanced, moderate diet can help keep physical disease and disability at bay later in life. Seniors who remain active, whether with walks around their neighborhood, a swimming

or tai chi class at a community center or even chair aerobics, may improve their daily functioning, strength, endurance and flexibility. And, it's never too late to start – take that, vitamins and heating pads!

While a fit body is enormously helpful as we age, a fit mind is an equally important part of the equation. But reading, writing or doing crossword puzzles to retain cognitive functioning aren't enough. (continued pg 2)

## Caregiver of the Month: Felicia Asare

Felicia Asare has faithfully served as a Live-in certified nursing assistant for A+ Senior Care since December of 2010. Originally from Ghana, she has been in the United States for 20 years; she is a wife and mother of a

grown daughter and two grown step-children. Raised by her grandmother in Ghana, she has developed a passion for seniors. This has been demonstrated by her loyalty and dedication to her present client Mrs. G;



she keeps her strong by consistently encouraging exercise, stimulating conversations, (continued pg 2)



*“People should be explorers, no matter how old they are.”*

## The Aging Process (continued)

Attitude is a key component of successful aging. “Having self-esteem, exerting control or autonomy, developing quality relationships with other people and ‘seeing life as meaningful’” (Dr. Gloria Sarto, medicinenet.com) are all potent medications that have no expiration date.

Some seniors living alone may start to feel the im-

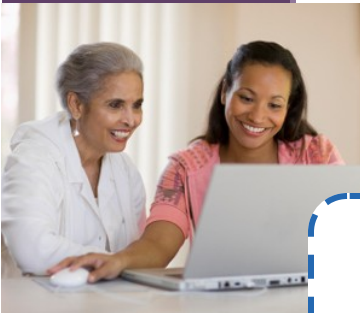


port network. We think making new friends and being socially active is way more fun than counting pills and liver spots... To quote ‘Cocoon,’ an inspirational movie we love about friendship, “people should be explorers, no matter how old they are.” We at A+ Senior Care believe in exploring life at all stages of aging!

pact of their family moving away or the loss of

port network. We think making new friends and being socially active is way more fun than counting pills and liver spots...

To quote ‘Cocoon,’ an inspirational movie we love about friendship, “people should be explorers, no matter how old they are.” We at A+ Senior Care believe in exploring life at all stages of aging!



## This Month

### 10% Off Your 1st Invoice

**A+ Senior Care August Promotion**  
100 Technology Way, Suite 325  
Mount Laurel, NJ 08054  
Phone: 856-470-9018

[kwilliams@aplusseniorcare.com](mailto:kwilliams@aplusseniorcare.com)  
[www.aplusseniorcare.com](http://www.aplusseniorcare.com)



## Caregiver of the Month: Felicia Asare

(continued from page 1)

and supplying her with fine cooking. She has developed a wonderful relationship with her family as well. Felicia loves to see her client smile. And, for Mrs. G. the peace of mind

of having someone who is so attentive to her needs is just priceless. Felicia puts it best, “You have to love people and not be in this for the money. Look into their eyes and realize that you will be in this position someday. When you

do good, good things will come to you.”

We at A+ Senior Care commend her and the difference she has made in her client's life which is why she is our Caregiver of the Month!



When you do good, good things will come to you