



# AGELESS NEWSLETTER

*Master Your Connections:  
Pro Tips for Meaningful  
Relationships*

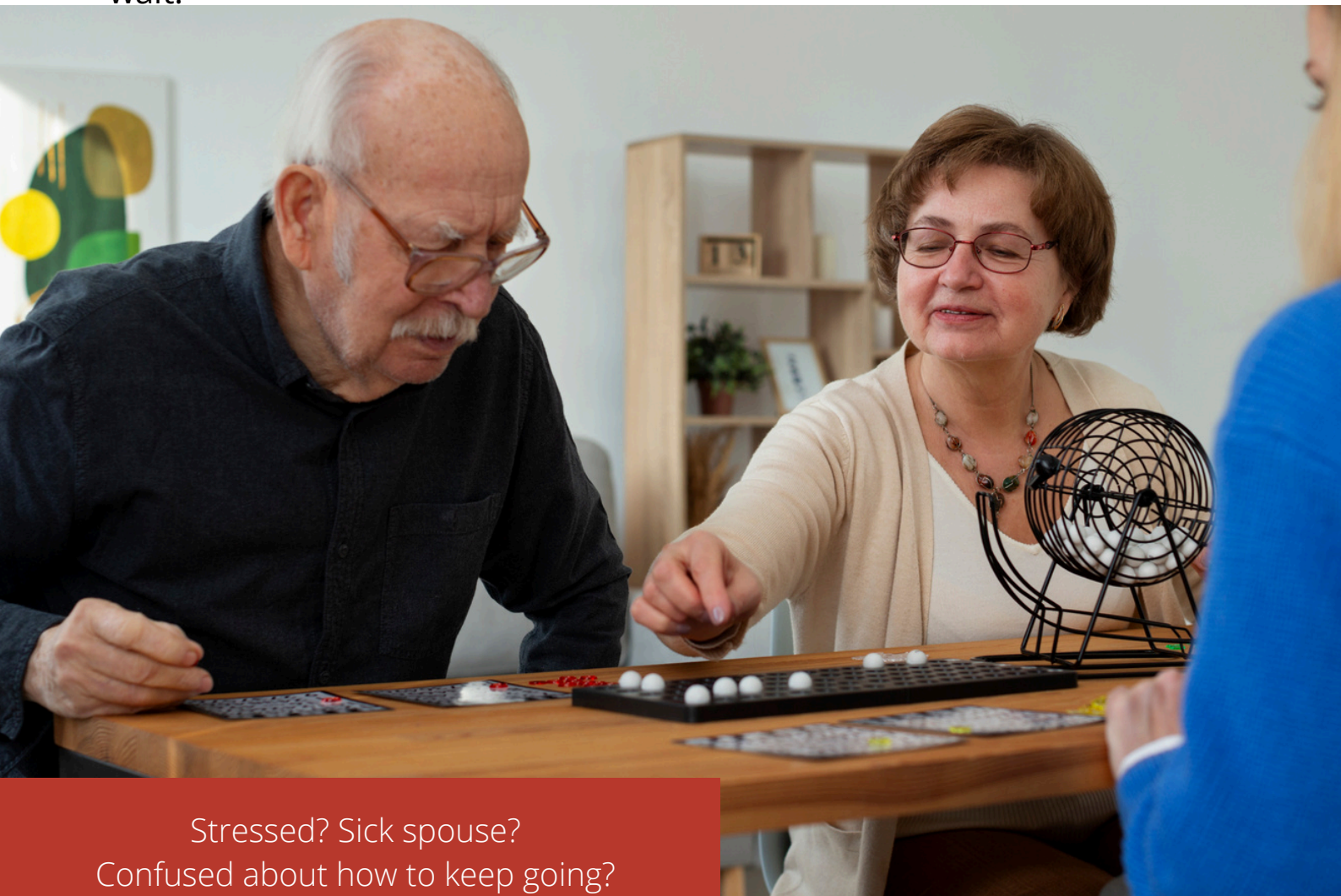
September 2025 Edition

## Featured Story:

### How to Stay Connected Without Losing Your Mind

For Emily, a caregiver to her aging mother and a mother of two young kids, relationships often felt like a juggling act with no off switch. “I wanted to be there for everyone, but I felt like I was failing everyone—including myself,” Emily recalls.

After a particularly exhausting week, Emily made a bold move: she unplugged. She set boundaries with her phone, turning off notifications and scheduling time for herself. “At first, I worried I’d miss something important, but I quickly realized most ‘urgent’ things could wait.”



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## Featured Stories Continues:

### How to Stay Connected Without Losing Your Mind

She began carving out intentional time for the people in her life. Weekly coffee dates with her best friend. Daily walks with her mom where they talked about the past. Screen-free dinners with her kids. These moments, free of distractions, helped her reconnect with herself and her loved ones.

"Unplugging didn't mean disconnecting," Emily explains. "It meant reconnecting in a way that felt real."

Her advice? "Don't be afraid to step back and set boundaries. You'll find that relationships flourish when you're truly present."

## DAUGHTERS, SONS, SPOUSES

Send reminders to your loved ones  
- even if they don't know how to use a  
smartphone



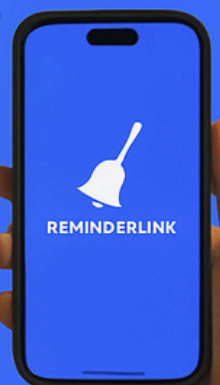
**REMINDERLINK**

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# Ask A Geriatrician: The Art of Saying No Without Feeling Like a Villain

Setting boundaries can feel difficult, especially for caregivers.

Dr. Chidimma Okoli offers these tips to say no gracefully:

**Be Honest:** Politely explain your limits. For example, “I can’t do that today, but I can help another time.”

**Offer Alternatives:** If possible, suggest someone else or another solution.

**Stay Firm:** It’s okay to repeat yourself calmly if someone pushes back.

**Prioritize:** Saying no to less important tasks allows you to focus on what truly matters.

**Practice Self-Compassion:** Remind yourself that saying no is necessary for your well-being—and ultimately makes you a better caregiver and friend.

Saying no isn’t selfish; it’s an act of self-care. Boundaries are the foundation of healthy relationships.

*Dr. Chidimma I. Okoli, MD, is a board-certified internist and geriatrician with over 19 years of experience in the medical field. She earned her medical degree from the University of Nigeria Faculty of Medicine in 2004 and completed her residency in Internal Medicine, followed by a fellowship in Geriatric Medicine at UMass Chan Medical School.*

*As the CEO of Worcester Physicians and Nurses Services, LLC, an adult primary care and geriatrics practice serving Worcester and the greater Worcester area, Dr. Okoli is dedicated to providing comprehensive healthcare services to older adults. She also founded WPNSCaresync.com, focusing on assisting families with mediation and coordinating care for their older loved ones.*

*Dr. Okoli serves as a medical director and provides patient care in various nursing facilities and rehabilitation centers, ensuring that quality healthcare is accessible to the elderly population in these settings.*

*To address your questions and healthcare needs, you can book a consultation with Dr. Okoli today.*



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## Checklist/Guide:

### The Ultimate Preventive Care Checklist

Taking charge of your health doesn't have to be complicated. Here's a checklist to make sure you're covering all your bases:

**Annual Checkups:** Schedule regular visits with your primary care doctor and geriatrician if applicable.

**Screenings:** Stay current with mammograms, colonoscopies, bone density tests, and other age-appropriate screenings.

**Vaccinations:** Protect yourself with up-to-date vaccines, including flu, shingles, and pneumonia.

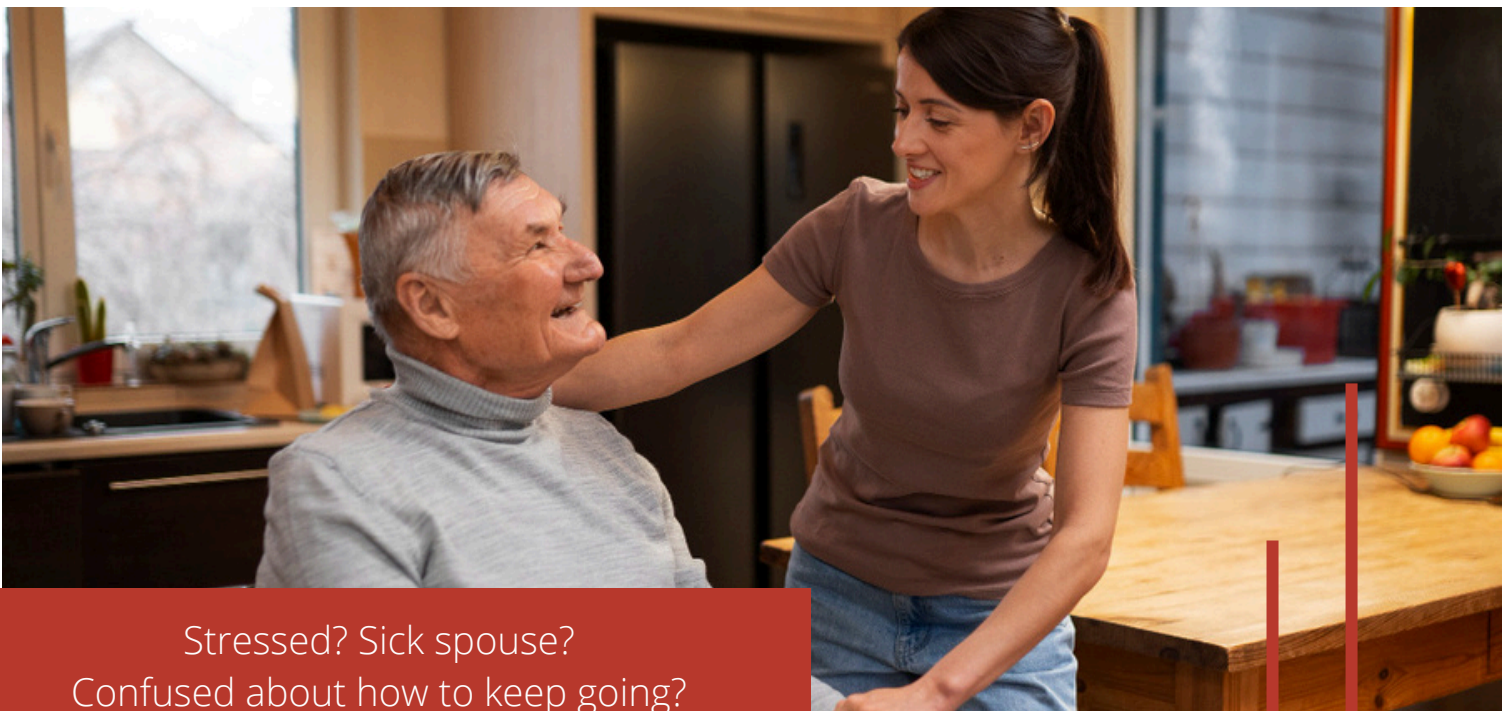
**Diet Audit:** Adjust your meals to include whole foods, fiber, and healthy fats while reducing sugar and sodium.

**Stay Active:** Incorporate at least 30 minutes of moderate physical activity most days of the week.

**Track Your Sleep:** Good rest is critical for heart health, mental clarity, and immunity.

**Mental Health:** Don't overlook emotional well-being. Practice mindfulness or seek counseling if needed.

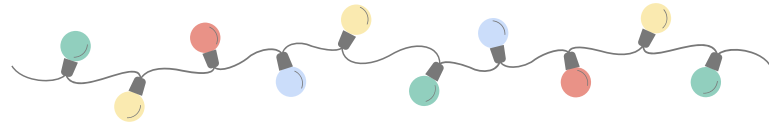
Preventive care isn't just about avoiding illness—it's about thriving at every stage of life.



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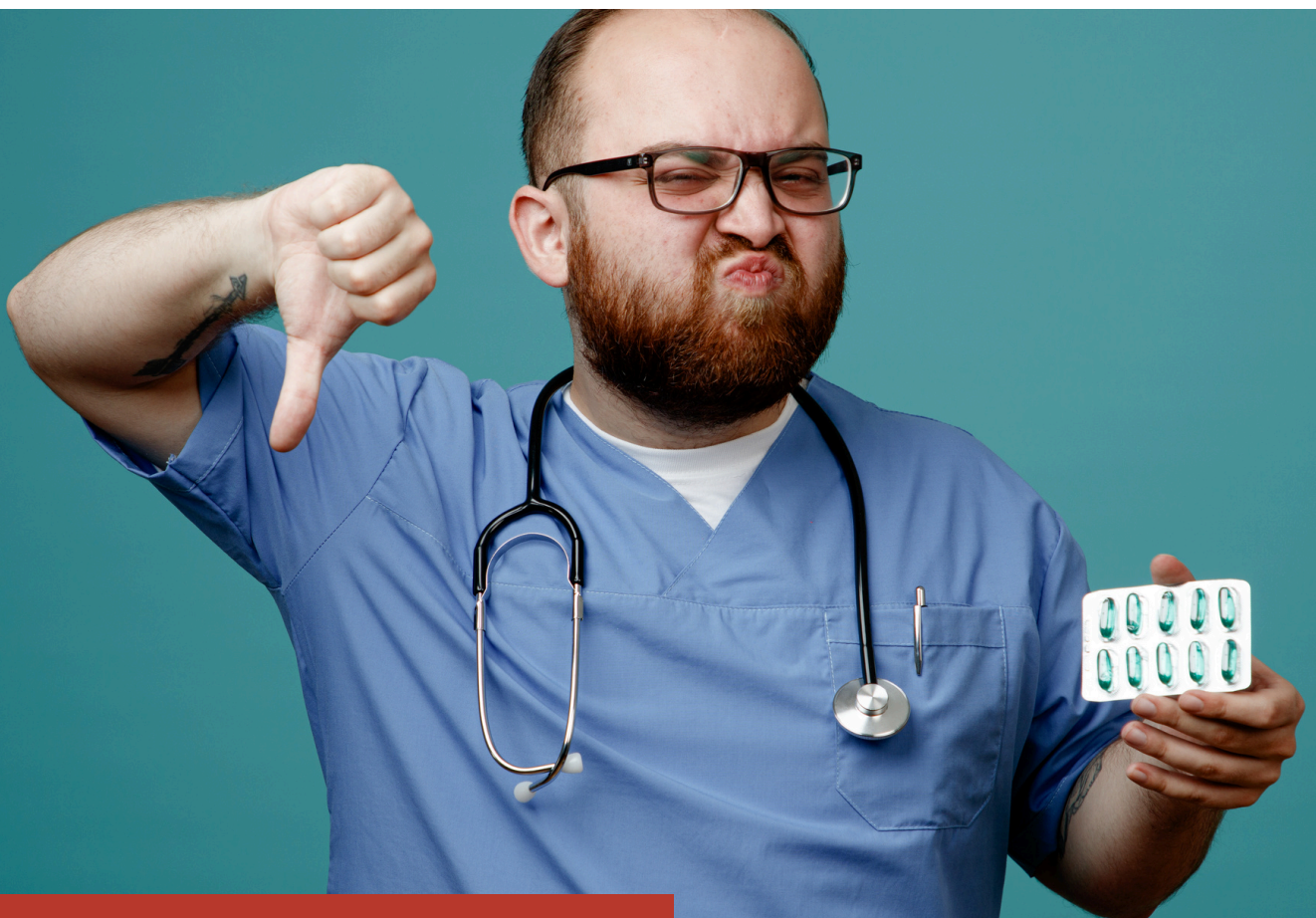
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## Fun Section



### Hilarious Caregiver Memes That Went Viral This Month

1. A meme showing a caregiver balancing a tray of pills, a calendar, and a phone, captioned: "Caregiver multitasking level: Ninja."
2. A photo of a senior playing with VR goggles with the text: "Grandma's first time in the metaverse—she tried to swat a virtual fly!"
3. A relatable tweet: "Caregiving is 10% care and 90% trying to remember why you walked into the room."



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## Fun Section- Placeholder\*

Fun Stuff: Comics, Skits, and Games

Comic:

Panel 1: A caregiver explains to their loved one, "You've got a doctor's appointment tomorrow."

Panel 2: The loved one responds, "I know, I made the appointment!"

Panel 3: Caregiver, wide-eyed: "Then why did you ask me what time it was 10 minutes ago?!"

Game:

Match the Phrase: Match common caregiver tasks with their unofficial "job title":

- Official Job: "Scheduling appointments."
- Unofficial Title: "Personal assistant to 12 specialists."

## FUN STUFF: COMICS, SKITS AND GAMES



### Match the Phrase:

Match common caregiver tasks with their unofficial "job title:

Official Job:

Scheduling appointments.

Unofficial Title:

Personal assistant to 12 specialists

_____	_____
_____	_____
_____	_____

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# September Adventures

## A Summer Word Search!

Celebrate the end of summer with this fun-filled August-themed word search. From gardens to vacations, find the 10 hidden words that capture the essence of the month!

(Hint: there are total 10 words hidden in the below puzzle)

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

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## Ambassador of the Month:

### Spotlight on Michael Lewis

Rebekah is a Certified Dementia Practitioner serving on the Memory Care Unit at Christopher House. She finds deep fulfillment in supporting residents, as bringing smiles to their faces and listening to their life stories brings her great joy. Her approach to care is rooted in compassion, connection, and creating meaningful moments each day. Outside of her professional role, Rebekah enjoys reading and spending quality time with her adult sons, which helps her stay balanced and grounded.



**\*\*Ambassador Nominations Now Open\*\***

Do you know a caregiver who's making a significant impact? Nominate them to be our **\*\*October Ambassador of the Month\*\*** and let their caregiving story inspire others.

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# Calling 10

# **FAMILY CAREGIVERS**

## **GET FREE ASSISTANCE**

**Are you making big decisions for a parent and you feel worried or unsure? Don't do it alone!**

**CareSync is offering a FREE Assistance Call with a Caregiver Support Specialist!**

- ◆ **Get help and answers right away**
  - ◆ **Feel sure and calm about your choices**
  - ◆ **No stress, no work—just peace of mind**
- ⚡ **ONLY 10 SPOTS due to limited openings**

The Caresync support specialist helped me feel less overwhelmed and gave me practical tools to help me make caring for my mom easier. I highly recommend them- Sarah, family caregiver for her Mom

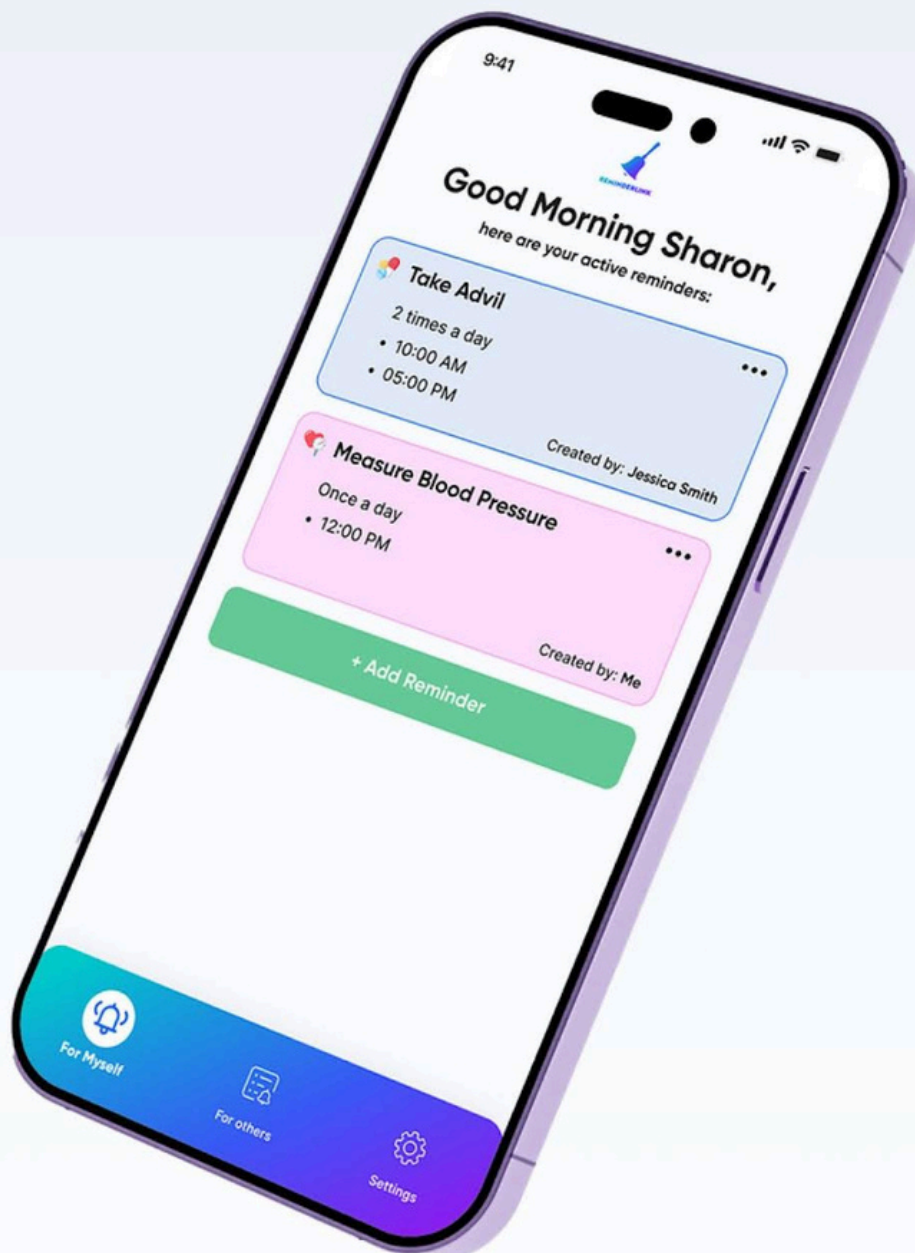
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Contact : Chi or Lynn 7745254855 or  
5085561072



## REMINDERLINK



# Reminderlink it now!

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## Stay Connected & What's Next Become a CareSync Member



### Member PERKS

- **Expert Eldercare Support**

Get personalized advice from an eldercare expert to help you every step of the way.

- **Connect with Other Caregivers**

Join a private community to share experiences, tips, and emotional support with other family caregivers.

- **Free Emotional Release Call**

A free 30-minute session to help you reduce stress and feel more in control.

- **Access to Helpful Resources & Guides**

Easy-to-understand tools and guides to manage caregiving, Medicare, and more.

Click here to [\*\*Start Your Membership Today\*\*](#)

*WPNSCareSync- Feel Like You Again.*

*Contact: CareSync*

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*5085561072*

*wpns@wpnservices.org*

*CareSync and ReminderLink app are owned by Worcester Physicians and Nurses Services ( WPNS)*