



# AGELESS NEWSLETTER

*Caregiver Strength:  
Turning Burnout into Gratitude*

May 2025 Edition



**Worcester Physicians  
And Nurses Services**

# **WE ARE ACCEPTING NEW PATIENTS**

**OUR TEAM:**

**Julie Tucker, FNP-BC  
Chidimma Okoli, MD**

**\*We accept commercial insurance products**

**WORKING HOURS-  
MON TO FRI | 8:00 AM-4:00 PM**

**CALL FOR APPOINTMENTS-  
(508)-556-1072**

## Featured Story:

### Caregivers Rock-How to Celebrate Yourself Without Guilt

When people talk about superheroes, they often think of capes and powers, but in Sarah's world, superheroes wear aprons, drive to endless appointments, and still manage a comforting smile at the end of a tough day. Sarah has been caring for her 81-year-old father, David, since his Parkinson's diagnosis five years ago. But somewhere along the way, Sarah lost herself.

"I didn't feel like I had the right to rest," Sarah admitted. She poured every ounce of energy into managing her father's care, even as her own health declined. The turning point came when her father, noticing her exhaustion, said, "You're the reason I can keep going. Don't lose yourself."

With encouragement, Sarah began prioritizing herself without guilt. She joined a yoga class, started journaling, and even treated herself to monthly spa days. "I thought self-care was selfish," she says. "Now, I realize it's the best way to care for him too."

May is about celebrating caregivers like Sarah, who redefine strength every day. Remember, celebrating yourself isn't an indulgence—it's essential. You can't pour from an empty cup, so take time to refill yours. - This story continues after the next page.



Stressed? Sick spouse?  
Confused about how to keep going?  
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## Featured Story Continues: The Unsung Heroes: Stories of Family Caregivers

Caregivers are the special people in our lives who takes care of others when they need help. They don't always get the praise they deserve, but without them, many families wouldn't function the same way. Caregivers do everything from making sure their loved ones take their medicine to making meals and going to doctor's appointments. They do it all with love and patience.

Let's think about Sarah. Sarah works a full-time job, but she still takes care of her dad, who has Parkinson's disease. Every morning, she helps him take his medicine, cooks for him, and drives him to doctor visits. Sarah's dad always says, "I don't know what I'd do without her." Even though Sarah feels like no one notices all she does, her dad's words show how much he truly depends on her.

Being a caregiver is not just about doing chores. It's about showing love, being patient, and spending time with your family member. Caregivers help their loved ones feel safe and cared for. They give everything, and sometimes, they give up things for themselves, just to make sure their loved ones are okay.



Stressed Healthcare Proxy for your Parent?  
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[www.wpnscaresync.com](http://www.wpnscaresync.com)

## Fun Section: Games & Trivia

### Viral TikTok Challenges for Caregivers

This month, caregivers are lighting up TikTok with creative and inspiring challenges:

- **#CaregiverGlowUp:** Caregivers share their self-care routines and transformations.
- **#GratitudeMoment:** Capture and share a special caregiving moment that brought joy.
- **#DanceltOut:** Caregivers and their loved ones bust a move to popular tunes.

# VIRAL TIKTOK CHALLENGES FOR CAREGIVERS



**#GratitudeMoment**

**#DanceltOut**



Capture and share a special caregiving moment that

**#CaregiverGlowUp**  
Caregivers share their self-care routines

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# May Adventures

## A Springtime Word Search!

Welcome the beauty of May with this delightful word search. From blooming flowers to May showers, find the 10 hidden words that celebrate the joy of spring!

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

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

## Ask A Geriatrician:

### From Overwhelmed to Empowered- Beating Caregiver Burnout

Caregiving is rewarding but demanding, and burnout is a real risk. Dr. Chidimma Okoli offers simple, effective tips to go from overwhelmed to empowered:

**Delegate:** You don't have to do it all. Enlist help from family, friends, or professional services.

**Set Boundaries:** Learn to say no to tasks that stretch you too thin.

**Schedule Breaks:** Even short, regular breaks can help recharge your mental and emotional energy.

**Celebrate Small Wins:** Every little success is a big deal. Acknowledge your efforts.

**Talk About It:** Join a support group or speak with a therapist to process your feelings.

Caregiving isn't just about giving—it's about finding balance and joy in the journey.



**\*\*Got a question?\***

Mail us at [wpns@wpnservices.org](mailto:wpns@wpnservices.org) to submit your query for next month's "Ask a Geriatrician" feature!

Stressed? Sick spouse?  
Confused about how to keep going?  
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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

**Text "RELIEF" to 774525855 NOW  
to book your appointment!**

CareSync is a Family Caregiver Support and Mediation Service  
We are on a mission to make caring for your loved ones easier through guidance, support and mediation  
[www.wpnscaresync.com](http://www.wpnscaresync.com)

CareSync ( Family Caregiver Support Service by Worcester Physicians and Nurses Services  
111 Elm Street, STE 201  
Worcester, MA 01609  
Contact : Chi or Lynn 7745254855 or 5085561072

# Business Spotlight

## Reminderlink app for your pill reminders

What if you never had to worry about missing a medication or appointment again?

### What is ReminderLink?

This is the app for pill reminders, doctor's and home visit appointments and much more

### Why It's Amazing

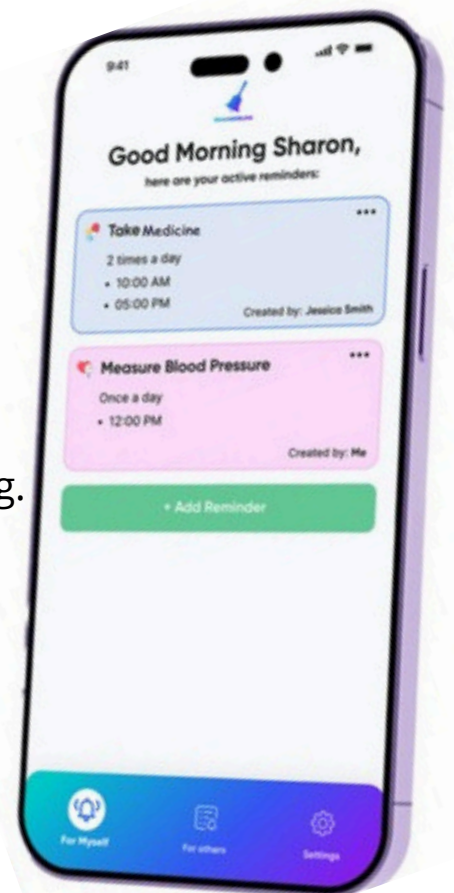
- One app for all tasks and reminders.
- No more sticky notes, emails and texts
- Peace of Mind knowing you're always in control
- Stay Connected: Share schedules with family or other caregivers..

### Who's It For?

Family caregivers and their loved ones  
Professional caregivers and helpers  
Adults who want to stay independent.

### Why It Matters

Caring for someone can be overwhelming.  
ReminderLink makes it easier  
Sign up to download when available  
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# CARESYNC TALKS SEMINAR/WEBINAR

**JOIN US**  
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**THIS SEMINAR IS FOR ANYONE  
CARING FOR A PARENT OR SPOUSE**

**What You will learn:**

**Effective Caregiver  
Communication Strategies**

**Practical techniques for  
managing caregiver stress**

**Legal, Financial and  
Healthcare planning**

**Lots of Tools and checklists  
to make it all easy to use  
from day One**

**Presenter: Chi Okoli  
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mediation**

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## Checklist/Guide

### Self-Care Rituals That Actually Work

Here's a list of self-care ideas that are simple to start and powerful in effect:

**Morning Magic:** Start the day with 10 minutes of meditation or stretching.

**Mindful Meals:** Plan a meal just for you once a week—make it special, even if it's simple.

**Daily Disconnect:** Take 30 minutes to unplug from technology and connect with yourself.

**Celebrate Wins:** Keep a “caregiving journal” to record achievements, no matter how small.

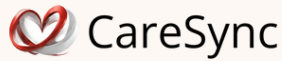
**Monthly Reset:** Dedicate one day a month just for you. Whether it's hiking, a movie, or a spa day, make it non-negotiable.

Self-care isn't about escaping responsibilities—it's about sustaining yourself for the long haul.



Stressed? Sick spouse?  
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- Print copies distributed to **Worcester area Senior Services businesses**
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# Stay Connected & What's Next

## Become a CareSync Member

### **Member PERKS**

- **Expert Caregiver Support**

Get personalized advice from a caregiving 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.*