



AGELESS

Newsletter

*Heartfelt Care:
Celebrating Love and Health*

February 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**

HR and Business Insight - Pages 2-3

HR can help family caregivers stay productive.

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Why Playing It Safe is Out - Caregiving Game Changers for 2024

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Caregiver's Glow-Up Action Plan

Featured Story:

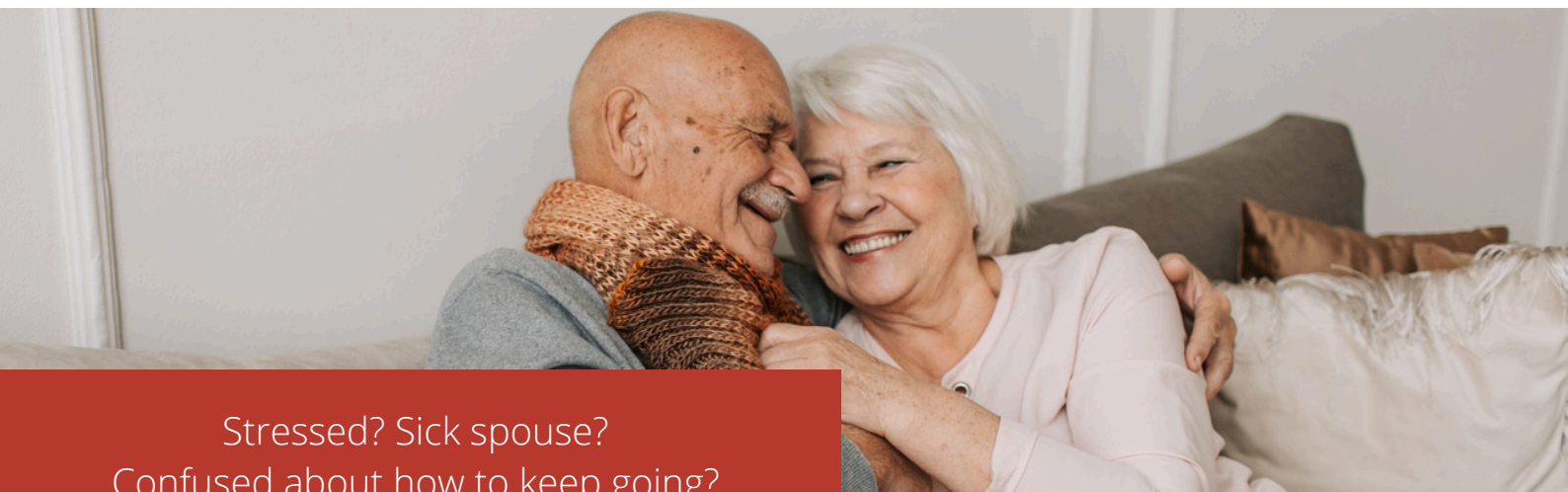
Cupid Meets Cardiology- How to Love Your Heart (and Theirs)

Love is in the air this February, but let's not forget the heart that makes it all possible—literally. For Maria and James, their love story was tested when James faced an unexpected heart attack. James, a retired teacher, had always been the strong one. Maria, who juggled caregiving for her aging mother and James, barely had time to pause.

When James collapsed during dinner one evening, Maria's world shattered. "He's my everything," she told the doctors as James was rushed into surgery. During his recovery, they both realized how much they had taken heart health for granted—too many take-out meals, skipped walks, and stress-filled days.

Their journey to recovery became a joint mission of love and health. They started with small, sustainable changes: walking together each morning, exploring new heart-healthy recipes, and even signing up for a local dance class. Their efforts brought them closer, proving that protecting your heart can be an act of love—for yourself and for those who depend on you.

As we celebrate Valentine's Day, let James and Maria's story inspire you to love your heart. Remember, when you care for your health, you're also caring for your loved ones.



Stressed? Sick spouse?
Confused about how to keep going?
Feel Like You Again with Us. [Join](#)

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Checklist/Guide:

Romantic Self-Care Ideas for Caregivers

This Valentine's season, don't forget to care for yourself. Here are some romantic self-care ideas tailored for busy caregivers:

Create Your Own Spa Night: Light candles, play soothing music, and soak your stress away.

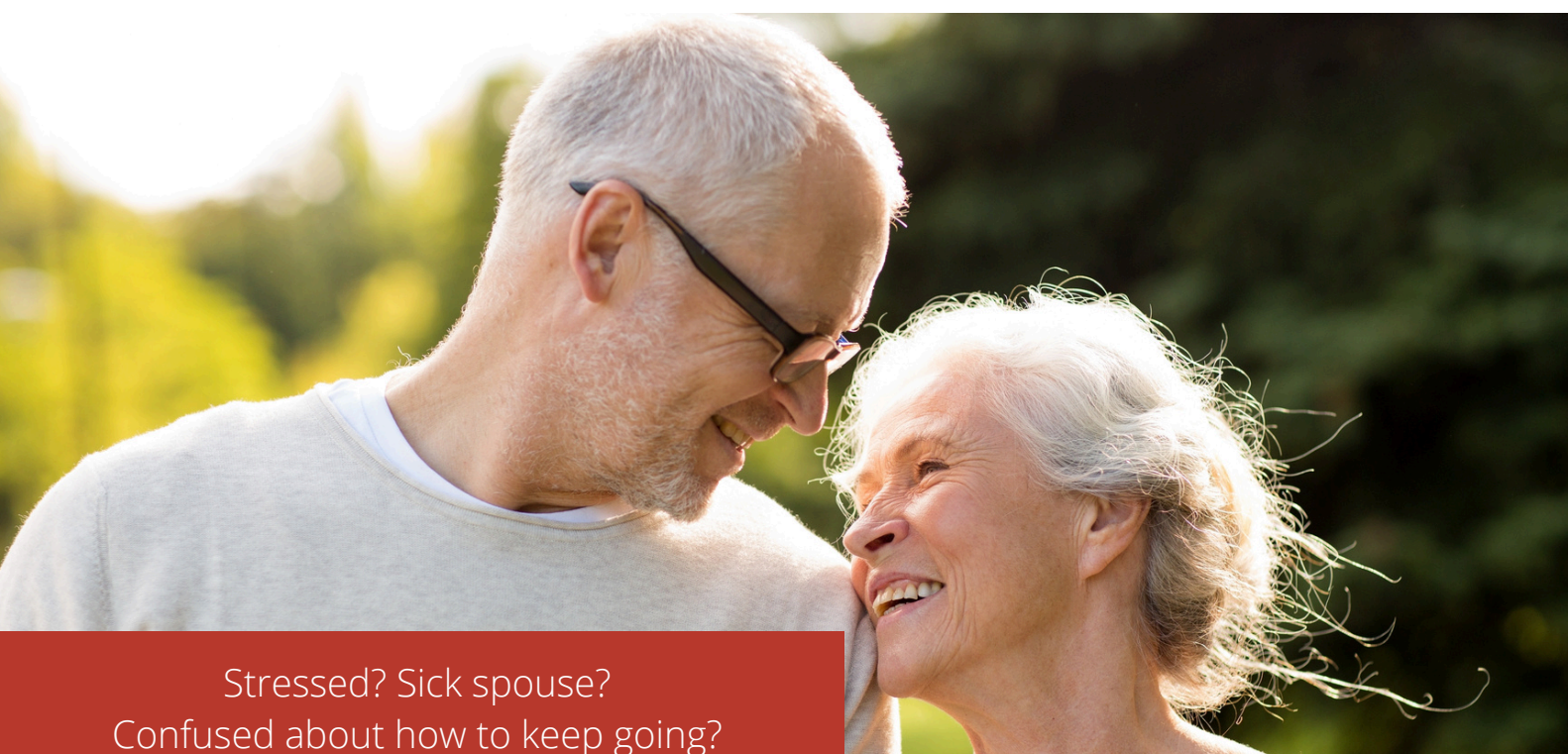
Cook a Meal You Love: Make a heart-healthy dinner with ingredients that nourish both your body and soul.

Write a Love Letter to Yourself: Reflect on your strengths and everything you've accomplished as a caregiver.

Take a "Me Date": Enjoy a walk in nature, a trip to a museum, or even a quiet moment with a good book.

Reconnect with Your Partner: Share a special moment together—whether it's a movie night or a stroll under the stars.

Remember, you can't pour from an empty cup. Fill yours first.



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Love is in the Air

Valentine's Word Search!

Celebrate love and friendship with this special Valentine's Day word search. Find the 10 hidden words that capture the spirit of this romantic holiday.

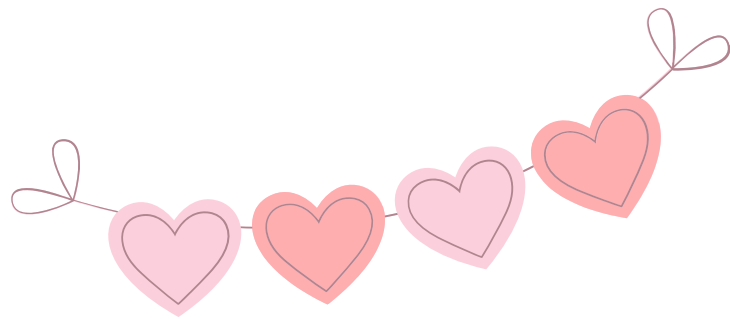
(Hint: there are total 10 words hidden in the below puzzle)

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

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Fun Section



A Running Skit:

Caregiving Couple Chronicles – Who Left the Pills on the Counter?

Scene 1:

[James rushes in, holding an empty pill bottle.]

James: “Maria! The bottle says ‘Take two daily,’ not ‘Leave them wherever you feel like.’”

Maria: “James, I didn’t leave them there. You did. And it’s not my fault the cat decided to knock it over!”

[The camera pans to the cat lounging smugly on the counter.]

Scene 2:

[James sighs, opening the reminder app on his phone.]

James: “Okay, from now on, ReminderLink will tell us exactly when and where to take these pills.”

Maria: “Finally, a third party we can trust more than each other!”

[Both laugh as the cat watches, unimpressed.]

Love or Lies? Fun Facts About Heart Health and Relationships

- **True or False:** Laughter can reduce stress and improve heart health.
- *(Answer: True! Laughter is great for your heart.)*
- **Fact:** A healthy adult heart beats about 100,000 times a day.
- **True or False:** Dark chocolate is bad for your heart.
- *(Answer: False! Dark chocolate (70% cacao or higher) in moderation is heart-healthy.)*

Play along with friends or family and learn while you laugh!

Games/Trivia:

Stressed? Sick spouse?
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Did you forget to take
your pills this morning?

Never Miss A Dose

With

ReminderLink App



Scan the QR Code to
Sign Up for Early Access!



WPNSCareSync

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Ask A Geriatrician:

Secrets to a Heart-Healthy Life That Don't Involve Kale

Want to protect your heart but can't stomach kale? Don't worry—you've got options.

Dr. Chidimma Okoli shares practical, kale-free tips to keep your heart strong:

Prioritize Fiber: Foods like oatmeal, beans, and apples are fantastic for heart health.

Move Daily: Even 15 minutes of walking or light stretching helps improve circulation.

Laugh More: Yes, laughter reduces stress hormones and boosts heart health. Watch a funny movie or share a joke with loved ones.

Stay Hydrated: Proper hydration keeps your heart pumping efficiently.

Connect with Loved Ones: Strong relationships reduce stress and improve overall health.

Your heart is more than a muscle; it's the engine of your body and your emotions. Show it some love this February!

Dr. Chidimma I. Okoli, MD, is a board-certified internist and geriatrician with over 19 years of experience in the medical field.

*She founded CareSync to help you, the family caregiver make tough decisions about the care of your loved one, resolve any related family conflict and provide resources to make life less chaotic and stressful so you can **Feel Like You Again***

If you are stressed caring for a loved one and you need to talk, schedule an [emotional release call](#) or book a full [eldercare consultation](#) with Dr. Okoli today.



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Ambassador of the Month:

Caregiver Spotlight: Emily Carter

Emily's story is one of resilience and love. Caring for her husband post-stroke, Emily prioritized both his recovery and her own heart health by starting a walking group for caregivers. This group now meets weekly, offering both exercise and emotional support.

Emily's mantra? "When we take care of ourselves, we take care of them better."

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Business Spotlight

Products That Make Caregiving Sweeter (and Less Stressful)

Heart-Safe Meal Kits: Pre-portioned, heart-healthy meals delivered to your door.

Couples Yoga Subscription: Online classes designed for seniors and their caregivers.

ReminderLink App: Never miss a medication or appointment again—because care starts with being organized.

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Service Highlight:

Caresync - Family Caregiver Meditation Service

What if caring for your loved one didn't have to be so overwhelming?
Signup for [CareSync](#)

What is Caresync?

CareSync, a service offered by Worcester Physicians and Nurses focuses on you, the family caregiver. Get to Feel like You Again and get your life back.

Why It's a Lifesaver

- Assistance in making tough decisions related to you loved one's care
- Resolve any family conflict related to your loved ones care
- Strive for peace of mind. When you connect with us Caresync is a safe space for you to de-stress as a family caregiver.

Who's It For?

Family caregivers who are

- responsible for the wellbeing of an elderly or disabled loved one
- trying to balance work, life, and caring for a loved one.
- in need of training and smarter care coordination.

learn more

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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

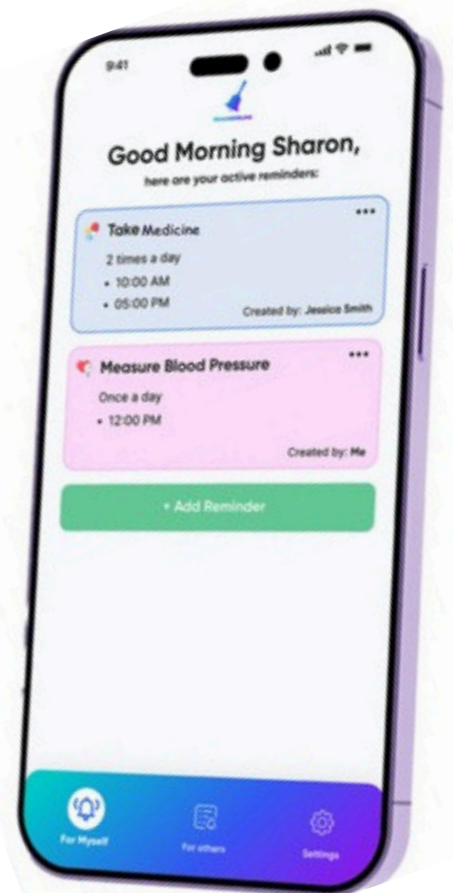
Who's It For?

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
scan or go to signup page



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Stay Connected

Have questions? Don't hesitate to reach out! We're here to support you every step of the way. Let's make this holiday season about love, connection, and self-care.

Ready to learn more?

Follow us on social media for caregiving tips, community stories, and upcoming events.

Reach out to us via our chat feature or schedule a consultation on our website. Let's get through this caregiving journey together.

WPNSCareSync- Feel Like You Again.

