

Elder Caring eNews Winter 2013

Expertise*Experience*Excellence

All About Estates

is a daily collaborative blog that brings together lawyers, accountants, trust officers and social workers to provide you with current and accurate information about estates, trusts, tax, litigation, guardianship and elder care.

Elder Caring is a proud blogger!



Elder Caring: Expertise for Families

We:

Make difficult conversations about care, finances, and housing **easier**

Manage services

A Word from the Managing Director

Have you ever noticed how fast time flies by? It is already the month of February and this month makes me think of snow (25 cm" outside my front door last week), our beating hearts and love; and not necessarily in that order. As we are living longer, I was also wondering about those who find themselves loving again. Love is good for the heart. Win -Win. I have reposted my blog on Loving After Loss.

Also this month, Bell Let's Talk raised \$4.8 million for Canadian mental health programs. Congrats. Good mental health is a fine balance and I think many of us have dipped our foot over the imaginary line- from coping to not. One in five Canadians will have or have had a mental illness. This illness crosses all ages and Dementia, which I blog about routinely, is also defined within the mental health umbrella and it too cuts across all racial, religious and socio-economic borders.

I recently asked readers in my blog for suggestions to define a new term for 'adult child/ren'. In particular for me, the term 'adult child', just doesn't measure up. I am referencing the grown up offspring of parents, who may now have offspring of their own. I do not mean adults who have the intelligence level of a child, or a child who is wise beyond their years. I am looking for a term to describe the large grouping of current baby boomers and their parents, namely the parent-offspring relationship, when the 'child' is an adult. Does chidult or adild cut it? I don't think so. [READ MORE.](#)

Please send along your suggestions.

and navigate
health care and
home systems
effectively

Plan for the next
stage of care
confidently

Implement
customized care
strategies and
**facilitate
smooth
transitions**

Monitor care
plans
and **adapt
responses
appropriately**

Access
government/
community
resources
competently

Love and Loss and Loving Again

I am seeing more and more older individuals enjoying another meaningful, satisfying and loving relationship, after the death of a significant other.

The grieving process is different for everyone. I know some who say they will never love again after losing a spouse. For many older individuals, I have been told that their spouse was their one and only love. The thought of loving again, they feel, is a dishonour or disgrace to the deceased and would in same way, diminish the love they felt.

Others say that loving again is the best way to honour someone's memory; it acknowledges and celebrates the joy once experienced. They want to feel that way again. It is hard enough to find true love, and to find it for a second time, is a wonderful thing.

The new relationship can have its challenges, especially if marriage, money and children are involved. This however is a discussion for another day. My focus is on exploring healthy aging and how finding love again may play a large role. This is a topic of interest for me and I am hoping for you as well. I look forward to reading your comments and hearing about your own experiences.

Phone: 416-658-8887

Toll Free: 866-473-8887

www.eldercaring.ca

Follow us on **twitter**

View our profile on **LinkedIn**

 Forward to a Friend

[Forward email](#)



This email was sent to amiller@eldercaring.ca by amiller@eldercaring.ca | [Update Profile/Email Address](#) | Instant removal with [SafeUnsubscribe™](#) | [Privacy Policy](#).

Elder Caring Inc. | Toronto | Ontario | Canada

