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**NEWS AND
EVENTS**

Caring Transitions St. Louis has an Estate Sale scheduled for one day only, Saturday March 8, 2008 at 1818 Fourth Street in Madison, Illinois 62060 10-5PM
 Visit www.ctstlouis.com for more details.

Congratulations to our Managing Partner Rick Bauer who just achieved the designation of Colonel from the Missouri Auction School! Rick is now an Auctioneer and can handle all of your auction needs including Real Estate Auctions.

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Caring Transitions St. Louis

NEWSLETTER

VOLUME 101, ISSUE 3

MARCH, 2008

ORGANIZE YOUR HEALTH...LET'S TALK NUTRITION!

When people think of organizing, they seldom consider their health. Now that we're well into 2008 and our New Year's Resolution of exercising more often has ran it's course, as well as waiting for that intellectual scientist to create the perfect magic pill that will make us look better and feel better, the realization that it's not going to happen is discouraging. So Let's Talk Nutrition!

Counting on ourselves to make improvements to our health is the only logical solution. Here are a few predictions that can put us on the right track for 2008.

With all the superbugs that are going around such as strep, MRSA, bird flu, etc., what can we do? Establish a strong and healthy immune system starting with a good multiple along with a supple-

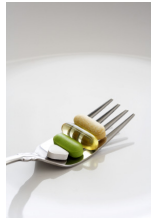
mentation of vitamin C and zinc. Research is also leading towards herbs to support the immune system. Echinacea, Garlic, and Goldenseal are three of the top herbs and work best when you can find them in one formulation.

As the bulges around our waistlines continue to become larger and we grow weary of those "fad" diets, the nutrition part of weight loss is starting to gain a momentum with Americans. Reduction in overeating and obesity can be curbed by providing the body with the correct nutrients it needs to sustain daily activity. Talk with your physician about developing a nutritional program that strikes the five keys to weight loss (caloric

-intake, deficiency, acid factor, immune and activity). Including protein, vitamins and minerals in your diet will effectively curb your appetite while maintaining excellent health.

The number one factor inducing health problem is STRESS. The body becomes susceptible to infection and disease during periods of extreme stress. An antidote to the effects of stress that continues to gain acceptance is the use of B-complex vitamins.

A major key to good health and a longer life is good nutrition. It's up to you to organize your life for the better in 2008. But remember, before changing any of your diet or exercise program, consult with your physician in developing an effective plan that will work for you.



A PERSONAL STORY...

If you're like me, from the "Sandwich Generation," you've found yourself assisting mom or dad with moving into a 55+ Retirement Community. I think it was a crash course in redesigning. That is, interior decorating that emphasizes the use of existing furniture. I quickly learned the importance of listening to what was important to my mother. In my case, she had accumulated a lifetime of mementos, furniture, artwork and heirlooms. This difficult task is also known as downsizing and when moving day arrives, only the most precious possessions make the transition.

After numerous conversations and plenty of reminiscing, I knew that it was very important for my mom's treasures to be presented and used to their full potential at her new residence. The hard part was the regrouping of certain accessories. For years, she had displayed her heirlooms and mementos in groupings that we were accustomed to viewing. That familiarity can make it difficult when envisioning a new setting. She had a photo of my dad next to her bed so that every morning when she awoke, she would still tell him, "Good Morning" and that she loved and missed him. He passed away 3 years ago. It was very important that that photo remain on the nightstand to the right side of the bed.



MARCH TRIVIA

- 1) What god is March named after?
 - a) God Of War
 - b) God of Love
 - c) God of Music

- 2) How many national holidays are there in the month of March?
 - a) 0
 - b) 1
 - c) 2

- 3) What is the flower of the month of March?
 - a) Rose
 - b) Daffodil
 - c) Snowdrop

- 4) Which month does NOT start on the same day of the week as March? (Excluding Leap Years)
 - a) October
 - b) November
 - c) February

- 5) What Saint's day does NOT fall in March?
 - a) St. David
 - b) St. Patrick
 - c) St. George

- 6) What zodiac sign does NOT fall in the month of March?
 - a) Pisces
 - b) Aquarius
 - c) Aries

ANSWERS TO TRIVIA

- 1) a) God of War
- 2) a) 0
- 3) b) Daffodil
- 4) a) October
- 5) c) St. George
- 6) b) Aquarius

A PERSONAL STORY—cont'd from Page 1

I wanted to make the transformation to the new home as natural as possible for her. If she was accustomed to seeing the sun shine in the morning through her window, I wanted to position her favorite sitting chair where she could continue to experience that warm sunshine feeling. This was so important in keeping my mother's vitality. We did do some shopping as well that allowed my mother to exhibit her proficiency in decorating her new "pad."

Needless to say that the downsizing project I had feared so much turned into a delightful and gratifying experience for both of us. As I continue to care for my mother, I cherish every moment and realize the true meaning of giving...and sharing...and helping...and most especially listening. After all, it was my mother who taught me the importance of listening, when she used to remind me, "That's why God gave you TWO ears and just one mouth!"



SELECTING A RETIREMENT COMMUNITY THAT FITS YOUR LIFESTYLE

Have you been thinking of moving into a retirement community and experiencing the comfort that independent living facilities offer? In the past, retirement communities have been built in warmer climates such as Florida and Arizona but today, no matter what the climate, they are being



built in all metropolitan areas throughout our country. Pre-planning is essential in choosing a facility that will best fit your lifestyle. Here are a few tips to simplify the process.

Do your research. It's best to have a set of questions ready when visiting a community in order to determine whether the facility can adequately provide you with the amenities and care that will make you comfortable. When visiting, picture yourself living there. Many communities differ in costs, location, size, services, programs and amenities. Keep a list of your observations to simplify the decision process.

It's also important to conduct a thorough background check of the area. How does the overall setting appear? Is it clean and bright?

Observe the residents. Do they look happy? Talk to the residents and get their input. This will give you a clear picture of the overall community atmosphere.

Are you planning on living alone? If so, you will want to focus on communities that provide an environment suitable for living alone. Do the living accommodations provide you with an intercom system? If you would need to contact an administrator, are they easily available to assist you? What type of security system is in place?

While residing within the community, you want to spend your time enjoying all the amenities possible. Do you have certain hobbies or other interests? If so, you

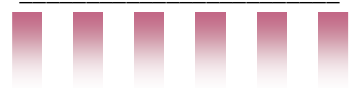


will want to choose the ideal retirement community that will satisfy your leisure time and not leave you bored. Communities that offer picnics or trips to museums and concerts is also an attractive consideration.

You have labored for years and it's now time to reap those labors and follow your pursuit to happiness without feeling those pressures or stress from the past.



This is your time to enjoy life!



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