Less Stress, Better Health and More Love

See how three generations can help themselves and each other!

A four-week online program offered at www.Udemy.com

presented by Tom DeLoughry, Ed.D. and Kathy DeLoughry, M.S.

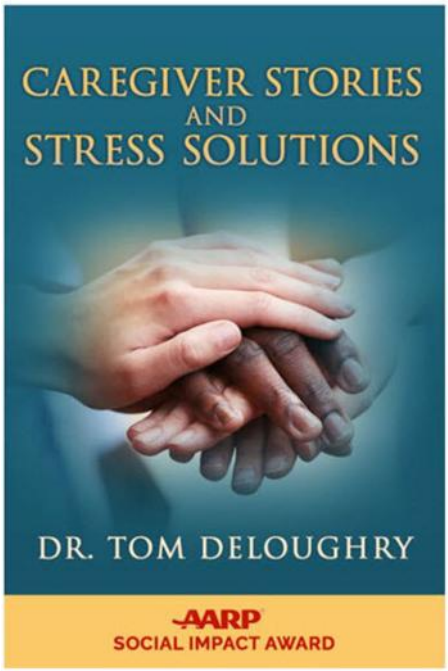
honored by *AARP's Social Impact Award* as

"a simple mind-body-spirit program for seniors, adults and teens of any faith, or no faith"

Learn to Help Yourself *and* Others to:

- **Reduce Stress and Get Support by using four *Satisfaction Skills***
- **Decide how each piece of *Your Wellness Puzzle* helps OR harms you**
- **Improve your Health by using both Medical *and* Alternative Care**
- **Experience Love as "a Lasting Comfort and Connection"**
- **Use Storytelling and Music to reach your goals**
- **Share Your Wishes and Celebrate Love at the End of Life**
- **Use the "Learning Loop" to Collaborate with Your Doctors**
- ***Follow a simple "Path to Solve YOUR Wellness Puzzle"***

(see next page for more)



Online program registration includes a free download of the award-winning *Caregiver Stories and Stress Solutions* - a 57 page guide to our course.

Visit www.CaringTeams.org to learn more.

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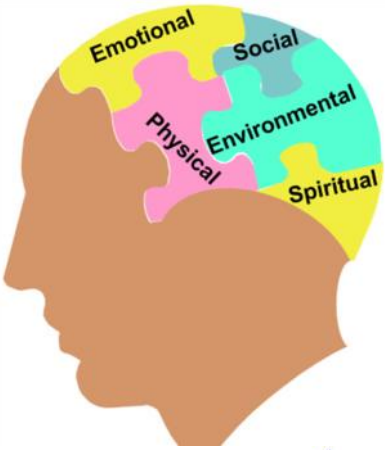
unity of Buffalo

Erie County Department of Senior Services

A PATH TO SOLVE YOUR WELLNESS PUZZLE

Start solving your puzzle. Get help when you can.
Stop stress and see love. Then learn from your plan.



START SOLVING YOUR PUZZLE

ANY PIECE OF THE *WELLNESS PUZZLE* CAN HELP OR HARM THE OTHER PIECES. Which ones are most important for you? ...your loved ones? ...and your community?

Don't focus on solving just one piece, and ignore the others!

GET HELP WHEN YOU CAN

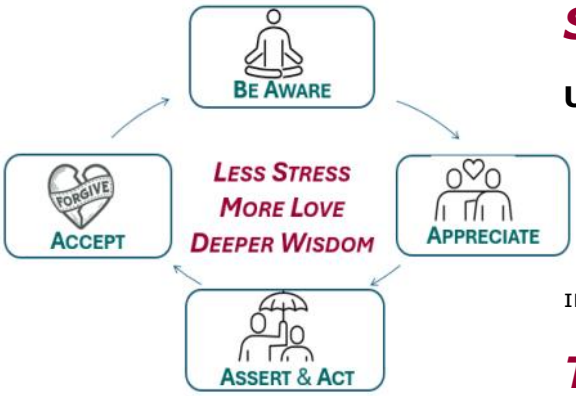
2-1-1 IS A NATIONAL PHONE SERVICE offered by the United Way. It connects you to an information specialist who can link you to community services (e.g., financial, emotional, medical, addiction prevention and other help) for seniors, adults or children;

- **THE *ERIE COUNTY DEPARTMENT OF SENIOR SERVICES*** (716) 858-8526 OFFERS A WIDE RANGE OF SERVICES TO HELP SENIORS REMAIN INDEPENDENT WWW3.ERIE.GOV/SENIORSERVICES)

- **NY CONNECTS** (THROUGH THE NYS OFFICE FOR THE AGING) offers free unbiased information about long term services and support for people of *any* age with *any* disability (1-800-342-9871 www.NYCONNECTS.ny.gov)

Explore the **SOLUTIONS JOURNALISM NETWORK** (VISIT: HTTPS://NYMISOJO.COM/CATEGORY/CAREGIVING/) to learn about creative solutions to caregiving and other community problems.

STOP STRESS AND SEE LOVE



Use the *Satisfaction Skills* to:

-Improve communication between you and others

-Stop your stress (for a minute, until peacefulness grows into hours)

-TURN "STRESS-VISION" (SEEING JUST THE BAD, THEN MAKING BAD DECISIONS) INTO "SUPER-VISION" (SEEING THE GOOD *AND* BAD, WHILE DEEPENING FORGIVENESS AND PRAYER)

THEN, LEARN FROM YOUR PLAN!

 CREATED 2025 BY TOM DELOUGHRY ED.D. AND KATHY DELOUGHRY, M.S. - WWW.CARINGTEAMS.ORG