

The power of positive thoughts — Affirmations change your mind, your life

By James Farrell, Optimal Hospice Care Bereavement Counselor

Life is hard. Really hard; Like some days not wanting to get out of bed *ever* hard. Don't get me wrong, there are many joys and reasons to be thankful for our lives, but that doesn't stop us from getting hit with a curve ball from time to time.

Curve ball... That seems way too weak of a phrase to describe what we experience at times. Sometimes it's a lot of little things that add up or one event that seems to stop the world from turning; It is the type of event that leaves your world forever different from what has been your norm. During these times, one of the most important tools that we can use is called Affirmations.

This is an exercise that we utilize at our annual Optimal Hospice Foundation Kids Camps. Each child is given a small piece of paper that has a positive phrase printed on it. We each read our phrase out loud and spend a minute or two discussing them, one by one, until everyone has had the opportunity to share. Saying, hearing and discussing these positive phrases helps us to learn to give ourselves positive reinforcement.

*“Kind words are a creative force, a power that concurs
in the building up of all that is good, and energy that
showers blessings upon the world.”*

— Lawrence G. Lovasik

Over my years of working with people, I have learned that if you build up and encourage people, they will blossom and thrive — when you believe in them, they begin to believe in themselves.

Many of us are our own worst critic. In other words, we engage in negative self-talk. Self-talk is something you do naturally throughout your waking hours. Self-talk is often skewed toward the negative. This behavior can be an unhealthy way to deal with our grief. When experiencing grief, it is particularly likely that you would interpret things negatively. That's why it's useful to keep an eye on the things you tell yourself and challenge some of the negative aspects

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Affirmations,

continued from page 1

of your thinking. This is where affirmations come in to play: using positive statements to help you overcome self-sabotaging, negative thoughts.

As we continue our grief journey we may lose sight of the strengths, skills and characteristics that make each of us amazing and unique. As you go throughout your day, be cognizant of what you are thinking about yourself. You can test, challenge and change your self-talk. You can change some of the negative aspects of your thinking by challenging the irrational thoughts and replacing them with more reasonable ones.

People are becoming more aware that positive self-talk is a powerful tool for increasing self-confidence and curbing negative emotions. People who can master positive self-talk are thought to be more confident, motivated and productive.

I want to leave you with one last thought as you continue your personal journey: YOU ARE STRONG! Seriously, look what you have made it through, and yet, here you are on the other side of *all* of that. Below are a few affirmations to help get you started.

For a list of affirmations for adults and children, visit OptimalHospiceFoundation.com.

*I know that I
have worth.*

*I am a human being.
I am a thinking
being. I am also a
feeling being. I can
let myself feel;
It is an important
part of me.*

*I promise
myself that
I will talk
about my
loss with
someone else.*

*It is okay for me
to feel joy and
have fun.*

*I am open to receiving help from
others; It is okay to not be able to
do everything on my own.*

Optimal Cares Halloween Car Show



Presented by



Saturday, Oct. 28
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For event sponsorship, entry and vendor
information, call the Foundation office at
(661) 716-8000,

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www.OptimalHospiceFoundation.com.

100% of net proceeds benefit Optimal Hospice Foundation

Light Up A Life

When we lose someone close to use it is important for us to continue to remember and honor our loved one. This can be a very unique and personal experience. For example, Optimal Hospice Care Bereavement Counselor James Farrell planted gardenias because they remind him of his aunt and each time he walks by and that scent wafts up he can't help but remember summer days past spent at his aunt's home.

Optimal Hospice Foundation wants to help you honor your loved one. While we cannot recreate those personal memories, we do gather together around the holidays to collectively remember those that are no longer here. Each year Optimal Hospice Foundation holds several Light Up A Life events to remember our loved ones and help to keep their memories alive as we enter into the holidays.

Light Up A Life information will be mailed the first week of November and can be found on our website: OptimalHospiceFoundation.com

BAKERSFIELD

Wednesday, December 6, 6:30 p.m.
Bakersfield RV Resort,* 5025 Wible Road

FRESNO

Thursday, December 7, 6:00 p.m.
Fig Garden Village,* Palm & Shaw Avenue

KERN RIVER VALLEY

Sunday, December 10, 5:00 p.m.
Kernville Circle Park,* Kernville

LONG BEACH

Thursday, December 14, 7:00 p.m.
Redeemer Lutheran Church of Leisure World
13560 Saint Andrews Drive, Seal Beach

MODESTO

Tuesday, December 12, 6:00 p.m.
Bethel Assisted Living, 2345 Scenic Drive

PORTERVILLE

Wednesday, December 6, 6:00 p.m.
Roger S. Good Cancer Center,* 456 West Putnam Avenue

STOCKTON

Wednesday, December 13, 6:00 p.m.
Atria Bayside Landing, 3318 Brookside Road

TAFT

Thursday, December 14, 6:00 p.m.
The Historic Fort, 915 North 10th Street

TEHACHAPI

Sunday, December 9, 3:00 p.m.
Tehachapi Senior Center, 500 East F Street

VISALIA AND TULARE

Tuesday, December 5, 6:00 p.m.
Café 210, 210 Center Avenue, Visalia

* Outdoor/partially outdoor event

Thank you Kids Camp sponsors and donors

Your generosity helps to provide an opportunity to find healing and peace for children ages 8 to 16 who have lost a loved one in the recent past.

At camp, kids play games, do activities and meet others who are "just like them."

The 2017 camps, attended by 170 kids, were held in July and August at Gergen Ski Ranch, Camp Oakhurst and the Taylor Family Foundation at Camp Arroyo.



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Thank you! Second annual Lakeside Wine Tasting a success

The 2nd Annual Optimal Cares Lakeside Wine Tasting was held Saturday, April 29 at the Quail Lake Clubhouse in Clovis, CA.

The evening included wine and food tastings, live entertainment as well as a prize drawing including the special "Wheelbarrow of Wine" drawing.

Thank you to all who donated and attended. Our event was a huge success due to your generosity.

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Please contact Cherie Shoemake at 559-320-8000 for information.



Golf in the Sun & Under the Stars

A special THANK YOU to all of our sponsors, donors, players and volunteers who helped us raise over \$25,000 to further our Mission. The 26th Annual Golf In the Sun & Under the Stars Tournament presented by Greenlawn Funeral Homes and Horizon Oxygen & Medical Equipment, Inc. was held on Friday, September 8, 2017, at Stockdale Country Club.

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These groups are open to the public and offered free of charge.

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Tuesdays 10–11:30 a.m.

Thursdays 6–7:30 p.m.

First United Methodist Church
4600 Stockdale Hwy., Room 4
Foundation: (661) 716-4000

Counseling available en Español

FRESNO

Mondays 3–4:30 p.m.

Fairwinds – Woodward Park
9525 Ft. Washington Rd.

Foundation: (559) 320-4000

Counseling available en Español

HUNTINGTON BEACH

Group Sessions Offered

Call for information

Huntington Terrace Assisted Living
18800 Florida St.

Foundation: (562) 494-7687

LAKE ISABELLA

Thursdays 1–2:30 p.m.

Optimal Hospice Care Office
6504 Lake Isabella Blvd., Ste. E

Foundation: (760) 379-5038

MADERA

1st & 3rd Wednesdays 2–3:30 p.m.

Cedar Creek Senior Living Center
500 N. Westbury Blvd.

Foundation: (559) 320-4000

Counseling available en Español

MODESTO

Group Sessions Offered

Call for information

Optimal Hospice Care
1101 Sylvan Ave., Ste. B-10

Foundation: (209) 338-3000

PORTERVILLE

2nd & 4th Thursdays 2–3:30 p.m.

Sierra Hills Retirement Center
2500 West Henderson Ave.

Foundation: (559) 741-7220

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Group Sessions Offered

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STOCKTON

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Optimal Hospice Care
3461 Brookside Road, Ste. A2

Foundation: (209) 670-8000

TAFT

Wednesdays 1–2:30 p.m.

First Baptist Church
220 North St.

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Foundation: (661) 716-4000

TEHACHAPI

Tuesdays 1:30–3 p.m.

Tehachapi Senior Citizens Center
500 East F St.

Foundation: (888) 597-6115

VISALIA

2nd & 4th Tuesdays 3–4:30 p.m.

Optimal Hospice Care
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Counseling available en Español

Optimal Cares
Halloween
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October 28

See page 2 for details

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