

BUSINESS SPOTLIGHTS



SENIOR OPTIONS HUB
YOUR LOVED ONE'S SAFETY IS OUR PRIORITY



Stagberry Reiki provides energy healing to turn down the noise and distraction in our lives to reduce stress and find a deeper connection to self, our animals and nature through the use of Reiki for both people and animals, sound healing and other customizable options. In person (in office or at client's home) and virtual services available in Palm Beach County.

Call 561-632-6631 or email victoria.steward@stagberryreiki.com
FB: Stagberry Reiki; IG: stagberryreiki

Dee Dee DiMino is a Certified Holistic Health and Educator and member of the American Association of Drugless Practitioners. Dee Dee helps women in chronic pain break free from pain and increase their energy.

She offers virtual meetings with clients, hosts workshops and has a webinar titled:

“3 Secrets to Decrease Pain and Increase Energy “

Dee Dee says “I was in pain for 20 plus years and now that I am pain free I felt that I must share this life changing information.”

[Contact Dee Dee at www.DeeDeeDiMino.com](http://www.DeeDeeDiMino.com) to book a free 20 minute consultation.

ABOUT SENIOR OPTIONS HUB

- I'm Nancy, Owner and Social Worker w/25+ years working with seniors.
- What we do: We provide 2 visits/day for \$38 (this includes both visits). At each visit we ensure the senior is safe, provide nutrition/hydration support and socialization. Upon completion of each visit we contact the family to provide the status of their loved one.
- What makes us different: • We work with independent seniors. • No minimum hours required • We call the family to provide the status of their loved one after each visit • We focus on specific things that can alter a seniors independence: safety, nutrition, hydration and socialization • We provide 2 visits/day for one rate, regardless of the amount of time we are in the home.
- We are bonded & insured and have both a state and federal background check.
IG @senioroptionshub FB: SeniorOptionsHub

PROVIDING SERVICES IN DELRAY BEACH,
BOYNTON BEACH, WELLINGTON,
WEST PALM BEACH & BOCA RATON

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TAKE CARE OF YOURSELF TO BETTER SERVE OTHERS

MENTAL HEALTH HABIT: SELF-REFLECTION

Daily self-reflection is important to our mental health whether our experiences are positive or negative. And, it's very common to have both throughout the day. When we have these experiences we learn more about ourself, our responses and others responses.

If we have a positive experience we need to reflect and understand why it was positive, who was involved and what specifically happened to make it positive. Ask, what can I learn for my future? Ask, how can I recreate more positive experiences for myself. What do I need from others?

If the experience was negative, ask why. Be specific. What emotions were felt during the experience? Was it something I could control? Was it out of my control? What did I learn? Am I taking things I had no control over personal? Are there things I can do to make the situation different next time? Am I able to move on from the experience? Or am I holding on to it? Why?

Understanding these experiences can help us discover who we are, what we need and what's important to us.

CHATGPT & SENIOR OPTIONS HUB CHAT ABOUT SENIORS

I consulted ChatGPT about understanding the unique needs and challenges faced by seniors. ChatGPT emphasized the role of technology in enhancing seniors' quality of life. While ChatGPT is insightful and technology has impacted our past, present and future. Seniors still need one on one connections, just like we all do. ChatGPT points out that some seniors embrace technology based on their level of comfort and whether it leads to increased connection between loved ones and the ability to access information. Technology is what moves us forward in business, education and relationships. But, we all need human interaction and seniors even more, as they were raised in an era when face to face interaction was the only way to make connections and build relationships. Technology can't replace deep, multifaceted connections that are gained from interpersonal relationships. As younger generations work with seniors, it is imperative that we get to know seniors and understand their past, present and future. This ultimately helps decrease isolation and depression for seniors and helps us understand different perspectives and grow from those relationships.