

Caring Well Newsletter

August
2024
Edition

Baby Boomers Making a Difference

The years following World War II were marked with an increase in births—the Baby Boom, which is typically described as ranging from 1946-1964. Baby boomers have seen change on almost every front, from racial segregation and weekly radio programs to high-speed Internet and hand-held computers.

Baby boomers have needed to adapt quickly, but they've also been the instigators of some of the greatest changes the world has ever seen.

Consider this: Jeff Bezos founded Amazon.com, one of the world's largest online shopping platforms. Bill Gates co-founded Microsoft, and Steve Jobs co-founded Apple, Inc.

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Brought to you by the Chicagoland Suburb Care Planning Council as a resource for employee family caregivers to effectively care for their loved ones while maintaining a fulfilling career and personal life.



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Oprah Winfrey, Donald Trump, and Michael Jackson are baby boomers. Other iconic baby boomers include Samuel L. Jackson, Deepak Chopra, Billy Joel, and Amy Tan. This generation was marked with determination to make the world their own, and they succeeded.

As baby boomer Tommy Hilfiger said, “I saw my future. I pictured it, but I didn’t quite know how to get there. But I knew that I should never give up.”

On the Quiet Side of the Boom

While we are amazed at all that baby boomers have achieved, it’s important to note that most boomers have lived quiet, unassuming lives of exceptional service.

- Baby boomer Ellen F. became a speech pathologist. She served in a local school district for decades. Her work with autistic children in the area changed lives. When she retired, she was replaced by five different people to shoulder the load she had carried on her own.

- L.H., a baby boomer in a western state, focused his career on building a machine shop empire. His dedication provided jobs for scores of people and created an environment where other machine shops could thrive, too. The resulting business environment kept the small town afloat during economic downturns. Now, in his retirement years, L.H. focuses on providing affordable housing for less fortunate people.

Celebrating the Boomers



Baby Boomers Recognition Day is August 17. The entire month of August is designated as Boomers Making a Difference Month. As you remember the baby boomers in your life, consider the following ideas for helping them feel the appreciation they deserve.

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August is Boomers Making a Difference Month



IDEA #1 - Take them to dinner—with their friends. Let them reminisce together about the good and bad times and all the changes they've seen.

IDEA #2 - Bring their grandchildren to visit them. While you're together, create a technology timeline. Let your baby boomers share information about the radio shows they listened to as a child, what they remember about the moon landing, and when they got their first television set. Compare that to the technology that's familiar now. Discuss ways to use new technology to plan for the future and make life easier for baby boomers as they age.

IDEA #3 - If you're fortunate enough to have your baby boomer at home, gather together for a family music night. Play or sing songs from your favorite baby boomer's teenage years. Let them share their memories!



The baby boomer generation has shaped the entire world. Caring well for them involves spending time with them, acknowledging the changes they've seen, and celebrating them as much as possible.

[If you'd like to see more articles like this one, please contact the Chicagoland Suburbs Care Planning Council.](#)

Pets, Friends, and Family Fun

According to Forbes Health, more than 14 million American adults live alone. That can be an issue for our elderly population, because loneliness and social isolation have serious health risks. Feeling lonely or isolated increases the odds of dying from any cause, but it also significantly bumps up the risk of dementia, heart disease, and strokes.

Our aging loved ones deserve our company, but it's not always possible to be there with them. If you think they're at risk of loneliness or isolation, consider the following ideas for helping them stay healthy and connected.

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Family Fun

Visit together as often as possible. Bringing their grandchildren and great-grandchildren can help them feel connected to the future and to the larger community. Give your elderly family members plenty of time to tell their stories, even if you've heard them all before.

One thing to consider: visiting doesn't have to happen only in their living room or bedroom. If they're well enough, take them on short outings, such as a drive in the country or dinner at a local restaurant.

Friends and Caretakers

Help your aging family members stay connected to people they care about. This could mean making sure they get to the senior citizens center a few times a week or arranging for friends to come visit.

Another option is an in-home caregiver, who could provide conversation and social support as well as providing for their physical needs.



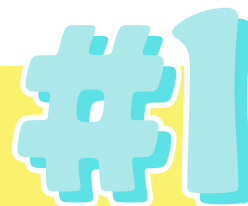
Pets

For some people, a pet might be a great option. Pets that require daily walks can help improve physical activity. Pets also provide emotional support, a sense of purpose, and even connection with other people who love pets.

If this is an idea they like, celebrate International Cat Day on August 8 or National Dog Day on August 26 by visiting a local animal shelter. Who knows? They might just bring home a companion they love!

[If you'd like to see more articles like this one, please contact the Chicagoland Suburbs Care Planning Council.](#)

Priority One



***When was
their last
physical
exam?***

August 11 is Annual Medical Checkup Day. It's a reminder that as we age, our health is the number one priority!

Make this month special by helping your loved ones feel well-cared for. Make an appointment with their doctors to get a thorough physical and adjust medications as needed. Go with your aging family members to those appointments. If it's needed, help them plan for ways to stay physically active, eat nutritious meals, and get better sleep.



National Chocolate Chip Cookie Day!

Who doesn't love a good cookie?

August 4 is National Chocolate Chip Cookie Day. This year, try celebrating it with this easy, fun recipe that is sugar-free!

Ingredients:

- 2 ripe bananas, mashed
- 2-4 cups of rolled oats
- 1 cup of keto-friendly chocolate chips

Directions:

Mix the ingredients together. Bake on a greased cookie sheet at 350 degrees for 8-10 minutes.

*"In the cookie of life,
friends are
the chocolate chips."
- Unknown*

CHOOSE NOW, PLAN NOW

This fall, the Chicagoland Suburbs Care Planning Council will be conducting a series of in-person seminars at various locations within Chicagoland area. This set of workshops for adults 55 and older covers the basics of planning ahead for the future, from knowing what documents you need to getting a full plan in place.

To save your spot or to get more information, please send an email to info@in-homecaregivers.com.

REGISTRATION IS REQUIRED BUT THE SEMINAR IS FREE.