This document is a fill-in-the-dates calendar that students in a daily living skills or family life education class can use to remind themselves to live a healthy and productive life. Set up with a page of tips on the top with a monthly calendar page below, the guide covers the following topics: (1) living better with less; (2) home safety rules; (3) healthy eating; (4) volunteering; (5) grandparent-grandchildren relationships; (6) recording family memories and growing a family tree; (7) distribution of inherited personal property in families; (8) looking good; (9) exercise—the key to the good life; (10) using medicines safety; (11) lifestyle changes; and (12) stress-relieving activities. (KC)
Together
Your Life
To Fit
Skills

Healthy Eating
Exercise
Living Less With Better
Props
Belongings
Personal
Homel Safety
Grandparents
Climbing
Changes
Lifestyle
Looking G-O-D
Memories
Family
Skills
Exercising
Volunteering
Stress-Relievers
Medicines
Using Safety
Medicines
Everyday Shopping Strategies

Living Better With Less

- Think ahead about purchases so you can watch for reduced prices, coupons, and special deals. It a

- Durable goods are good buys. The longer the item lasts, the fewer you will need to buy. Quality

- Smart comparison shopping can save you money. Use the telephone and newspaper ads to

- Compare prices. Don't compare just prices...also compare quality. Keep a reference of items

- Exchanging goods and labor with neighbors and friends can also be money saver. To

- Second time around for many items can be a great buy for you. Garden equipment,

- Trade coupons. Take advantage of double-coupon sales. Trade coupons with friends,

- Exchanging goods and labor with neighbors and family members.

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- The coupon. Normally purchase, Many store or generic brands are less expensive than the items with

- Expensive item. Higher quality item that will be used many times rather than constantly replacing a less

- Tends to cost more at the beginning but less in the long run. It often pays to purchase a higher

- If a major purchase is involved, get family and friends to help you watch for a good buy.
Basic Home Safety Rules

- Make sure wall outlets are clearly labeled and do not take or apply them in the dark. Periodically throw out outdated or unused medicines.
- Never use “octopus” outlets. Use extension cords only temporarily. Do not run cords under rugs.
- Install a slip-resistant surface in the bottom of your shower or tub.
- Set your hot-water heater at 120 degrees Fahrenheit to prevent accidental scalding.
- Follow directions when using space heaters. Maintain proper distance from walls, curtains, and furniture. Do not leave heaters unattended.
- Keep storage areas free of flammable liquids, papers, rags, and other combustibles.
- Have plenty of light over the kitchen stove, sink, and countertops. Make sure stairs are clearly lit and have sturdy handrails.
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- Have plenty of light over the kitchen stove, sink, and countertops. Make sure stairs are clearly lit and have sturdy handrails.
- Check smoke detectors once a month, and replace batteries at least once a year.
- Make sure all family members know where the emergency shutoffs are for all utilities. Develop an escape plan in case of a house fire.
- Make sure medicines are clearly labeled, and do not take or apply them in the dark. Periodically throw out outdated or unused medicines.
Choosing an active lifestyle and eating nutritiously are key strategies to help maintain good health. Eating well is often difficult to fit into many lifestyles, especially for those people who don't like to prepare their own meals. One of the most common pitfalls to healthy eating is getting into a rut or stale routine regarding eating and preparing meals. You need to eat a variety of foods instead of the same foods each day; this is an important way of eating healthy. Always eat foods you enjoy, but you don't have to cook big meals to eat well; you do need to use the USDA's Food Guide Pyramid to help you make healthy food choices when you plan your meals. To avoid malnutrition, make sure you get enough vitamins, minerals, and calories. The population of the United States is facing a new challenge as a baby boomer generation ages. Aging adults can enjoy good health for a much longer period than could previous generations.
Your talents are needed—Volunteer!

"If you want to lift yourself up, lift up someone else"—Booker T. Washington

Volunteering has its personal rewards:
- Influence others in a positive way.
- Meet new challenges.
- Gain work experience.
- Meet others with similar values.
- Build self-confidence.
- Learn new skills.

Where can I volunteer?
- United Way Agencies.
- Schools (Kindergarten, Elementary, and Secondary levels).
- Nursing Homes.
- Volunteering 4-H, Girl Scouts, FFA.
- Nonprofit Organizations (Mississippi Homemaker Local Libraries).
- Hospice Homes.
- Hospice Homes.
- Coaching or being team parent for a sports group.
- Civic Organizations.
- Churches.
- Assisted-living facilities.
- American Cancer Society Fundraising Events.
- Mississippi Homemaker.

Volunteering is a volunteer job for you.

Whether you are working or retired... an individual or member of a group... willing to give just a little...
Give the best gift of all, your love. When you take time to be with grandchildren, when you listen to them, and write notes—your love will come through.

Show grandparents what you accept them just as they are. One of the special things about grandparents is that they usually do not have to deal with the everyday hassles as parents do. You can see what is that they usually do not have to deal with the everyday hassles as parents do. You can see what parents sometimes cannot see.

Be a role model to show your grandchildren older people can be fun. If children have a pleasant experience with elders who approach life with excitement and good humor, they will have a more positive view of growing older themselves.

Offer companionship for activities they enjoy. Companionship is not something in the mail all their own. Send special letters and notes addressed to them. Children love to get something in the mail all their own.

Really listen helps build the self-esteem of a child or young person. Listen to their concerns as well as their joys. Having an adult who individually with each grandchild is special.

Spend time one-on-one with your grandchildren. The time a grandparent spends with a grandchild can give to grandchildren. A large family with its special history. Talk about family traditions. Children gain security and stability knowing they belong to everyday things. Take them but also the quiet times when you are together doing just the special things you do for your grandchildren or the places you offer companionship for activities they enjoy. Companionship is not something in the mail all their own.

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Recording Family Memories
Growing Your Family Tree

Personal memories and stories you've heard from others are the seeds for growing your family tree. To start it growing, all you need to do is to record the facts you already know.

Collecting stories from family members and friends will help give character to the names and dates you've gathered. In addition to your family memories, you may have or know about other sources of valuable information and tidbits that will help your family tree grow. Photo albums, scrapbooks, family Bibles, and other family keepsakes and memorabilia will each add interest as well as information to your family history.

Information include the following:

- Important papers (will/s, deeds, insurance policies, and titles)
- Diaries, journals, and day books
- Important papers (will/s, deeds, insurance policies, and titles)
- Court records (births, deaths, marriages, divorces)
- Closet doors (look for writing on the inside)
- Certificates (from schools or jobs)
- Letters
- Newspaper clippings
- Trunks and chests

Collecting stories from family members and friends will help give character to the names and dates you've gathered.
Almost everyone has personal belongings that have special meanings to them and other members of the family. What happens to your personal belongings when you die?

Who gets personal property is an issue frequently ignored until a crisis occurs. It is often assumed to be unimportant. The transfer of non-titled property is an issue that impacts everyone regardless of his or her financial worth, heritage, or cultural background.

What surprises many people is that the transfer of non-titled personal property can create more challenges among family members than the transfer of titled property. Why? Non-titled personal property transfers may offer these following situations:

- Personal belongings have different meanings for each individual.
- It is often the sentimental value or meaning attached to the personal property that is important, not the financial or dollar value.
- It is often difficult to divide items with sentimental value in a way that is fair to all parties.
- People commonly have different perceptions of what is a fair process and what are fair results.
- Talking about one's possessions is much more personal than talking about other types of financial assets. It often means facing the death of family members as well as one's own death.
Wear what becomes you! Age is no longer a determining factor in wardrobe dressing, but age is a guideline. More important factors in helping build your wardrobe are lifestyle, activities, work type and environment, and in which part of the country you live. The following suggestions will assist you as you shop for clothes and accessories.

- Wear dark colors in pants and skirts.
- Select clothing that can be worn year-round.
- Wear dark colors in pants and skirts.
- Use good-quality fabrics with easy-to-care-for guidelines.
- Use accessories and touches of color.
- Wear clothes that make you feel good about yourself and help give you confidence.

Use solid colors that are easy to mix and match.
- Wear short hairstyles, and try highlighting your hair instead of completely coloring it.
- Wear eyeglass frames that can be worn year-round.
- When selecting eyeglass frames, choose a light color.
- Use solid colors that are easy to mix and match.

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- Wear clothes that make you feel good about yourself and help give you confidence.

Looking G-O-O-D!!
Exercise can help many who have reversible dementia to regain mental sharpness. It helps prevent illnesses.

- Improves your appetite.
- Improves your balance.
- Improves your flexibility.
- Reduces disability caused by arthritis.
- Helps prevent osteoporosis.
- Aids insomnia.
- Reduces depression, anger, or the blues.
- Helps prevent illnesses.
- Aids obesity.
- Avoids falls and automobile accidents.
- Improves balance and flexibility, which can reduce falls and automobile accidents.
- Reduces disability caused by arthritis.
- Prevents constipation.
- Aids or controls diabetes.
- Prevents osteoporosis.
- Aids insomnia.
- Reduces high blood pressure.
- Helps prevent illnesses.

Exercise is a great way to bounce back from depression, anger, or the blues. It can help you maintain a full range of motion. It can help you maintain a full range of motion. Exercise can help many who have reversible dementia to regain mental sharpness.

Benefits of Exercise

Exercise—the Key to the Good Life
Use Medicines Safely

Medication can cure an illness, reduce the risk of sickness, or help you cope with a long-term disease. If taken incorrectly, medicine can also cause serious problems. People don't understand why, how, and when to take their medications.

Inform Your Doctor and Pharmacist

- The names of all medicines you are taking now, including any nonprescription medicines.
- The doses of each medicine.
- If you have ever had problems (allergies or reactions) with a medicine.

Ask Questions

- What is the name of this medicine, and how will it help me?
- How soon can I expect it to work?
- How do I take this medicine—with food or on an empty stomach?
- How often do I take it (how many times a day) and for how long?
- Are there any side effects, and what do I do if they occur?
- What foods, drinks, or activities should I avoid while taking this medicine?

Take Safety Precautions

Keep safety precautions in mind when buying, using, and storing medicines. Keep all medicines, prescription and nonprescription, out of the reach of children. Instruct any children around your home about using medicines safely. Keep all medicines prescribed, keep them in the original container, and discard them when you no longer need them.

Use Medicines Safely
It's amazing the furniture, dishes, books, pictures, linens, bric-a-brac, and whatnots a person can accumulate over a lifetime. For safer and easier living, try reversing your process of accumulating items.

Donate to a charitable organization or give things to family members or friends. If you have possessions you no longer want, you may have items you aren't ready to give away. If you have items you no longer want or need, develop systems that cannot be removed.

Less can be better!

Lifestyle Changes
Deep Breathing. Slowly take a long, deep breath; hold it for about 8 seconds. Gradually exhale while mentally telling yourself to "relax." Do this for several minutes if necessary. If you close your eyes, the calming effect is increased.

Physical Exercise. Even a short, brisk walk can often help relieve unwanted stress.

Laughing or Singing Loudly. These activities are incompatible with tension; for example, it's hard to laugh heartily and be tense at the same time.

Nature Time. Spend a little time with an aspect of nature you particularly enjoy—a grassy field, your favorite beach, or a beautiful flower.

Shoulder Exercise. Let your shoulders slump. Next, move them up and down and then in a rotating motion. Rotating your shoulders is a good tension releaser when you've been driving for a long time without a stop.

Exercise. Even a short, brisk walk can often help relieve unwanted stress.

Relaxing Phrase. When you begin to sense unwanted stress, continually repeat in your mind, at any speed, "I am peaceful; I am calm." In most cases you can continue this repetition as you go about your normal activities. For example, "relax." Do this for several minutes if necessary. If you close your eyes, the calming effect is increased.
“Skills To Fit Your Life Together” newsletters, programs, and calendar were developed by

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