

# Answers for Aging

February, 2016

## Special points of interest:

- New Director
- Happy Valentine's Day
- Farewell Thoughts
- Groundhog Day
- Self Care
- American Heart Month
- Announcements

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## New Director For Council on Aging



Susan McGrady has been named the new Director for the Limestone County Council on Aging upon the retirement of Emily Sandlin. Susan grew up in Athens, attending Athens City Schools and earning her BS degree from Athens State College in 1994. Most of Susan's career has been in the field of social service and education. She has worked with both the Athens City and Limestone County school systems and

for the Department of Human Resources (DHR) . She has also served as the Director of the Athens-Limestone Children's Advocacy Center.

Susan enjoys family time with her husband, Kerry, and their four adult children and four grandchildren. She attends First United Methodist Church and when her busy schedule permits, she loves to cook, sew, paint, attend concerts and college football games.

*"I am excited and thankful to be a part of the Council on Aging family," states Susan. "Seniors are our community's foundation. It is important to me that we continue to support their needs through our programs. I look forward to meeting everyone soon."*





*“I have no reservation in leaving the program in the ‘good hands’ of the staff and Susan.”*

### *Farewell Thoughts...*

After working with the seniors of Limestone County for 10 years, Emily Sandlin has decided to hand over the reins as Director of the Council on Aging and become a stay at home mama to her two children, Allie, age 3 1/2 years and Charlie, 3 months. Emily is married to Tyler Sandlin who works for Auburn University as the Regional Extension Agent. They live on a farm in western Limestone County and share a 2 year old bloodhound, Linus Blu.

“I have full confidence in Susan and her capabilities as a leader of the giving, caring, and hard-working staff at the Council on Aging,” states Emily. “I also have peace knowing that they will support Susan and help her to succeed as the new Director.” The seniors have long been Emily’s top priority and she has no reservation in leaving the program in the “good hands” of the staff and Susan.

**Old Groundhog stretched in his leafy bed; he turned over slowly, and then he said,**

***“I wonder if spring is on the way; I’ll go and check the weather today.***

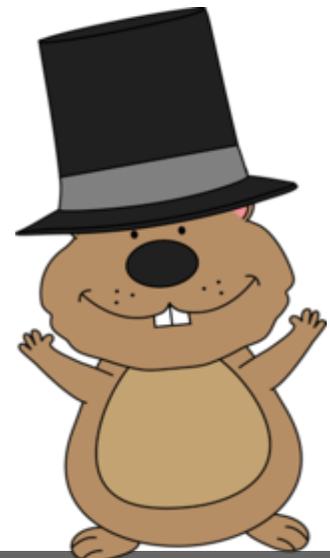
***If I see my shadow between eleven and noon, I then will know that I’m out too soon.***

***I’ll crawl back in bed for six weeks more, pull up the warm covers and snore and snore.***

***But if no shadow gives me a scare, I’ll know that spring is in the air.***

***I’ll wake my friends and wish them cheer with glorious news that spring is here!”***

...quoted



## Self-Care

From childhood on to maturity, most of us have learned not to promote ourselves, to put others first, and to recognize and work on our own shortcomings. While these are noble characteristics, many of us have taken them too far—to the point that we neglect our own needs; allow others to infringe on time, money, and peace of mind that we seriously need; and, in some cases do not consider ourselves worthy of happiness or appreciation.

What we forget is that it is not selfish to care for our own needs. We actually can go about our duties and responsibilities toward others in a more positive way if we have a positive attitude about ourselves. A lovely quote from Eleanor Brown illustrates this idea perfectly: “ Rest and self-care are so important . When you take time to replenish your spirit, it allows you to serve others from the overflow. You cannot serve from an empty vessel.”

**As we celebrate loving others this February, consider saving a little love for yourself!** The following wise quotes advise us of our need for self-care and self-compassion:

- “Self-compassion is simply giving the same kindness to ourselves that we would give to others.” ...*Christopher Germer*
- “Self-care is never a selfish act—it is simply good stewardship of the only gift I have—the gift I was put on earth to offer others.” ...*Parker Palmer*
- “While loving and taking care of others, don’t forget to love and take care of yourself too.” ...*quoted*
- “Too many people overvalue what they are not and undervalue what they are.” ...*Malcolm S. Forbes*
- “Accept yourself. Love yourself ( as you are). Your finest work, your best movements, your joy, peace, and healing comes when you love yourself.” ..*Melodie Beattie*
- “Lighten up on yourself. No one is perfect. Gently accept your humanness.” .. *Deborah Day*
- “Allow yourself to enjoy each happy moment in your life.” ..*Steve Maraboli*



***“It’s not selfish to love yourself, take care of yourself , and to make your happiness a priority. It’s necessary!” .***

*...Mandy Hale*

## February is American Heart Month

Heart disease kills an estimated 630,000 Americans each year. It’s the leading cause of death for both men and women. In the United States, the most common type of heart disease is coronary artery disease (CAD), which can lead to a heart attack. One can greatly reduce one’s risk for CAD through lifestyle changes and, in some cases, medication.

Since 1963, February has been celebrated as American Heart Month to urge Americans to join the battle against heart disease.

Since 2004, February also has been the signature month for the American Heart Association's GO RED FOR WOMEN campaign and the message that heart disease is not only a man’s problem.



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## NUTRITION CENTERS

Athens... (256) 233-6412  
East Limestone... (256) 230-2829  
Elkmont... (256) 732-4777  
Owens... (256)-230-2753  
Tanner... (256)-230-6400

## ACTIVITY CENTERS

Ardmore... (256) 423-2099  
Goodsprings... (256) 232-0813

Come join us at any of our centers. They provide opportunities for socialization, education, recreation, and the nutrition centers serve noon meals Monday through Friday. Call the center nearest you for information about various activities and programs.

The Limestone County Council on Aging's program utilizes available resources to empower older adults to enhance independence, personal satisfaction, vitality and the ability to enrich the quality of life for themselves and others. Working closely with TARCOG, the Area Agency on Aging, and various local agencies, COA provides information, referrals, and services for the elderly (age 60 and older) which include the following:

Transportation	SHIP/Medicare Part D
Nutrition Centers	SeniorX program
Meals-on-Wheels	Legal assistance
In-home services	Volunteer Opportunities

Services under the Older Americans Act are provided without charge, regardless of income. Participants are encouraged to contribute according to their means. All contributions are used to continue the programs.

## Upcoming Events

*Love—a wildly misunderstood malfunction of the heart which weakens the brain, causes eyes to sparkle, cheeks to glow,*



*blood pressure to rise and the lips to pucker!*

*Valentine's Day is  
Sunday, February 14th.*