

The Genesis Therapy Center

SPRING 2017

The Art of Growing Old

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I do not have a lot of advice for how to age well, but I would rather like to have a discussion of the reality of the aging process and how can we address it in a way that helps each one of us face this confounded reality. The first suggestion I have for you is to find a good friend and colleague that you can trust and talk with about anything. A good friend is someone who will listen to you without comment or judgement. A good friend is someone who is willing to admit when he/she is also struggling with some of the same issues. A good friend is someone who understands talking about all kinds of things, some of which is MITIN--More information than I need!

Get a hobby that is really important to you and practice it over and over again. I love photography and I take a lot of pictures. I have to admit that it is just as much fun taking the pictures as it is working with the photographs on the computer. Read a good book and cry at the important parts. Go to a good movie and enjoy the thrill of seeing something new. Plan a trip and go on a good vacation. Volunteer at a place where you can be old and it will not matter.

I will remind you that you cannot stop the process of aging. How you approach this process is vitally important. What you can do is enjoy how much wisdom you have acquired in the process of getting there and how important that is to you. That is one fundamental truth that I will always hold onto. You now have the freedom to be wise. Please enjoy that process.

Affordable Summer Fun in Chicago

Free concerts at Navy Pier, Grant Park and Daly Plaza. For the schedule of concerts at Grant Park visit <http://www.choosechicago.com/articles/view/millennium-park-summer-music-series/890/>

Lincoln Park Zoo

Maggie Daley Park with climbing walls, play structures, an "enchanted forest" and a twisting, 20-foot-wide loop that's used for roller-skating in summer and ice-skating in winter.

Biking or skating along the lake front.

Spending the day at one of the beaches.

Millennium Park

Festivals- many are free. For a list of festivals visit chicago.metromix.com

Museums- most have free days

The Genesis Therapy
Center's

14th Annual

KidPower Benefit

Sunday, Oct. 29, 2017

2 to 6pm at Gaelic Park in

Oak Forest

Watch Out For Parent Burnout

Naomi Effort MA, LCPC

Imagine you are quietly sitting in your comfy chair and sipping coffee or tea. You start envisioning a warm tropical island and sipping on your favorite drink or cocktail. You are thinking about how this feels tranquil and refreshing. Then suddenly, you are snatched right out of your imagination by these words. MOM! MOMMY! MOTHER! DAD! DADDY!

Well that was fun while it lasted; a mere five or ten minutes all to yourself. You are forced to shake off the day dreaming because your children need you. You have become their personal chef, party planner, counselor, chauffeur and housekeeper. Oh! Let's not forget if you have multiple children, a referee. At times, you question whether you are really holding it together or not.

Most often parents tend to forget their individual needs and primarily focus on their children's. However, it is important to recognize taking care of self helps you better take care of your loved ones. Here are some tips to take care of yourself.

1. Allow yourself to ask for help from a friend or family member even if it is to take a bath/shower or run an errand alone.
2. When possible, schedule some alone time to do something you enjoy.
3. Find an online and/or meet up group of parents to talk about different parenting issues and for overall support.
4. Create a routine so you can feel more organized and less stressed.
5. Don't overload a daily schedule by trying to get it "all done".

Like us on Facebook

We offer ongoing social skills groups for children ages 9-12 and 12-15.

If interested, please contact Dr. Rachael Sytsma at 708-423-3361, ext. 35

The Genesis Therapy Center

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We're on the Web!

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