



CITY OF BRENTWOOD

# parks & recreation

“... adding joy to people's lives”

## Brentwood Senior Citizens Club, Inc. Newsletter

In partnership with the City of Brentwood Parks and Recreation Department

A newsletter of programs, activities, and community services available to the older adult residents of Brentwood, Bethel Island, Byron, Knightsen, Oakley, and Discovery Bay.

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### DEAR FRIENDS

By: **Norman Wintemute**

Dear Friends...

#### **Be a good Caregiver**

Remember when your children were your main concern. You spent a majority of your day caring for them, making sure they had the proper food, clean clothes, and a good night's sleep. You taught them right from wrong, and on occasion took the weight of the world on their shoulders. You were a good Caregiver.

Now your children are grown and no doubt are caring for their own children, hopefully wondering how you managed it all. Even though, you

are still an important part of their lives and your grandchildren's lives, you are no longer their Caregiver.

You now have the opportunity to turn the focus back to you. Take the time and be your own Caregiver. All the usual words of wisdom go: watch the alcohol, don't smoke, eat right, get plenty of exercise, and plenty of rest. However, make time for yourself and you will become a happier person inside and out. Take the time and smell the roses as they say.

You could start working on that mental list of items that you always wanted to do

but never had time for. You could return to an old hobby or take up a new one. You could read that novel you have put off for so long. You could make a promise to yourself to do one nice thing for yourself each day. It doesn't matter how small or how large your notion is, this is your time for you.

But if this doesn't fulfill the Caregiver inside of you, the next best thing would be to volunteer with a worthwhile organization. In this way you will be doing something good for others and yourself at the same time.

Just remember the most important Caregiver for you is you.



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