

Dear Carol

Dear Carol,

My mother is elderly and has been changed by Alzheimer's disease. Her attention span has gotten so short that she has a hard time focusing on anything for more than a few moments. She lives in a lovely facility where she is well cared for. My sister and I like to take her out for excursions. We often come back to my home to watch TV. She really likes this and insists we all sit on the couch and watch a program together. She talks through most of the program and tells us what is happening. I don't want to deny her the pleasure of watching TV with her daughters but my sister and I would like to be able to hear our favorite shows when Mom is around. I don't have TIVO or a recorder. I don't want to tell her to be quiet; she won't, or restrict our times together.

Hannah

Dear Hannah,

Most TV shows have closed captions; the dialog is printed on the screen during the show. If your TV is relatively new find the directions and see if there isn't a button on your remote control that will enable the closed caption feature. If you can't find the directions, ask a technology savvy friend to work it out for you. Then your mother can give her commentary while you and your sister read what is happening during the show. I commend you and your sister for spending time with your mother. Her heart understands what she may not express.

Dear Carol,

My wife and I are trying to get all of our finances, wills and such in order. Last weekend we were going through some papers we had taken out of our safe deposit box to see what to keep or let go. I suddenly realized my wife was crying. I asked what was wrong and she handed me the birth

and death certificates for a baby we had 35 years ago that only lived for one day. She kept sobbing and rocking back and forth. I didn't know what to do so I just held her as she talked about the birth and the baby and how much she wanted that child. I had no idea she felt that way and wonder if that is normal or if her mind is getting weak. What do you think?

Cal

Dear Cal,

Your wife is finally releasing some of the grief she has held inside all of these years. Our society often expects people to recover quickly from a great loss, to pretend to forget and go on about our lives as if nothing has happened. That sorrow is locked away but is yearning to be released. Please talk to her about the child and her feelings. You may find there are emotions buried within you too regarding this loss. Your wife is not ill, she is healing.

Send questions to askcarolnow@gmail.com

Carol is a Life Coach available for private consultation in person or on the phone. •

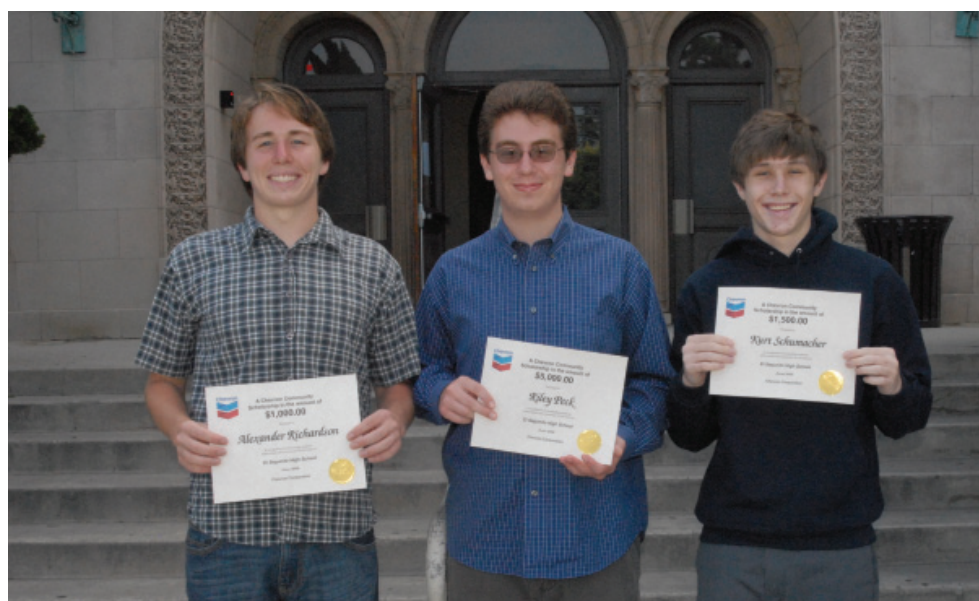


Business Briefs

Bank of Manhattan donates to ESEF



Bank of Manhattan's annual \$5,000 donation to the El Segundo Educational Foundation (ESEF) Board Members Ron Swanson, Sherry Kramer, Community Affairs Director Ed Myska, Executive Vice President of Bank of Manhattan and Brenda Newman, owner The Jewelry Source and ESEF Board Member. BUS BRF.JPG



A very happy group: Alexander Richardson, Riley Peck and Kurt Schumacher.

\$22,000 IN SCHOLARSHIPS FROM CHEVRON

Chevron Products Company handed out over \$22,000.00 in scholarships to local high school students at awards ceremonies held in June.

\$5,000.00 scholarships were awarded to Riley Peck from El Segundo High School and Austin Jones from Mira Costa High School. Riley and Austin will use these funds to help towards their college tuition.

The following students also received one-time scholarships from the energy company:

Kurt Schumacher, El Segundo High- Chevron International Reach Honorarium
Megan Hedges, Mira Costa High
Alexander Richardson, El Segundo High
paratory High School
Nicholas Dorman, Arena High
Jacob McCabe, Arena High
Omar Pandhiani, Arena High
Andrew Peterson, Arena High
Jordan Smith, Arena High
Nikolaus Woods, Arena High

These students were chosen based on their academic potential, with an emphasis on science and math, as well as their leadership commitment in high school and community activities.

Back for Yoga

..Health through Movement
Your second class is free!!

SCHEDULE OF CLASSES

Monday		
5:30-6:45pm	Beginner Hatha	Andy
7:00-8:15pm	Hatha Basics - All Level	Leslie
Tuesday		
5:30-6:45pm	Yin Yoga - All Level	Vin
7:00-8:15pm	Vinyasa Flow - Level 1	Leslie
Wednesday		
6:00-7:15pm	Vinyasa Flow - All Level	Betty
5:30-6:45pm	Hatha Basics - Level 1-2	Andy
7:00-8:15pm	Hatha Basics - All Level	Dori
Thursday		
5:30-6:45pm	Burrrtt - All Level	Theresa
7:00-8:15pm	Beginner Hatha	Leslie
Friday		
6:00-7:15pm	Vinyasa Flow - All Level	Betty
6:30-7:45pm	Vinyasa Flow - All Level	Alex
Saturday		
9:30-10:45am	Hatha Basics - All Level	Andy
Sunday		
8:00-9:15am	Hatha Basics - All Level	Cathy
10:30-11:45am	Yoga Tune-Up - All Level	Theresa
5:30-6:45pm	Hatha Basics - All Level	Andy

Class Fees

- Single Class \$15
- Class packages available at reduced prices
- No expiration on 10 and 20 class packages
- See our website for details

www.backforyoga.com

No refunds, transfers, or class packages
Transfer or class time is subject to change without notice

Back for Yoga
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Agents/Licensees/Brokers not permitted to attend.
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FREE BREAKFAST WORKSHOP

For Retirees & Pre-Retirees

TUESDAY, JUNE 23rd
8:30 AM

THURSDAY, JUNE 25th
8:30 AM

Registration begins @ 8:15 AM both days

Marmalade CAFE
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2014 Park Place
El Segundo, CA 90245

This program is being offered by March Wealth Management,
serving the South Bay since 2004.