

Contents

Milestone Birthdays
Upcoming Events
Conference Call Info
Intro
Your Life
Recent Retirements
Your Legacy

Milestone Birthdays

NOVEMBER

11/3 - Janice H.
11/5 - Ray G.
11/8 - Eric Y.
11/10 - Richard G.
11/12 - Joy B.
11/13 - Anthony G.
11/14 - Julie W.
11/21 - Jeff L.

DECEMBER

12/3 - Nancy T.
12/16 - Lauren J.
12/21 - Nate B.
12/24 - Mark S.
12/30 - Joanne W.

JANUARY

1/3 - Renate M.
1/5 - Mike D.
1/8 - John H.
1/16 - Diana L.
1/20 - Karen P.
1/24 - Jane W.
1/26 - Rick B.

Upcoming Events

11/20 - Conference Call
12/18 - Conference Call
1/15 - Conference Call

Conference Call Dial-In Information

Every 3rd Wednesday of the month, we host a conference call from 1:00-1:30 PM where speakers provide a market update.
DIAL IN: (712)775-7031
Access Code: 595-247#
REPLAY: (712)775-7029

WEAVER

— CONSULTING GROUP —

YOUR LIFE YOUR LEGACY

Millions of Americans live with, or their lives are impacted, by loved ones with mental health issues. In fact, nearly one in five U.S. adults live with a mental illness. These include different conditions that vary in degree of severity. The most common mental health issues are depression, anxiety, eating disorders, substance abuse and attention deficit disorder (ADD). Among adolescents, the most common of these disorders is depression. Which affects nearly one in eight adolescents and young adults each year. There are many theories to why the staggering increase among our children since 2005, but whatever the reason may be, our community needs to come together to help each other. Recently, we had a client lose a child. With two kids of my own, I cannot imagine a loss more devastating than the loss of a child. Personally, I think we can all educate ourselves more and work to show more compassion for those that are often quietly suffering.



ing. My grandpa took care of my grandma at home until she could no longer walk. She never had a driver's license, but did not need one because she always had him. I often think about how hard it must be to take on the role of parent, to your own parent. The guilt you feel when you have to move them into a full-time facility. The emotions you have when visiting or when advocating for their care. These are all things we forget to mention, but are still a very valid part of the disease. Many of us have had an experience with someone who has Alzheimer's or dementia. The statistic these days is every 65 seconds someone new is diagnosed. November is Alzheimer's awareness month. In that spirit we have decided to partner with Alzheimer's Orange County. Last year they served over 28,000 individuals. They provide a hotline for care takers, adult day care services and community workshops. Because, even the strong ones in our lives need support.

-Jason



To our recently retired clients:
Barbara V., Beverly A., Mark P., Bess B.,

Wishing you all the best as you retire. You might still be as busy as ever—but at least it will be with things you love doing!

Congratulations!

YOUR LIFE — My great-grandmother, who was the matriarch of our family, had dementia. She was born in 1914 in Chicago. The daughter of Irish and German immigrants. A strong-willed woman and nurse. My Nana lived with her son (my grandpa) and it had been that way for 30 years. One afternoon while walking to the kitchen, she left her walker at the carpet and took a tumble. This was right before her 90th birthday and she ended up staying in the hospital for one week after that fall. When she got out of the hospital she started acting different. She was forgetful, would eat odd things and got mad easily. I even remember her saying that someone had stolen the dish towels. That was the cognitive decline. Sometimes, what we fail to talk about is the mental toll dementia takes on people that are doing the care taking.

My grandpa took care of my grandma at home until she could no longer walk. She never had a driver's license, but did not need one because she always had him. I often think about how hard it must be to take on the role of parent, to your own parent. The guilt you feel when you have to move them into a full-time facility. The emotions you have when visiting or when advocating for their care. These are all things we forget to mention, but are still a very valid part of the disease. Many of us have had an experience with someone who has Alzheimer's or dementia. The statistic these days is every 65 seconds someone new is diagnosed. November is Alzheimer's awareness month. In that spirit we have decided to partner with Alzheimer's Orange County. Last year they served over 28,000 individuals. They provide a hotline for care takers, adult day care services and community workshops. Because, even the strong ones in our lives need support.



-Jessica




YOUR LEGACY – Physical well-being has always been viewed as an important aspect of a happy and healthy life. But, mental well-being has become increasingly acknowledged as an important component of health as well. Mental health directly feeds into our perception of ourselves, others, and the world around us, informing our emotions, outlook, and general mood. Given mental health's role in our general welfare and standard of life, we should strive to make improving our mental state of being a lifelong habit. One way of doing so is by making a conscientious effort to write down things you're grateful for on a daily basis. Starting your day with this activity as a morning exercise can help instill you with a positive mindset and positive emotions, as well as an appreciative outlook, to be carried throughout the day. You can take this a step further by incorporating memories that bring you joy or played an important role in your life. Such an act can serve as a deeply cathartic experience, providing you with appreciation and perspective on what's important. At the same time, it can also help

to reduce anxiety and purge negative emotions and thoughts. Documentation of these moments also affords the opportunity for positive reflection of cherished memories in the future. It also allows you to leave your recollections behind so your loved ones can share in your experiences, better understand and appreciate you. In doing so, you're not only improving your mental health, but allowing friends and family to reflect on your life and preserve your legacy.



<https://tinyurl.com/WeaverCYouTube>

www.facebook.com/weavergllc


www.linkedin.com/company/weaverconsultinggroup


www.WeaverConsultingGroup.com

(714) 536-4065
 Huntington Beach, CA 92648
 101 Main Street, Suite 220

