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FRIENDS OF LONGMEADOW OLDER CITIZENS ASSOCIATION, INC.
(FOLOCA)

IN SUPPORT OF

The Longmeadow Adult Center—231 Maple Road, - Longmeadow, MA 01106
A LIVING MEMORIAL/HONOR/GRATITUDE FOR SERVICES & PROGRAMS

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January 2009

HAPPY NEW YEAR!

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SNOW BIRDS! Please let us know if you're flying south so we may update our mailing list. 565-4150



Adult Center

"A Branch of Community Support"
 at Greenwood Park Center
 231 Maple Road, Longmeadow, MA
 01106

Telephone & TDD
 413-565-4150

www.Longmeadow.org

Karen Neiman Michelman
 Director

Minibus: 739-7436
 or 1-866-277-7741

Better Words

The words we choose affect how we see things, and even affect our physiology. Your own "self talk" can dramatically affect whether you get the results you want.. Suppose when in tough situations you repeatedly say something like, "I can't handle this". You are programming your subconscious mind to believe that you are not capable of doing certain things, and with time this will become more true the more you repeat it. That may not be the result you are hoping for.

Here are a few examples of words or phrases that may not be getting you the results you want, followed by some possibly more productive alternatives. These are just to get you thinking. If they make sense to you, use them, but experiment with your own alternatives as well. Think in terms of the goal, and find the words that are most likely to help.

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