

THE GOLDEN RULE

A WELLNESS AND SERVICE PROGRAM
FOR ELDERS, ADULTS AND YOUTH

For Community Organizations and all Faith Communities

Learn How To:

- Improve health and peace of mind
- Reduce stress and “bad days”
- Learn the best place to call
- Reduce avoidable hospitalizations
- Learn why the ‘golden rule is good for you’
- Utilize elder wisdom and youthful energy



Includes:

- ***What I Wish I Knew*** booklet with ten stories for group or family discussion
- Volunteer opportunities with mileage and other benefits
- Surveys to identify your needs
- Dealing with Alzheimer’s Disease and dementia
- End-of-life care planning
- Workshops, training and self-study
- Action Guide for Implementation

To Host a *Golden Rule* Program at your Church Or Organization

Call the Center for Health Management at 716-909-9612

Sponsored by the Niagara County Office for the Aging

with support from the Center for Health Management, the Council on Aging of Niagara County (COA), The Retired Senior Volunteer Program (R.S.V.P), the Senior Companion Program; the Alzheimer’s Association of WNY; The Northeast Forum on Spirituality and Aging of the Upstate New York Synod of the ECLA (Evangelical Lutheran Church of America) United Methodist Older Adult Ministries Team for the Western New York Conference Department of Lifelong Faith Formation of the Catholic Diocese of Buffalo

One Book With Many Uses from the *Golden Rule* Program

Read stories

about the author's family
and others trying to be well
in mind, body and spirit.

Discuss

how they tried to manage stress,
avoid hospitalizations,
and find more peace of mind.

WHAT I WISH I KNEW

STORIES, STRATEGIES AND STUDIES
ABOUT
BEING YOUR BEST AT ANY AGE



DR. TOM DELOUGHRY

CENTER FOR HEALTH MANAGEMENT

Learn

the most effective strategies to
be your best at any age —
And why the "Golden Rule is good for you,"
as demonstrated by research studies.

Host

related programs for youth , adults
elders and volunteers at your
community organization or church—
or engage family or friends in
being their best at home.