

# TO YOUR HEALTH

Carleton-Willard Village Out-Patient Clinic - 100 Old Billerica Rd., Bedford, MA 01730

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## Change

by Susan Cusson, NP

*“The only thing that is constant is change” - Heraclitus*

Change is all around us; we see and feel it outdoors as long summer days turn to crisp nights and the flowering gardens give way to the beauty of New England foliage. There are changes happening inside The Village also. After 15 years, Barbara Chenoweth is retiring... that's a big change! As the new Clinic Administrator, I would like to thank everyone for their patience, kindness and words of support during this time of change. It's a change for you and a change for me.

We all go through changes in our lives. Moving to a new place, losing a loved one, learning of a new diagnosis, or struggling to maintain independence are examples of changes that many of us will endure. While we may not like change — especially when it's imposed on us — we can't keep it from happening. What can we do? We can choose how we react. We can invest our energy in feeling sorry for ourselves or we can invest it in figuring out how to adapt and even thrive. Of course things don't always go our way, but there's always something we can do to ensure that tomorrow will be better than today.

Do you perceive change as a friend or foe? That depends on what the change is. Whether welcome or not, we can use the energy of change to our advantage by shifting our perspective. We may feel distressed by change when we don't want it to happen; conversely, when we perceive change to be good, it brings happiness.

Dennis Merrit Jones thoughts on change:  
*(Huffington Post 3/2014)*

It has been said that in a contest between a river and a rock the river always wins. Why? Because the river is willing to follow the natural call of gravity, going over, under, around, or eventually, through the rock, to its destiny which is to ultimately merge with the ocean. The rock is stuck where it is, relentlessly pushing against the river, resisting the natural flow of water until, over a long enough period of time, it's worn down to a pebble.

The power in this metaphor is that every day when we get out of bed, we can choose whether we will be the rock or the river. The question is: Are you the river or the rock?

*“When we are no longer able to change a situation - we are challenged to change ourselves” - Viktor E. Frankl*





If you find you are being a rock today, what might you be clinging to? Where in your life might you be resisting change or trying to force it to happen before its time? Try taking a deep breath, trusting and knowing that the river knows where it is going, and let go. You may find that embracing change will "change" your life. When faced with changes that are stressful, what can you do? Take a walk, listen to music, talk with a friend, read a book, or meditate. When you're having an atrocious day, use humor to see it as comical, and remember to see the big picture. Ask yourself if this will matter in a year or two.

This community is plentiful with resources to help you through difficult times. Our goal in the Village Clinic is not just to treat illness, but to promote health. Stress can lead to many physical manifestations. If you're finding it hard to cope with change or stress, you can always come to see us in the Clinic. We're here to help you. The next time you're faced with change, how will you choose to respond?

*"Life is a series of natural and spontaneous changes. Don't resist them; that only creates sorrow. Let reality be reality. Let things flow naturally forward in whatever way they like." - Lao Tzu*



***FLU CLINICS:***  
***DATES TO BE ANNOUNCED***



### **HEALTH EDUCATION LECTURE**

**"How to Be a Friend to a  
Friend Who's Sick"**

**Wednesday, October 8, 2014**

**Center Auditorium, 10:30 - 11:30**

The panel will include Marcia Feldman, Palliative Care Coordinator; Judi Tabor, Clinical Social Worker; Judy Krumme, Episcopal Priest and Barbara Chenoweth, NP. Many people are dealing with friends who have acute and chronic illnesses, and they struggle to find the balance between helping and not becoming overwhelmed helping. Please join us for an important discussion of a topic that affects everyone.

### **NEW ACUPUNCTURIST**

Join us in welcoming Barbara Blanchard, double board certified in Acupuncture and Asian Bodywork Therapy. She is also founder of an Acupressure School. Her practice focuses on creating and achieving the best balance for improved health and well-being. Some common results of these treatments may include relief of pain, reduced inflammation, increased energy, reduction of stress, improved sleep, improved immune system and balanced spirit. Come and learn how these treatments might help you when she gives us a presentation on: **"Acupuncture & Acupressure Therapy"**  
**Monday, October 27th @ 7:15pm**  
**Auditorium**