
From: Melanie Bowman [melanie@harmonyhh.com]
Sent: Thursday, October 28, 2010 12:45 PM
To:
Subject: Journal Your Personal Journey

Stay on track and save the memories.

When you're a caregiver, there are a lot of things to remember and manage. Maintaining a notebook, journal or calendar helps you keep track of important daily events such as your loved one's health information, medication, physicians and behavior, lab tests, results, personal numbers & legal documents. It's also extremely helpful to keep a personal journal to jot down your thoughts, frustrations, things that you enjoyed with your loved one or that made you laugh, and special memories.

New to journaling? Get a few great ideas on [how to get started](#) and specific topics. Use [Harmony Home Health's blog](#) as a good source of inspiration, too.

Harmony Home Health is family owned and operated. Maybe it's time our family met yours!

Call me at 727-723-7532, [email me](#) or [visit us online](#).

Be well!

Melanie Bowman
Senior Advocate
Harmony Home Health

