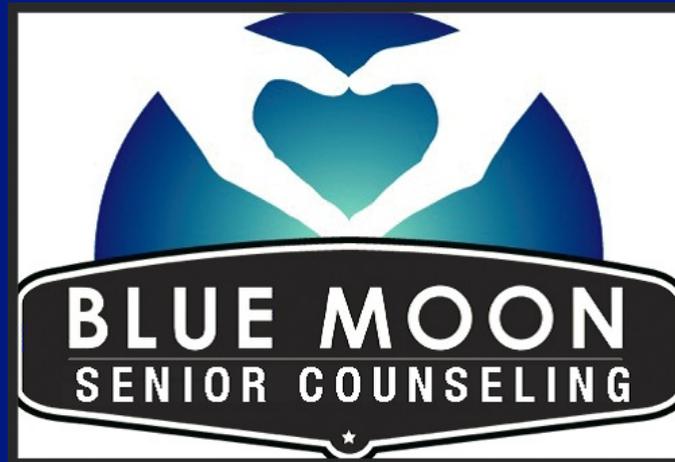


June Moonletter

It's the Summer Solstice! Let's Go & let's let IT go!



FULL MOON: 6/20/2016

Blue Moon Senior Counseling is active in California, Florida, Illinois, Nevada & Michigan.

Blue Moon's mission is to promote the emotional health and well being of seniors through supportive counseling, education and advocacy. Our Licensed Clinical Social Workers are mobile Medicare providers and offer in-home counseling in private homes and senior living communities.

Rare Summer Solstice Full Moon June 20th 2016



sun-gazing.com

On June 20th there will be a rare event as there will be a Full Moon on the Summer Solstice. This has not happened in more than 70 years and will not happen again until 2094. It is a once in a lifetime event. The Summer Solstice is the longest day of the year with over 15 hours of daylight. The Sun and the Moon will both be seen in the sky at the same time.

I suppose in the end,
the whole of *Life*
becomes an act of
Letting Go...
Pi Life of Pi

L.I.G!

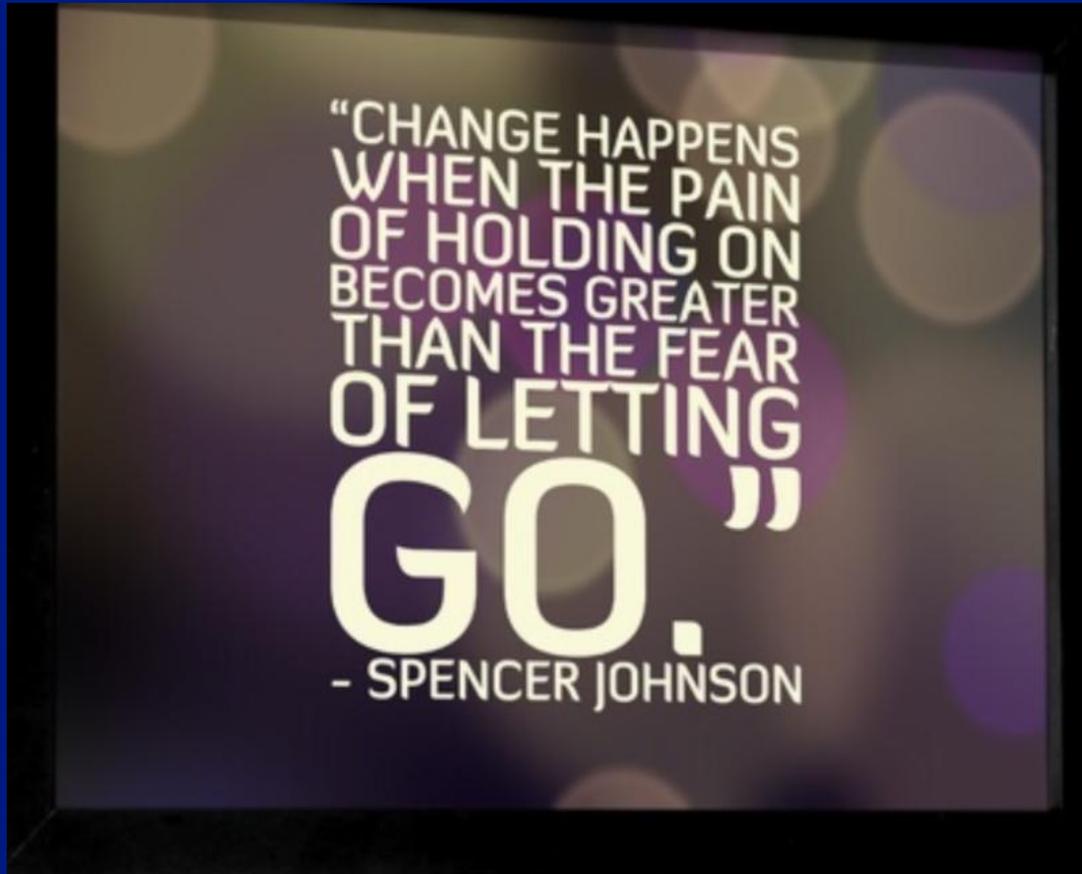
It seems regardless of age or stage in life, we all have our 'IT' to let go of. Resentment, sadness, unrealistic hope, loss, relationships... the list goes on. When we bring awareness to what we're hanging onto and the emotions attached, we allow ourselves the opportunity to chose a different

[path. Maybe it's not as hard as we think. Maybe we do have the power and capacity to change our perspectives on our own losses and free ourselves from unnecessary suffering. This month we're asking, what's your IT to let go of and how can we help? Melanie Donohue, LCSW](#)

Client Quote of the Month:

"I realize I've been able to let go of my resentment toward my grandson. Now I'm free to just love him."

R.C., Deerfield Beach, FL



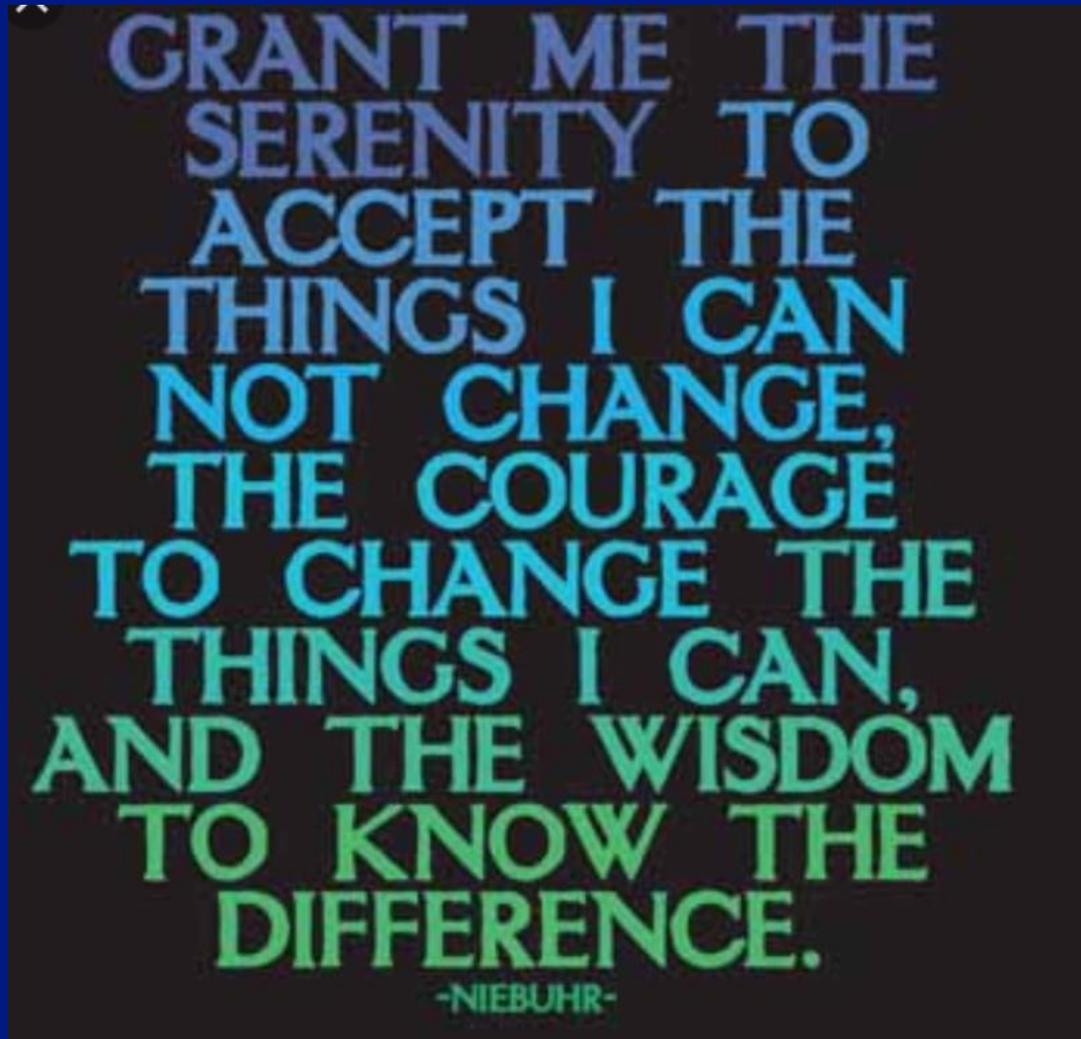
A senior monk and a junior monk were traveling together. At one point they came to a river with a strong current. As they were preparing to cross the river they saw a young beautiful woman who was also attempting to cross. The woman asked if they could help her cross to the other side. Without a word, the older monk picked up the woman, carried her across the river, placed her

gently on the other side, and carried on with his journey. The younger monk witnessed what happened but did not say a word. After many hours the younger monk blurted out "as monks, we are not permitted a woman, how could you then carry that woman on your shoulders?" The older monk looked back at him and replied, "brother, I set that woman down hours ago, why are you still carrying her?"

10 Tips to Let Go of the Past & Embrace the Future

Letting go can be difficult. Letting go of people, ideas, expectations, desires; letting go of bad habits, false beliefs and unhealthy relationships... the list goes on. Every day, every moment presents an opportunity to create ourselves anew, to shrug off the baggage of the past, open ourselves up to the possibility of the moment and take action to create an incredible future.

Read the full article at mindbodygreen.com





"Bring acceptance into your nonacceptance.
Bring surrender into your nonsurrender.
Then see what happens."
—Eckhart Tolle

What's new with Blue Moon?



Happy Anniversary to
you!!

Virginia Meinke, LCSW
1 Year

New to BMSC in June

Jacqueline Gay, LCSW
Reno, NV



And now for the lighter side:



Dear Math,
I am sick and tired of finding your "X".
Just accept the fact that she is gone.
MOVE ON, DUDE.



Here's wishing you the chance to release and renew this summer solstice! See you again in July, unless we decide to let this Moonletter go too!



- We accept self, family & professional referrals. People do NOT need a doctor's

order.

- We accept Medicare, Supplemental Insurance, PPO's and private pay.
- We are a valuable resource for people moving into Senior/Assisted Living Communities to help people adjust and adapt.

Silver Lining Program: support and guidance for family members struggling to manage complicated issues involved with aging loved ones.

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