

how to send a wellness check

How to Send a Wellness Check: Guiding You Through Thoughtful Connection

Feeling concerned about a loved one? Want to reach out and show you care, but unsure how to best approach the situation? This comprehensive guide will walk you through exactly how to send a wellness check, offering practical tips and examples to help you express your concern and strengthen your relationship. We'll cover various methods, from casual check-ins to more formal approaches, ensuring you find the perfect way to connect and offer support. Learn how to craft thoughtful messages, navigate difficult conversations, and ultimately, make a positive impact on someone's well-being.

Understanding the Importance of a Wellness Check

Before diving into how to send a wellness check, let's understand why they're so crucial. In today's fast-paced world, it's easy to lose touch with loved ones. A simple wellness check can bridge that gap, offering reassurance and demonstrating that you care. It can be particularly important for individuals going through challenging times, such as job loss, illness, grief, or relationship difficulties. A thoughtful wellness check can make a significant difference in their emotional and mental health, potentially preventing feelings of isolation and loneliness. It's a small gesture with potentially profound impact.

Choosing the Right Method: Text, Call, or In-Person Visit?

The best method for sending a wellness check depends heavily on your relationship with the person and the level of concern you have.

Text Message: This is perfect for a quick, informal check-in. Keep it short, sweet, and positive. Avoid overly probing questions. Example: "Hey [Name], just wanted to see how you're doing. Hope everything's alright!"

Phone Call: A phone call allows for a more personal and in-depth conversation. It enables you to hear their voice and gauge their tone, which can offer valuable insights into their well-being. Remember to listen actively and avoid interrupting. Example: "Hey [Name], how are you feeling today? Is there anything I can do to help?"

Video Call: Video calls offer the intimacy of a face-to-face interaction without the commitment of a physical visit. It's ideal for those who live far away or have limited mobility. Example: "Hey [Name], fancy a quick video chat? I'd love to catch up and see how you are."

In-Person Visit: This is the most personal and impactful method, especially if you have

serious concerns. However, it requires more planning and commitment. Always ensure you're welcome before dropping by unexpectedly. Example: "Hey [Name], I was thinking of popping over for a visit this weekend. Would that work for you?"

Crafting the Perfect Wellness Check Message: Tips and Examples

Regardless of the chosen method, the message itself needs to be thoughtful and genuine. Here are some tips:

Be Specific: Avoid generic phrases. Instead, reference something specific you know about their life. Example: "How did your doctor's appointment go?" or "How's the new project at work coming along?"

Show Empathy: Let them know you understand that they might be going through a tough time. Example: "I know things have been challenging lately, and I just wanted to check in and see how you're coping."

Offer Practical Support: Don't just ask how they are; offer concrete help. Example: "Is there anything I can help with, like running errands or picking up groceries?"

Listen More Than You Speak: Your role is to listen and offer support, not to solve their problems. Let them lead the conversation.

Respect Their Boundaries: If they seem unwilling to open up, respect their space. Reassure them that you're there for them whenever they need you.

Navigating Difficult Conversations: Handling Resistance or Denial

Sometimes, people may be reluctant to admit they're struggling. If this happens, try these strategies:

Validate their feelings: Acknowledge their resistance without judgment. Example: "I understand if you don't want to talk about it right now, but please know I'm here for you whenever you're ready."

Reassure them: Let them know you're not judging them and that you're simply concerned for their well-being.

Offer ongoing support: Let them know you'll continue to check in, even if they don't immediately open up.

Consider professional help: If you have serious concerns about their safety or well-being, don't hesitate to encourage them to seek professional help.

Following Up and Maintaining Connection

Sending a single wellness check isn't enough. Maintain consistent contact, even if it's just a quick text or email. Regular communication demonstrates ongoing support and strengthens your bond. Remember, consistency is key in fostering a strong and caring relationship.

Conclusion

Sending a wellness check is a powerful act of kindness that can make a significant difference in someone's life. By choosing the right method, crafting a thoughtful message, and navigating difficult conversations with empathy, you can strengthen your relationships and support those you care about. Remember, a simple gesture of concern can go a long way in fostering well-being and connection.

FAQs

1. What if the person doesn't respond to my wellness check? Give them some time, but don't hesitate to try again using a different method. If you're still concerned, consider reaching out to a mutual friend or family member.
1. How often should I send wellness checks? The frequency depends on your relationship and the person's needs. Regular contact, even if it's just a brief message, can help maintain connection and provide ongoing support.
1. What if I'm concerned about their safety? If you have serious concerns about their safety or well-being, don't hesitate to contact emergency services or a mental health professional.
1. How can I tailor my wellness check to different personalities? Consider the recipient's communication style and preferences. Some people prefer short and sweet messages, while others appreciate more detailed conversations.
1. Is it okay to send a wellness check to someone I haven't spoken to in a while? Absolutely! Reaching out to reconnect is a great way to show you care, regardless of how much time has passed. A simple "I've been thinking about you lately" can go a long way.

how to send a wellness check: *The Royall Send-Off* Kasey Michaels, 2020-02-04 Winifred Fassbinder was raised on a Pennsylvania farm that has been in her family since the 1700s. As the last surviving Fassbinder, however, she now resides at Royall Crest, an upscale 55-and-over slice of Heaven...or at least its residents hope Heaven can live up to their cushy lives at Royall Crest. But Winnie, who tries to be as uninvolved in other people's lives as possible, has begun to wonder if some of the Charter Members at Royall Crest aren't finding out about the real Heaven in oddly increasing numbers. As a Charter Member herself, Winnie figures it might be time she does a little investigating. Yet even as she wonders how to do that, she's faced with a weepy but adorable Pollyanna, a runaway murder suspect with an attitude, a floater in one of the Royall Crest hot tubs, a Bad Boy with good intentions, and a cop who just wants to slide into retirement without complications. Written in the vein of Kasey's Maggie Kelly bestselling mystery series, the crimes are off-the-wall, the cast of characters wacky but loveable creations of her fertile imagination and love of the ludicrous. Only this time, the Senior Set gets into the act!

how to send a wellness check: *Ask a Manager* Alison Green, 2018-05-01 From the creator of the popular website Ask a Manager and New York's work-advice columnist comes a witty, practical guide to 200 difficult professional conversations—featuring all-new advice! There's a reason Alison Green has been called "the Dear Abby of the work world." Ten years as a workplace-advice columnist have taught her that people avoid awkward conversations in the office because they simply don't know what to say. Thankfully, Green does—and in this incredibly helpful book, she tackles the tough discussions you may need to have during your career. You'll learn what to say when • coworkers push their work on you—then take credit for it • you accidentally trash-talk someone in an email then hit "reply all" • you're being micromanaged—or not being managed at all • you catch a colleague in a lie • your boss seems unhappy with your work • your cubemate's loud speakerphone is making you homicidal • you got drunk at the holiday party Praise for Ask a Manager "A must-read for anyone who works . . . [Alison Green's] advice boils down to the idea that you should be professional (even when others are not) and that communicating in a straightforward manner with candor and kindness will get you far, no matter where you work."—Booklist (starred review) "The author's friendly, warm, no-nonsense writing is a pleasure to read, and her advice can be widely applied to relationships in all areas of readers' lives. Ideal for anyone new to the job market or new to management, or anyone hoping to improve their work experience."—Library Journal (starred review) "I am a huge fan of Alison Green's Ask a Manager column. This book is even better. It teaches us how to deal with many of the most vexing big and little problems in our workplaces—and to do so with grace, confidence, and a sense of humor."—Robert Sutton, Stanford professor and author of *The No Asshole Rule* and *The Asshole Survival Guide* "Ask a Manager is the ultimate playbook for navigating the traditional workforce in a diplomatic but firm way."—Erin Lowry, author of *Broke Millennial: Stop Scraping By and Get Your Financial Life Together*

how to send a wellness check: *If You Lived Here You'd Be Famous* by Now Via Bleidner, 2021-08-10 If You Lived Here You'd Be Famous by Now is an insider's collection of funny and warmhearted stories about coming of age in the Los Angeles suburb famed for birthing the Kardashian-Jenners and the Bling Ring For Via Bleidner, transferring to Calabasas High from the private Catholic school she's attended since second grade is a culture shock, not to mention absolutely lonely. Suddenly thrust into an unfamiliar world of celebrities, affluenza, and McMansions, Via takes a page from Cameron Crowe and pretends she's on a journalism assignment, taking notes on her classmates and jotting down bits of overheard gossip. Getting through high school in Calabasas is something else—from Kim Kardashian endorsing the students' favorite hidden lunch spot, to the theater program hiring a famous dog to play Elle Woods' Chihuahua in its production of *Legally Blonde*, and Kanye trying to take control of your school to make it the very first YEEZY institution. But instead of floating through high school detached from her peers, Via finds

that putting herself out there—for her writing, of course—just might have been exactly what she needed. She unexpectedly finds an eclectic group of friends to call her own, including a multi-multi-millionaire, a wild-card throwback intent on going viral, a former Disney actor, and a doughnut-dealing madman. With wit, candor, and sharp observations, twenty-one-year-old Via grounds the surreal glamour of Calabasas with reflections on her own coming-of-age, sharing her teenage misadventures as she struggles to fit in, faces crushing social pressure, and eventually makes her own way.

how to send a wellness check: *Clinic Success: A Doctor's Guide to Starting and Growing Your Practice* Dr. Kushal Jain, 2024-10-28 *Clinic Success: A Doctor's Guide to Starting and Growing Your Practice* is an invaluable resource for medical professionals seeking to navigate the path from newly minted physician to successful practice owner. Authored by Dr. Kushal Jain, this comprehensive guide delves into the practical steps of building, managing, and growing a clinical practice in India, with insights into international standards. From choosing the right location and navigating legal regulations to understanding tax policies and implementing efficient operational strategies, this book covers it all. Designed to simplify complex processes, *Clinic Success* offers step-by-step instructions, essential checklists, flowcharts, and detailed tables to guide you at every stage. Learn about the factors that contribute to patient satisfaction, how to market your practice effectively, and ways to manage finances for sustainable growth. Whether you are an MBBS, BAMS, BHMS, MD, MS, BDS, or MDS graduate, or an experienced doctor looking to expand your services, this book provides essential knowledge tailored to meet the unique needs of Indian practitioners. Ideal for doctors who want to make a meaningful impact through their own practice, *Clinic Success* empowers you with knowledge on: Location Selection: Strategies for finding a clinic site with high accessibility, visibility, and patient demand. Leasing vs. Buying: Key insights on property investment and lease negotiation. Financial Management: Budgeting, tax planning, and financial health of your practice. Legal Essentials: A complete overview of zoning laws, licensing, and regulatory requirements. Patient-Centric Approach: Practical ways to build patient trust, manage records, and create a healing environment. Marketing Strategies: Tips on branding, digital presence, and referral management for optimal patient flow. With *Clinic Success: A Doctor's Guide to Starting and Growing Your Practice*, build a solid foundation and thrive in today's competitive healthcare landscape. Whether you aim to create a solo practice or multi-specialty clinic, this book provides actionable insights to help you turn your clinical dreams into reality. Keywords: clinical practice, healthcare management, starting a clinic, medical practice management, Indian healthcare regulations, doctor's business guide, patient satisfaction, location strategy for clinics, lease negotiation, tax planning for doctors, medical practice growth, healthcare branding, patient retention, healthcare entrepreneurship.

how to send a wellness check: *Family Guide to Mental Illness and the Law* Linda Tashbook, 2019 *Family Guide to Mental Illness and the Law* offers the nuts-and-bolts legal information and problem-solving steps families need. This accessible resource explains how common legal issues uniquely impact people with various forms of mental illness and what family members can do to help.

how to send a wellness check: *Post-traumatic* Chantal V. Johnson, 2022-04-05 In this “deeply original” (Elif Batuman) and “violently funny” (Myriam Gurba) story, a young lawyer finally confronts her dark past so she can live in a more peaceful future. To the outside observer, Vivian is a success story—a dedicated lawyer who advocates for mentally ill patients at a New York City psychiatric hospital. Privately, Vivian contends with the memories and aftereffects of her bad childhood—compounded by the everyday stresses of being a Black Latinx woman in America. She lives in a constant state of hypervigilant awareness that makes even a simple subway ride into a heart-pounding drama. For years, Vivian has self-medicated with a mix of dating, dieting, dark humor and smoking weed with her BFF, Jane. But after a family reunion prompts Vivian to take a bold step, she finds herself alone in new and terrifying ways, without even Jane to confide in, and she starts to unravel. Will she find a way to repair what matters most to her? A debut from a

stunning talent, Post-traumatic is a new kind of survivor narrative, featuring a complex heroine who is blazingly, indelibly alive. With razor-sharp prose and mordant wit, Chantal V. Johnson performs an extraordinary feat, delivering a psychologically astute story about the aftermath of trauma that somehow manages to brim with warmth, laughter, and hope.

how to send a wellness check: *Will This Be on the Test?* Dana T. Johnson, Jennifer E. Price, 2019-04-23 The essential survival guide for college students Getting into college takes plenty of hard work, but knowing what your professors expect of you once you get there can be even more challenging. *Will This Be on the Test?* is the essential survival guide for high-school students making the transition to college academics. In this entertaining and informative book, Dana Johnson shares wisdom and wit gleaned from her decades of experience as an award-winning teacher in the freshman classroom—lessons that will continue to serve you long after college graduation. Johnson offers invaluable insights into how college academics differs from high school. She reveals how to maximize what you learn and develop good relationships with your professors, while explaining how you fit into the learning environment of college. Answering the questions that many new college students don't think to ask, Johnson provides tactical tips on getting the most out of office hours, e-mailing your professor appropriately, and optimizing your performance on assignments and exams. She gives practical advice on using the syllabus to your advantage, knowing how to address your instructors, and making sure you're not violating the academic ethics code. The book also offers invaluable advice about online courses and guidance for parents who want to help their children succeed. *Will This Be on the Test?* shows you how to work with your professors to get the education, grades, and recommendations you need to thrive in the classroom and beyond.

how to send a wellness check: *Emotional Survival for Law Enforcement* Kevin M. Gilmartin, 2021 This book is designed to help law enforcement professionals overcome the internal assaults they experience both personally and organizationally over the course of their careers. These assaults can transform idealistic and committed officers into angry, cynical individuals, leading to significant problems in both their personal and professional lives.

how to send a wellness check: *State of Bliss* Marie Force, 2023-12-25 When you have their jobs, there's no such thing as a peaceful vacation... Sam and Nick are ready to get out of DC—and the White House—for a much-needed vacation to celebrate their second anniversary. Due to ongoing political pressures, they decide to scuttle their plans for a return to Bora Bora to stay closer to home at their favorite oceanfront house at Dewey Beach in Delaware. But before they can make their escape, Sam is summoned back to work to deal with yet another crisis in the ongoing investigation into former Lieutenant Stahl. Just when they think they've seen the full scope of his depravity, there is more. Sam leaves Gonzo, Freddie and the rest of the squad in charge of a new investigation of a murdered college student while Gigi and Cameron deal with the Internal Affairs Board and plot their strategy to deal with a lawsuit from the Patrick family. Meanwhile, Nick's mother is working on a plea deal with an unexpected new advocate who wants her to reconcile with her estranged son. As always for the first couple, nothing ever goes according to plan, but the chance to spend a week mostly alone is just what they needed until their children, family and friends join them for the final weekend at the beach. It's March in Dewey, and Sam and Nick are snuggling in front of the fire as they prepare to begin their third year of marriage. Happy holidays from Marie, Sam and Nick as STATE OF BLISS releases Christmas week!

how to send a wellness check: *Leave the Light On* Jennifer Storm, 2010-04-01 Shows how a young person can rebuild his or her life after addiction and trauma.

how to send a wellness check: *Overcoming Statistics to Become Victorious* Carla Dames-Wiggins, 2023-05-23 The book is about overcoming statistics that the world and people label you, according to where you live, your past, and the people you hang with. The author wants people to know that you make your own destiny with God's help, and you can become victorious over your past mistakes or labels people have placed on you.

how to send a wellness check: *Caught in the Lies* Kacey Shea, 2018-10-03 Fire captain Cameron McClain dropped into my life with as much subtlety as an unsolicited d*ck pic. I shouldn't

be attracted to him, but I am. He's too old for me, too alpha for my tastes, and too bossy in the bedroom. Though, I have to admit he knows exactly how to use his . . . firehose. I'm not interested in a forever kind of relationship, but he's down for whatever I'm willing to give. Our arrangement is perfect. At least that's how it begins. I never wanted the happily ever after, but he's just so tempting. The smart choice would be to end things before they combust, but for some reason I can't push Cam away. The harder I try, the harder he--well, you get the picture. I wish things were different. I want to be someone worthy of his devotion. But the secrets I hold close, they don't just eat me up inside, they destroy anyone who gets too close. So, I won't fall in love. Simple, right? Wrong. So freaking wrong. I don't just fall. I crash and burn for this man. But that's just the tip of the iceberg. Turns out I'm not the only one telling lies and keeping secrets, and his are enough to rip us apart forever. Caught in the Lies reads as standalone but readers can enjoy Cam and Jill's FREE prequel, One Hot Night, available now or begin with Callie's book in Caught in the Flames.

how to send a wellness check: Love, Honor, Betray Mary Monroe, 2024-02-20 Award-winning New York Times bestselling author Mary Monroe delivers the latest thrillingly scandal-filled novel in her Depression-era saga of a church-going lady and her oh-so-upstanding husband racing to cover up their many sins—and gambling on one scheme too many . . . With mysterious serial murders rattling peaceful Lexington, Alabama, Jessie and Hubert Wiggins' steadfast calm and devotion to each other reassures everyone that faith will see them through. But the Wigginses have paid a terrible hidden cost to maintain their façade . . . Hubert thought he and his secret lover, Leroy, could continue seeing each other on the down-low in peace. But when Leroy's ex-wife moves back in with him, Hubert's attempts to keep Jessie in the dark, plus his jealousy and need for satisfaction drive him to reckless extremes—and desperate risks. Jessie believes her marital struggles will all be worthwhile if she can connive Hubert to finally consummate their marriage. But his erratic behavior and her frustration soon has her trying yet another new lover, who is as charming as he is unreliable—and unexpectedly dangerous . . . Now with their secrets out of control—and the police perilously near—Jessie and Hubert discover who is behind the deaths plaguing their town. But can they risk a pursuit that could expose their own web of lies? When their only choice pits them against each other, their next move will either bury their deceptions for good—or reveal the one truth they can't escape . . .

how to send a wellness check: Blitzed Alexa Martin, 2019-12-03 One of BuzzFeed's 16 Romantic Books To Read This Fall One of Popsugar's Best Books for Winter One of Refinery29's Best Books of December Definitely a must-read!"—La La Anthony, New York Times bestselling author Maxwell Lewis has to make the play of his life in order to breach the woman of his dream's defenses in this new football romance from the author of Fumbled. Brynn Larson owes a lot to reality television and professional athletes. Her bar hit new heights of success after becoming a local haunt for the Denver Mustangs players and their WAGs. But although she's grateful, that doesn't mean she's crazy. And that's exactly what she would be to ever consider dating a professional athlete. Even if it's Maxwell Lewis, whose shy smile makes her wonder what going on behind those beautiful brown eyes. Maxwell knew from the moment he met Brynn that she was going to change his life. It was only a matter of time. But when he finally makes a move, fate conspires against him and everything goes wrong. Now he has to show her that their potential is real. Too bad for him, Brynn isn't fooled by his glamorous NFL life, and when ghosts from both their pasts make a sudden reappearance, she must decide who she can trust. But when the person she's most afraid of is herself, navigating life's tackles is harder than anticipated.

how to send a wellness check: Perfectly Tortured Kristine Mason, 2016-04-19 What happens when you fall in love with the sister of the serial killer you're hunting? Something perfectly tortured... ATL agent Harrison Fairclough has one thing on his mind: stopping a serial killer. He knows who the man is, where he lives and who he's murdered. The problem? He can't prove Liam Forrester is a killer without exposing ATL—an agency that isn't supposed to exist. Needing to get close to Liam, and lead investigators to him before someone else dies, Harrison comes up with the perfect solution...he dates the serial killer's sister. Except his plan quickly derails once he meets the

curvy physical therapist. He's drawn to her sensual smile, comes to crave her kisses and touch, until the body count rises. Kiera Forrester's schizophrenic brother, Liam, has occupied the past ten years of her life. He still does, so much that she's moved to Florida to watch over him. When she meets her new neighbor, Harrison, she's instantly attracted to the sexy web designer. But as their relationship heats up and Keira realizes she's falling in love with Harrison, she's afraid there's no future for them. The dark secrets of Liam's past can't be hidden away, especially when those secrets lead to murder... To get the most from the C.O.R.E. Above the Law trilogy, it's recommended to read the books in order: Perfectly Twisted (Book 1), Perfectly Toxic (Book 2), Perfectly Tortured (Book 3).

how to send a wellness check: The Favor Nora Murphy, 2022-05-31 A gripping debut domestic suspense novel, Nora Murphy's thrilling The Favor explores with compassion and depth what can happen when women pushed to the limit take matters into their own hands. A thrilling debut—I couldn't put it down!—Shari Lapena, #1 internationally bestselling author of Not a Happy Family and The Couple Next Door Leaving would be dangerous. Staying could be worse. Leah and McKenna have never met, though they have parallel lives. They don't—ever—find themselves in the same train carriage or meet accidentally at the gym or the coffee shop. They don't—ever—discuss their problems and find common ground. They don't—ever—acknowledge to each other that although their lives have all the trappings of success, wealth and happiness, they are, in fact, trapped. Leah understands that what's inside a home can be far more dangerous than what's outside. So when she notices someone else who may be starting down the same path she's on, she pays attention. She watches over McKenna from afar. Until one night she sees more than she bargained for. Leah knows she can't save herself, but perhaps she can save McKenna. Leah and McKenna have never met. But they will.

how to send a wellness check: Reintegrating Severance Nora M. Isacoff,

how to send a wellness check: Joint Investigation Terri Reed, 2015-07-01 LONE AGENT Under other circumstances, FBI agent Samantha Bennett might welcome a bit of backup—but not from an overprotective Mountie. She's been on the trail of a serial killer for six months and no one has ever taken the case seriously...until now. When Royal Canadian Mounted Police inspector Drew Kelley saves her life, he decides that the hunt for Birdman is his problem, too. Together they begin a cross-continent chase to stop the madman before he strikes again. However, Samantha fears her growing feelings for the lawman may weaken her focus, or worse—put Drew directly in the killer's sights... Northern Border Patrol: Keeping the U.S.-Canadian border safe

how to send a wellness check: Not Another Cinderella Story Deanna Ricketts, 2020-04-24 After Sandy's life is torn apart by her husband's betrayal, future is nothing like she dreamed it would be. Her life becomes routine and boring. That is, until a new neighbour moves in and they begin a whirlwind romance with him. And yet Sandy is always questioning why; he has chosen to be with her. Sandy quickly finds out that he is not the man he presents himself to be. Life means nothing to him. He wants what he wants and will run over anyone in his path. Leaving carnage and chaos in his wake. The new romance changes everything from a bad dream to an even worse nightmare in Sandy's life. This isn't the Cinderella story she was hoping for. All she can hope for now is to get out alive.

how to send a wellness check: WERK: A Satirical Survival Guide for Young Professionals in the Office Jungle K. D. Gudwerck, 2024-01-22 Dive into the uproarious world of office life with K.D. Gudwerck's WERK - a sharp, satirical survival guide for young professionals. In this laugh-out-loud journey, Gudwerck demystifies the chaos of the corporate jungle, offering witty insights and comical strategies to navigate its absurdities. From conquering Monday Madness to decoding the caffeine-fueled rituals of Coffee, Caffeine, and Colleagues, Gudwerck transforms mundane office activities into hilarious escapades. Email Escapades takes center stage, turning the inbox battle into a comedic quest from Inbox Zero to Infinity, while Office Jargon 101 hilariously deciphers the cryptic buzzwords of corporate speak. Bosses, Bloopers, and Blunders expose the quirky dynamics of workplace hierarchy, while Fashion Roulette navigates the perplexing world of office dress codes with a comedic twist. Procrastination Station provides playful tips for avoiding

derailment, and Surviving Office Parties and Team-Building Torchers turns social events into laugh-out-loud adventures. Desk Yoga and Stress Ball Strategies become essential survival tools, offering quirky approaches to maintain sanity. The Great Escape explores daydreaming techniques during boring meetings, turning dull gatherings into moments of creativity and mental exploration. Gudwerck wraps up the journey by highlighting Humor as a Career Skill, revealing how laughter can be a secret weapon in the professional arena. With wit and practical advice, WERK is the ultimate guide for young professionals to not just survive but thrive in the wild and wonderful world of the office jungle. Get ready for a hilarious ride through the absurdities of corporate life, where a well-timed chuckle might just be the key to success!

how to send a wellness check: Friend of the Devil James V. Irving , After gambler and loan shark Jimmie Flambeau leverages Joth into an uncomfortable professional relationship, Joth and private detective DP Tran develop a high risk plan to deliver Heather from impending disaster. As nerves are frayed and lines are crossed, Joth stumbles on to a clue to a decades old mystery—and then ghosts from his past intrude. “Irving’s writing reveals the twists and turns of the courts of law and the dark byways of the human heart.”—Barry Maine, Professor of English, Wake Forest University

how to send a wellness check: How to Care for Aging Parents, 3rd Edition Virginia Morris, 2014-02-11 The book that answers all the questions you hoped you’d never have to ask. Hailed as “an excellent resource” by the Family Caregiver Alliance, How to Care for Aging Parents is an indispensable source of information and support. Now completely revised and updated, this compassionate, comprehensive caregiver’s bible tackles all the touch subjects, from how to avoid becoming your parent’s “parent,” to understanding what happens to the body in old age, to getting help finding, and paying for, a nursing home. When love is not enough—and regrettably, it never is—this is the essential guide. Help for every difficult issue: Knowing when to intervene Coping with dementia Caring for the caregiver The question of driving Paying for long-term care Sharing the care with siblings Caregiving from a distance Home care vs. a nursing home The hospice option

how to send a wellness check: Christmas Amnesia Laura Scott, 2017-10-01 MISTLETOE MEMORY LOSS Assaulted a week before a high-profile drug trafficking trial, assistant district attorney Madison Callahan narrowly escapes death...but suffers amnesia. Now, when she can’t recall the identity of her attacker, everyone is suspect—except the handsome policeman who saved her. Officer Noah Sinclair will do anything to bring the mob-connected drug trafficker to justice, including providing personal protection to Madison—the sister of the partner he nearly got killed. But helping her regain her memory may end their unlikely alliance because once she remembers him, Noah might be the last man she’ll want to rely on. As the trial looms and with the assailant dead set on ensuring that Madison doesn’t survive to see Christmas, it’ll take everything Noah’s got to keep Madison alive.

how to send a wellness check: Twisting Hercules Kim Malaj, 2023-05-02 The clear blue skies suddenly turn an eerie green and within a few seconds it begins ... nature explodes with a vengeance. Like most people, Silvey Rhoades pays little attention to the details about the weather. But when disaster strikes her home town, she’s confronted with a secret once buried for sixty years. It’s discovery only possible because of a tiny crack in Silvey’s reality. She races through the dark and even darker past to find her way back home. Will she make it back or will she remain untethered to the world she once knew?

how to send a wellness check: The Moon's Shadow Jennifer Lynn Brown, 2022-04-11 Alice has always thought she was crazy. She was told she was crazy by everyone she ever met. Everyone made fun of her and she felt like an outcast her whole life. Only one person ever believed she could see the things she said she can see. An old family friend and neighbor. However, this old friend is not what he seems and the old stories he shares with Alice are more than just fables and old myths. Gods are real and so are demons. Alice might share a name with a heroine from a classic story, but the rabbit she is chasing is much older and was in myth long before humans could no longer see through the veil. With the help of a wily fox and a legendary hero she must try to save the world

from a darkness created to destroy it. A Journey to the west inspired tale of a girl named Alice and her journey to find a missing rabbit.

how to send a wellness check: *Ordinary Girls* Jaquira Díaz, 2019-10-29 One of the Must-Read Books of 2019 According to O: The Oprah Magazine * Time * Bustle * Electric Literature * Publishers Weekly * The Millions * The Week * Good Housekeeping “There is more life packed on each page of *Ordinary Girls* than some lives hold in a lifetime.” —Julia Alvarez In this searing memoir, Jaquira Díaz writes fiercely and eloquently of her challenging girlhood and triumphant coming of age. While growing up in housing projects in Puerto Rico and Miami Beach, Díaz found herself caught between extremes. As her family split apart and her mother battled schizophrenia, she was supported by the love of her friends. As she longed for a family and home, her life was upended by violence. As she celebrated her Puerto Rican culture, she couldn’t find support for her burgeoning sexual identity. From her own struggles with depression and sexual assault to Puerto Rico’s history of colonialism, every page of *Ordinary Girls* vibrates with music and lyricism. Díaz writes with raw and refreshing honesty, triumphantly mapping a way out of despair toward love and hope to become her version of the girl she always wanted to be. Reminiscent of Tara Westover’s *Educated*, Kiese Laymon’s *Heavy*, Mary Karr’s *The Liars’ Club*, and Terese Marie Mailhot’s *Heart Berries*, Jaquira Díaz’s memoir provides a vivid portrait of a life lived in (and beyond) the borders of Puerto Rico and its complicated history—and reads as electrically as a novel.

how to send a wellness check: Hot (Sweaty) Mamas Laurie Kocanda, Kara Thom, 2011-03-29 Authors, moms, and fitness enthusiasts Thom and Kocanda work to balance motherhood and fitness. It was from their conversations that the idea for *Hot (Sweaty) Mamas* was born. Moms who find it difficult to start or stick with an exercise program will learn how to reframe their thinking.

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draws the reader in as the story begs the question: what are certain truths?" Sandy Phillips Kirkham, author of "Let Me Prey Upon You - Breaking Free from a Minister's Sexual Abuse

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how to send a wellness check: Murder Most Grave G. A. McKeve, 2023-08 For Stella 'Granny' Reid, the 1980s in McGill, Georgia could be seriously predictable. Gossip would flow, her grandkids would stumble into the kind of harmless trouble only encountered when growing up, and a deadly mystery was all it took to make the tranquil Southern town unravel--Book jacket flap.

how to send a wellness check: My Life: Of Faith in God and Divine Interventions Dr. Anthony Ikechukwu Akubue, 2024-01-04 This book is the outcome of the persistent nudging of the Paraclete in the author to shine the light on God's handiwork in his life. It is in keeping with Dr. Anthony Akubue's belief in giving credit to whom credit is due and his conviction not to let the favors of God to him a well-kept secret. You do the right thing when you light a lamp by putting it on a lampstand, not under a bowl or bed, for people to see. The author finds himself breaking down and crying occasionally, being overwhelmed that the Lord God loves a puny sinner like him. What you read in this book about the experiences of divine interventions in the life of the author will leave you in awe and conviction that God truly exists and is omnipotent, omniscience, and omnipresent. For instance, who was the old woman walking with a staff in hand that warned the author on September 4, 1968, afternoon to leave the site of a market square immediately, after which the market was heavily bombed and many people were slaughtered?

how to send a wellness check: In for a Penny Rina Gray, 2022-11-01 Penny Paige is an aspiring novelist and current ne'er-do-well entertainment writer-slash-waitress. She knows she doesn't have this whole thing called life together. But she's got plans. Big plans. And they hinge on winning the coveted Malcolm Dagner Writer Fellowship for up-and-coming thriller authors. If she could just get enough time and money to write her sure-to-be New York Times Bestselling Novel, she can quit her crappy job and transform from a diamond in the rough to a sophisticated author. There's just one problem: Malcolm Dagner ended the fellowship, and he kinda hates humanity. He rudely lets her know that there's no way in hell he would give her a spot, even if he had a fellowship. Just who in the hell does Malcolm Dagner think he is? Malcolm lives in solitude among the mountainous woods in Colorado with only the occasional company of his housekeeper. A few years ago, he was a multi-award winning and best-selling author who penned the iconic Reese Masterson books. But after a series of heartbreaking events, he's grumpy, distrustful, and absolutely will not tolerate strangers coming to learn about how to write in his home. Oh, and he has writer's block. The world has been waiting for three years for the latest book, but what they don't know is that Malcolm plans to kill off his iconic character. Penny discovers his plans to kill his character, and she's not having it. Mother Nature seems to be on her side, too. Stuck in a snowstorm together, Penny falls for the loveable grump, though his heart seems as cold as the winter storm. Can her optimism melt his resolve at living unhappily ever after, or will another event outside of their control destroy their shot at love?

how to send a wellness check: Problematic Sexual Behavior in Schools J. Wilson Kenney, 2020-07-12 Problematic sexual behavior in children can be challenging to understand, difficult to talk about, and hard to manage in school and community settings. Without a systemic approach for addressing these behaviors, communities run the risk of exposing their children to harm and their organizations to liability. In Problematic Sexual Behavior in Schools, Wilson Kenney lays out a comprehensive school and community-based model for identifying and addressing problematic sexual behavior in children that is based on best-practice models for threat assessment. The reader will find practical and fiscally sensitive recommendations regarding school and community supervision, ideas for accessing consultation, information about Title IX, and advice regarding how best to approach these topics with families. Additionally, this book contains all the necessary paperwork and guidance needed to establish a formal school-based process for addressing

problematic sexual behavior in children, regardless of the size of one's community. It is a comprehensive how-to guidebook for keeping both schools and communities safe.

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how to send a wellness check: The Harlequin & The Drangùe Liane Zane, 2020-07-01 In a dangerous hidden world filled with supernatural conflict, she may be the key to winning everything. Olivia Markham lives a complicated life. By day, she is a star CIA officer working a cover as a graduate student in Vienna. By night, she is a self-appointed, kick-ass superhero wearing a harlequin's hood and wielding a wicked bō. Life is about to get more complicated. The sexual predator that Olivia tracks one July evening to Vienna's Stadtpark calls himself Asmodeus, a demon's name. Olivia doesn't care what he calls himself. She's just there to save an innocent young woman. What Olivia doesn't know is that Asmodeus has followers he calls bogomili after an ancient sect of believers. She suddenly finds herself fighting to save her own life against these vicious, soulless creatures whose mission is to release souls from the bonds of a corrupt world. Across the Stadtpark another hears Olivia's battle with the bogomili. He is a drangùe, a powerful warrior with supernatural abilities who is duty bound to save innocents from Asmodeus. This drangùe will stop at nothing to defeat his age-old enemy—even if it means risking everything to bring Olivia into his world. A world in which the drangùe has his own cover identity. He has good reason to distrust this beautiful young woman who hides secrets that could get him killed or worse.... But the drangùe must keep Olivia close in order to stay one step ahead of Asmodeus. The only problem is that the closer he keeps her, the more the drangùe wants to keep Olivia in his life. And that is not part of his long-term battle plans.

how to send a wellness check: The Promise L.M. Payson, 2024-10-22 ~Jacquie~ All my life I wanted one thing, and one thing only...to be loved by someone I love. I didn't have the love a child should have growing up. My parents only cared about themselves. The only person I could count on is my cousin. My life has been hell. I thought I was in love, but I was fooled by a narcissist. Constantly looking over my shoulder and wondering when he will find me again. Then I'm introduced to him... Chance Carter. He wants to protect me. He wants to take care of me. The only problem, I'm scared to let him in. I'm scared he is going to do the same thing my ex did. Can I get my happily ever after? ~Chance~ After losing my love, my life has been a nightmare. I find myself waking up in a sweat most nights. I didn't think I could have feelings for another woman. But then my best friend asks me to do something I would never do for just anyone. I make a promise to him. Will she give me a chance? Will I lose her before I get a chance of having her?

how to send a wellness check: Policing Mental Health Laura Huey, Jennifer L. Schulenberg, Jacek Koziarski, 2022-02-01 This brief addresses the question of the various ways in which mental health-related issues have become police responsibility. It provides a detailed understanding of the myriad of ways in which police are often called upon to be the primary responder to mental health-related issues, well beyond the standard media images of individuals in extreme crisis. Drawing upon the results of two separate ethnographies of police practices in Canada, this volume examines how public policing has become entangled in cases of persons with mental illness (PMI). It examines two aspects of the police role and mandate that brings police officers into contact with individuals dealing with mental health disorders: public safety, and crime prevention and response.

It explores police perceptions towards the roles they play in the lives of PMI, and police demands in these types of calls for service that have transformed aspects of public policing. Appropriate for policing researchers, law enforcement and public policymakers, this book presents the argument that tackling this matter requires knowledge of police involvement in situations with PMI, as well as a set of evidence-based policy options that will not generate additional resource or other strains.

how to send a wellness check: *Blackwell's Five-Minute Veterinary Practice Management Consult* Lowell Ackerman, 2013-08-13 Blackwell's Five-Minute Veterinary Practice Management Consult, Second Edition has been extensively updated and expanded, with 55 new topics covering subjects such as online technologies, hospice care, mobile practices, compassion fatigue, practice profitability, and more. Carefully formatted using the popular Five-Minute Veterinary Consult style, the book offers fast access to authoritative information on all aspects of practice management. This Second Edition is an essential tool for running a practice, increasing revenue, and managing staff in today's veterinary practice. Addressing topics ranging from client communication and management to legal issues, financial management, and human resources, the book is an invaluable resource for business management advice applicable to veterinary practice. Sample forms and further resources are now available on a companion website. Veterinarians and practice managers alike will find this book a comprehensive yet user-friendly guide for success in today's challenging business environment.

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