Senior Connections
The Capital Area Agency on Aging

BRIGHT MOMENTS FOR

Inaugural Issue: November 20, 2017

We created this issue to help seniors, their caregivers and family and friends who are not caregivers to achieve a bright holiday experience during the period of November through February. The articles are easy to read and contain an abundance of guidance to overcome negative situations such as depression and sundowning! **Dr. Thelma B. Watson, CEO**

HOLIDAY DEPRESSION, ANXIETY, AND STRESS

The winter holiday season, with celebrations such as Christmas, Hanukkah, and Thanksgiving, for most people is a fun time of the year filled with parties and social gatherings with family and friends. But for many people, it is a time filled with sadness, self-reflection, loneliness, and anxiety.
https://www.medicinenet.com/holiday_depression_and_stress/article.htm

HOW TO REDUCE LONELINESS IN ELDERS AROUND THE HOLIDAYS

While aging can bring wisdom and experience, there are inevitable losses that even the healthiest seniors face. Loved ones and friends fall ill and pass away. Energy and mobility levels often decrease, resulting in feelings of lost independence and opportunities. See 12 Tips to Enhance a Senior's Holiday Experience and brighten up a loved one's winter season.
https://www.agingcare.com/Articles/elderly-loneliness-during-holidays-148441.htm

10 SIMPLE WAYS TO THANK SENIORS THIS THANKSGIVING

A recent article in the New York Times, suggests that parents who want to teach their children to be giving should begin by teaching them how much they have been given. There are ten ways beginning by listening to them.
http://www.bestofhomecare.com/articles/10-simple-ways-to-thank-seniors-this-thanksgiving/