

A NEWSLETTER OF HOPE

Fall 2011

Singing the Holiday Blues: Depression in Older Adults

Feelings of sadness, anxiety, irritability and loneliness are common during the holidays but not inevitable. We long for the company of family and friends and instead our holiday companions are disappointment, isolation, grief and emptiness.

Some causes of the holiday blues can be unrealistic expectations, stress, fatigue, overspending, overeating, over commercialization and too much alcohol. Getting together with family can be difficult when there is discord or unresolved issues from the past. We miss loved ones who are no longer with us. The demands of the season: shopping, cooking, houseguests, coordinating multiple social events, threatening weather, less sunlight and travel all contribute to a potentially stressful time from September through December 31.

One of the best antidotes for the holiday blues is to reach out to others. Here are some tips:

Volunteer. It's a great way to forget your own troubles and it will add more meaning to your holiday season. Organizations or faith communities often need volunteers to wrap gifts, serve food, etc.

Avoid Isolation. If your family cannot join you, invite friends to share the holiday with you. Make it a potluck.

Don't Overspend. Set a budget for gift giving and entertaining and stick to it.

Set Realistic Expectations. Don't strive for perfection. Ask others for help. Perhaps it's time for the next generation to host the holiday meal or at least bring a dish to share.

Avoid Alcohol. It's a depressant and can intensify feelings of sadness. **Keep Your Regular Routine.** Eat sensibly, get enough sleep, continue to exercise and take some time for yourself.


**SHOLOM
FOR THE HOLIDAYS**




**SUNDAY, NOV. 20
12 NOON-4 P.M.
MAINS AUDITORIUM
SHALLER FAMILY SHOLOM EAST
740 Kay Avenue, St. Paul, MN 55102 • 651-328-2000**

Shop for gifts in our holiday marketplace featuring local vendors and craftspeople!
Free gift wrapping!
Specialty foods, desserts, and other **treats** on sale, along with hot/cold beverages in the Kurnow Deli!
Gift shop specials!


www.sholom.com

(continued from Pg 1)

Let Go of the Past. Holidays often aren't like they used to be. Life is about changes. Embrace the future. Start new traditions and memories. Families are often blended and not all of your family may be able to gather together with you on the same day.

  <p>Fall 2011 Educational Seminars for Seniors and Caregivers on Depression and Anxiety</p> <p>Two sets of seminars will be presented by NAMI Staff</p>	
<p>English language speakers</p>	<p>Russian language speakers</p>
<p>Mondays (snack provided) 10:30 am-Noon</p>	<p>Wednesdays (12:15 Light Lunch provided) 12:30 - 2:00 pm</p>
<p><u>Nov 7</u> Gray Matters: What You Need to Know about Older Adults and Depression</p> <p><u>Dec 5</u> Gray Matters: What You Need to Know about Older Adults and Anxiety</p> <p>Where: St. Paul JCC 1375 St. Paul Ave.</p>	<p><u>Nov. 30</u> Gray Matters: What You Need to Know about Older Adults and Depression</p> <p><u>Dec. 7</u> Gray Matters: What You Need to Know about Older Adults and Anxiety</p> <p>Where: St. Paul JCC 1375 St. Paul Ave. RSVP: Raisa 651-255-4756</p>

Despite your efforts to ward off the holiday blues, you may find yourself feeling down for a period of time. If so, get help.... it may be depression.

Symptoms of Depression

- Persistent sad or empty mood
- Loss of enjoyment and interest in activities that used to give you pleasure
- Tired
- Thoughts of death and suicide
- Difficulty concentrating or making decisions
- Irritability and/or anger
- Feeling hopeless or helpless
- Impaired memory
- Indecisiveness and confusion
- Withdrawal from others
- Misuse of drugs and alcohol
- Neglect of personal appearance

A good place to start, if you suspect depression in yourself or a friend, is to see your doctor, nurse practitioner, case manager, or other mental health professional.

Depression is not a normal part of aging. It's serious. It's treatable.

For more information and a free consultation about older adults and anxiety or depression, call the Jewish Family Service of St. Paul helpline, "Call Marjorie", at **651-690-8907**. The line is staffed by Marjorie Sigel, MSW, LICSW, a seasoned mental health professional.

More information about anxiety or depression is available through:
 NAMI Minnesota at www.namihelps.org and 651.645.2948

or

the Senior LinkAge Line at www.minnesotahelp.info

Elder Justice

Up to 5 million older Americans are abused every year. Elder abuse robs older adults of independence and dignity. The National Coalition on Aging (NCOA) sparked a grassroots movement to put an end to this tragedy. Our work, as part of the Elder Justice Now campaign, led Congress to include the Elder Justice Act in health reform legislation. But our job isn't finished yet. We've now launched a national screening initiative to help raise awareness of the silent issue of elder abuse.

How You Can Help

- Understand the Elder Justice Act. What does it include? How will it work? Read our issue brief. (Visit: <http://www.ncoa.org/assets/files/pdf/IB10-EJA.pdf>)
- Host a film screening in your community. Order a DVD and download a screening guide to promote community awareness and dialogue on the issue. Get everything you need.
- Join an awareness campaign. The National Center on Elder Abuse Join Us Campaign provides resources to educate your community and take action in the fight against elder abuse. Join the effort. (Visit: http://www.ncea.aoa.gov/NCEAroot/Main_Site/About/Initiatives/Join_Us_Campaign.aspx)

Suspect Abuse?

If you suspect elder abuse, neglect, or exploitation call :

- 1-800-333-2433 (Connects to the Senior LinkAge Line, an information and referral line, which will direct callers to appropriate reporting agencies).; 1-800-627-3529 (TDD/TYY access).
- To reach the Minnesota Office of Ombudsman, call 1-800-657-3591 or 651-431-2555 ; (TDD/TTY, please call 711)

[Article adapted from the National Coalition on Aging]

November is National Caregiving Month

West 7th Community Center, Wilder and the West 7th Library are here to support you! National Family Caregivers Month gives families and organizations an opportunity to celebrate, thank and support family caregivers who dedicate themselves to improving the lives of their loved ones. On **Monday, November 21st from 2-4pm**, the West 7th Community Center Senior Staff will be available in the lobby to answer caregiving questions and help find resources. Wilder Foundation will also set up in the lobby from 4-6pm to do the same. The West 7th Library will have a variety of books geared toward those who are caregiving. Cider and treats will also be provided.

Please come with any questions you may have and get the help and support you need—you deserve it!

Location: West 7th Community Center

Address: 265 Oneida St., St. Paul, MN 55102

Free Classes For Families of Adults

Hope For Recovery Workshops

"By taking the class I learned that I'm not alone and I don't have to be alone. There are a lot of other people impacted by mental illness."

Attend this series to obtain information, hope and practical strategies for dealing with the complexities of mental illness. Participants learn about mental illnesses, treatments, coping strategies, the mental health system and local resources.

Jan. 23 & 26 (a 2-part class) <> 6:00 pm—9:00 pm

West 7th community Center <> 265 Oneida St. <> St. Paul, MN 55102

Register by calling: 651-645-2948 <> Mention DAPS as the referral source.



SWAY (Seniors Weaving Art with Youth)



Share Your Stories
Mentor Youth- ♦ Have Fun!
Create Art through Dance
Led by Kairos Dance Theatre

THURSDAYS
10:45-11:45 am

Nov.
10th & 17th
and Dec.
1st, 8th & 15th



Location: St. Paul JCC
1375 St. Paul Avenue
Call the St. Paul JCC Front Desk
at 651-698-0751 to register .

The Depression Assessment Program (DAPS) is supported, in part, by a CS/SD grant from the MN Department of Human Services (DHS). Led by Jewish Family Service of St. Paul, the project partners with the Consortium at Carondelet Village, Highland Block Nurse Program, National Alliance on Mental Illness – Minnesota, Ramsey County Human Services and West 7th Community Center. For more information about DAPS, contact Nancy E. Lee, project coordinator at 651-698-0767.

Visit the DAPS website at: www.DapsHope.org