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VILLAGE TIMES

10 Facts About Mental Health and Aging

As many as one in five older adults experience mental health concerns that are not a normal part of aging – the most common of which are anxiety or mood disorders including depression. In most cases, these mental health issues respond well to treatment. Sadly, far too often older adults do not seek or receive the help they need. Undiagnosed and untreated, mental health illnesses have serious implications for older adults and their loved ones. That's why it's important to understand these "10 Facts You Need to Know About Mental Health and Aging."

Mental health problems are not a normal part of aging.

While older adults may experience many losses, deep sadness that lingers may signal clinical depression. Similarly, an anxiety disorder is different from normal worries.

- One in four American adults has a diagnosable mental disorder during any one year.
- About six percent of older adults have a diagnosable depressive illness.

Mental health is as important as physical health.

Good mental health contributes greatly to an overall feeling of well-being. Untreated mental health disorders in older adults can lead to diminished functioning, substance abuse, poor quality of life, and increased mortality. Research shows mental illness can slow healing from physical illnesses.

Healthy older adults can continue to thrive, grow, and enjoy life!

Reading, walking, and socializing are just a few of the activities that many individuals enjoy at any age. Exercising your mind and body, and maintaining social connections are good for your mental health, too.

Mental health problems are a risk for older adults, regardless of history.

While some adults go through life managing a chronic mental illness, mental health problems can also appear late in life. Sometimes mental health deteriorates in response to a stroke, Parkinson's disease, cancer, arthritis, or diabetes, and even some medications. Older adults without a history of substance abuse may abuse medications, alcohol, or drugs.

Suicide is a risk among older adults.

Older adults have the highest suicide rate in the country.

- Those aged 85 and over have the highest suicide rate; those aged 75 to 84 have the second highest.
- Older adults' suicide attempts are more lethal. For those 65 and older, there is one suicide for every four attempts compared to one suicide for every 20 attempts for all other age groups.

These symptoms call for consultation with a health care professional:

- Sadness that has lasted longer than two weeks.
- Consistent worries about issues such as money, family and health.
- Consistent trouble sleeping or concentrating
- Frequent trouble remembering things or feeling confused in familiar places

Older adults can be helped with the same success as younger people.

Eighty percent of older adults recovered from depression after receiving treatment that included both psychotherapy and anti-depressant medication.

Our health system is not adequately helping older adults with mental disorders.

Medicare covers 80 percent of a physical health problem, but only 50 percent of a mental health problem. This is a barrier to treatment for many people.

- Researchers estimate that up to 63 percent of older adults with a mental disorder do not receive the services they need.
- 75 percent of those who commit suicide have visited a primary care physician within a month of their suicide.

Misdiagnosis and avoidance are common.

- Primary care physicians fail to diagnose depression 50 percent of the time.
- Only half of older adults who discuss specific mental health problems with a physician receive any treatment.

Older adults have unique mental health care needs.

Changing bodies and chemistry, changes in family and friendships, and changes in living situations all have an effect on mental health and need to be considered in treatment.

Sometimes helping solve basic problems, like transportation, can lower stress, improve community connections, and improve outlook and mood.

If older adults take several medications for a variety of illnesses, drug interactions and side effects can affect mood and behavior.

STROKE WARNING SIGNS AND SYMPTOMS



**LET'S GET PHYSICAL - COME ONE ! COME ALL!
EXERCISE WITH MRS. GUYTON IN THE PARK-
ING LOT WEDNESDAYS 1:00 PM - 1:30 PM**



Consider planting something, maybe in a small pot flowers or vegetables. For the garden of your daily living **squash** gossip, indifference, grumbling and selfishness. **Lettuce** be faithful, kind, patient and really love one another. **Turnip** for meetings, service and help one another. **Thyme** for each other, family and friends. Water freely with patience and cultivate with love. There is much fruit in your garden because you reap what you sow. Pass it on.

DESK OF Service Coordinator:
Mrs. Beverly Jefferson



Happy Mother's May 9, 2021



New BINGO Game - May 3, 2021



Recognizing Women Issues May 15, 2021
10:00 – 11:00 in parking lot.



HURRICANE SEASON
STARTS JUNE 1, 2021
Be prepared and READY



DESK OF Management Agent:
Mrs. Dee Rush

GUARDIAN MEDICAL MONITORING
Providing Safety and Security with Person-
al Emergency Response Systems

1st option
\$19.00 a month



Landline PERS G4000

2nd option
\$24.00 a month



Essence Cellular PERS 4G LTE

3rd option
\$30.00 a month



GPS mobile

The system operates for up to 24 hours with a rechargeable back-up battery in the event of a power failure. The Guardian system will work throughout your home and outside around the perimeter of your home. No matter the need - personal emergency, fire, burglary - Guardian Medical Monitoring will be there for you 24 hours a day/ seven days a week!

IF YOU ARE INTERESTED CONTACT

MRS. JEFFERSON

(850) 222-0277 by May 31, 2021

**NON - MAINTENANCE RELATED - PLEASE CALL
(850) 933-6009 (Ms. Davis - On-Site Monitor)
ALL MAINTENANCE EMERGENCIES - PLEASE CALL
(850) 933-3019 (Mr. Gavin)**

**FACE MASKS ARE TO BE WORN PROPERLY
ANYTIME
OUTSIDE OF YOUR APARTMENT**



 **Protect yourself and
others from getting sick**



VIRTUAL TENANT MEETING

Thursday, May 27, 2021 @ 2:00 pm

community room

Or

Give your email address to the
front office and receive a link to
log on by **Wednesday, May 26,
2020 - 3:30 pm**

**BUSINESS OFFICE HOURS
MONDAY - FRIDAY
8:30 AM - 3:30 PM
LUNCH BREAK: 1:30 - 2:00 DAILY
OFFICE CLOSING DAILY AT 4:00 PM
(850) 222-0561**

STAFF AND MANAGEMENT

Ms. Katrina Harvey, Residential Manager

Mrs. Patrece Broadnax, Asst. Residential Manager

Mr. Keith Gavin, Maintenance Mechanic

Mrs. Beverly Jefferson, Service Coordinator (850) 222-0277

Ms. Patricia Davis, On-Site Monitor

Mrs. Dee Rush, Management Agent

Key to Independent Living

