

VILLAGE TIMES

Seniors and Post-Holiday Blues: Why It Happens and What to Do



The holidays can be a time of joy, togetherness and connection. For seniors that are isolated from family and friends, these happy feelings can be replaced with anxiety or depression once the festivities end. Feeling blue after the holidays is not uncommon for older adults – especially for those that are isolated from loved ones, suffering from a physical illness or those with a less busy lifestyle. Taking a proactive approach to combatting sadness following the holidays is critical. Depression can have long-lasting negative health impacts, and the effect of social isolation is also significant – it can have a negative health effect equivalent to smoking 15 cigarettes a day. There are many ways to keep the post-holiday blues away. Making plans, being active and continuing to connect with loved ones are some of the top ways to move forward into the new year with positive momentum and intentional action.

Some specific ideas include:

Plan travel and reunions: Booking a getaway, or making plans to see family and friends, can help those that live far from their loved ones. A trip or reunion doesn't need to be expensive or elaborate – scheduling an outing or dinner with the family in the coming months can help lift spirits.

Learn something new: For some seniors, anxiety and depression can be worse when they are idle. Taking up a hobby or learning a new skill can provide a challenge that is enjoyable, and activity can combat negative thinking.

Relive the best moments: Collecting photos and memories from the latest holiday season, and looking at past year's mementos, can bring back the joy felt while celebrating. And remembering the best times can help seniors feel gratitude and connection – even when the ones they love aren't right there.

Give back: Volunteering is a great way to ease post-holiday sadness. Helping others in need, whether it's a short- or long-term commitment, can have a positive impact on everyone involved. And, there are volunteer opportunities available for those that are able to get out into the community as well as activities for those that have mobility issues or prefer to volunteer from their own home.

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Physical activity is good for the body and soul: Fitness centers often have discounts at the beginning of the year, and there are low-impact exercises that can be done at home or outside. And physical activity can improve both the body and the mind. Older adults should always consult with their doctor before starting a new exercise program.

Dance and sing into the new year: Turning someone's mood around can be as simple as listening to happy songs, playing an instrument or dancing the afternoon away. Seniors can ask family and friends for suggestions, make playlists of their favorite tunes or take time to rediscover an album they love.



MANAGEMENT: MRS. DEE RUSH

FRONT DOOR ISSUES

Over the past two weeks, we have experienced problems with the voluntarily opening of the door. We are well aware of this issue and working diligently with two companies to resolve the problem. For the record, when the door is out of order staff and management makes it a priority of monitoring the door for your safety. If you have questions, please address them Ms. Harvey or Mrs. Rush. Let me again assure you that your safety is one of our major concerns.

REMINDER: Please **DO NOT** linger near the front door, the sensors are triggered and that makes the door stay open longer.

Need three (3) volunteers to decorate the Miracle Village Christmas Tree. Please give your name to Mrs. Jefferson **by December 7, 2020**, if you are interested.

Residents are asked to decorate their door for the Christmas Holiday. You never know - Santa may just drop in. All doors should be decorated **by December 15, 2020 by 4:00 pm**. **DO NOT** use pins, nails or anything that will damage the door. **This is not a contest.**

FROM THE SERVICE COORDINATOR OFFICE: Mrs. Beverly Jefferson



It's CHRISTMAS time. It's the one time of the year when we all act a little nicer, we do a little more for each other, we smile a little more, we even understand better. For a few days out of the year, we are the people that we were always HOPED to be. Now let's take the goodness to the NEW YEAR!

MESSAGES

DIABETIC PEOPLE: Watch your sugar and Carbohydrates in your diet.

HYPERTENSION PEOPLE: Watch your salt in your diet.

THE FRUIT OF THE SPIRIT



BiblePuzzles.com

Galatians 5:22-23

**FAITHFULNESS
GENTLENESS
GOODNESS
JOY
KINDNESS
LOVE**



**PATIENCE
PEACE
SELF-CONTROL**

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

THE HAPPENINGS IN THE VILLAGE

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



**BUSINESS OFFICE HOURS
MONDAY - FRIDAY
8:30 AM - 3:30 PM
LUNCH BREAK: 1:30 - 2:00 DAILY
OFFICE CLOSES 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. Florida Parrish, On-Site Monitor**

Key to Independent Living

