Holiday Blues

Holidays are usually a time for celebrations, get-togethers or visits from family, neighbors and friends. For some of us, however, the holidays bring about sadness and disappointment. This lingering feeling is often referred to as “Holiday Blues.” The change may be as subtle as losing interest in doing normal activities such as watching TV, reading or talking. Or, it could be more noticeable, like a change in personal appearance, grooming or loss of appetite.

Holiday Blues can occur in people of all ages for many different reasons. Some may think about how quickly time has passed. Others may miss loved ones more during this time of year. Concerns about money, health or completing tasks such as cleaning or decorating may also cause sadness. If you recognize any of the changes listed above in yourself or others you care about, these tips might help:

- Maintain your regular schedule at the PACE center. Enjoy the many activities and performances on the December calendar.
- Limit holiday stressors such as shopping, decorating and cooking. Family and friends will understand.
- Keep moving. Do chair exercises, walk a few extra steps and change positions often throughout the day.
- Speak with your PACE of the Triad social worker. They provide a safe, comfortable and confidential setting to discuss and understand feelings.

Let’s work together to keep Holiday Blues far away from this holiday season.

I am proud to announce the PACE of the Triad choir will perform at Four Seasons Town Centre mall in the atrium area, Thursday, December 15, 2017 at 1:00 p.m. Please come show your support by wearing red!

Ursula Robinson, LCSW, MHA
Executive Director
What did the title to this article make you think about? I have been told to keep my stories “short and sweet.” But that’s not it. There are some candies and desserts that can be called “short and sweet.” But that’s not it. I even know some people who are “short and sweet.” But that’s not it either.

I’m talking about the days in December. Have you noticed that they are getting shorter? The shortest day of the year is in December. On that day, we will have only 9 hour 43 minutes of daylight! That’s a pretty short day!

December days can also be sweet days. Sweet with memories of holidays gone by. Sweet with sugar plum candies and coconut cakes that aren’t around many other times of the year. And, at PACE, sweet with new friends in the making.

To make this December “short and sweet,” make sure you:

- Get enough sunshine each day by getting outside, or sitting by an uncovered window. Studies show that will help with calcium absorption and sleep quality.
- Keep your muscles and joints moving to ward off the stiffness and pain that cold weather can bring. This can reduce pain, build strength and trigger brain chemicals that make us feel good.
- Come to PACE on your assigned days to fill them with activities, exercise, good food and friends.
- Think of all the gifts you give and receive during the holidays—especially the ones which can’t be wrapped.
- Do something nice each day that shows you are thinking “short and sweet.”

Every day I get to come to PACE is a gift for me because I think this is a SWEET place to be. If you know a way I can help make it sweet for you, please let me know.

Ellen Smith, BSN, RN
Acting Center Manager
Caregiver's Corner

COAACH Lunch & Learn
December 1, 2016, Noon – 1:30 p.m.
2105 Yanceyville St., Greensboro 27405
Sponsored by North Carolina A&T State University
Center for Outreach in Alzheimer's, Aging and
Community Health.
Call 336-285-2160 to RSVP.

Holiday Lunch for Family Caregivers
December 16, 2016, 11:45 a.m. – 1:15 p.m.
Villa Rosa Italian Restaurant and Grill
6010 Landmark Center Blvd., Greensboro 27407
Sponsored by Adult Center for Enrichment.
Call 336-274-3559 to RSVP. Space is limited.

Heartfulness Mediation
January 5, 2017, 10:30 a.m. - 12:00 p.m.
Well-Spring Services, Inc.,
Battleground Corporate Park
3859 Battleground Ave., Greensboro 27407
Sponsored by Adult Center for Enrichment.
Call 336-274-3559 to RSVP. Space is limited

COAACH Lunch & Learn
January 5, 2017, Noon – 1:30 p.m.
2105 Yanceyville St., Greensboro 27405
Sponsored by North Carolina A&T State University
Center for Outreach in Alzheimer's, Aging and
Community Health.
Call 336-285-2160 to RSVP.

Winter Caregiver Retreat
January 20, 2017, 10:00 a.m. - 3:00 p.m.
The Lusk Center, 2501 Summit Ave.
Greensboro 27405
Sponsored by Adult Center for Enrichment.
Call 336-274-3559 to RSVP.

Medical Minute

Dr. Robert Koehler
Physician and Medical Director

Stroke Prevention

Rightly so, stroke is a major fear as we grow older. A stroke (sometimes called a "Brain Attack") occurs when part of the brain loses its blood supply and is damaged, sometimes permanently. This can occur from a blockage, a blood clot, or bleeding into the brain. Depending on what part of the brain is damaged, stroke victims will have loss of function. This loss could be weakness on one side of the body or problems with speech or thought.

How can we prevent strokes or, if we have had a stroke, how can we prevent another? Medical evidence shows that the main ways to prevent stroke are:

1. Keep blood pressure under excellent control. If you have high blood pressure, take your medications as directed.

2. Do not smoke!

3. No excessive use of alcohol.

4. Keep cholesterol under control. If you have high cholesterol, take your medicines as directed.

5. Use blood thinners (a simple aspirin is the most commonly used).

If you have any questions on how to reduce your risk, please ask me.

Who should you call?
Post the enclosed insert on your refrigerator or another space as needed to help us get you to the right person when you call PACE.