



DEPRESSION Does This Sound Like You?

Depression is not something that you have made up in your head. It's more than just feeling down in the dumps or blue for a few days. It's feeling down and low and hopeless for weeks at a time. About 19 million Americans have depression. It can happen to anyone, no matter what age you are or where you come from. Depression can make it very hard for you to care for yourself or your family. But, there is hope. Depression can be treated and you can feel better. What causes depression? There may be several causes.

- Depression may happen because of changes in your brain.
- Depression runs in some families. This means that someone in your family may have had it.
- Sometimes painful events or losses such as death can lead to depression.
- Sometimes the cause is not clear.

Look for signs of depression. Read the following list and check any that sound like you.

- I am really sad most of the time.
- I don't enjoy doing the things I've always enjoyed doing.
- I don't sleep well at night and I am restless.
- I am always tired. I find it hard to get out of bed.
- I don't feel like eating much.
- I have lots of aches and pains that don't go away.
- I find it hard to focus and am very forgetful.
- I am mad at everybody and everything.
- I feel upset and fearful, but can't figure out why.
- I don't feel like talking to people.
- I don't like myself very much. I feel bad most of the time.

If you checked several boxes, call your doctor and discuss this list. You may need to get a checkup and find out if you have depression. If an individual seeks competent care, depression is highly treatable.



NUTRITION FOCUS.... PORTION CONTROL

Over the past 20 years, sizes of everything from bananas to soft drinks have grown larger. If your attempts at weight control continue to falter even though what you are eating is "healthy", your portion size may be to blame. With proper portion control, you may never have to give up the foods you love again. The following tips may be helpful.

- ⇒ The size of your plate has a large impact on how much food you consume. Psychologically, we feel that we have to fill our plates and then "clean" them. Combat this stimulus of the brain by choosing a smaller plate such as a salad plate.
- ⇒ Eat slowly and take sips of water between bites of food. This will give the brain enough time to let the stomach know that it is time to stop.
- ⇒ A serving of meat (boneless cooked weight) of 2-3 ounces should be roughly the size of a deck of cards.
- ⇒ A serving of fruits or vegetables (1/2 cup) should be roughly the size of half a baseball or a computer mouse.
- ⇒ A serving of whole grain should be roughly the size of an audio cassette or CD.
- ⇒ A serving of peanut butter (2 Tbsp.) should be roughly the size of half a golf ball.



What are the Keys to Longevity?

A recent poll of 100 centenarians suggests the answer is staying connected to family, friends and current events. When asked the secret to healthy aging, these centenarians ranked the following as very important:

- Staying close to friends and family
- Keeping my mind active
- Laughing and having a sense of humor
- Staying in touch with my spirituality
- Continuing to look forward to each day
- Keeping moving and exercising
- Maintaining a sense of independence
- Eating right
- Continuing to make new friends
- Continuing to follow current events

Centenarians felt that independence came with the simple things such as the ability to take care of themselves on a daily basis, staying in good health, and being able to make their own financial and health decisions.

Most of the respondents said they believed healthy aging came from lifestyle choices, not from genetics or other factors beyond their control.

Attending Religious Services Has Benefits

The results of a recent study suggest that regular attendance at religious services reduces the risk of death considerably in older women. No explanation was readily evident. The lead author of the study stated, "The protection against mortality provided by religion cannot be entirely explained by expected factors that include enhanced social support of friends or family, lifestyle choices and reduced smoking and alcohol consumption." Researchers concluded that although religious behavior is associated with reduction in death rates, the physical relationships leading to that effect are not understood and require further investigation.

Happy St. Patrick's Day

Wellness Notes

If you use powder in the locker room, please bring a towel to put under your feet to catch the powder. This will help keep the locker room looking neat.

Please put the scale back to zero when you are finished weighing yourself to maintain calibration.

FallProof! will be postponed until a new Aquatics Instructor is hired and trained. Residents who signed up for the class will be notified when classes will begin.

No Aquatics Classes the week of March 22nd. Kim will be on vacation!

Sodexo Nutrition Presentation



Tuesday, March 24th
1:00pm
Nelson Hall

BACKWARDS DAYS (SDRAWKCAB SYAD)

In the Wellness Center
Tuesday & Wednesday March 10th & 11th
Wear your clothes backwards, talk backwards, etc. Subject to interpretation! Use your imagination!

Aqua Trend Demonstration
Tuesday, March 17th at 2:30pm
Rescheduled demonstration
of water workout station in the pool.
Come watch or participate.