



▶ Word Scramble- 2



▶ Aging & Depression;
The Aspen Protocol - 3



▶ 6 Simple Things to
Do For Better
Mental Health - 3

ASPEN happenings

Aging & Depression, Anxiety

Symptoms occur in about 15% of seniors

Depression is a medical illness characterized by persistent sadness, discouragement, and loss of self-worth. Symptoms include things such as reduced energy, altered concentration, insomnia, decreased appetite, and weight loss.

Only 38 percent of Americans over the age of 65 believe that depression is a “health” problem, with 58 percent believing that depression is a normal component of aging. Of those over 65, depressive symptoms occur in about 15 percent of seniors living in the community and up to 25 percent of those living in a nursing home. Suicide rates in older adult are 50 percent higher than those of young people, or the nation as a whole. White males over 80 are six times more likely to commit suicide than any other demographic group. Signs of depression in the elderly are much more likely to be dismissed as crankiness or grumpiness. But loss of friends and family, independence, adjustment to retirement, financial concerns, chronic pain or illness, place this group at high risk for depression.

Risk Factors for Elderly Residents

Age, ongoing sadness and anxiety, fatigue, insomnia, chronic aches and pains, Alzheimer’s disease, chronic illnesses, medication usage, memory loss, social isolation, lethargy, changes in appetite or weight loss.



Overall Risk Assessment

Depression, or the symptoms of depression, can lead to the development of weight loss, skin breakdown or other debilitating conditions, including death.

The Aspen’s Care Protocol

We strive to promote a compassionate, caring environment for our residents, where they are encouraged to share feelings of sadness or depression. Reported symptoms are taken very seriously by our staff.

We provide access to resources such as social services, ministerial support, focused support groups, counseling, or psychiatry services for residents in need. We also develop care plans that incorporate resident-specific indicators of depression and then implement subsequent treatment plans.

(continued on page 3)

UPCOMING COMMUNITY EVENTS

- | | | |
|---------------------------------|---------------------------------------|------------------------------------|
| 05 Cinco de Mayo | 10 Community Coffee Club | 13 Exchange Club Train Ride |
| 06 Mother’s Day Luncheon | 16 Vendor Mall Outing - Summit | 26 Family Night |
| 08 Mother’s Day | | 30 Memorial Day |

Visit aspnofbrookhaven.com to view the entire Aspen activity calendar.

Aging & Depression, Anxiety

The Aspen's Care Protocol *(continued from page 1)*



With this, we offer ongoing education to families and residents, dispelling the myths about depression and outlining suggested alternatives for treatment care. It is our goal, at The Aspen of Brookhaven, to assist each resident in maintaining an optimal quality of life using a team approach.

Practice These Coping Skills Every Day:

1. Meaning: Find small ways to be of service to others.
2. Your Goals: Find workable goals that give you a sense of accomplishment.
3. Pleasant Events: Schedule pleasant activities or events.
4. Engagement: Stay in the present.
5. Exercise: And, eat right too.
6. Relationships: Focus on people who lift you up.
7. Sleep Regularly: Try to keep a regular sleep schedule.

Intermountainhealthcare.org

If you or someone you know is experiencing anxiety/depression there are resources out there that can help! In crisis and need to talk to someone? Text HOME to 741741 to reach a volunteer Crisis Counselor. The suicide lifeline also provides 24/7, free & confidential support for people in dis-tress—call 1-800-273-TALK.



G. Salter, 20th

R. Ross, 29th



Fun Facts

- Taurus & Gemini season begins in May, usually around May 21st.
- May is one of seven months that has 31 days.
- The proverb April showers bring May flowers dates back to the 1500s.
- May 4th is a day that Star Wars fans tend to celebrate.
- Cinco de Mayo is May 5th, however, Cinco de Mayo is not Mexican Independence Day.

6 Simple Things to Do For Better Mental Health.



Start a Simple Daily or Weekly Gratitude Journal

Start Writing Down Your Thoughts and Feelings in a Diary



Pick up a Regular Meditation or Mindfulness Practice



Do a Random Act of Kindness for a Stranger



Regularly Talk to a Friend About Your Thoughts

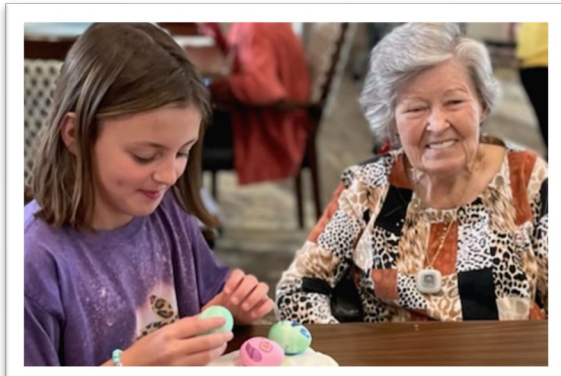
Exercise Regularly to Reduce Stress and Anxiety



Common Signs of Anxiety:

- Feeling restless, tense, nervous
- Hypervigilance - the feeling of impending danger
- Increased heart rate
- Hyperventilating - breathing at a rapid speed without control
- Sweating or trembling
- Feeling tired or weak
- Insomnia - Trouble sleeping or staying asleep
- Trouble concentrating, racing thoughts, or unwanted due to constant worry

More memories...



**500 Silver Cross Drive
Brookhaven, MS 39601**

A community enriched by you.

