



A+ Senior Care
We Are Here To Serve You

Newsletter

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SPECIAL POINTS OF INTEREST:

- "...of the [over] 35 million Americans age 65 or older, about 2 million suffer from full-blown depression.
- Your loved one may experience a form of seasonal depression known as the "holiday blues."
- By organizing a "holiday care plan" for your loved one, you'll create that warm sense of connection everyone seeks this time of year.

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Avoiding the Holiday Blues

The holiday season between Thanksgiving and New Year's Eve isn't always a happy time for seniors. For some, the holidays are a reminder of friends and family members who are no longer around. Others may dwell on the fact that distance prevents anticipated visiting. According to the National Institutes of Health, "...of the [over] 35 million Americans age 65 or older, about 2 million suffer from full-blown depression. Another 5 million suffer from less severe forms of the illness."

Your loved one may experience a form of seasonal depression known as the "holiday blues." Some of the more common symptoms include:

1. Change in sleeping habits or difficulty sleeping
2. Decreased appetite
3. Decreased interest in usual activities and socializing
4. Increased irritability or irresponsible behavior
5. Lack of personal care or hygiene

Resolving a loved one's apathy can be as simple as making them feel needed - engage their help with your fam-

ily's holiday traditions. If feasible, take them on a special outing to shop for holiday decorations or presents. Attending a festive movie, choir concert or show are other ways to boost morale.



If distance is a challenge, take advantage of current technology. Install an inexpensive web camera on their computer (if they have one) to host online chats through Skype and create video messages. A free Facebook account can be a great way to stay in touch with scattered grandchildren and relatives, especially during the holiday season. Scheduled phone calls with friends and family are always enjoyable and appreciated.

Robert Brooks of The Homecare Directory suggests, "Be sure to acknowledge the loss of [other] loved ones during family gatherings with a toast in their honor, a visit to the cemetery, or simply by talking about the people who are no longer with us." Also monitor alcohol consumption during holiday dinners and parties, since drinking may trigger a depressive state. If you believe

Mom or Dad is experiencing ongoing, chronic depression, we recommend consulting their primary doctor to determine the best possible treatment.

By organizing a "holiday care plan" for your loved one, you'll create that warm sense of connection everyone seeks this time of year. We think feeling valued and having self-worth are the best gifts of all at any age!

Resources:

boomers-with-elderly-parents.com
nihseniorhealth.gov
thehomecaredirectory.com



A Holiday Care plan just for you, the A+ way

Holiday Care planning can be a temporary arrangement designed to provide respite for family caregivers and will create a safe and individualized caring environment for you or a loved one. Some situations where this type of arrangement can be helpful include but are not limited to :

- A senior person visiting for the holiday
- Needing help transitioning from a facility (hospital, rehab, assisted living facility, nursing home) to your home
- Family member taking a vacation
- Caregiver is having a procedure done
- Family needs help with senior relative at a celebratory event



SPECIFIC SERVICES WHICH MAY HELP:

- | | |
|---------------------------------|----------------------------|
| • Meal Planning and Preparation | • Mobility assistance |
| • Medication Reminders | • Laundry |
| • Light Housekeeping | • Pick Up Prescriptions |
| • Bathing | • Organize/Clean Closets |
| • Dressing | • General Shopping |
| • Bathroom assistance | • Escort to holiday events |
| | • Incontinent care |



Holiday Care Planning



Moving Announcement

To better accommodate our growing staff, we are relocating our office to:

700 Route 130N, Suite 212
Cinnaminson, NJ 08077.

Our phone numbers have not changed
856-470-9018 and 609-450-1719.

Please stop in to say hello after November 1st.

Thank you.

