



Aged To Perfection

...sharing the latest on caring for seniors

WORLD HEALTH DAY

April 7th is World Health Day and is sponsored by the World Health Organization (WHO). The purpose of World Health Day is to create awareness of global health. Each year a different theme is selected to highlight specific global health issues.



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The theme for 2017 World Health Day is **Depression: Let's Talk**. Depression is a health concern that affects people across the globe—people from all ages, all walks of life, and in all countries. Between 2005 and 2015 there has been an 18% increase in the number of people living with depression. Close to 10% of the world's population is affected by depression or anxiety, yet even in high-income countries, nearly 50% of people with depression do not receive treatment. Untreated depression prevents people from leading

fulfilling lives and participating fully in their family and community lives. The first step toward treatment and recovery is talking. The theme for 2017 is not simply depression. It is **Depression: Let's Talk**. The emphasis is on speaking about an illness that often goes unrecognized; an illness which people are sometimes afraid to acknowledge. Ignoring depression does not make it go away.

Depression Let's talk

In fact, failing to speak about depression only furthers its impact and reach. Speaking about depression is the first step toward recovery—it helps people to connect to their network of support.

The purpose of the 2017 World Health Day campaign is to have more people talking about depression worldwide. In openly discussing depression, the aim is to have more people seek and receive help so that fewer people are left untreated.

This World Health Day, speak up and talk about depression. Seek help, offer support, and encourage others to receive assistance as well.

For more information please visit: who.int/campaigns/world-health-day/2017





DEPRESSION & RESILIENCY: TOP 10 TIPS

Maintaining strong mental health requires just as much attention and care as maintaining strong physical health. Unfortunately, many people see mental health as being either “healthy” or “unhealthy”. In reality, mental health is a continuum, a scale that ranges from mental wellness to serious mental health challenges. When someone experiences drastic stress in their life, their mental distress level rises. It is important to have adequate coping mechanisms in place to help reduce one’s mental distress level and maintain mental wellness rather than progressing along the continuum to a state of serious mental health challenge.



The Canadian Mental Health Association defines mental wellness as “a state of well-being and the ability to function in the face of changing circumstances”. This includes handling stress and loss, relating to other people, and making decisions.

Dealing with stress though, is not an innate trait in humans; it is a learned behaviour. Whether good or bad, we learn coping skills from our environment. Adding positive and healthy coping skills to our lifestyle is crucial to maintaining or gaining back mental wellness.

Depression is not always something that you can control—it may be related to a specific situation or it could seem to appear for no apparent reason. Depression may be triggered by loss—loss of a loved one, an important role in life, a job, loss of health or independence. Any of these losses create increased stress. Without coping



mechanisms, someone’s mental distress level will climb and they may experience depression. Depression after any type of loss is likely due to situational depression, and having the right coping skills will be highly beneficial. It is important to note that clinical depression is an illness that many people experience regardless of their coping skills. In either case, it is important that you speak to a doctor.



The Canadian Mental Health Association recommends a few key coping skills to help maintain mental wellness. By implementing these coping methods when you are feeling your mental distress level begin to climb, you may be able to maintain a higher state of mental well-being.

1. **Educate Yourself.** The more you know about depression and mental illness, the more empowered you are to protect your own health.
2. **Change Your Thinking Patterns.** Many depressed people have negative and anxious thought patterns. Learning to redirect your focus can improve your mental health. Celebrate your successes, focus on your achievements rather than focusing on what you are unable to do.
3. **Ask for Help.** Requesting help is not a sign of weakness; rather, it requires courage to reach out to others when you are in need. Create a support system of caring people whom you can call when you are feeling low. Have a list of 5 close friends you can count on; if one person doesn’t answer, you have 4 more names you can call.
4. **Use Problem Solving.** Determine which problems are stressing you, explore possible solu-



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tions, try a new solution (as the same old solutions will yield the same old results), evaluate the effectiveness of your new solution, and focus on the progress of your problem solving rather than on the problem alone.

5. Exercise. When you are depressed, the last thing you may feel like is exercise, but the results make the effort worthwhile.

Exercise increases the blood flow not only through your body but also to your brain. Increased oxygen flow to the brain improves mental functioning and mood. Your endorphins are also elevated through exercise.



6. Eat and Sleep. Eat a properly balanced diet, even if you have no appetite. Aim to maintain a regular schedule where you eat healthy food at regular intervals. Sleep on a regular schedule as well. Ensure that you get enough sleep, but do not oversleep. Most adults need an average of eight hours of sleep nightly.

7. Enjoyment. Schedule yourself time to rejuvenate. Prioritize activities that bring you peace and pleasure. This may include: meditation, being outdoors, various hobbies, caring for a pet, having a massage, etc.



8. Socialize. Do not cut yourself off from social connections. If large groups are overwhelming, go out for coffee with just one or two people at a time. Isolation only perpetuates depression. Socialize with close, caring friends who are compassionate and supportive. Be sure to hug these

close friends; physical touch should not be underestimated.

9. Relax Your Standards. Many people experience anxiety and stress because they are holding themselves to unrealistic standards. Determine to not expect more of yourself than you would expect of anyone else. Be kind to yourself—

sometimes, we are hardest on ourselves!

10. Laugh!! A sense of humour can go a long way. Sometimes, laughter truly is the best medicine. You don't even have to wait for a comedy act to come to town; through the internet, you can search endless comedies on youtube and select come-

dies that suit your particular sense of humour.

If implementing these coping skills does not improve your sense of mental well being or if you are currently experiencing other symptoms as well, you should see your doctor. Medication may be appropriate for you, or there may be a physical explanation for the mental distress you are experiencing. Your doctor can advise you best.

It is important to know that help is available. You do not need to live in a state of mental distress. To learn more about healthy coping strategies and ways to reduce stress, please visit the Canadian Mental Health Association online at: www.cmhagrb.on.ca Locally, in Waterloo Region, we are blessed to have Here 24/7—a service that is available 24/7 to assist with addictions, mental health, and crisis situations. The number is: 1-844-HERE247 (1-844-437-3247)





*...a mother & her daughters
providing meaningful
assistance to seniors*

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Warm Embrace Elder Care is owned and operated by a mother-daughter team, Brenda Hamilton and her daughters, Chloe and Avery Hamilton. Their goal is to assist seniors to remain independent for as long as possible through offering various services such as homecare, memory therapy, and one-on-one home exercise for seniors. Inspired by personal experience with family caregiving for Brenda's mother, this mother-daughter team understands firsthand the benefits of enlisting help while caring for a loved one. Warm Embrace believes that independence does not mean that you can do everything by yourself, but rather that you get to choose how everything is done—we grant our seniors the respect and dignity they deserve by helping them to live as they desire.

COMMON MENTAL HEALTH ISSUES AFFECTING SENIORS

How do you tell the difference between depression, anxiety, delirium and dementia? These complex issues can overlap and be difficult to discern. This presentation will explore these mental health challenges and learn strategies for improvement. The speaker is Karen Wells-Duedney who is a Geriatric Clinician at Cambridge Memorial Hospital.

Cost: FREE,
but please
RSVP as
space is
limited



Date: Tuesday,
April 25th 1:00–3:00pm OR Wednesday, April 26th
7:00pm–9:00pm

Location: Community Support Connections, 61 Woolwich
St. N. Breslau, NOB 1M0

RSVP: call Linda at 519 772
8787 x 210 or email:
lindaf@cscmow.org

**Community
Support
Connections**



Meals on Wheels and More

13TH ANNUAL HEALTHY HEART DAY



Dr. Pandey's annual Healthy Heart Day is back again! Here are some of the hot topics that will be covered:

- What's new in Diabetes?
- Different ages—different stages of heart disease
- Innovations in the management of irregular heart beats
- Breakthroughs in heart disease prevention & management

In addition to these topics, there will be a health fair, personalized risk assessment and a survivor walk at 7:30am.

Date: Saturday, April 22, 2017

Time: 7:30am–1:00pm

Location: St. Benedict Catholic Secondary School (50
Saginaw Parkway, Cambridge—rear entrance)

Cost: Free

RSVP: healthyheartday@rogers.com 519 624 3511
www.cambridgecardiaccare.com