

**MARK YOUR CALENDAR: OCTOBER 20th -
ATHOLTON SENIOR DAY
more details soon**

SENIOR NUGGET - SEPTEMBER 2012

~ ~ **Best wishes to all having a birthday in September**
View your Bible Birth verse: www.birthverse.com <<http://www.birthverse.com/>> ~ ~

MENTAL ILLNESS:

Mental illness strikes 1 in 5 adults. Depression is more common in women than in men (due to hormone changes). Left untreated, mental illness can get worse. Catch the symptoms early, and you can take steps to help reduce its severity, or you may delay or prevent it entirely. Talk to your doctor if you have any of the signs below. Caregivers, observe those in your care and bring symptoms to doctors' attention.

SIGNS OF MENTAL ILLNESS ...

- Growing inability to cope with daily problems
- Over medicating includes over usage of OTCs (over the counter drugs)
- Social withdrawal
- Mood swings
- Excessive fears, anxieties
- Dramatic changes in eating, sleeping or personal hygiene
- Delusions or hallucinations
- Unexplained ailments
- Suicidal thoughts

WAYS TO PREVENT MENTAL ILLNESS (Alzheimer, Dementia, etc.)

- Reduce stress - stress can kill precious brain cells
- Get enough sleep to help your brain, and memory, stay younger
- Visualize - picture what you're trying to recall "Take a moment to remember where you are ..."
- When parking your car, take in the surroundings, particularly stationary objects. Trees and buildings won't move—unlike the car next to you.
- Pray out loud - God loves having 'knee-mail'
- Keep mind active by doing puzzles, word search and reading
- Socialize with family and friends in person, via phone or at senior centers
- Learn a foreign language (keeps both brain lobes from deteriorating)
- Get involved - join Senior Centers / volunteering your time
- Exercise - it benefits your mind and body

NOTE: Forgetting where you put your keys or other item, doesn't mean you have signs of a mental illness. Research shows it's a common occurrence for all age groups, especially as we "mature" with age!

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