

MADERA SENIORS DECEMBER 2019 NEWSLETTER



TRIPS

**Poinsettia Farm
Hilmar Cheese Company**

December 11, 2019

\$28.00 per person

Reservations by December 5th

Please call for reservations at:

Marcella (559) 675-2095

Lauren (559) 673-4293

FRANK BERGON SENIOR CENTER

559-673-4293

PAN AMERICAN SENIOR CENTER

559-675-2095

Valley Excursion December 19, 2019

**Maya Theater
Fresno**

\$5.50 per person

Price is for 62+

Reservation required - First 10 people

Lunch on your own

For Reservations and information

call Corinne at 661-5489

Pan American Senior Center

Commodities	December	6th
Potluck	December	13th
Brown Bag	December	18th
DJ Dance	December	27th

Frank Bergon Senior Center

Commodities	December	6th
Social Dance - Band	December	13th
Brown Bag	December	18th

Senior Centers Closed

December 25th

January 1st



Beating the Holiday Blues

Pay attention to diet and nutrition.

It's especially hard during the holidays to stick to dietary restrictions, especially low salt, low fat, and low sugar. Make sure to include several "safe" options in your holiday menu. Look for new recipes and recipe modifications you can serve.

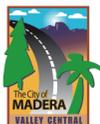
If it's [safe for you to drink alcohol](#), be sure to do so in moderation. Even a little alcohol can impair function in aging adults, potentially causing accidents. Alcohol can also intensify the blues. Don't forget that alcohol can interfere with certain drugs, so make sure check medication labels.

Watch for signs of depression.

Depression is not a normal part of aging, and it may be particularly hard to recognize in seniors because sadness isn't always a symptom of [depression in older adults](#). Seniors may not show obvious signs and may be reluctant to talk about their feelings. Any of these symptoms may indicate depression in aging adults:

- Feeling irritable, anxious, or guilty.
- Excessive tiredness.
- Memory problems, lack of concentration.
- Aches and pains with no specific cause.
- Digestive problems.
- Changes in eating habits (overeating or loss of appetite).

Older adults with depression are at increased risk for suicide; in fact, according to the National Institutes of Health, white males over age 85 have the highest suicide rate of any demographic. Depressed seniors may also be at increased risk for heart attack and stroke. If you suspect an aging adult is suffering from more than just the holiday blues, get a medical or psychiatric consultation right away.



DECEMBER

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