TRIPS

Poinsettia Farm
Hilmar Cheese Company
December 11, 2019
$28.00 per person
Reservations by December 5th

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

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
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

Pat Agee 8
Aaron Bernstein 31
Espiridion Gonzalez 14
Hartano Koesnadi 12
Jesus Luevano 25
Evelyn Padilla 19
Roger Campbell 24
Francisco Cortes 25
Estefana Costa 26
Maria Garza 31
Leopoldina Gutierrez 22
George Konovalov 26
Beatrice Lopez 31
Evelyn Mass 22
Marlene Richardson 13
Jaela Sanchez 20