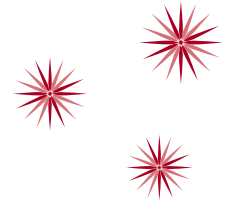


Is it the Post-Holiday Blues or Not?



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As the New Year rapidly approaches, do you find yourself thinking of a New Year's Resolution? Reflecting on the previous year and the change(s) that has occurred? Do these feelings start making you emotional or depressed? Do you find that after the hustle, bustle and visits of Holiday Merry Making that you feel a social void or aloneness and isolation? Then I will let you know that you are not alone.

It is true that about 20% of older adults do have significant depression. There is little doubt that poor health, chronic pain, the loss of friends and/or loved ones will contribute to that depression. However, depression for older adults will manifest as bodily symptoms and complaints such as sleep disturbances, loss of appetite, and fatigue. If you have arthritis, diabetes, hypertension, heart disease, a stroke, or cancer, you are at a greater risk for depression. There is also a higher risk if you have lost your spouse, significant other, friend, or are a caregiver to someone ill.

So, what can you do?

- Know your risk factors for developing depression
- Recognize the feelings you may be experiencing and vocalize them to close family, friends, or your nurse
- Seek out someone in our Wellness Departments to talk about how you are feeling and further steps we can take together
- Maintain regular medical appointments with your physicians
- Maintain your medication regime as your physician advises
- Join in the scheduled Activity program within your Hearth Community

As the 2016 calendar year closes and we start making a New Year's resolution, why not make it small, consistent, and obtainable? Embrace and welcome your new neighbors to our Hearth community and join at least one activity a day that is not a meal to help avoid these "Post-Holiday Blues."