

How to beat the holiday blues

For most people the holidays are a joyful time of the year. It's a time for celebrating family traditions such as baking and decorating and a time for get-togethers with our family and friends. Yet for many seniors it can be a very difficult time. For them, feelings of sadness, loneliness and isolation are their holiday companions.

There are many factors that may contribute to those feelings of sadness. Many seniors are widowed, have lost close friends as they age, are separated from family or may be suffering from ill health. The holidays are also a time of increased stress, financial burden and unrealistic expectations.

If during the holidays, you find yourself feeling irritable, anxious, have loss of appetite, fatigue or loss of interest in daily activities, recognize that you may be experiencing the "holiday blues". Here are a few simple suggestions that may help you feel better:



- Don't isolate yourself. If you can't be with family, invite some close friends over to share the holidays.
- Volunteer your time. Many churches or civic groups would be glad of your help. Helping others is a great way to forget your own troubles.
- Plan ahead to avoid over stimulation resulting in fatigue.
- Create new memories, enjoy activities that are free, like taking a drive to look at holiday decorations and lights.
- Keep things simple and only give what you can afford. Share the gift of memories - your children and grandchildren may enjoy hearing about earlier Christmas gatherings or looking at photo albums.

Don't deny or try to hide your feelings of sadness. Very often just being able to share your feelings with someone can help. Remember, depression is not a normal part of aging. If you or a loved one is experiencing depression at any time, don't ignore the signs - get help!

GIVING THANKS -

Thanksgiving Day in the United States is an annual day of thanks observed on the fourth Thursday in November. It is a historical, national, and religious holiday that began with the Pilgrims. After the survival of their first colony through the bitter winter, and the gathering of the harvest, Gov. William Bradford of Plymouth Colony issued a thanksgiving proclamation in the autumn of 1621. Days of thanksgiving were celebrated sporadically until, on November 26, 1789, President Washington issued a proclamation of a nation-wide day of thanksgiving. He made it clear that the day should be one of prayer and giving thanks to God. In 1863, President Lincoln established the last Thursday in November as a national holiday. Succeeding presidents annually followed his example, except for President Franklin D. Roosevelt, who in 1939 proclaimed Thanksgiving Day a week earlier--on the fourth but not the last Thursday--to encourage holiday shopping. In 1941, Congress adopted a joint resolution setting the date on the fourth Thursday.

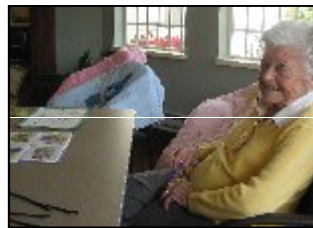


November Employee Anniversaries -

Kay Marx

Special thanks for their hard work and dedication!!

Valley VNA residents shared their talents October 16th -



Upcoming Clinics & Support Groups

**FOOT CARE CLINICS - THE COST IS \$21
PLEASE CALL FOR AN APPOINTMENT - 727-5555**

Valley VNA Senior Services-1535 Lyon Drive, Neenah
9 am-12 pm - Nov 11, 12, 24, 25; Dec 9, 10, 23, 28
1-4 pm - Nov 23; Dec 28

St. John's Lutheran Church - 808 N. Main St., Oshkosh
1-4 pm - Nov 11

Hearthside Apartments - 210 Haylett St., Neenah
9 am-12 pm - Nov 24, Dec 22

Elizabeth Ct Apartments - 936 6th St., Menasha
9 am-12 pm - Nov 19, Dec 17

Menasha Senior Center - 116 Main St.
1-4 pm - Nov 4, 19; Dec 2, 17

YMCA - 110 W. North Water St., Neenah
9 am-12 pm - Nov 19

BLOOD PRESSURE CLINICS
YMCA, Neenah - 110 W. North Water St.
10:00 am-12 noon - Nov 4, Dec 2

ALZHEIMER'S/DEMENTIA SUPPORT GROUPS
Valley VNA Senior Services - Keller Community Center

- **Support Group** - 6-8 pm - Nov 9, Dec 14
For more information - Debbie Opperman - 920-232-8686
- **Support Group For Spouses**-10-11 am - Nov 24, Dec 22
For more information - Kathleen Albert - 920-727-5541

920-727-5555 - Fox Cities 920-426-1931 - Oshkosh 866-930-8862 - Toll Free

1535 Lyon Drive Neenah

www.valleyvna.org