



World *Mental* Health Day



Seniors, Make Mental Health Your Priority

By Michelle Borden, CEO of NewBridge Services

The COVID-19 pandemic has exacerbated conditions for depression and anxiety, among the most prevalent mental health problems older adults face. As the U.S. marks Mental Illness Awareness Week starting Oct. 4, seniors are reminded to make their wellbeing a priority.

Stigma and not recognizing the signs of mental illness too often result in people not receiving treatment. An estimated 1 in five adults age 55 and over experience some kind of mental health problem, according to the Centers for Disease Control and Prevention. Mental illness is treatable, and people who manage their diagnosis enjoy life.

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8 Million Baby Boomers

Seniors are the fastest growing population in the U.S. — residents age 65 and older are expected to outnumber children by 2035 — so maintaining mental health is important on both an individual and societal level.

Older adults can lower their risk of depression and other conditions through self-care — and at the same time improve overall wellness. As the days shorten and temperatures drop, make a game plan to keep your brain and body engaged.

Tips for Well-Being

Keeping socially connected should be at the top of that list: isolation is linked to deteriorating physical and mental health. The pandemic hits older adults hardest, and as a result, seniors are more likely than others to limit interactions. Get outdoors for visits and wear masks as much as possible. Use video apps or the good old telephone when you can't.

Be sure to exercise regularly, doing a mix of cardio, stretching and resistance training. Eat nutritious meals. Stick to a regular sleep schedule and get at least seven hours of shut-eye. Keep up with routine doctor appointments, and let a medical professional know if you are struggling with your emotions.

Other wellness advice: practice a long-loved hobby or take up a new one. Do things that make you laugh. Whenever you feel overwhelmed, sit quietly and take deep belly breaths, exhaling slowly. Just a few minutes of that will lower your stress levels and make you feel more relaxed. Stay well!

Created in 1963, NewBridge Services is a community nonprofit providing counseling, housing and education programs in northern New Jersey.

Alternative Treatments for Pain: Acupuncture

A popular and CDC supported treatment for pain is acupuncture. While this method has been widely used in Asia for centuries, it is now popular in the United States to ease several different types of pain including, back pain, nerve pain (like from shingles), headaches and more.

Acupuncture is the insertion of very fine needles into the skin at specific points called acupoints, to improve the body's control over pain sensations. An acupuncturist will typically insert four to 10 needles and will leave them in place for 10 to 30 minutes

while you rest. Treatment usually occurs over six to 12 sessions during a three-month period.

Acupuncture is generally quite safe, and the complication rate is low. If you decide to try acupuncture, seek out a licensed acupuncturist. For more information on regulation of acupuncturists you can go to: <https://www.njconsumeraffairs.gov/acu>.

Next month we will take a closer look on how chiropractic treatment helps to relieve pain.

Sources: Relieving Pain with Acupuncture, Harvard Health Publishing <https://www.health.harvard.edu/healthbeat/relieving-pain-with-acupuncture>

Activity Center

Connections

Created by Pascale Michelin, Ph. D. for
SharpBrains.com

Example: LOCK – PIANO Answer: Key

In the left column there are a pair of words. Your goal is to find a third word that is connected or associated with both of these words. Let's take the first pair as an example: PIANO and LOCK. The answer is KEY: there are KEYS on a piano and you use a KEY to lock doors. Now it is your turn!

1. SHIP – CARD
2. TREE – CAR
3. SCHOOL – EYE
4. PILLOW – COURT
5. RIVER – MONEY

Answers on back page.

Trivia Time!

In what decade did trick-or-treating as we know it today start gaining popularity in America?

Answer on back page.



Sharing Circle

What would people be surprised to know about you?

I was born in St. John's, Newfoundland. When I was born it was under Canadian rule. When my mother was born there it was under British rule. So technically she was born in Britain and was a subject of Britain whereas I am Canadian.
– Tamar

I'm a bit quiet about my scholarly side, because much knowledge I had I acquired over many years, and I'd need extensive reviewing to be able to 'quote chapter and verse.' I have intellectual background in the arts, the humanities, and Abrahamic studies, and hold four university degrees. Yet I don't like it to turn into a contest. – Elizabeth



We want to hear from you for next month's issue!

What is something you are thankful for this year?

Email your answer to mflynn@cafsnj.org or call Marigrace at 201-740-7098.

Self -Compassion Break

While many of us try hard to live a healthy, connected, and fulfilling life, we tend to be hard on ourselves. This lack of self-compassion can actually be harmful to our body, minds, and souls and is a mistake that many make. Self-compassion is one of the best ways to improve your health, mood, and sense of confidence. Throughout your week or if you are experiencing a challenge, take time to show yourself some compassion.

1. Find a safe space where you can comfortably close your eyes for a few moments.
2. Eyes closed, draw one or both hands to your heart, letting them rest flat on your chest. Take three full, deep breaths into the body, letting both chest and belly expand.
3. Take this time to acknowledge that you are struggling, offering yourself any words of support or compassion that you might offer a loved one. Be there for yourself as a friend, holding yourself unconditionally for a few more full breaths.
4. Before ending the practice, take a few moments to silently repeat the phrases:
 - I honor and support myself.
 - I love and accept myself.
 - I practice peace and patience.
 - I am worthy of my own compassion and kindness.

You may repeat these as many times as you feel called to.

5. Take a final moment to offer yourself any other words you might need to hear. When you are ready to carry on with your day, slowly open your eyes. Carry this self-compassion with you as you move forward.

Source: Self-Compassion Break, <https://mindfulness Exercises.com/self-compassion-pause/>

Contact Us

To learn more, submit a response, or ask a question you can contact us at:

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Celebrating Seniors Online

<https://www.tcadr.org/virtual/celebratingseniors>

www.tcadr.org



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ANSWERS

Connections: 1. Deck 2. Trunk 3. Pupil, Exam or Private 4. Case 5. Bank or Flo

Triva: The 1930s

Resource Spotlight:

SENIOR SERVICES
KAPLEN JCC on the Palisades

The iPad Lending Library at Kaplen JCC on the Palisades

The iPad Lending Library delivers a preloaded iPad to any senior adult and provides ongoing tech support to ensure every senior can benefit from staying connected virtually. Each device is preloaded with a private email address created for the user to simplify communications. The Zoom application is also preloaded onto each device to help senior adults communicate with family members through face to face video calls, access telemedicine to stay in contact with doctors and virtual appointments, and access classes including daily chair exercise, musical concerts, interactive social programs, games, art tours and hobby classes.

Don't miss out! Contact Sarah Feinmark at Sfeinmark@jccotp.org or 201-569-7900 ext. 404 to find out more information or to sign up!

If you or a loved one needs help accessing addiction services and support...

Call or Text: 201-589-2976

Confidential hotline services available 24/7 to serve Bergen County



THE CENTER

FOR ALCOHOL AND DRUG RESOURCES
A Program of Children's Aid and Family Services