



Center News

Funded in part by grants from Aging and Disability Service Division for the State of Nevada

**December
2019**



We will have 2 celebrations this month!

***Our Christmas Tree and Wreath Raffle and Auction will
be on December 13th!***

***We will have our congregate Christmas Celebration on
December 20th!***

The goal of the Pershing County Senior Center is to offer congregate and homebound meals as well as transportation and social activities to maintain and improve the quality of life for older adults in Pershing County.



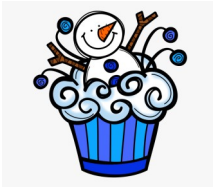
Center News

Terms, conditions and fee schedule available at the Center or at
www.pershingcounty.net
On the Senior Center page.

Van leaves the Center at 7:30AM and arrives in Reno by 10:30 AM and leaves by 2PM so please schedule appointments within those parameters.

For local rides please call before 10 AM for 10:30 AM to 1 PM pickup.

Van Schedule

December			
Fallon	Wednesday		11
Reno	Tuesday		17
January			
Fallon	Wednesday		8
Reno	Tuesday		21

See van driver for copy of our brochure

REMINDER:

We are happy to provide transportation, but we have a limited amount of time for daily trips. Please arrange your travel so that we will be able to pick you up no earlier than 10:30 AM, and will be able to have the van back at the Center by 2:30PM. *Rides should be scheduled by 10 AM the day of travel for local trips.*

As always our out of town van leaves the Center at 7:30 AM, and we need to leave the destination city by 2 PM, so plan your appointments accordingly.

If you would like to ride the bus to any destination please call the Center- 273-2291

Meals and other services for folks 60 and older are provided at no cost to the recipient. We do encourage a \$3.00 per meal donation, but it is entirely voluntary. We also afford you the opportunity for confidential donations for our other services. If you choose not to donate, you will still receive any services we offer.

Since we really don't require payment on a daily basis, for your meals, you will be able to make your donation whenever you choose and eat as often as you like.

ADRC

Sherrie Herringshaw, Resource Specialist with the Churchill County Aging and Disability Resource Center is going to the Community Center for appointments the 3rd Thursday of every month. If you would like to make an appointment with her, please call her at 775-423-7096.



The Pershing County Senior Center is currently looking for high energy and friendly volunteers for our team. We are looking for selfless individuals who are willing to give some time to help us achieve our goal of serving high quality meals to our clients to keep them living independently for as long as possible. If you have time, 1 day a week, to give to your local Center, please call Jordan at 273-2291.

If you or anyone you know is in need of homebound meals, whether long term or just temporarily, please call the Center and let us know and we will get you or them put on Homebound. This is an important service to our community and we want people to take advantage of it!



We are doing a **SECRET SANTA** gift exchange for **YOU** this month! This is completely optional for anyone who wants to participate. We will have the forms to fill out on the front desk starting on December 2nd. They are due to Jordan by December 6th and names will be drawn by everyone who is participating on December 9th. Our **SECRET SANTA** party will be after lunch on December 20th.

The price range for the gift is \$25 minimum to \$35 maximum for all gifts.

You can do little gifts throughout the week and a gift on the 20th or one big gift on the 20th, it is entirely up to you. Gifts you give during the week will be anonymous and can be delivered by Senior Center staff or a friend of your choosing. This will be fun, the more people that participate, the better it will be!

Winter Events Schedule

December 12th- Holiday Dinner and Show at Eldorado

December 13th- Christmas Wreath Raffle

December 20th- Congregate Christmas Party

December 20th (After lunch)- Secret Santa Party

Depression is a topic that is not often talked about but is an experience that a lot of individuals go through, especially during the Holidays. This month we are going to share some information with you, so you know you are not alone and/or you have the ability to help someone you know going through it this holiday season, and throughout the year.

Depression and Older Adults

Depression is more than just feeling sad or blue. It is a common but serious mood disorder that needs treatment. It causes severe symptoms that affect how you feel, think, and handle daily activities, such as sleeping, eating, and working.

When you have depression, you have trouble with daily life for weeks at a time. Doctors call this condition “depressive disorder” or “clinical depression.”

Depression is a real illness. It is not a sign of a person’s weakness or a character flaw. You can’t “snap out of” clinical depression. Most people who experience depression need treatment to get better.

Depression Is Not a Normal Part of Aging

Depression is a common problem among older adults, but it is **NOT** a normal part of aging. In fact, studies show that most older adults feel satisfied with their lives, despite having more illnesses or physical problems. However, important life changes that happen as we get older may cause feelings of uneasiness, stress, and sadness.

For instance, the death of a loved one, moving from work into retirement, or dealing with a serious illness can leave people feeling sad or anxious. After a period of adjustment, many older adults can regain their emotional balance, but others do not and may develop depression.

Depression Cont...

Recognizing Symptoms of Depression in Older Adults

Depression in older adults may be difficult to recognize because they may show different symptoms than younger people. For some older adults with depression, sadness is not their main symptom. They may have other, less obvious symptoms of depression, or they may not be willing to talk about their feelings. Therefore, doctors may be less likely to recognize that their patient has depression.

Sometimes older people who are depressed appear to feel tired, have trouble sleeping, or seem grumpy and irritable. Confusion or attention problems caused by depression can sometimes look like Alzheimer's disease or other brain disorders. Older adults also may have more medical conditions, such as heart disease, stroke, or cancer, which may cause depressive symptoms. Or they may be taking medications with side effects that contribute to depression.

Types of Depression

There are several types of depressive disorders.

Major depression involves severe symptoms that interfere with the ability to work, sleep, study, eat, and enjoy life. An episode can occur only once in a person's lifetime, but more often, a person has several episodes.

Persistent depressive disorder is a depressed mood that lasts for at least 2 years. A person diagnosed with persistent depressive disorder may have episodes of major depression along with periods of less severe symptoms, but symptoms must last for 2 years to be considered persistent depressive disorder.

Other forms of depression include psychotic depression, postpartum depression, and seasonal affective disorder.

Causes and Risk Factors for Depression

Several factors, or a combination of factors, may contribute to depression.

- **Genes**—People with a family history of depression may be more likely to develop it than those whose families do not have the illness.
- **Personal history**—Older adults who had depression when they were younger are more at risk for developing depression in late life than those who did not have the illness earlier in life.
- **Brain chemistry**—People with depression may have different brain chemistry than those without the illness.
- **Stress**—Loss of a loved one, a difficult relationship, or any stressful situation may trigger depression.

Depression Cont...

Vascular Depression

For older adults who experience depression for the first time later in life, the depression may be related to changes that occur in the brain and body as a person ages. For example, older adults may suffer from restricted blood flow, a condition called ischemia. Over time, blood vessels may stiffen and prevent blood from flowing normally to the body's organs, including the brain.

If this happens, an older adult with no family history of depression may develop what is sometimes called "vascular depression." Those with vascular depression also may be at risk for heart disease, stroke, or other vascular illness.

Depression Can Co-Occur with Other Illnesses

Depression, especially in middle-aged or older adults, can co-occur with other serious medical illnesses such as diabetes, cancer, heart disease, and Parkinson's disease. Depression can make these conditions worse and vice versa. Sometimes medications taken for these physical illnesses may cause side effects that contribute to depression. A doctor experienced in treating these complicated illnesses can help work out the best treatment strategy.

All these factors can cause depression to go undiagnosed or untreated in older people. Yet, treating the depression will help an older adult better manage other conditions he or she may have.

Common Symptoms of Depression

There are many symptoms associated with depression, and some will vary depending on the individual. However, some of the most common symptoms are listed below. If you have several of these symptoms for more than 2 weeks, you may have depression.

- Persistent sad, anxious, or "empty" mood
- Feelings of hopelessness, guilt, worthlessness, or helplessness
- Irritability, restlessness, or having trouble sitting still
- Loss of interest in once pleasurable activities, including sex
- Decreased energy or fatigue
- Moving or talking more slowly
- Difficulty concentrating, remembering, making decisions
- Difficulty sleeping, early-morning awakening, or oversleeping
- Eating more or less than usual, usually with unplanned weight gain or loss
- Thoughts of death or suicide, or suicide attempts
- Aches or pains, headaches, cramps, or digestive problems without a clear physical cause and/or that do not ease with treatment
- Frequent crying



Depression Cont...

Treatments for Depression

Depression, even severe depression, can be treated. If you think you may have depression, start by making an appointment to see your doctor or healthcare provider. This could be your primary doctor or a provider who specializes in diagnosing and treating mental health conditions (a psychologist or psychiatrist). Certain medications and some medical conditions can cause the same symptoms as depression. A doctor can rule out these possibilities by doing a physical exam, interview, and lab tests. If the doctor can find no medical condition that may be causing the depression, the next step is a psychological evaluation.

Treatment choices differ for each person, and sometimes multiple treatments must be tried to find one that works. It is important to keep trying until you find something that works for you.

The most common forms of treatment for depression are medication and psychotherapy.

Therapy for Depression

Psychotherapy, also called "talk therapy," can help people with depression. Some treatments are short-term, lasting 10 to 20 weeks; others are longer, depending on the person's needs.

Cognitive behavioral therapy is one type of talk therapy used to treat depression. It focuses on helping people change negative thinking and any behaviors that may be making depression worse. Interpersonal therapy can help an individual understand and work through troubled relationships that may cause the depression or make it worse. Other types of talk therapy, like problem-solving therapy, can be helpful for people with depression.

Medications for Depression

Antidepressants are medicines that treat depression. There are many different types of antidepressants. They may help improve the way your brain uses certain chemicals that control mood or stress. You may need to try several different antidepressant medicines before finding one that improves your symptoms and has manageable side effects.

Antidepressants take time, usually 2 to 4 weeks, to work. Often symptoms such as sleep, appetite, and concentration problems improve before mood lifts, so it is important to give the medication a chance to work before deciding whether it works for you.

If you begin taking antidepressants, do not stop taking them without the help of a doctor. Sometimes people taking antidepressants feel better and then stop taking the medication on their own, but then the depression returns. When you and your doctor have decided it is time to stop the medication, usually after 6 to 12 months, the doctor will help you slowly and safely decrease your dose. Stopping antidepressants abruptly can cause withdrawal symptoms.

December Birthdays

2	Carlotta Scheftner	21	Carolyn Brown
3	Tami Belcher	21	Sharron Danielson
4	Barbara Tobin	23	Hugh Montrose
8	Karl Hostman	25	Laura Fitch
11	Susan Donahue	26	Kathy Poffenroth
12	Edith Salas	27	Jan Pommerening
14	Diana Johnson	27	Nina Aubrey
15	Jerry Whyte	29	Emmet Cox
17	Dean McDonald	29	Linda Weatherman
18	Maxine Groso	30	Willy Boyd
20	Donna Porter	30	Luella Wise
		31	Juanita Hutchinson



Anna Stone celebrated her November Birthday at the Center!

**HAPPY
HOLIDAYS!**



Depression Cont...

Most antidepressants are generally safe, but the U.S. Food and Drug Administration requires that all antidepressants carry black box warnings, the strictest warnings for prescriptions. The warning says that patients of all ages taking antidepressants should be watched closely, especially during the first few weeks of treatment. Talk to your doctor about any side effects of your medication that you should watch for.

For older adults who are already taking several medications for other conditions, it is important to talk with a doctor about any adverse drug interactions that may occur while taking antidepressants.

Do not use herbal medicines such as St. John's wort before talking with your healthcare provider. It should never be combined with a prescription antidepressant, and you should not use it to replace conventional care or to postpone seeing a healthcare provider.

Preventing Depression

What can be done to lower the risk of depression? How can people cope? There are a few steps you can take. Try to prepare for major changes in life, such as retirement or moving from your home of many years. Stay in touch with family. Let them know when you feel sad.

Regular exercise may also help prevent depression or lift your mood if you are depressed. Pick something you like to do. Being physically fit and eating a balanced diet may help avoid illnesses that can bring on disability or depression.

[Source: nia.nih.gov]

Get Immediate Help

If you are thinking about harming yourself, tell someone who can help immediately.

- Do not isolate yourself.
- Call your doctor.
- Call 911 or go to a hospital emergency room to get immediate help, or ask a friend or family member to help you.

Call the toll-free, 24-hour National Suicide Prevention Lifeline:

1-800-273-TALK (1-800-273-8255)

or

1-800-799-4TTY (1-800-799-4889)

December 2019 Menu

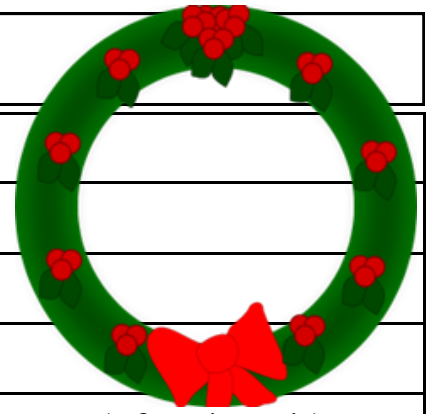
Cut off for start or stop homebound meals 9:30AM—Please call 775-273-5022

All meals include fruit, soup, and dessert to be determined and are subject to change

Monday	Tuesday	Wednesday	Thursday	Friday
2 Chicken Pot Pie Beet Salad Pineapple Chunks Garlic Bread Red Velvet Crinkle Cookie	3 Bacon Cheeseburger Pickle Apricots Baked Beans Banana Muffin	4 Fish and Chips Dilled Carrots Applesauce Potato Wedges Red and Green Jell-O Cookies	5 Beef Stew Mixed Fruit Biscuit Bread Pudding	6 Taco Tropical Fruit Spanish Rice Ranch Beans Oatmeal Cake
9 Oven Baked Chicken Peas and Onions Fruit Quarters Wild Rice Red and Green Sugar Cookie	10 Chili Green Salad Diced Peaches Cornbread Monster Cookie	11 Beef Stroganoff Green Beans w/Bacon Prunes Egg Noodles W/W Bread Oatmeal Raisin Cookie	12 Open Face Hot Turkey Sandwich Corn Pear Half Mashed Potatoes and Gravy Amish Apple Bread	13 Beef Stir Fry Spinach Salad Mandarins Steamed Rice S'More Cupcakes
16 Spaghetti California Veggies Peach Half Garlic Breadstick Green Velvet Crinkle Cookie	17 Chili Dogs Celery Sticks Pineapple Chunks Onion Rings Peanut Butter Cookie	18 Pork Verde Green Salad Fresh Mandarin Spanish Rice Refried Beans Almond Joy Cookie	19 Country Fried Steak Corn Mixed Fruit Mashed Potatoes and Gravy Red And Green Marble Cake	20 Tuna Melt 3-Bean Salad Apricots Chips Egg Nog Cookie
23 Chicken Fajita Tropical Fruit Spanish Rice Chili Beans Flan	24 Roast Beef Prince Edward Veggies Frog Eye Salad Mashed Potatoes and Gravy Fudge and Cookies	25 CENTER CLOSED HAPPY HOLIDAYS	26 Combination Pizza Green Salad Fresh Orange Pumpkin Pie Cake	27 Scrambled Eggs Ham Steak Hash Browns O'Brien Applesauce Toasted English Muffin Tomato Juice
30 Reuben Sandwich Pasta Salad Pineapple Chunks Pineapple Delight	31 Ham Dinner Roasted Brussels Pears Black Eyed Peas Cherry Dump Cake			

Dates to Remember in December

2	Food Bank in parking lot
11	Trip to Fallon
13	Christmas Tree and Wreath Raffle and Auction
17	Trip to Reno
20	Christmas Party (during lunch) and Secret Santa Party (after lunch)
25	Center Closed- Merry Christmas
27	Breakfast at the Center- 7:00-9:00 am



Pershing County Senior Center
PO Box 838
Lovelock, NV 89411

