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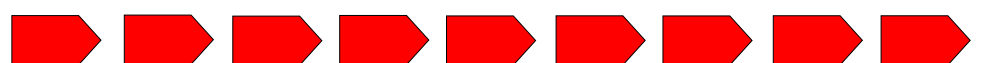
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Elderly Depression - Continued From Newsletter

- **Medications** | Depression is the most common side effect of medications and it's one that you often hear about in commercials. "If you notice any signs or symptoms of depression while taking this medication, be sure to contact your doctor." Good advice. Drugs don't work the same for everyone. Drugs can also interact with each other in bad ways, causing depression. It's a good idea to keep a list of all your medications handy for your doctor and loved ones.
- **Grief Over The Loss Of A Spouse, Loved One Or Pet** | This is the biggest contributor to suicide among men. Losing a spouse leaves the surviving partner feeling empty and alone. Some will feel abandoned because their adult children have their own lives to worry about. When a couple gets separated by death, the survivor often holds off from dating. The chances of reconnecting with another person the same age with similar interests is fairly low. This leads to isolation and feeling like you're just drifting through the day. Given the intense bond most of us share with our animals, it's natural to feel devastated by feelings of grief and sadness when a pet dies. Pets are beloved members of the family and, when they die, you feel a significant, even traumatic loss. The level of grief depends on factors such as your age and personality, the age of your pet, and the circumstances of their death. Like grief for humans, grief for animal companions can only be dealt with over time as stated earlier in this newsletter article.
- **Loss Of Independence** | Imagine not being able to do what you want to when you want to! The physical loss of mobility is a big life changer. Being forced to increasingly rely on others to do daily tasks also makes you feel useless and not in control. Big life changes like moving into a nursing home definitely can leave you feeling like you have no control over your life. This event causes stress, heartache, and even heart-break.
- **Reduced Sense Of Purpose** | Having a purpose means different things to people. Institutions often reduce a person's sense of purpose. Even if you're living independently, you can feel useless. Having a daily purpose ... volunteering, interacting with "youngsters" and other seniors can make everyday purposeful bringing a "sense of purpose" to one's life!

As I stated at the beginning ... "This month's newsletter topics are **personal** reflections on recent events concerning family and friends." Although the subjects are **Bereavement, Grief, Mourning** and **Depression**, indirectly they're topics under the "umbrella of caregiving." The internet has various information about **Bereavement, Grief, Mourning** and **Depression**. An OUTSTANDING resource for **Caregiving** is AARP's "Prepare To Care" Guide available as a **FREE** download at our website - www.AARPChapter1952.org **ggd** ☺



A lawyer was just waking up from anesthesia after surgery, and his wife was sitting by his side. His eyes fluttered open and he said, "You're beautiful!" and then he fell asleep again. His wife has never heard him say that so she stayed by his side. A couple of minutes later, his eyes fluttered open and he said, "You're cute!: Well, the wife was disappointed because instead of "beautiful," it was "cute." She asked, "What happened to 'beautiful'? His reply was "The drugs are wearing off!"

Boss: Who said that just because I tried to kiss you at our Christmas office party, you could neglect to do your work around here? **Secretary:** My lawyer. Again ... Thanks Michelle for the short-notice presentation! **ggd** ☺

