

# CROSSROADS

*An information resource for senior living*

## Positive action for Seasonal Affective Disorder

People are like flowers. They bloom in the sunshine.

Feeling upbeat on a sunny day is just natural. And, when the overcast, darker and colder winter months come along, people's moods can be negatively affected. Especially older people.

This environmentally influenced depression, called Seasonal Affective Disorder (SAD), is a medically recognized depression with symptoms that include feelings of hopelessness, lack of energy, loss of interest in regular activities, irritability, anxiety, restlessness and insomnia, inability to concentrate, and even thoughts of suicide. While everyone feels down occasionally, SAD is different because it can last for days or longer.

Depression is not all in the mind. Body chemistry plays a real role. When deprived of light, the body reacts by reducing levels of serotonin, a hormone that influences moods, and by increasing levels of melatonin, which helps regulate sleep. When the body's natural biorhythms and hormonal balances are thrown off, so can our sense of well-being.

What to do? There are common sense, non-medical actions anyone can employ to brighten their mood during the fall and winter.

- Actively taking in more natural light counters SAD-related hormonal changes, so going on walks or just going outside are helpful.
- Making the inside world more cheerful can include turning on more lights, opening blinds and curtains, adding indoor plants, applying a fresh coat of bright paint to walls and perhaps even trying what is marketed as "full-spectrum lighting."
- Eating nutritious foods with a focus on foods that support serotonin production is never a bad thing. These include carbohydrates like cereals and fruits like apples, pears, grapes, oranges and grapefruit.
- Exercise regularly. Aside from physical health benefits, exercise enhances a sense of well-being. Activity relieves stress and releases endorphins, the "happy hormones."
- Socialize as much as possible – sharing a photo or two on Facebook counts!

Spring for certain, and simple lifestyle changes, can make a difference for SAD sufferers.

There is no attempt in this article to dispense medical advice, and if SAD results in more severe depression, seeking the help of a medical professional can be appropriate.





## Board member Joan Cooper concludes service

Mrs. Joan Cooper, a member of our board of directors since 1992, concluded her tenure on the board this past spring. Joan, a nurse and former nurse educator at Berkshire Christian College, brought a strong clinical perspective to the diverse work of the board. This, in addition to her gracious spirit and encouraging manner, made her service invaluable, and her absence surely to be missed.

## Vernon wins quality award

Vernon Green Nursing Home on our Vermont campus was recently awarded the Vermont Quality Award for 2015 by the state's Department of Disabilities, Aging and Independent Living. One of five nursing homes chosen from the thirty-eight nursing homes in Vermont to receive this prestigious award, "the Nursing Home Quality Award recognizes outstanding nursing homes which have met high standards of quality of care for Vermont's nursing home residents." Congratulations to Executive Director Brad Ellis and his team!



## Lights, camera, action!

Our video crew records footage of Meetinghouse Village resident Marlene Jewett in preparation for our new websites, set to roll out later this year.

# Gifts to the Annual Fund

*Through September 29th*

Advent Christian Church 🍷  
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Advent Christian Church  
Island Pond, VT

Advent Christian Church (Berea)  
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*In memory of David Dean*

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Mr. & Mrs. Ralph Young 🍷  
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*In Memory of Gerald and Alice Aulis*

🍷 INDICATES MEMBER OF THE BARNABAS CIRCLE



*For more information on joining this group of friends, please contact us at:*

Advent Christian Retirement Communities  
22 Greenway Drive  
Vernon, VT 05354

# Give and receive at the same time...

A Gift Annuity is a popular way for you to leave a lasting legacy for future residents of ACRC while also providing you or a loved one with fixed income for life and potential tax benefits.

Gift Annuities can also be tailored and funded according to various options. What remains constant, however, are the guaranteed lifetime payments – as well as the impact your gift will have on the lives of those we serve.



The table illustrates sample rates of return according to your age.

Your Age	Annual Return
60	4.4%
65	4.7%
70	5.1%
75	5.8%
80	6.8%
85	7.8%
90	9.0%

Source: American Council on Gift Annuities.

For a personalized illustration including rates and tax benefits, call us at

**1-207-747-9264**

*This ad is purely informational. Neither ACRC nor any of its representatives engage in tax or legal advice, which should be sought from a professional. Rates for new contracts may change during the year, so call or write to confirm the most current rates.*



*Communities of caring. Seasoned with grace.*

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