

Avoiding depression after retirement continued from page 1

job that involves interacting with others. A partial list of suggestions includes:

- Taking college or adult education courses
- Mentoring students as a volunteer
- Sharing experience and skills – for example, retired business people can coach entrepreneurs through local SCORE chapters (score.org)
- Joining a local senior center or other social group and make new friends
- Getting involved in church or civic activities
- Spending more time with family (another good mentoring opportunity)
- Starting a part-time business – Internet-based businesses can provide excellent opportunities, even if it’s just selling all those unused items in the attic, basement and garage on eBay
- Connecting with family and friends on social media such as Facebook

And if you have a spouse or friend who can join you, so much the better.

Take care of fundamentals

Of course, eating healthfully, exercising and getting proper sleep offer body and mind benefits.

Keep experimenting

Understand that happiness may require some searching. A first stab at a part-time job, for example, could be disappointing, and you might find you’re not really the next great American novelist. Keep experimenting until you find something that clicks. When you do, you’re not fighting depression; you’re living with purpose.



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 your 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.

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.

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

For a personalized illustration including rates and tax benefits, call us at **1-802-257-2389**

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.



Avoiding depression after retirement

Some relish retirement with its free time to do just as one pleases. Others fall into a funk.

People who loved (or were accustomed to) their career can suddenly feel empty and lost minus the productivity and social aspects of work. Even those who disliked their jobs can feel so. While depression can creep in -- draining interest and enthusiasm in the form of melancholy, fatigue, restlessness, pessimism or a sense of hopelessness -- developing the right outlook and habits will help retired people lead happier lives.

First, prepare the mind

Be conscious that this big change in lifestyle can bring lows as well as highs. Being mindful of any mental/emotional sabotage is the first step to avoiding it. Step two is taking action to set a course for productivity and fulfillment – however you define them.

Before retiring, imagine how you would fill your time in a typical week or year, and discuss your vision with someone close.

Viewed as the opportunity to fulfill dreams and goals, retirement can be more rewarding. While the possibilities are many, putting structure to the possibilities can help with their realization.

Create structure and define purpose

By thinking about and deciding on your unique purpose and what you want to accomplish, you have a mental guide for each day. Pursuing a hobby, playing a sport, mentoring others, volunteering, helping your family, developing a skill, acquiring new knowledge... whatever it is, give it shape in your mind.

Cultivate an attitude of excitement to take on the day, because you’re doing what you love.

When you create structure, purpose and direction – and a schedule – you have a familiar path to reach life goals.

Stay active and engaged

For many retirees, friendships fall away once the workplace connection is cut.

Social isolation and inactivity are destructive. At least some of a retired person’s activities should be social, whether that means exercising at a gym, connecting with neighbors, volunteering at a charity, or even taking on a part-time

Vernon receives three distinctions



Our Vernon campus enjoyed important recognitions this year. For the 14th year running, Vernon Green won the area-wide “Best of the Best” consumer’s choice award for nursing homes. At the same time, Vernon Hall won the same distinction for the seventh year in a row in the Assisted Living category.

In June, Vernon Green was also found to be “deficiency-free” during a state and federal inspection that nursing homes undergo annually. Anyone familiar with the volume and intensity of nursing home regulations will understand that this is a rare and exceptional achievement. Currently only eight to 10 percent of nursing homes nationwide are found deficiency-free when inspected.

Most important, these distinctions reflect the caliber of service received by the residents in our care. As enjoyable as it is to be recognized, our chief gratification is in knowing that the seniors of our communities are living where the highest of standards are held – and practiced.

Congratulations to Executive Director Brad Ellis and the staff in Vernon!

ADDRESS SERVICE REQUESTED

22 Greenway Drive, Vernon, VT 05354
Communities of caring. Seasoned with grace.



NON-PROFIT
U.S. POSTAGE
PAID
VERNON, VT 05354
PERMIT NO. 1

Donors to the Annual Fund

From January 1 through June 18, 2014

Advent Christian Church ♡
Ashland, ME

Book Buddies ♡
Montague, MA

Mrs. Doris Dearborn ♡
Brattleboro, VT
In memory of Shirley Eddy

Mr. and Mrs. Richard Healy
Litchfield, CT

Lime Lite, Inc.
Beaufort, SC
In memory of Barbara Bellville

Mr. Brett Paquin
In memory of Ethel Campbell

Mrs. Nancy Sprague
Brattleboro, VT
In memory of Tom Deyo

Rev. and Mrs. George Waterman
Live Oak, FL
In memory of Rev. and Mrs. Earl Waterman

Advent Christian Church
(Hope Community)
Dover, NH

Ms. Janice Bristol
Vernon, VT
In memory of Ethel Campbell

Dental Health
Brattleboro, VT
In memory of Tom Deyo

Rev. and Mrs. Robert Hett ♡
Kittery, ME
In memory of Jean Crowell

Mr. and Mrs. Leon Lombard ♡
Dowling Park, FL

Mr. and Mrs. Thomas Parmenter
W. Brattleboro, VT
In memory of Shirley Eddy

Mrs. Barbara St. John
Brattleboro, VT

Ms. Connie Williams
Kittery, ME

Advent Christian Church ♡
Haverhill, MA

Ms. Thelma Carlson
North Richland Hills, TX
In memory of Millie Hesselmen

Mrs. Vera Deyo
Brattleboro, VT
In memory of Tom Deyo

Mr. and Mrs. Skip Hill
Keene, NH
In memory of Barbara Bellville

Mrs. Judi Marston ♡
Vernon, VT

Mrs. Phyllis Patten
Damariscotta, ME
In memory of Ethel Ingram

Mrs. Alice Stockwell
Brattleboro, VT
In memory of Tom Deyo

Mr. and Mrs. George Wright
West Chesterfield, NH
In memory of Shirley Eddy

Advent Christian Church
(Oak Hill Bible) ♡
Oxford, MA

Mr. and Mrs. Raymond Carter
Fairfield, CT

Eastern Regional W.H. & F.M.S. ♡
Oxford, MA

Mr. and Mrs. Edward Holiday
University Park, FL
In memory of Ethel Campbell

Ms. Sandra McCauley
Brattleboro, VT
In memory of Shirley Eddy

Mr. and Mrs. Richard Phillips
Hinsdale, NH
In memory of Shirley Eddy

Ms. Donna Taranko-Moulton
Weston, VT

Mr. and Mrs. Ralph Young ♡
El Centro, CA
In memory of Gerald and Alice Aulis

Advent Christian Church
(United) ♡
Wilmington, NC

Mr. Philip Chapman ♡
Brattleboro, VT

Mr. and Mrs. T. G. Fewster
Fort Myers, FL

Mr. and Mrs. Richard Howland
Southampton, MA
In memory of Jennie Stone

Ms. Jean Momany
Dummerston, VT
In memory of Shirley Eddy

Mr. and Mrs. F. Kenneth Ray
Elverta, CA
In memory of Barbara Bellville

Mr. and Mrs. Beryl Tarbell ♡
Port Orchard, WA
In memory of Ruth Knightly

Mr. and Mrs. Richmond Tripp
Vernon, VT
In memory of Tom Deyo

Advent Christian Church ♡
Vernon, VT

Mr. and Mrs. Carlton Clark
Derby Line, VT
In memory of Shirley Eddy

Ms. Luella Frechette
Brattleboro, VT
In memory of Tom Deyo

Rev. and Mrs. Frank Jewett
Haverhill, MA

Ms. Lisa Montalbano
Florida, NY
In memory of Annie Gregor

Mr. and Mrs. Robert Rounds
Brattleboro, VT
In memory of Tom Deyo

Mr. and Mrs. Larry Underwood ♡
Gill, MA
In memory of Bea Brown and Esther Parsons

Advent Christian General Conference
Charlotte, NC

Ms. Kathleen Cooke
Brattleboro, VT
In memory of Shirley Eddy

Ms. Joanne Garner ♡
Dubuque, IA
In memory of Rev. James Faulkingham

Mr. and Mrs. Norbert Johnston ♡
Brattleboro, VT

Rev. Philip Nelson
Vernon, VT
In memory of Shirley Eddy

Mrs. June Rybicki ♡
Arcadia, CA
In memory of Julian Rybicki

W.H. & F.M.S. ♡
Clovis, NM

Advent Christian Women's Fellowship
Aurora, IL

Mr. Thomas Damiani
Long Beach, NY
In memory of Annie Gregor

Mr. Carl Grant
Boca Raton, FL
In memory of Ethel Campbell

Mrs. Sharon Jones ♡
Palm Harbor, FL

New Life Conference ♡
Richmond, MA

Ms. Jeanette Shield
Guilford, VT
In memory of Shirley Eddy

Ms. Dee Wang
Shelburne, VT
In memory of Ethel Campbell

Ms. Mary Lou Amidon
Brattleboro, VT
In memory of Tom Deyo

Mr. and Mrs. Len Darling
Lincoln, MA
In memory of Ethel Campbell

Mr. and Mrs. Richard Guthrie
Brattleboro, VT
In memory of Ethel Campbell

Mr. and Mrs. Robert King
Brattleboro, VT
In memory of Ethel Campbell

Mrs. Lorraine Nims
Brattleboro, VT
In memory of Rose DePrimo

Mr. and Mrs. Norman Small ♡
Gilmanton, NH

Mr. and Mrs. Dexter Wang
Concord, MA
In memory of Ethel Campbell

Berea Advent Christian Church ♡
Smoaks, SC

Rev. and Mrs. Dwight Dean
Windsor Locks, CT

Mrs. Charlotte Hall ♡
Vernon, VT

Mr. and Mrs. Lawrence Knowles, Sr. ♡
East Hampton, NY

Northfield Mount Hermon School
Gill, MA

Mr. and Mrs. Frank Smith
Swanzey, NH
In memory of Barbara Bellville

Ms. Lillie Mae Blodgett
Vernon, VT
In memory of Ethel Campbell

Mr. and Mrs. John Ladd ♡
North Adams, MA

Ms. Bernice Noyes
Vernon, VT
In memory of Tom Deyo



Two hundred residents of Kittery, Maine enjoy the warmth of a knitted wool cap every year, thanks to the skilled hands and gracious heart of Mrs. Joanne Norris, who has resided at Meetinghouse Village together with her husband Martin since 2007.

Joanne, whose talents also include hooked rugs and needlepoint, has been knitting the caps as an annual project for several years now. No two caps are knitted or decorated the same, reflecting the artistic touch she applies to each one. The caps are for all ages: infant through adult. Late in the year she donates them to charities that provide gift boxes to needy local families as well as to a local food pantry.

As noted, Joanne's needlepoint creations are a kind of specialty. Large and detailed, they grace the walls of her Meetinghouse apartment and have also been put on display.

We're pleased to serve people like Joanne who, in turn, serve the needs of others.

**Busy hands.
Generous heart.**



THE BARNABAS CIRCLE

♡ 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