



AGECaring

NEWSLETTER

Providing support and education for
older adults and caregivers

Sponsored by The Arkansas Geriatric Education Collaborative (AGEC)

Seasonal Affective Disorder & Seniors

Seasonal Affective Disorder,

known as SAD or Winter Depression is a type of depression that usually comes on during the fall and winter months when there is less daylight, but tends to improve during the springtime.

Older adults can be especially at risk for SAD if they stay inside more during the winter months. Here are a few tips to help you stay mentally and physically fit this winter!

*Reference:
American Psychiatric Association*

7 Tips to Combat SAD

- 1 **Get enough sleep:** 7-8 hours a night can help you feel more energetic
- 2 **Be social:** Finding ways to spend time with friends or family members can boost your mood
- 3 **Meditate or practice mindfulness:** Taking time to be in the moment and quiet the mind may relieve stress and boost mood
- 4 **Stay active:** activities that get your heart pumping can promote feelings of well-being and can subdue mild depression
- 5 **Get outside (safely):** Don't just hibernate all winter, go outside and get sunlight and fresh air
- 6 **Use a light box:** Artificial light therapy has been successful in treating SAD. Talk with your Doctor
- 7 **Stay off social media:** Upsetting news or headlines can negatively affect your mood. Limit this when you can

Healthy Pumpkin Pie Recipe for the Holidays

Ingredients

Pie crust:

1 cup quick cooking oats
 ¼ cup whole wheat flour
 ¼ cup ground almonds
 2 tablespoons brown sugar
 ¼ teaspoon salt
 3 tablespoons vegetable oil
 1 tablespoon water

Pie filling:

¼ cup packed brown sugar
 ½ teaspoon ground cinnamon
 ¼ teaspoon ground nutmeg
 ¼ teaspoon salt
 1 egg, beaten
 4 teaspoon vanilla
 1 cup canned pumpkin
 ⅔ cup evaporated skim milk



For preparation instructions visit:
health.clevelandclinic.org/recipe-low-fat-crunchy-pumpkin-pie

“Learn with us”



Nov. 7	Noon (Virtual)	Disaster Preparedness for Seniors
Nov. 14	10:30 - 11:30 a.m. Bryant Senior Center	The Importance of Brain Health & Lifelong Learning
Nov. 28	Noon (Virtual)	Recognizing & Preventing Social Isolation & Loneliness in Aging
Dec. 5	Noon (Virtual)	Understanding Opioids & Non-opioid Pain Management
Dec. 12	Noon (Virtual)	Understand Dementia & Alzheimer’s Disease

Check out our calendar!

[agec.UAMS.edu/
community-events](https://agec.UAMS.edu/community-events)

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Watch Our Online Community Programs

Visit: patientslearn.UAMS.edu/agec

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- Recognizing and Preventing Social Isolation
- Heart and Brain Health
- Eat Well, Live Well
- Ageless Grace Exercise video
- Healthy Cooking videos
- AGECaring Friends interviews
- Caregiving tips for Dementia and Alzheimer’s disease
- Understanding Dementia and Alzheimer’s Disease and many more!



Family Caregiver Workshop

Now online at agec.UAMS.edu/workshop

or check the calendar for in person workshops

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