

Five Winter Tips for Staying Active During the Winter

The winter months can be hard to navigate for older active adults. The cold weather and not-so-safe conditions outside all contribute to higher levels of depression during the winter months. It is important to encourage and engage in activities during the winter months that promote overall well-being. Below are some ideas that are safe, fun, creative, and will help keep spirits bright!

Tip #1 – Work on a Jigsaw Puzzle.

Puzzles encourage brain activity and can be a fun activity spread over several days and nights. They can be done alone or as a family. Puzzles can even be personalized with your loved one's favorite pictures, etc.



Tip #2 – Craft together.

Crafts make wonderful gifts, not just during the holidays, but for anytime during the year. Quilting, crocheting, making flower arrangements, painting, etc. all keep the mind busy, can be done over several days, and at the end you have a gift for a special person in your life.



Tip #3 – Create a winter workout regime.

Going to the gym or track is not the only way to “get in” your daily exercise. Come up with a fun, safe indoor routine. Implement chair yoga, arm curls with cans, and intermittent walks around the house. Dedicated daily movement keeps the blood flowing, gets the heart rate up; as well as endorphins.



Tip #4 – Be a blessing toward others.

Focusing on others can be a nice distraction when the winter boredom creeps in. Use this time to make blessing bags for those less fortunate in your area. When we focus on other's needs over our own we create a heart of gratitude. Blessing bags can include socks, crossword puzzles, lotion, small toiletries, and small snacks. They can be donated to your local shelters, churches, etc.



Tip #5 – Engage with your family

Schedule weekly video chats with your family members. Smart phones and video teleconferencing websites allow us to stay more connected than ever. If you are not into current technology, just use your telephone to stay in touch with family and friends. Don't wait for them to call you. Staying connected helps combat the winter blues!



from Virginia Navigator

Backup Plans for Couples

Are you part of twosome in which one of you could be considered the caregiver? Does your mate need some level of help/care due to physical or mental health impairments? Have you ever considered what you would do if you were no longer able to perform those caregiving duties and responsibilities? Oftentimes the “well” spouse does such a good job managing all the caregiving duties that other family members (usually adult children or siblings of either spouse) have absolutely no idea how much help is being provided to the dependent spouse. But if the caregiving spouse has a medical emergency and ends up in the hospital