

for the comfort foods and sweets. Find low-calorie alternatives like soups, stews, vegetables and hot teas.

Maintain social interaction. Make plans with friends and family. Volunteer and try new activities of interest. Social engagement is a health booster for sure, but during this time of year, social activities may help you enjoy the holiday season even more.

*From At Home Care and Hospice April 2, 2016*

**One additional tip** to avoiding winter blues: come to the Senior Resource Center. Even if you don't like to play cards or aren't interested in bingo, dominoes, etc., you can still spend enjoyable hours at SRC just by being with other folks. One of the reasons SRC was created was to provide a comfortable place for seniors to gather, a home away from home, so come on down and you'll find your mood improves.

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## SRC Mailing List

We need your help! Each month we receive undeliverable SRC newsletters from the post office because our mailing list is not up-to-date. If you or someone you know moves, please let the Center know. We'll be glad to continue to send the newsletter if it is still wanted, but we would prefer to save postage if someone no longer wants to be on the mailing list. If you know that one of our members has passed away, please let us now so that address can be deleted as well. We are happy to provide our monthly newsletter at no cost and hope you find it worthwhile. If you decide you'd prefer to cancel your delivery, let us know. Call the Center at 385-2175 or email us at

[info@vbsrc.com](mailto:info@vbsrc.com). Keep in mind that we love to email the newsletter to you if you have high-speed internet—you'll receive each issue faster than by snail mail and in full color.

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## Stamp Cost Increase

Did you know the cost of U.S.P.S. stamps went up again? On January 21, 2018, there was a one cent increase in the price of a First-Class Mail Forever stamp from 49 cents to 50 cents. The cost for postcard postage also increased 1 cent to 35 cents.

## Donations

Ken and Nancy Wilson in honor of Barbara and Winky Henley  
 Beth Swanner in appreciation for all those at the Center who show concern and encouragement for others  
 June and Louie Klag in memory of Jimmy Etheridge, Ike Meiggs, Reba Whitehurst Thompson, Connie Steele, and Melrose Bonney Ansell

## Recognizing Depression in Elders

"Depression in elderly people is a widespread and serious public health concern," according to the National Institute of Mental Health. It has been estimated that 15% of older Americans experience depression at some point in their golden years. In nursing homes, around 20% of the