

Kudos for the Holiday Season

Thank you 

Many thanks to the **Creeds Elementary Fourth Graders** who made the lovely star ornaments to decorate our tree and came to sing to us on December 6th.

Thanks to our special folks who made the desserts for the students so abundant.

June Klag, as usual, did an outstanding job with the FaLaLa on December 8.

To all who so generously donated to our Angel Tree recipients, we thank you for making those children's Christmas so special.

Thanks to **Barbara White** for organizing the Chinese Gift Swap.

Peggy Jebavy delighted us with a beautiful story for Christmas on Adult Storytime day.

Rita Trammell and **Carol Todd** made Christmas Day extra special for those with no local family with whom to share this special time.

Barbara Henley and **Mike Newbill** made New Year's Eve come a little early for those of us who can't stay awake past 7:30!

Loneliness Kills

If you're not careful, loneliness might kill you. Everyone feels lonely at predictable times, like when a special friend or relative dies. But doctors are quick to point out that it's the

continuing, persistent kind of loneliness that carries very real health risks.

In a recent AARP survey, 35 percent of all responders reported feeling lonely. Of those, nearly half said their loneliness had persisted for at least six years. Here are just a few of the consequences of persistent loneliness:

Loneliness increases the risk of premature death by 14 percent.

Loneliness affects not only our current mental health but it can, according to one study, increase the risk for dementia later.

Loneliness often brings fragmented sleep, the choppy kind that seriously affects health.

Loneliness can increase inflammation throughout the body, which carries its own risks. That inflammation can also exacerbate existing conditions like arthritis and heart disease.

The Mayo Clinic's Health Letter suggested strategies for combating loneliness, including these ideas for nurturing friendships:

Reach out: An unexpected phone call or email, even just to say hello, is a meaningful gesture. There is nothing like spending time together, face to face—with other people.

Be positive: Think of friendship as an emotional bank account. Make deposits of kindness and approval, keeping in mind that

