

Answers for Aging

December, 2015



Special points of interest:

- Where is Christmas?
- Giving : A Response of Love
- Cold and Dark December
- Avoid Stress in Christmas Season
- Light of Love
- Announcements

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I have seen Christmas....in mischievous grins of secret Santas, in multitudes of sparkling, twinkling lights; in hundreds of crimson poinsettias.

Where have you seen Christmas?

I have heard Christmas ...in high-pitched squeals of tiny ones waiting to see St. Nick, in whispered holiday secrets, in sacred songs sung only at yuletide.

Where have you heard Christmas?

I have tasted Christmas ...in rich plum pudding drizzled with rum sauce, in frosted sugar cookies, in sticky peppermint candy canes.

Where have you tasted Christmas?

I have smelled Christmas ...in clove, cinnamon steaming wassail; in pungent evergreen trees; in roasting turkey, browning in the oven.

Where have you smelled Christmas?

...quoted





“Help one another; there’s no time like the present and no present like the time.”
...James Durst

Giving :A Natural Response of Love

Christmas is the time of year when giving is uppermost in the minds of most adults. For the truly organized, plans have been in place since January 1st to make this Christmas a spectacular one! Money has been faithfully deposited into special Christmas accounts, sales have been diligently attended, online offerings have been carefully checked, sales catalogues have been thoughtfully perused, and the closets are filled with beautifully wrapped gifts! For those of us who are not quite so organized, we have dashed into stores and snatched up attractive offerings, we have made mental shopping lists while stopped at traffic lights, or we have set the alarm clocks at unnatural hours to rush off for special last-minute super sales! Regardless in which category we might find ourselves, we are obsessed with giving the perfect gifts to our loved ones. And, as a result, we usually overbuy and overpay. What we often forget, however, is that there are many besides our own families and friends who have needs not only at this season, but throughout the year.

The following quotes are thought-provoking and create some soul-searching as we examine our willingness to give —not just to those closest to us, but to others who are in need, or are lonely, or are neglected, or even who are abused and mistreated:

“Life’s most persistent and urgent question is—What are you doing for others?” *...Martin Luther King*

“ Sometimes a small thing you do can mean everything in another person’s life.” *...quoted*

“ If there be any truer measure of a man than by what he does, it must be by what he gives.” *...Robert Strong*

“The test of a civilization is in the way that it cares for its helpless members.” *...Pearl S. Buck*

“ Do what you can, with what you have, where you are.” *...T. Roosevelt*

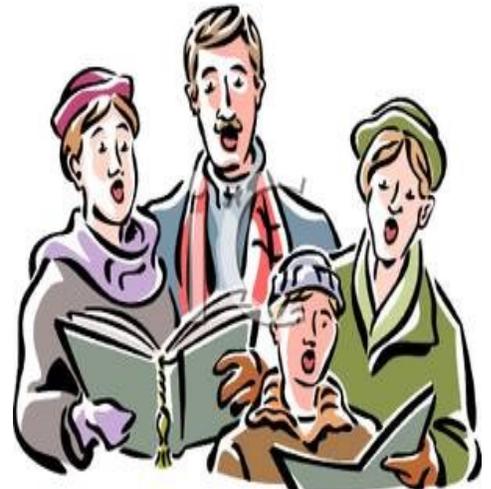
“ Service to others is the rent you pay for your room here on earth.” *...M. Ali*

“ We can’t help everyone, but everyone can help someone.” *...Loretta Scott*

December

“Every year at just this time,
In cold and dark December,
Families around the world
All gather to remember
With presents and with parties,
With feasting and with fun,
Customs and traditions
For people old and young.”

...Helen H. Moore



Avoid the Stress of the Christmas Season

As the holiday season draws near, the stress level of many is likely to increase—making the holiday a lot less enjoyable and a lot more headache-inducing! Whether it seems like it or not, this really is the best time of year to be positive and upbeat, and the following helpful tips can help us do that :

- * **Take it one day at a time.** When anticipating the upcoming weeks and all that needs to be done before the “big day,” it can be easy to lose sight of what’s right in front of you—today. Focus on what you need to get done today and do what you can to avoid thinking too far ahead.
- * **Create a day-by-day plan.** Focusing on one day at a time becomes a lot easier if you have a plan in place and know what needs to be done each day. Take a few minutes today to create a plan for the remaining weeks, giving yourself tasks to complete on specific days. Having this in place will help you feel prepared and will keep you calm.
- * **Ask others for help.** Hard as this can be to realize sometimes, you don’t always have to do everything yourself. There comes a point in the stress of the holiday season where you need to take a step back and realize that you can, in fact, ask for help. Take a look at your To Do plan and see if there are any tasks you can delegate. Once you reach out for some help, you’ll find that your holiday workload will seem a lot more manageable.
- * **Make time for R&R (Rest and Relaxation).** The best thing you can do for yourself when you’re feeling stressed is take a break. Carve some extra time into your schedule for some serious rest and relaxation over the next few weeks. A short break from whatever you're doing to sit down and rest can be of great emotional and physical benefit.
- * **Set others’ expectations.** Whether you’re battling stress or just living through a regular December, one of the most important things you can do to reduce stress in your life is to manage others’ expectations. If you are the person who always says “yes,” remind yourself that you don’t always have to help out . You can —and should—say “no” when you need to. Let those around you know what you have time for—and what you don’t—and stick to your word. Setting expectations is key for cutting stress.



KEEP
CALM
AND
WAIT FOR
SANTA

“You can—and should—say NO when you need to. Let those around you know what you have time for —and what you don’t!”

The Light of Love

“ Christmas is most truly Christmas
When we celebrate it by giving
The **light of love** to those
Who need it most!”

... Ruth Carter Stapleton



 Council on Aging
912 West Pryor St.
Athens, AL 35611

Phone: (256) 233-6412
Contact editor at:
E-mail: delores.thompson@limestonecounty-al.gov

NUTRITION CENTERS

Athens... (256) 233-6412
East Limestone... (256) 230-2829
Elkmont... (256) 732-4777
Owens... (256)-230-2753
Tanner... (256)-230-6400

ACTIVITY CENTERS

Ardmore... (256) 423-2099
Goodsprings... (256) 232-0813

Come join us at any of our centers. They provide opportunities for socialization, education, recreation, and the nutrition centers serve noon meals Monday through Friday. Call the center nearest you for information about various activities and programs.

The Limestone County Council on Aging's program utilizes available resources to empower older adults to enhance independence, personal satisfaction, vitality and the ability to enrich the quality of life for themselves and others. Working closely with TARCOG, the Area Agency on Aging, and various local agencies, COA provides information, referrals, and services for the elderly (age 60 and older) which include the following:

Transportation
Nutrition Centers
Meals-on-Wheels
In-home services

SHIP/Medicare Part D
SeniorX program
Legal assistance
Volunteer Opportunities

Services under the Older Americans Act are provided without charge, regardless of income. Participants are encouraged to contribute according to their means. All contributions are used to continue the programs.

Upcoming Events

Council on Aging and all seven senior centers will be closed for Christmas on Thursday, December 24th, and Friday, December 25th. They will remain closed through January 3rd and will reopen on Monday, January 4th, 2016.

Open Enrollment ends on Monday, December 7th. COA has no appointment slots left. For help, consult your pharmacy or call 1-800-MEDICARE.

