



With the holiday season officially behind us and the ringing in of the New Year, the cold winter months leave many feeling melancholy. Here are ways you can beat the winter blues.

Welcome sunshine. Open the blinds and curtains to let in natural light and soak up mood-elevating Vitamin D. Ask your family to move a comfortable chair to a sunny location so you can rest or read while basking in the sun.

Get fresh air. If the weather permits, go for a walk or a drive with friends or family members to reap the benefits of being outdoors and a change of scenery.

Make plans. Schedule regular phone calls or lunch and coffee dates with friends. Attend virtual or in-person events at the local senior/community center or local library to maintain valuable personal connections.

Stay on schedule. Stick to your everyday routine and avoid urges to cancel appointments, sleep too much during the day, or spoil your appetite by eating too many snacks.

Eat a rainbow. Eat a colorful, well-balance diet that includes the right amount of protein, carbohydrates, dairy, fruits and vegetables to boost your mood and energy.

Move and Groove. Exercise to induce the release of feel-good hormones by cranking up the radio and dancing to your favorite music, lifting light weights or practicing seated or standing yoga.

Stay connected through a telephone reassurance program

AARP Friendly Voices Program. A trained AARP volunteer will provide a weekly call to chat, listen or just say hello. Call them directly at **1-888-281-0145** and leave a message with your information and they will call you back. For Spanish call **1-888-497-4108**.

SAGEConnect. A phone-buddy program that matches LGBTQ+ elders with trained volunteers for casual, friendly weekly phone calls. Sign up by calling **914-650-2548** and leave a message or email connect@sageusa.org or online at sageusa.org/SAGEConnect.

Local senior center. Some communities have telephone reassurance or friendly visitor programs. Check with your local senior/community center for more information.

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