



Resilience: Finding a Silver Lining

By Sarah Hiller-Bersson, LCSW, Center for Purposeful Aging

"You can be dealt a bad hand of cards but have the playing skills to make the most of it. These skills provide the basis for resilience, a trait that modulates the dichotomy between success and failure."

– Dr. Silverstein, Gerontological Society of America

Seventy-five percent of people who have achieved the age of 65, are alive right now, leading to a unique dynamic and opportunity in our culture. During COVID social isolation, older adults are exposed to additional stressors such as loneliness and vulnerable health and should be taken seriously.

What if we adopt the perspective that this is an opportunity for growth? What if destiny is calling upon those most vulnerable to the virus, those who have pulled back on driving society, to make the biggest impact?

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Due to the impactful way older adults have contributed to society in the past, almost the whole world is taking action now. Older adults can again rise up, set an example and demonstrate what this world needs during this crisis and for the future, to make it a better place: resilience, connection, compassion, initiative and kindness.

Older adults can be role models for how to successfully stay at home. You may see some people complaining about the social isolation or overwhelming feelings of anxiety. You can spread the positive: "Yes I am alone socially isolating as well, but I refuse to succumb to loneliness. I am going to get through this. We'll get through this." Your actions, attitude and strong mental health shows others how to reach into their own strength and focus on the positive. Your actions will inspire others!

How do you get the motivation to do this? Dig down deep within your core strengths, ignore negative thoughts, and choose positive thoughts. Don't minimize all you've been through in life. You have a lifetime of coping mechanisms, wisdom, and insight to draw upon and help you get through. You are resilient! "Resilience thinking" is a regenerative capacity to recover from adversity, thrive with a sustained purpose, and grow.

Because we are all different, there is no single formula for resilience. Each of you have managed over a lifetime to achieve it through varying combinations of elements within you, including: faith, nourishment of body and soul, optimism and a positive attitude, a comfortable order to your day, confidence in your capability (I can do that), concern and love for those around us, and many others. With some introspection you will know what worked for you and what will help you with this COVID challenge and maybe even adding untapped resources within you.

How will YOU draw from your inner strengths and resilience you have built up to make this experience meaningful and to grow during this time? Will it be through helping others like friends, family, community or through personal growth and self-development? Reach for it, attain and achieve it!

The Center for Purposeful Aging is a private psychotherapy practice for Older Adults offering tele-therapy and accepting Medicare. (917) 841-5343, www.centerforpurposefulaging.com

Alternative Treatments for Pain: Vitamins and Supplements

There are several natural supplements that have shown to help manage pain. Before exploring with supplements it is important to talk to your doctor about what supplements work for you and which ones you may need to stay away from. It is also important to keep in mind that supplements can take up to 4 months before you see an improvement.

Different types of pain may respond to different types of supplements.

Back and Joint Discomfort: Turmeric, Devils Claw Root, Capsicum/capsaicin, Comfrey, Glucosamine, and Chondroitin

Headaches: White willow bark, Boswellia, Caffeine, and Feverfew and butterbur

Inflammation: Omega-3 fatty acids and Probiotics

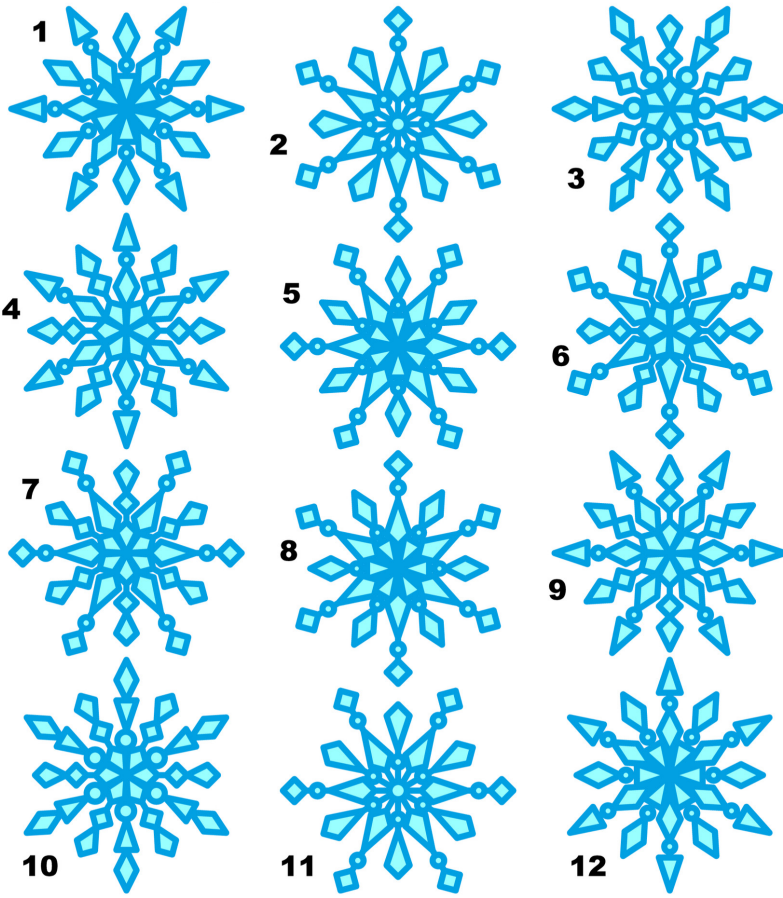
Arthritis: SAM-e, Glucosamine/chondroitin, Boswellia, Capsaicin, and other natural acids.

Fibromyalgia: Vitamin D

Activity Center

Let it snow!

Match the pairs of identical snowflakes. The angle of rotation does not matter.



Taken from: <https://www.rd.com/list/christmas-brain-teasers/>

Answer on back page.

Trivia Time!

What are the three December birthstones?

Answer on back page.



Sharing Circle

What is your favorite holiday memory?

May 9th, 1945 when my father announced that the war was over. He was so handsome standing on the podium on crutches under his arms, very happy and almost crying. I was five years old and in this moment I felt that the entire world was shining. Never forget. – Claudia

My most cherished memory is of spending the millennium with dear friends in London (we used to be together each Christmas week.) One of my friends was a vicar, and his church had a wonderful dinner, after which my boyfriend and I went to Trafalgar Square to hear Big Ben toll in 2000. I'm sorry to say that most of my friends have died, and I'm far from those who are left, but I'm grateful for the joys I once had. – Elizabeth



We want to hear from you for next month's issue!

What is a small goal you can set for yourself for 2021?

Email your answer to mflynn@cafsnj.org or call Marigrace at 201-740-7098.

Loving-Kindness Meditation

Engaging in Loving-Kindness meditation has been shown to have several benefits including: increasing positive emotions and life satisfaction, strengthening the brain, increasing self-compassion, improving the connection between the brain and the nervous system, reducing genetic signs of aging, reducing pain symptoms, and more. This meditation can make you happy, healthier, and nicer.

This simple meditation can be done in the morning (or any time of day) and only takes a couple of minutes. Repeat each phrase below 3 times in a row.

I love myself.

I will help myself.

I will not harm myself.

I will be kind to myself.

I will not judge myself.

I am not powerless.

I don't need to be powerful.

May I be happy.

May I be healthy.

May I be successful.

May I be at peace.

Source: Loving-Kindness Meditation. <https://becomingbetter.org>
How to Practice Gratitude by Mindful. <https://www.mindful.org/an-introduction-to-mindful-gratitude>

Contact Us

To learn more, submit a response, or ask a question you can contact us at:

Marigrace Flynn: mflynn@cafsnj.org

Celebrating Seniors Online

<https://www.tcadr.org/virtual/celebratingseniors>

www.tcadr.org

 @TCADR  @TCADR

ANSWERS

Let it Snow!: The pairs that are identical are 1 and 12, 2 and 11, 3 and 10, 4 and 9, 5 and 8, and 6 and 7

Triva: Turquoise, Zircon and Tanzanite

Resource Spotlight:

SAVVERS Discount Program

The SAVVERS Discount Program is a free program to provide discounts and services for Bergen County Seniors, military Veterans, Volunteers, Active Military Personnel, Emergency Responders, and their families. After signing up you will receive a membership ID card to present to participating businesses and professionals in order to receive their discount. Call Lannie Joewono, Director, at 201-336-7400 if you have any questions.

If you wish to become a member of the SAVVERS Program, please get the appropriate SAVVERS Program Membership Application through <https://www.co.bergen.nj.us/division-of-senior-services/savvers-discount-program>.

Please print and fill out the appropriate application and mail it to:

SAVVERS Discount Program

One Bergen County Plaza, 2nd Floor
Hackensack, NJ 07601

If you or a loved one needs help accessing addiction services and support...

Call or Text: 201-589-2976

Confidential hotline services available 24/7 to serve Bergen County

 **THE CENTER**
FOR ALCOHOL AND DRUG RESOURCES
A Program of Children's Aid and Family Services