

Here are some pointers on how to temporarily overcome hearing loss during the holidays.

<https://www.clarityhearing.com/blog/overcome-hearing-loss-holiday-season/>

HOLIDAYS WITH THE FAMILY: BE REALISTIC ABOUT YOUR EXPECTATIONS

Holidays and families don't always go hand in hand, and that's often because most of us have unrealistic expectations. Let's face it. Even if Ozzie and Harriet did seem like the ideal family, it was more Hollywood than reality. Truth is, your real-life family tree might look more like the Addams Family than the Nelsons—especially when the holidays roll around. If you're hoping for the perfect family holiday, you're setting yourself up for failure, along with the additional stress and emotional fatigue that goes with it. Not everything is going to be perfect during the holidays, and your family may not always get along. The sooner you accept that fact, the better. In the meantime, here are some things to keep in mind.

<http://drlowenstein.com/2016/12/19/holidays-with-the-family-be-realistic-about-your-expectations/>

IS YOUR FAMILY MEMBER WITH HOLIDAY DEPRESSION?

The holidays are supposed to be a time of happiness and hours spent with family. However for many seniors it can be a reminder of a day that was once special but is now spent alone. Many seniors become depressed as the holidays approach. Between the [darkening days](#), the [isolation](#) and the thought of another holiday without family, it can become quite severe. For caregiver of seniors who are experiencing depression over the holidays, be on the lookout for changes in behavior.

<http://seniorslifestylemag.com/care-giving/is-your-senior-dealing-with-holiday-depression/>

STRESS PREVENTION QUOTES & TIPS

**Stressed
spelled
backwards is
desserts.**

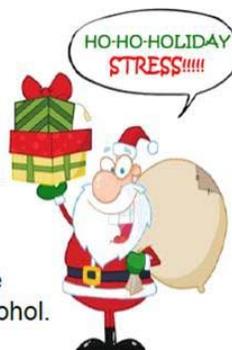
- LORRY LAROCHE



WWW.VERYBESTQUOTES.COM

Holiday Stress-Less Tips

1. Spend time with others.
2. Set priorities to stay on budget.
3. Give the gift of kindness – help & include others.
4. Enjoy foods you love – balance healthy foods & treats; limit alcohol.
5. Relax, breathe & enjoy!



Take a
deep breath.

It's just a
bad day,
not a bad life.

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