



Successful Aging Institute

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August 2016 E-Newsletter

In This Issue

- *Class Highlights*
- *Where does your home state rank on the happiness index?*
- *Summertime SAD*
- *Our Sponsors*

Class Highlights for August 2016

CLASS NAME : Become a Senior Companion

Date: August 2nd
Time: 10:00 AM– 11:00 AM
Cost: Free
Location: Campbell Senior Center

CLASS NAME: Demystifying Medicare

Date: August 10th—August 31st
Time: 2:00 PM—3:00 PM
Cost: Free
Location: Brookdale Senior Solutions

CLASS NAME: Mutual Funds: The Good, the Bad and the Fine Print

Date: August 22nd
Time: 3:00 PM –5:00 PM
Cost: Free
Location: Campbell Senior Center

CLASS NAME: Pad Your Pantry

Date: August 23rd and 24th
Time: 4:30 PM—7:30 PM
Cost: \$89.00

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Where Does Your Home State Rank on Happiness?

Ranking Happiest (#50) to Saddest (#1)

50. Alaskans are happier with their lives than any other state's residents, according to the latest Gallup Healthways Well-Being Index data. Residents recorded the highest sense of purpose in the country, one of the poll's top indicators of well being.

(weather.com)

49. Hawaii	24. Oregon	5. Mississippi
48. South Dakota	23. Washington	4. Ohio
47. Wyoming	22. Maryland	3. Indiana
46. Montana	21. Georgia	2. Kentucky
45. Colorado	20. Nevada	1. West Virginia
44. Nebraska	19. Kansas	
43. Utah	18. New York	
42. New Mexico	17. New Jersey	
41. Texas	16. Pennsylvania	
40. Minnesota	15. Illinois	
39. California	14. Rhode Island	
38. Vermont	13. Delaware	
37. Virginia	12. Oklahoma	
36. Maine	11. Louisiana	
35. Iowa	10. Missouri	
34. Massachusetts	9. Michigan	
33. Wisconsin	8. Arkansas	
32. North Carolina	7. Tennessee	
31. Arizona	6. Alabama	
30. New Hampshire		
29. South Carolina		
28. North Dakota		
27. Connecticut		
26. Idaho		
25. Florida		

Summertime SAD

Summertime **SAD**. You've probably heard about seasonal affective disorder, or **SAD**, which affects about 4% to 6% of the U.S. population. **SAD** typically causes **depression** as the days get shorter and colder. But about 10% of people with **SAD** get it in the reverse -- the onset of **summer** triggers **their depression** symptoms. Some studies have shown that in countries near the equator – such as India – summer SAD is more common than winter SAD. Why do seasonal changes cause depression? Experts aren't sure, but the longer days, and increasing heat and humidity may play a role. Specific symptoms of summer depression often include loss of appetite, trouble sleeping, weight loss, and anxiety.

Some causes of summer depression may include;

- Disrupted schedules
- Body image issues—*As temperatures climb, layers of clothing fall away*
- Financial worries—*summers can be expensive*
- The heat—*Summer heat can become oppressive*
- Allergens—*Allergens produce inflammation in the respiratory airways, and inflammation triggers depression in vulnerable individuals*

Life seems more animated in the summer—kids shriek, crowds bustle, fireworks explode—even the clothes are louder! The cacophony can make you anxious if you're already on overload or you need your quiet time.

Long sunlit days can mean you get up earlier and stay up later—a recipe for sleep deprivation, which is more common in summer than any other time of year.

There is also that dreaded disappearing me-time. Summer can do a major number on me-time with schedules that are shot and commitments that pile on.

The primary symptoms of summer SAD are:

Poor appetite, insomnia, increased anxiety, increased irritability, weight loss, hopelessness, feelings of depression, loss of interest in your usual activities, suicidal thoughts

The contrast between what we think we should feel (joy, happiness, delight in the “carefree summer”) and what we may actually feel (sad, anxious, irritated, uncomfortable with our body) can definitely lead to feelings of irritability and depression. Remember, even though it may seem as if everyone else is having a wonderful time frolicking in the sun, many people are not and are coping with some of the same issues as you!

Recognize that there is help! If you are struggling for more than two weeks with the symptoms listed above, get help from a psychologist or other licensed mental health professional.

Other ways you can help yourself:

- **Limit your exposure to heat.** Stay indoors in air conditioning on extremely hot days.
- **Keep up a regular exercise schedule** (stay indoors on hot days).
- **Get enough sleep.** Try to get at least 7-8 hrs a day. This will definitely make you feel better.
- **Plan your vacation to a cooler climate**, if possible.
- **Plan ahead.** One advantage to summer, you know when it is coming. What will help prevent summer depression? Would signing the kids up for camp help relieve your stress? You’ll feel a lot more in control heading into summer if you have plans in place.
- **Recognize** that you are not alone in feeling sad and uncomfortable.

<http://www.yourmindyourbody.org/seasonal-affective-disorder-in-the-summer/>

<http://www.webmd.com/depression/summer-depression>

<http://www.health.com/health/gallery>

<http://gizmodo.com/reverse-seasonal-affective-disorder>

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