

POSITIVE SOLUTIONS program



Don't let depression rule your life
Start making **POSITIVE** changes

Funded by County of San Diego



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I AM MORE OPTIMISTIC!

BY F.A.

In this issue:

Positive Results!	1
Aging, Depression, and Coping	2
Benefits of Socializing	2-3
Recreation Center Resources	3-4

Before participating in the Positive Solutions Program, I was very depressed. I was having a bad year and had nobody to turn to for support to express all my negative thoughts and feelings.

I decided to give the program a try and I am so glad I did because I have benefited greatly from the services provided. I looked forward to my sessions with my program clinician, Nhat Ngo. She was always willing to genuinely listen, ask questions, and understand me as a person. She gave me a chance to explore the problems I was facing and to accept that sadness can happen but that it doesn't have to consume me; I can say and do positive things too!

With help from Nhat, I am more optimistic in this stage of my life and want to do good things. Positive Solutions Program has served me well.

Warm regards,

F.A.



Contact Us:
760-736-8373
619-238-1783

OUR SERVICES

- Community outreach for mental health stigma reduction
- Prevention & Early Intervention to assist seniors at risk of depression
- We serve seniors (60+) in San Diego's Central, North Central, North Inland, and North Coastal regions
- We come to your home; our entire services are home-based
- We have a Multi-Lingual/Multi-Cultural team of professionals to better serve you

www.upacsd.com

Aging, Depression, and Coping

BY NICOLE WITKIN, PSY.D

Older adulthood is often accompanied with many physical, social, and psychological changes, many of which can increase the risk for depression. Late-life events such as the loss of loved ones, new or worsening health conditions, and financial worries can lead to many negative feelings. While getting older, as well as the emotions of sadness and fear, are inevitable parts of the human experience, depression does not have to be. In fact, research indicates that most older adults are not depressed! Depression can be prevented and treated through recognition of symptoms, medication, and/or psychotherapy. Depression can also be reduced through the use of coping skills.

Depression Symptoms

Symptoms of depression can include but are not limited to: feeling sad or down, hopelessness, lost of interest in activities, difficulty sleeping, fatigue, lack of appetite or eating too much, feeling bad about yourself, trouble thinking or concentrating,

Coping Strategies to Reduce Depression

- Engage in pleasant and social activities you enjoy
- Engage in physical activities (do not overdo it, it can be as simple as stretching)
- Get a sufficient amount of rest
- Eat well
- Break up large tasks into smaller tasks and do not attempt to do too much all at once
- Spend time with friends or family
- Express your feelings to those you trust
- Create small, obtainable goals
- Go easy on yourself

low self-esteem and thoughts of harming yourself. If these symptoms occur almost daily, for more than two weeks, and are negatively impacting daily tasks, work or academic performance, and/or relationships, an individual is likely to be experiencing depression. If you or a loved one is experiencing depression, there are ways to get help.

Treatment

If you or someone you know is in crisis or has suicidal thoughts, seek help immediately. Here are some ways to get help.

- Call 911
- Go to a nearby emergency department or health care provider's office
- Call a toll-free, 24-hour hotline to speak to a trained professional

SD Access & Crisis Line/Suicide & Crisis Intervention (888) 724-7240

*SD County Psychiatric Hospital
(619) 692-8200*

*Aging & Independent Services (AIS)
(800) 510-2020*

You too can make a positive change in your life

BENEFITS OF SOCIALIZING

BY NICOLE WITKIN, PSY.D

When was the last time you did something social? A view exists that old age means having to be lonely and give up social roles. It's true that there may be less opportunities to socialize than you had in your younger years. For instance, with retirement from work comes the loss of being able to conveniently see and speak to others on a regular basis at an office. However, getting older should not discourage you from continuing to be socially active and from maintaining relationships. Researchers have found that socialization is important to being happier and healthier in older age. Some physical health benefits of being social include lower blood pressure and reduced risk for Alzheimer's disease. Additional research suggests

(continued on pg 3)

that being social and having relationships can lead to a longer life span by strengthening your immune system. Socialization can also reduce the risk for depression and other mental health issues. Studies have found that older adults involved in their communities had lower rates of diagnosable depression than younger adults. Older adults can form and maintain social connections with others in a variety of ways to limit social isolation and increase wellbeing.



Recreation Centers

Balboa Park Senior Lounge

1800 El Prado, Casa Del Prado Rm 105, SD, CA 92101

619-236-0262

Barrio Logan Senior Center

1880 Logan Avenue, SD, CA 92113

619-235-1148

Bayside Community Center, Senior Services

2202 Comstock Street, SD, CA 92111

858-278-0771

Carlsbad Senior Center - Volunteer

799 Pine Ave., Carlsbad, CA 92008

760-434-2929

Casa De Salud Center, Spanish Speaking

1221 D. Avenue, National City, CA 91950

619-336-6760

Ways to Stay Socially Active

- Stay in touch with family and friends
- Join a club or group focused on an activity you enjoy (example: book club, playing cards, art)
- Volunteer in your community
- Take a class and learn something new (example: cooking class)
- Join a recreation center

**See below for a list of
Recreation Centers
offering
Social Time and Activities!**

Clairemont Friendship

4425 Bannock Avenue, SD, CA 92117

858-483-5100

Gary & Mary West Senior Wellness Center

1525 4th Ave., Suite 200, SD, CA 92101

619-235-6572

George Stevens Senior Center

570 S. 65th Street, SD, CA 92114

619-266-2066

Golden Hill Recreation Center

2600 Golf Course Drive, SD, CA 92102

619-235-1138

College Avenue Older Adult Center

4855 College Avenue, SD, CA 92115

858-637-3000

Country Club Senior Center

455 Country Club Drive, Oceanside, CA 92055

760-435-5250

(continued on pg 4)

Please contact us if you feel that you or someone you know may need assistance. Our entire services are home-based and free from the County of San Diego.

UPAC - Positive Solutions Program

Central Region Office

9360 Activity Road, Suite-B,
San Diego, CA 92126
Tel: (619) 238-1783
Fax: (619) 238-1837

North County Office

920 W. San Marcos Blvd., #3,
San Marcos, CA 92078
Tel: (760) 736-8373
Fax: (760) 736-8815

Recreation Centers

Ed Brown Senior Center- Rancho Bernardo
18402 West Bernardo Drive, SD, CA, 92127
858-487-9324

EMASS- Escondido
200 North Ash Street, Suite 100
Escondido, CA 92027
760-233-1984

Escondido Senior Center, Park Avenue
210 East Park Avenue, Escondido, CA 92125
760-839-4688

Fallbrook Senior Center
399 Heald Lane, Fallbrook, CA 92928
760-728-4498

Fourth District Senior Resources
570 South 65th St., SD, CA 92114
619-266-2066

Florence Riford Senior Center- La Jolla
6811 La Jolla Boulevard, La Jolla, CA 92037
858-459-0831

Lorence Family Jewish Community Center
4126 Executive Drive, La Jolla, CA 92037
858-457-3030

Mira Mesa Senior Center
8460 Mira Mesa Blvd., SD, CA 92126
858-578-7325

Our Team



Oceanside Country Club Senior Center
3302 Senior Center Drive, Oceanside, CA 92054
760-435-5250

Poway Senior Center
13094 Civic Center Drive, Poway, CA 92064
858-748-6094

Redwood Club
3111 6th Avenue (Balboa Park), SD, CA, 92103
619-296-4274

San Marcos Senior Center
111 Richmar Ave., San Marcos, CA 92069
760-744-5535

Senior Wellness Center
14th St., Suite 200, SD, CA 92101
619-235-6572

Saint Jude Shrine Senior Center
3751 Boston Avenue, SD, CA 92113
619-264-4771

Solana Beach Presbyterian Senior Center
120 Stevens Avenue, Solana Beach, CA 92075
858-509-2580

Tierrasanta Recreation Center
11220 Clairemont Mesa Blvd, SD, CA, 92124
858-573-1393