

You're not alone. Support groups and treatment for depression are available—page 1

Group Getaways

Join other Senior Circle Plus members for day trips to new and exciting destinations

TUESDAY, AUGUST 10

Senior Day at the Ohio State Fair

Our State Fair is a Great State Fair, and we're going on Senior Day! Join SCP and other seniors across the Buckeye State as we visit the Columbus fairgrounds to enjoy the sights, sounds, smells, foods and attractions at this annual summer event. In addition to the livestock and 4-H competitions, there will be a free open-air matinee concert by The Ink Spots.

Fee: \$29 for SCP members; \$39 for non-members. (Trip includes deluxe motorcoach to fair, admission fee and free 1 p.m. concert. 7 a.m. to 7 p.m.)

SUNDAY, AUGUST 29

"Manly" Tour to See the Lake County Captains

Join your friends from SCP as we travel to watch the Cleveland Indians Class A affiliate, the Lake County Captains. We'll enjoy the major-league fun of minor-league baseball as the Caps battle the Delmarva Shorebirds at Lake County Stadium. And we'll drive by League Park (original home of the Indians) on our way.



Fee: \$29 for SCP members; \$39 for non-members. (Trip includes bus to baseball game and box seats. Noon to 6 p.m.)

FRIDAY, SEPTEMBER 24

Geritol Follies in Toledo

Combine classic vaudeville comedians, Las Vegas showgirls, the Mormon Tabernacle choir—make sure they are all over age 60—and you have The Geritol Follies! Relax with your friends

from SCP as we enjoy a wonderful day of musical comedy with the amazing cast of "60 over 60," as the Follies bring old-fashioned fun back to life. This trip has sold out the last two years, so make your reservation soon.

Fee: \$59 for SCP members; \$69 for non-members. (Trip includes bus to show, pre-show dinner and main floor seats. 10 a.m. to 7 p.m.)

FRIDAY, OCTOBER 8

Fall Foliage in Marietta, Ohio's Historic River City

Step back in time as we take in the charming river city of Marietta, Ohio, and learn the history and secrets of one of Ohio's first settlements. After our tour, we'll enjoy lunch at the Levee House before our relaxing cruise on the sternwheeler Valley Gem, admiring the beautiful autumn colors along the Ohio River. Join your friends from SCP for this wonderful fall-foliage escape.

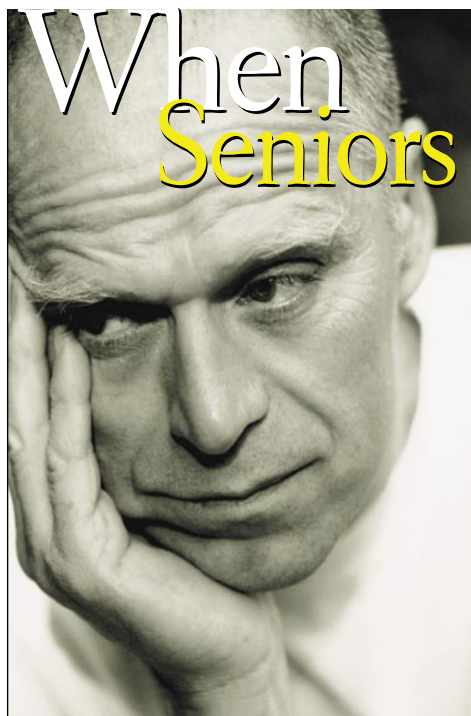
Fee: \$59 for SCP members; \$69 for non-members. (Trip includes bus, step-on guided tour of Marietta, lunch and a one-hour river cruise. 7 a.m. to 7 p.m.)

For reservations or additional information on any of the above SCP trips, please call JKL Tours at 440/942-5350.

SeniorCircleplus

NEWS AND HEALTH INFORMATION FOR SENIORS

SUMMER 2004



When Seniors Get Sad



Marymount
Hospital

Depression doesn't have to tarnish the 'golden years'

had lost and about my overall health," Suzanne says. "After talking in greater detail, he diagnosed me with a mild but treatable form of depression."

Special Concerns for Seniors

Although depression is not considered a part of the aging process, it is very common in seniors. Late-life depression affects about 6 million Americans ages 65 and older; unfortunately, only 10 percent receive treatment. This is likely because the symptoms of depression in seniors are often confused with the effects of multiple illnesses and the medications used to treat them. Many seniors perceive a stigma attached with depression and feel they should be able to cope with negative feelings on their own.

Diagnosing Depression

One of the reasons depression afflicts seniors is the increasing void of social support. This support is critical to mental health and well-being. Retirement, relocation and loss of a spouse or siblings contribute to less frequent social interaction and encouragement through difficult times.

As adults age, signs of depression may be mistaken for normal aging. This can result in delayed treatment

and unnecessary distress, as depression can be easily remedied.

Without treatment, depression can take its toll both mentally and physically. It inhibits the body's ability to heal following illness or injury, as well as increases the risk of developing heart disease and dying from an illness.

Hope for New Joy in Life

There are several treatment options for depression, including medication and counseling. Many people find that support from family and friends, involvement in self-help and support groups, and counseling are very helpful.

Counseling is especially beneficial for patients who prefer not to take medicine, as well as those not suited for treatment with drugs due to side effects, interactions with other medicines, or other medical conditions.

"My physician referred me to a counselor and a support group," Suzanne says. "After several weeks, I began to feel more like my old self. I still miss Samuel every day, but at least I have hope that I can enjoy life again."

If you or a loved one is experiencing depression, call Marymount Hospital at 216/587-8138 to learn about our mental health services and support groups. Help is available.

When she lost her husband in late 2002, Suzanne felt incredibly lonely and isolated. After being married for more than 52 years, she wondered if her life would ever return to normal. She had lost her sister and brother in recent years, and had won a battle with colon cancer; however, Samuel's death had impacted Suzanne in way she could never have anticipated.

For several months, Suzanne had little to no appetite, she often stayed in bed most of the day, and she no longer felt like spending time with friends and relatives. At first she thought it was part of the grieving process, but after talking with her family physician, Suzanne was diagnosed with depression.

"My physician said he had concerns about the amount of weight I

Meet new people and visit new places.
Check out our Senior Circle Plus day trips on page 4.