



Dear clients and friends!

Lots of people get depressed in last winter month, or suffer from "the winter blues". That is why in this issue we decided to share ideas how to get inspired, simple ways how to recharge your mind and body and Feel that spring in your step!

Russian Ethnic Representative Council of Victoria (Russian Aged Care)

"THE WINTER BLUES"

WHO GETS IT?

"The winter blues" usually affects people during the winter months. It's more likely to affect people whose time spent outdoors is limited by severe weather, reduced mobility, or illness.

It's normal to have some days when you feel down, especially as a caregiver or an older adult living with serious health conditions.

But feeling down for days at a time and not being able to get motivated to do enjoyable activities is a sign to see the doctor.

The main factors contributing to the development of "the winter blues":

- sedentary and "dull" lifestyle;
- lack of attention and social isolation;
- unfavourable environment;
- poor nutrition;
- personality traits of an elderly person.

SYMPTOMS

All types of depression can go overlooked in seniors. The symptoms are often attributed to cognitive decline or to the normal effects of aging, so older adults may not get the mental health treatment they need to improve their well-being. Being watchful for the signs of depression is essential so that you can offer support to your loved ones when they need it.

Besides feeling sad, here are some typical symptoms of winter blues:

- Your energy is low and you sleep more than usual.
- You feel apathetic, unmotivated, and bored.
- You are less interested in friends and activities you usually enjoy.
- You feel irritable, moody, and your relationships suffer.
- You overeat, gain weight, and especially have cravings for carbohydrates.

HOW TO BEAT "THE WINTER BLUES"

- Let the light shine in. Open the curtains and let the daylight in, especially during these shorter days when the dark mornings and nights can make those blues worse.
- Stay active! Go out to the shops, take up a new physical hobby or even dance in the comfort of your own home! Dancing is a perfect way to keep active that doesn't feel like work.
- Do something out of the usual routine. Routines can sometimes become mundane and so switching things up by doing something different can bring back some excitement into your daily life. You could take up a new hobby or learn a new skill.

Physical activity is extremely important for older people. Today we will teach you exercises that may improve your health, help improve your sense of balance and will definitely lift your spirits!



Lateral leg lifts (allow you to strengthen the lateral muscles of the thigh)

1. Stand up straight with your feet slightly wider than your shoulders. Straighten your back. Hold on to the support with your hands.
2. Without bending over and keeping your back straight, take one leg to the side - 15-30 centimeters from the floor. Hold for a few seconds in this position.
3. Slowly lower your leg. Repeat the exercise with the other leg. Do 8-10 reps, resting as needed.

Flexion of the leg at the knee (strengthens the anterior thigh muscles)

1. Stand up straight, using the back of a chair as a support if necessary.
2. Slowly bend one leg at the knee, trying to pull it up to your chest as high as possible. Do not lean forward or arch your back. Hold this position for one second.
3. Slowly lower your leg down. Repeat with the other leg.
4. Do this exercise 8-10 times. Use an ankle weight if necessary.



Please treat the above information on exercises as a generic advice, use carefully and based on your actual health conditions, request additional advice from your GP or allied health specialist as required.

Raising the leg back (strengthens the buttocks and muscles of the lower back, which are important for maintaining balance).

1. Stand next to a table or chair with your feet shoulder-width apart.
2. Slightly lean forward towards the support, holding on to it with your hands.
3. Slowly lift one leg back without bending the knee and pointing out the toe.
4. Stay in this position for one second, then slowly lower your leg to the floor.
5. Repeat with the other leg. Do the exercise 8-10 times. Use an ankle weight if necessary.



LIGHTSCAPE AT ROYAL BOTANICAL GARDENS VICTORIA



For the very first time, an immersive, after-dark experience comes to Royal Botanic Gardens Melbourne this winter. Iconic tree canopies will be drenched in colour, vibrant bursts of light will tumble from the undergrowth and run up trees like fizzing fireworks. Explore playful beams of light, walk through glowing tunnels and linger at waterside reflections. It's an illuminating winter walk in a unique natural wonderland that you won't want to miss.

Price starts from \$40

Duration: to 06 August 2023

You can always call us on 03 9415 8175 or email to chsp@rerc.org.au