



*We Care About  
Our Community*

Excellent in home care, with a friendly, knowledgeable staff to serve you, 24/7. Not only have we been in the Coachella Valley for over 20 years, but we serve our community by volunteering our services to worthwhile causes. The newly formed,

**ALZHEIMERS COACHELLA VALLEY,**

Is a perfect example of that! Dom Calvano is the President of the Board of Directors, and the new organization will be offering services and support for the entire Coachella Valley. Alzheimers Coachella Valley will raise money to fund services for our community, and all monies raised will remain right here, in the Coachella Valley.

We are very proud to be a part of this truly remarkable community effort to provide the services that we know the Coachella Valley so desperately needs.



# Alzheimers Coachella Valley

**Do you know someone struggling with Alzheimer's disease? If so, please call 760 776 3100,  
or visit our office at: 42-600 Cook St. Ste., 125 Palm Desert, CA 92211**

*There is another organization the we are very proud of...ACT 1. This organization gives scholarship money to students that plan on working in the geriatric field, upon graduation. It is also an educational resource for healthcare professionals to learn of services available to seniors, and how to better care for our aging community.*



**Are you interested in volunteering or helping out with a donation?**

**Call our office at 760 469 4633 and we can give you more information.**



## **It's Christmas Time**

**If You're Crying, And they're not tears of joy...**

**Let's find out why**

Christmas is supposed to be "The Most Wonderful Time of the Year" but as we age, we may start to feel an emptiness that is hard to explain. Perhaps the loss of a loved one, or family members not being able to come and visit during the holiday season, or any other number of reasons, that may have you "down." The good news is, there *is* something you can do about it!

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First of all, do you have a vitamin D deficiency? Have your vitamin D levels checked. In addition to cancers, high blood pressure, diabetes and heart disease, a vitamin D deficiency is also linked to depression. Let your doctor tell you how much you should take.

How about your omega-3 levels? Omega-3's can help maintain healthy levels of the brain chemicals dopamine and serotonin (the feel good neurotransmitters) that increase happiness and reduce symptoms of depression. Again, always consult your physician, but have the levels checked.

The chances are, if you are feeling a little blue, you aren't getting much exercise. Make it a point to get up and walk around. Take short walks outside, if it's not too cold, and get a little change of scenery. You don't have to do a lot, especially if you are a bit out of shape. But, one thing for sure, doing nothing at all will not help you at all! If walking is too difficult get some exercises you can do sitting in a chair, consult your doctor.

Go outside and get some natural sunlight for at least 10 minutes per day. Even if it's a cloudy day, light still helps you and increases your serotonin and dopamine levels, which help you with a better feeling, and outlook on life!

When you get invited out to lunch, by all means, go! Don't sit home and make excuses why you can't go. If you don't take people up on their offers, they might stop offering! The distraction will do you good. The idea is to get your mind to start thinking about what you have to do, not dwell on the past things you have done.

Did you put up your Christmas decorations, yet? No?? "That was something my late husband always did." Well, put them up anyway. Put them up in his memory and do it way he used to do it. Cherish those memories! When we are sad due to the loss of a loved one, it's comforting to know that even though he or she may not be with us, their memory and traditions live on in our hearts and lives.

Share stories, memories and traditions with other family members. Call the grandkids! Sometimes just hearing a friendly family voice will cheer you up. You just might be what they needed, too!



Are you getting plenty of rest? Stick to a consistent sleep schedule. Try to get your 8 hours of sleep per night. Here are a few ways to ensure a good night's sleep: Keep the room cool, turn off all of the gadgets and the TV, no coffee in the evening and not too much water after 5pm. If you have problems with acid reflux, make sure to stop eating at least 3 hours prior to going to bed.

Nothing helps keep your attitude healthy and your body strong, as getting enough sleep.

*All of us at Custom Care Solutions wish you a joyful and happy holiday season! We hope they are filled with love, family and friends. Let your problems and sadness go and live for the time that you have with your family right here and now!*

*If you need any help throughout this holiday, be sure to call on us. We are close by and easily reached 24/7. Happy Holidays!!*



**Custom Care Solutions 760 469 4633 42-201 Beacon Hill, B-8, Palm Desert CA 92211**