

TO YOUR HEALTH

Carleton-Willard Village Out-Patient Clinic - 100 Old Billerica Rd., Bedford, MA 01730

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Seniors Stay Positive

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The pandemic has presented us with emotional and physical scenarios that none of us could have envisaged. As we adapt to living in bubbles and pods, this year's holiday season will inevitably sketch out the absences that have to be endured. Still, all is not lost.

Kaiser Health News recently recognized that seniors have been weathering COVID-19 with an adeptness that has been overlooked by the media. During the early days of the pandemic, seniors started to change their behaviour. Along with cancelled excursions and celebrations, trips to the grocery store were the first matters to be addressed. To preserve their well-being, seniors have managed to sustain contact with family and friends. Exercising regularly has boosted morale during these difficult times.

The Boston Globe reported that apple picking this year was at record levels. Though orchards across the state practiced social distancing and limited numbers, they enjoyed a bumper crop of visitors. Enjoying the outdoors and taking walks has been an activity enjoyed by seniors in several communities. Amid the pandemic walking has proved to be one of the easiest ways to stay fit. Besides helping to improve your mood, a short walk also enhances metabolic functioning. If you are looking for more encouragement check out the CDC report "Step It Up!"



A survey in *The Gerontologist* reported the joys that older adults experienced. Over 30% described family and friends as a source of pleasure. This was closely followed by using digital platforms (22%) and taking part in hobbies (19%). At Carleton-Willard, Residents have been accessing Zoom meetings with family and friends. Some of the groups have been resurrected online. Though far from ideal, this has created an opportunity for residents to stay connected. Telemedicine has increased nationwide. Since March, Medicare has permitted doctors to bill for virtual visits. Doxy.me Zoom and Facetime Telemedicine has been enabling older adults to access medical care safely. Peggy Noonan of the Wall Street Journal refers to this as a "gift of the pandemic" and cites technology being embraced by all quarters of society.

In life, the small words and observances also matter. Not everyone is tech savvy and some of us have continued to use more traditional modes of communication. Calling and utilizing the USPS has also been playing a part.

Alice Morrish, of Dartmouth Court, started her



Christmas card list in November. She has systematically been writing Christmas messages to people at home and abroad. At last count, Alice had written 97 cards out by hand. Alice said "it keeps me positive ... and is full of memories." During this holiday season write a few words and keep communication channels open.

Though we may be unable to enjoy the many happy rituals of the holidays, all of us can remain connected and engaged. Reach out for help when the need arises. The Clinic is here to support you through this challenging journey.

CHOOSE JOY

We are always looking for feed back on the Clinic Newsletter. Please send us your ideas and thoughts.

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New face in the Clinic and Health Center

Eileen Batchelor, NP joined the medical team at CWV in November. Eileen received her Master's Degree from UMASS Lowell in 2013 and is a certified Family Nurse Practitioner. She has been working as an NP at the VA in Bedford since 2014 with a focus in Geriatrics. Eileen is returning to school to obtain her post Master's Certificate in Psychiatry and Mental Health. She will be working two Saturdays/month and covering the Clinic some weekdays when Susan takes vacation. Eileen will also be working in the Nursing Center Monday, Wednesday and Friday during Emily Robinson's maternity leave which starts in January.

Welcome Eileen!



Thank you to all the Residents and Families of Carleton-Willard Village. We are grateful for your kindness and generosity!



"The three factors that seem to have the greatest influence on increasing our happiness are our ability to reframe our situation more positively, our ability to experience gratitude, and our choice to be kind and generous."

Dalai Lama XIV