

## Myths vs. Facts About Mental Health

### **Myth: Depression and anxiety don't affect me**

**Fact:** Depression and anxiety are common issues challenging millions of people in the United States. In fact, nearly 15 million adults in the U.S. deal with depression, while nearly 40 million adults deal with anxiety. According to the CDC, approximately 50% of people in the United States will develop at least one mental illness during their lifetime

### **Myth: Depression and anxiety aren't real medical problems**

**Fact:** Depression and anxiety are real and harmful. It can affect your life as much as diabetes or heart disease can. Depression/anxiety can make life very hard for those who are dealing with it, affecting both their mind and body

### **Myth: Depression only happens when something bad happens to you**

**Fact:** Depression is more than just feeling sad every once in a while. Ups and downs are normal and part of being human. You may feel sad after a serious loss or an unwanted change. Depression is when you experience long periods of having no hope, feeling sad and having no interest in something you usually enjoy doing. Depression can come out of the blue, even when life is seemingly fine.

### **Myth: Depression or anxiety are things that strong people can just "snap out of" if they could just be more positive**

**Fact:** No one chooses to be depressed, just like no one chooses to be diabetic. People with depression or anxiety cannot just "snap out it". It is not a sign of weakness or being lazy; it is a known health problem.

### **Myth: Feeling depressed is a normal part of getting older**

**Fact:** It is common to feel sad and to experience unwanted change as you age. You may be coping with new limits on what you can do safely and feel worried about your future. It can be hard to get used to a new way of life and to cope with the changes that subsequently come. Brief feelings of sadness are normal, but if it lasts longer than a couple of weeks, you may have depression.

### **Myth: Talking about depression only makes it worse**

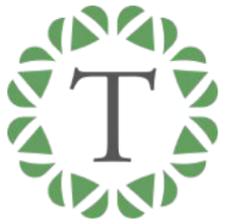
**Fact:** Being depressed can be very lonely and one can feel stuck, lost and unsure how to move forward. Talking to someone can help you learn about what you're feeling, why you might be feeling it, and how to cope.

### **Myth: I can't afford counseling**

**Fact:** Most insurance companies, including Medicare and Medicaid, have mental health benefits. Often the out of pocket expense is zero or there may be a very small co-payment.

*Written by Megan Caballero with Senior Counseling Group*

# The Villager



OFFICIAL NEWSLETTER OF TERRACE GLEN VILLAGE

OCTOBER 2021



Last month we celebrated our 3 Year Anniversary! Our residents enjoyed live entertainment, bingo, and having their pictures done by the caricature drawing artist while snacking on delicious appetizers and drinks! Our culinary team prepared fall festive treats including a charcuterie board, watermelon feta skewers, bacon wrapped butternut squash, and pumpkin spiced cream puffs. Here's to many more years with the best residents we could ask for!

## New Residents

- Delores H.
- Joan M.
- Glenn and Karen P.

## Available Apts

Are you ready to make a move? Call Chelsea at (319) 377-9000 to schedule a tour to view our beautiful apartments! Limited availability!



## Independent Living

- Cedar (1B, 1B)
- Alder (2B, 2B)

## Assisted Living

- 1 bedroom, 1 bath





# October AL & IL Activities



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
* Off Campus † Chapel ☺ Village Center I IL Dining A AL Dining	🖐️ Activity Room ♥ Community Room ↑ 2 <sup>nd</sup> Floor Assisted Living ♦ Other (see weekly sheet) 📺 TouchTown Channel (5.4 or 992)	*All Activities are subject to change based on Terrace Glen Village's COVID procedures*	<b>October Birthdays:</b> 4 <sup>th</sup> – Ken L. (IL)      21 <sup>st</sup> – Diane M. (HC) 5 <sup>th</sup> – Dick L. (AL)      21 <sup>st</sup> – Bev P. (IL) 10 <sup>th</sup> – Don S. (HC)      23 <sup>rd</sup> – Mary C. (AL) 20 <sup>th</sup> – Virginia L. (IL)      25 <sup>th</sup> – Helen H. (IL)		<b>Oktoberfest Lunch Special! 1</b> †9am Chair Exercise ♥10am Rummikub 📺11am Armchair Travel †1:30pm Music and Memories A 3pm Bingo †7pm Movie Night 📺8pm Meditation 📺10pm Relaxation	<b>2</b> 📺9am Chair Exercise †10am Catholic Communion †2pm Series Saturday 📺4pm St. Joseph's Mass 🖐️6:30pm Game Night 📺10pm Relaxation
<b>3</b> 📺8am St. Joseph's Mass 📺9am Chair Exercise 📺10am St. Mark's Church 📺11am Antioch Church ♥1:30pm Skip-Bo 📺4pm Armchair Travel 📺10pm Relaxation	<b>4</b> †9am Chair Exercise ☺10am Men's Club 📺11am Documentary ☺1:30pm Beanbag Baseball ☺3pm Margs and Music †7pm Movie Night 📺8pm Meditation 📺10pm Relaxation	<b>5</b> †9am Chair Exercise †10am Worship Service 📺11am Documentary *1pm Cedar Rapids Library I 3pm Bingo 📺4pm Armchair Travel 📺8pm Meditation 📺10pm Relaxation	<b>6</b> †9am Chair Exercise ♥10am Door Hanger Craft 📺11am Documentary 🖐️1:30pm Phase 10 ☺3pm Wine Wednesday 📺4pm Armchair Travel 📺8pm Meditation 📺10pm Relaxation	<b>7</b> †9am Chair Exercise ↑10am Scrabble 📺11am Armchair Travel *1:30pm Freedom Rock/Prison ♥3pm Garbage 📺4pm Documentary 📺8pm Meditation 📺10pm Relaxation	<b>8</b> †9am Chair Exercise †10am Catholic Communion 📺11am Armchair Travel †1:30pm Zoom: Art w/ Amanda A 3pm Bingo †7pm Movie Night 📺8pm Meditation 📺10pm Relaxation	<b>9</b> 📺9am Chair Exercise ☺10am Coffee and Coloring †2pm Series Saturday 📺4pm St. Joseph's Mass 🖐️6:30pm Game Night 📺10pm Relaxation
<b>10</b> 📺8am St. Joseph's Mass 📺9am Chair Exercise 📺10am St. Mark's Church 📺11am Antioch Church I 3pm Resident Lead Bingo 📺4pm Armchair Travel 📺10pm Relaxation	<b>11</b> †9am Chair Exercise ↑10am Manicures 📺11am Documentary 🖐️1:30pm Pinochle ☺3pm Margarita Monday †7pm Movie Night 📺8pm Meditation 📺10pm Relaxation	<b>12</b> †9am Chair Exercise †10am Worship Service ♦1pm AL Chef's Chat w/ Greg †1:30pm IL Chef's Chat w/Greg I 3pm Bingo *5pm Supper at Carols O'Kelly's 📺8pm Meditation 📺10pm Relaxation	<b>13</b> †9am Chair Exercise ♥10am Skip-Bo 📺11am Documentary †1:30pm Marion School Chat ☺3pm Wine Wednesday 📺4pm Armchair Travel 📺8pm Meditation 📺10pm Relaxation	<b>14</b> †9am Chair Exercise *10am Fareway 📺11am Armchair Travel *1pm Czech & Slovak Museum ↑3pm King's Corner 📺4pm Documentary 📺8pm Meditation 📺10pm Relaxation	<b>15</b> †9am Chair Exercise ♥10am CNA Gift Making 📺11am Armchair Travel ♥1:30pm Rummikub A 3pm Bingo †7pm Movie Night 📺8pm Meditation 📺10pm Relaxation	<b>16</b> 📺9am Chair Exercise †10am Catholic Communion †2pm Series Saturday 📺4pm St. Joseph's Mass 🖐️6:30pm Game Night 📺10pm Relaxation
<b>17</b> 📺8am St. Joseph's Mass 📺9am Chair Exercise 📺10am St. Mark's Church 📺11am Antioch Church ♥1:30pm Garbage 📺4pm Armchair Travel 📺10pm Relaxation	<b>18</b> †9am Chair Exercise ♥10am Gems of Hope 📺11am Documentary 🖐️1:30pm TriOminos ☺3pm Margarita Monday †7pm Movie Night 📺8pm Meditation 📺10pm Relaxation	<b>19</b> †9am Chair Exercise †10am Worship Service 📺11am Documentary ↑1:30pm Rack-O I 3pm Bingo 📺4pm Armchair Travel 📺8pm Meditation 📺10pm Relaxation	<b>20</b> †9am Chair Exercise ☺10am Book Club 📺11am Documentary †1:30pm Floyd Sandford Visit ☺3pm Wine Wednesday 📺4pm Armchair Travel 📺8pm Meditation 📺10pm Relaxation	<b>21</b> †9am Chair Exercise *10am Leave for Day Trip 📺11am Armchair Travel ☺1:30pm Ladder Ball 🖐️3pm Skip-Bo 📺4pm Documentary 📺8pm Meditation 📺10pm Relaxation	<b>22</b> †9am Chair Exercise †10am Catholic Communion 📺11am Armchair Travel ♥1:30pm Sequence A 3pm Bingo †7pm Movie Night 📺8pm Meditation 📺10pm Relaxation	<b>23</b> 📺9am Chair Exercise ☺10am Coffee and Coloring †2pm Series Saturday 📺4pm St. Joseph's Mass 🖐️6:30pm Game Night 📺10pm Relaxation
<b>24</b> 📺8am St. Joseph's Mass 📺9am Chair Exercise 📺10am St. Mark's Church 📺11am Antioch Church I 3pm Resident Lead Bingo 📺4pm Armchair Travel 📺10pm Relaxation	<b>25</b> †9am Chair Exercise A 10am AL Tenant Focus 📺11am Documentary I 2:00pm IL Tenant Focus ☺3pm Margarita Monday †7pm Movie Night 📺8pm Meditation 📺10pm Relaxation	<b>26</b> †9am Chair Exercise †10am Worship Service *1:30pm Palisades & Pumpkins I 3pm Bingo 📺4pm Armchair Travel *5pm Supper at Granite City 📺8pm Meditation 📺10pm Relaxation	<b>27</b> †9am Chair Exercise ↑10am Manicures 📺11am Documentary ♥1:30pm Halloween Treats ☺3pm Wine Wednesday 📺4pm Armchair Travel 📺8pm Meditation 📺10pm Relaxation	<b>28</b> †9am Chair Exercise *10am Northland Square 📺11am Armchair Travel 🖐️1:30pm Pinochle A 3pm Halloween Party 📺4pm Documentary 📺8pm Meditation 📺10pm Relaxation	<b>29</b> †9am Chair Exercise ♥10am Phase 10 📺11am Armchair Travel 🖐️1:30pm Yahtzee A 3pm Bingo †7pm Movie Night 📺8pm Meditation 📺10pm Relaxation	<b>30</b> 📺9am Chair Exercise ☺10am Coffee and Coloring †2pm Series Saturday 📺4pm St. Joseph's Mass 🖐️6:30pm Game Night 📺10pm Relaxation

