

# MHA NEWSLETTER

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The physical benefits of exercise – improving physical condition and fighting disease – have long been established. Exercise is vital for maintaining mental fitness, and can reduce stress. Studies show that it is very effective at reducing fatigue, improving alertness and

concentration, and enhancing overall cognitive function. This can be especially helpful when stress has depleted your energy or ability to concentrate.

When stress affects the brain, the rest of the body feels the impact as well. Or, if your body feels better, so does your mind. Exercise and other physical activity produce endorphins – chemicals in the brain that act as natural painkillers – and also improve the ability to sleep, which in turn reduces stress.

### Relationship of Exercise to Anxiety Disorders

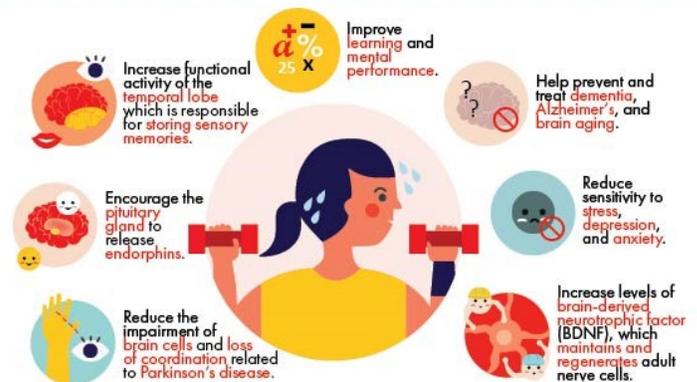
Stress and anxiety are a normal part of life, but anxiety disorders, which affect 40 million adults, are the most common psychiatric illnesses in the U.S. The benefits of exercise may extend beyond stress relief to improving anxiety and related disorders.

Psychologists suggest that a 10-minute walk may be just as good as a 45-minute workout. Some studies show that exercise can work quickly to elevate depressed mood in many people. The effects demonstrate that a brisk walk or other simple activity can deliver several hours of relief,

### Exercise for Stress and Anxiety

similar to taking an aspirin for a headache. Science has also provided some evidence that physically active people have lower rates of anxiety and depression than sedentary people. Exercise may improve mental health by helping the brain cope better with stress. In one study, researchers found that those who got regular vigorous exercise were 25 percent less likely to develop depression or an anxiety disorder over the next five years.

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This Is Your Brain On Exercise (Infographic) [Illustrations of how exercise benefits brain functions.]. (n.d.). Retrieved June 28, 2016, from [http://img.mindbodygreen.com/image/upload/c\\_limit,w\\_612,f\\_auto/ptr/YourBrainOnExercise-850x2962.jpg](http://img.mindbodygreen.com/image/upload/c_limit,w_612,f_auto/ptr/YourBrainOnExercise-850x2962.jpg)

### Walk-In Medical Services

- Diabetes
- Blood Pressure
- Fall Risk Assessments
- Depression Screening
- Lifestyle & Nutrition Counseling
- & More...

### Walk-In Veterinary Services

- Rabies Vaccines for dogs & cats



[www.healthycortland.org](http://www.healthycortland.org)

15 - 24 July 2016

Homer Intermediate/Junior High School



## App(s) of the Month:

MoodTrek is a mood tracker that helps you quickly share symptom history with your provider, freeing you to focus your time on what is important to you. More than just a mood tracker, however, MoodTrek also helps you track sleep, activity, and journal entries. By sharing this information with your provider, you will begin to have insights into the subtle and not so subtle interplay between your mood, sleep level, and activity. To make this even easier, they have taken the hard part out of tracking your activity by integrating the app with Fitbit.

iPhone: <http://apple.co/293uQVI> Android: <http://bit.ly/291vBfm>



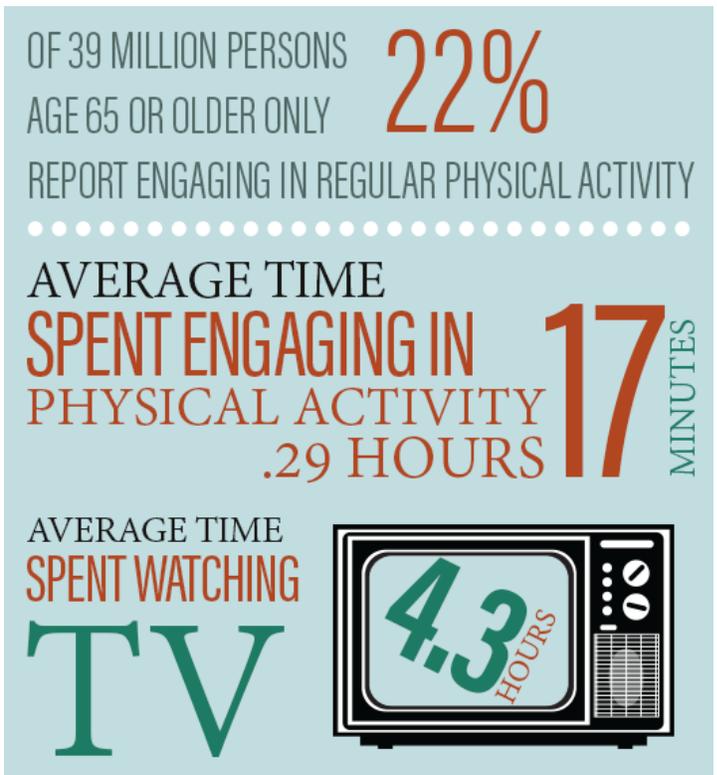
## The State of Mental Health and Aging in America

The CDC has estimated that 1 in 5 adults who are 55 or older experience mental health concerns. Older men have the highest suicide rate of any age group. Although a variety of mental health issues are prevalent in older adults, anxiety and depression are by far the most common mental health problems. Many people do not realize that depression is not a normal part of growing older. Depression is a treatable condition, regardless of age, but often goes untreated or undertreated in older adults. Recognizing the signs of depression and seeking treatment is vital to the overall health and quality of life for older adults, as depression can lead to impairments in physical health and social relationships, and can aggravate chronic diseases and negatively affect physical health in a variety of ways.

Screening for anxiety and depression is becoming more and more common, so you shouldn't be surprised if your primary care physician asks you questions such as "How often do you get the social and emotional support you need?" Answering honestly will help you get connected with the necessary resources to help you lead a more satisfying life regardless of your age. Physical health and mental health are undeniably linked. It is important to take care of both in order to maintain a positive quality of life. If you or a loved one are not receiving any or adequate medical and/or mental health care, don't hesitate to reach out for assistance.

For seniors, calling the Cortland County Area on Agency at (607) 756-3485 is always an excellent place to start. This month, Cortland County will be hosting 'Healthy Cortland', a no cost medical event taking place at the Homer Intermediate School from July 15th - 24th. Healthy Cortland is a military readiness exercise, in conjunction with the Department of Defense, which improves military preparedness, while serving the needs of America's underserved communities. This event will provide medical, dental, optical and veterinary care by Department of Defense (DOD) medical professionals, to all citizens in and around Cortland County, at no cost to the consumer. Services provided will include vision exams, testing for cataracts, glaucoma and macular degeneration, and provision of one pair of single-focal prescription glasses per person, manufactured on site; dental exams, cleanings, fillings and simple extractions; diabetes screening, blood pressure, fall risk assessments, lifestyle and nutrition counseling, and depression screening. Those who complete screening and require a referral will be provided with information on local services to follow up with for continuity of care. For more information on the event, visit [www.healthycortland.org](http://www.healthycortland.org), or call 2-1-1 or 1-877-211-8667 for optical appointments. Dental and spay/neuter appointments are now full. All other services are performed on a walk-in basis.

Centers for Disease Control and Prevention and National Association of Chronic Disease Directors. The State of Mental Health and Aging in America Issue Brief 1: What Do the Data Tell Us? Atlanta, GA: National Association of Chronic Disease Directors; 2008. [http://www.cdc.gov/aging/pdf/mental\\_health.pdf](http://www.cdc.gov/aging/pdf/mental_health.pdf)



Physical Activity & Older Americans [Digital image]. (n.d.). Retrieved June 28, 2016, from <http://www.evergreenrehab.com/sites/default/files/images/evergreen-rehab-infographic2.png>



We are a volunteer Board of Directors that act to initiate and promote advocacy services, educational presentations, prevention programs, and information and resource referrals.

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To learn more about the Cortland MHA visit: <http://www.mhacortland.com> or contact: [mhacortlandny@gmail.com](mailto:mhacortlandny@gmail.com)

### 10 Symptoms of Caregiver Stress

1. Denial about the disease and its effect on the person who has been diagnosed.  
*I know Mom is going to get better.*
2. Anger at the person who needs care or frustration that he or she can't do the things they used to be able to do.  
*He knows how to get dressed – he's just being stubborn.*
3. Social withdrawal from friends and activities that used to make you feel good.  
*I don't care about visiting with the neighbors anymore.*
4. Anxiety about the future and facing another day.  
*What happens when he needs more care than I can provide?*
5. Depression that breaks your spirit and affects your ability to cope.  
*I just don't care anymore.*
6. Exhaustion that makes it nearly impossible to complete necessary daily tasks.  
*I'm too tired for this.*
7. Sleeplessness caused by a never-ending list of concerns.  
*What if she wanders falls and hurts herself?*
8. Irritability that leads to moodiness and triggers negative responses and actions.  
*Leave me alone!*
9. Lack of concentration that makes it difficult to perform familiar tasks.  
*I was so busy, I forgot my appointment.*
10. Health problems that begin to take a mental and physical toll.  
*I can't remember the last time I felt good.*

Caregiver Stress | Caregiver Center | Alzheimer's Association. (n.d.). Retrieved June 14, 2016, from <https://www.alz.org/care/alzheimers-dementia-caregiver-stress-burnout.asp#symptoms>

### Caregivers Support Group

Meets every 4th Thursday at 7:00pm at Cortland Regional Medical Center's Assembly Room. For more information on the group or other caregiver resources including access to respite care in Cortland County, contact the Area Agency on Aging at (607) 753-6060.

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### Exercise as Part of Therapy

Regular exercise works as well as medication for some people to reduce symptoms of anxiety and depression, and the effects can be long lasting. One vigorous exercise session can help alleviate symptoms for hours, and a regular schedule may significantly reduce them over time.

Like all forms of therapy, the effect can vary: Some people may respond positively, others may find it doesn't improve their mood much, and some may experience only a modest short-term benefit. Nonetheless, researchers say that the beneficial effects of exercise on physical health are not in dispute, and people should be encouraged to stay physically active.



Read all about it: Exercise for Mood and Anxiety, Proven Strategies for Overcoming Depression and Enhancing Well-Being, by Michael W. Otto, PhD, and Jasper A.J. Smits, PhD (Oxford University Press, 2011) Source: Anxiety and Depression Disorders of America [adaa.org](http://adaa.org)

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NY 13045

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Addressee

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If you'd like to receive the MHA Newsletter electronically in color as a PDF, please send your full name and email to:  
[erin@sevenvalleyshealth.org](mailto:erin@sevenvalleyshealth.org)

## Community Events & Support

### Cortland LGBT Men's Group

Monthly group for LGBT men and their allies at Cortland LGBT Resource Center, 73 Main Street. Contact 607-756-8970 for more information.

### Parents & Change Support Group

This support group is for parents and caregivers of children, teens and adults with mental health conditions. Meetings are from 6:00pm to 7:30pm at 90 Central Avenue in Cortland. For more info please contact Beckey Tripp at [parentsandchange@yahoo.com](mailto:parentsandchange@yahoo.com)

#### 2016 Meetings:

Jul 11	Aug 8	Sep 12	Oct 10
Nov 14	Dec 12		

## Gambling?

[www.YOUTHDecideNY.org](http://www.YOUTHDecideNY.org)  
Giving teens the power to decide?

Know ALL of the Facts before YOU decide!



### July 11th – 17th is National Therapeutic Recreation Week

National Therapeutic Recreation Week has been celebrated during the second week of July every year since 1984. Established by the National Therapeutic Recreation Society, the week is intended to raise awareness of therapeutic recreation programs and services that could improve the health and well-being of individuals with physical, mental, and emotional disabilities.



If you have an upcoming community event or article you would like considered for admission to the MHA Newsletter, send your submission to [ben@sevenvalleyshealth.org](mailto:ben@sevenvalleyshealth.org) by the 7th of the month prior.

**Disclaimer:** The information presented here does not constitute professional medical advice. Individuals respond to treatment for mental health conditions in different ways, and treatment plans often need adjustment over time. Patients should work closely with their doctor and other health professionals in order to achieve optimal control of symptoms.