

# Aging Well Newsletter

Lutheran Counseling Services



## Be the one to care!

October brings about pumpkins and costumes and (hopefully) some cooler weather. We're finally into double digit months of the year and looking forward to a season full of holidays and connection and joy.

October also brings our annual We Care 5K supporting our Older Adult ministry. This year the theme of the 5K is You'll Never Move Alone, reminding us that wherever we are

walking in life there is always someone with us. We at LCS walk this 5K each year to remind us how we can be of service to those in our Older Adult community. This month find ways you too can walk, literally or metaphorically, beside someone else in need. Perhaps offering kind words or actions to remind those around you that they are not alone.

If you'd like to join our 5K in person or virtually you can learn more or sign up here: <https://runsignup.com/Race/FL/Longwood/LCSWeCare5k>

"The simple act of caring is heroic" - Edward Albert

## AGING WELL

### TRY THIS TIP!

Share A Goal

Set aside some time to talk about goals with someone you care about. Chat about how you all can work together to accomplish these goals. A challenge shared is a challenge halved!

## Services to help!

LCS is currently offering in-person therapy sessions to residents of the Plymouth on Tuesdays from 11-3, free of charge. We also offer an on-call service Tuesday-Thursday from 9am-5pm. The on-call service offers free 15 minute consultations with a therapist at (407) 644-4692 ext. 5. LCS has created video resources for our older-adult program on our website. We are excited to be holding our annual We Care 5K again this year on October 30th at St. Stephens church in Longwood. Proceeds support our Older Adult Ministry. Get the early bird rate and sign up by September 15th for only \$25/person or \$125/team and help older adults in your community get “moving” too. Register, learn more or consider becoming a sponsor at <https://runsignup.com/Race/FL/Longwood/LCSWeCare5k>



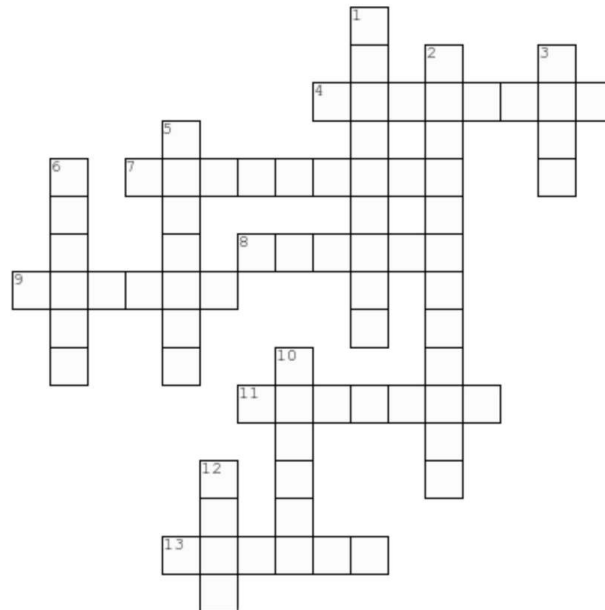
Lutheran Counseling Services, Inc. is a non-profit organization. To support our mission to make mental health support more accessible, go to: <https://lcsfl.com/how-to-help/>

(407) 644-4692



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## OCTOBER BRAIN GAME!



### Across

- 4. Jewish Holiday, Rosh \_\_\_\_\_
- 7. Scary Holiday
- 8. Fall from oak trees
- 9. Change colors
- 11. For carving and pie
- 13. Color

### Down

- 1. Used to frighten birds
- 2. Feast Holiday
- 3. Tool to clean the grass of leaves
- 5. Marks the end of the growing season
- 6. Squirrel
- 10. Another name for Fall
- 12. Grows on stalks