

Aging Well Newsletter

Lutheran Counseling Services



Be the one to honor!

September is the first month of fall, bringing with it shorter days, longer nights, and (hopefully) cooler air. School is back in session for kids and like those children we may begin to look forward to holiday celebrations and joy coming not too long from now.

In the month of September we at Lutheran Counseling Services encourage you to **honor** yourselves and those around you. When we speak of honoring each other we reflect on the journey we have all been on so far this year. The bible reminds us to honor each other as brothers and to remember that we all share the human experience of

struggle. We honor each other when we offer grace and understanding to those around us. It is also important to honor ourselves, our values, needs, and boundaries. We do this when we set aside time for self-care and personal growth. We honor ourselves when we say “no” and protect our personal time and space. However and whomever you choose to honor this month, LCS honors you. We are here to hear and share the burden and honor and the journey with you.

“Honor belongs to those who never forsake the truth even when things seem dark and grim, who try over and over again, who are never discouraged by insults, humiliation, and even defeat” - Nelson Mandela

AGING WELL

TRY THIS TIP!

Check-in

“Your authenticity is a gift of honor given to those who want to know you in an intimate way”. This month set aside time to connect with someone you care about.

Share authentically about how you are doing and ask them to do the same. Honor each other's journey.

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>



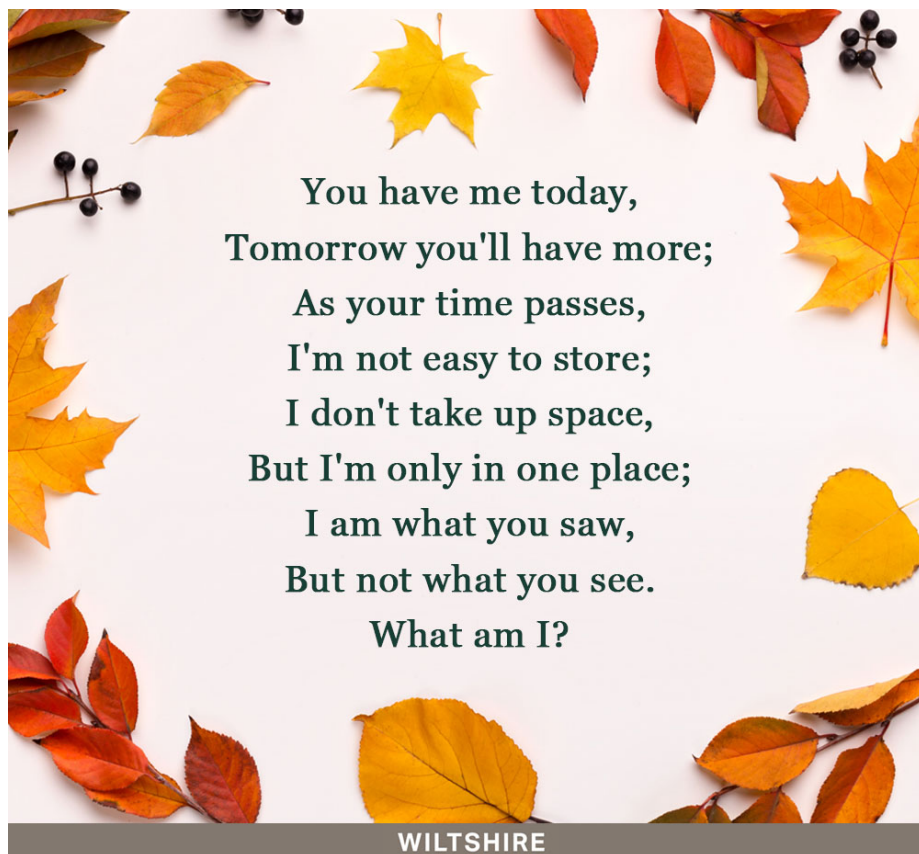
Lutheran Counseling Services, Inc.
is a non-profit organization. To
support our mission to make
mental health support more
accessible, go to:
<https://lcsfl.com/how-to-help/>

SEPTEMBER BRAIN GAME!



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(407) 644-4692



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FOODS

Memories