

Aging Well Newsletter

Lutheran Counseling Services



Be the one to grow!

August marks nearing the end of summer and reminds us that fall will soon be coming. In August we bask in the light of long warm days and see children going back to school.

Although August begins to mark the end of summer, our growth perseveres. We have spent much of this year talking about connection and how we can give and receive love from and to other people. When we talk about growth we find it is a much more personal and individual journey. We all find unique challenges in this life and we all are unique in the ways we approach them. So too does our growth happen individually in our own ways.

This August we at Lutheran Counseling services want to remind you to keep on the path of growth. Whether you're working on growing physically stronger or more healthy, spiritually more connected, or emotionally more grounded there are many ways you can continue to prioritize this. Take time this month to evaluate all the progress towards goals you've made this year and set aside time to continue to work on them. As always we at Lutheran Counseling services are happy to help with your endeavors towards personal growth however they look!

“Without continual growth and progress, such words as improvement, achievement, and success have no meaning.” - Benjamin Franklin

AGING WELL

TRY THIS TIP!

Keep A List

When discussing growth it is easy to feel overwhelmed. Try keeping a list of activities you'd like to do each day for your personal growth and cross them off as you go. Completing your list will bring a sense of accomplishment and ensure you're keeping growth a priority.

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 have guided meditation videos, self-care tips, and at home recreational therapy activities, in addition to other awesome resources. Go to <https://lcsfl.com/lcs-response-to-covid-19/page.html> or 'like' us on Facebook to see these resources. We are always here and happy to help however we can!



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



AUGUST BRAIN GAME! SUDOKU!

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