

# Aging Well Newsletter

Lutheran Counseling Services



## Be the one to celebrate!

We have made it to my favorite time of year! Happy December! There's a little more chill in the air. Joyful music is playing wherever we go. Holiday movies are playing and delicious snacks and meals are on all of our kitchen counters! There is much to celebrate in December. Whether you're celebrating a specific holiday, enjoying time with family, or just soaking in the beautiful weather we hope you make time to celebrate this wonderful life journey we're on.

December can be a wonderful time to review our year and consider our successes and our struggles. We can look for progress we've made on goals, or

perhaps goals for the new year to come. We can assess our priorities thus far and continue to seek improvements in areas we are struggling in. However you choose to spend your December, LCS wants to celebrate you! Our clients are the heart and soul of our organization. Without each and everyone of you we would not be able to follow our passions and bring our messages of hope and peace into the world. This December, as with every other day of the year, we thank and celebrate you all! We are wishing you and yours a blessed and joyful holiday season!

"Celebrate who you are in your deepest heart. Love yourself and the world will love you." - Amy Leigh Mercree

## AGING WELL

### TRY THIS TIP!

Celebrate Success!

Challenge yourself this month to write a list of achievements and successes you've had this year so far. Save this list to look at whenever a difficult moment comes your way. Not everyday is a momentous occasion, but everyday can be a day to celebrate life!

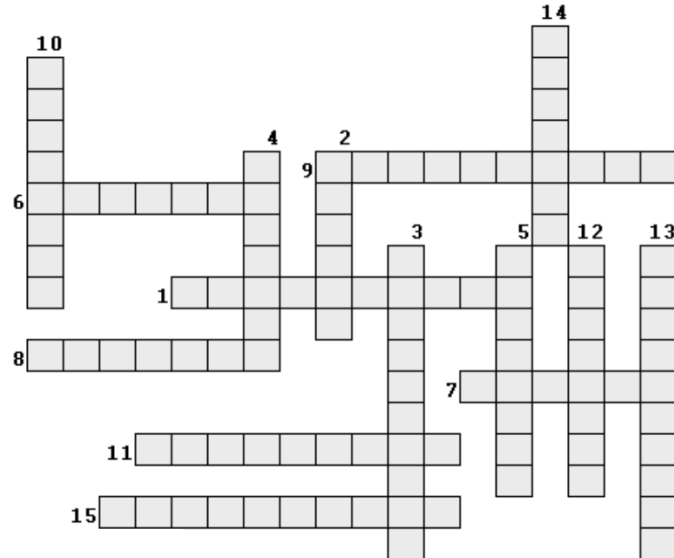
## Services to help!

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/>

## DECEMBER BRAIN GAME!



### ACROSS

1. an inability to resist the gratification of whims and desires.
6. a harvest festival celebrated from Dec. 26th until Jan. 1st in some African-American communities.
7. a glittering metallic substance used in pieces or strips to produce a sparkling effect cheaply.
8. a figure of a person made of packed snow.
9. complete and wholehearted fidelity.
11. an accessory or detail used to beautify the appearance of something.
15. the act or ceremony of crowning a king, queen, or other sovereign.

### DOWN

2. the Hindu festival of lights, celebrated as a religious holiday throughout India.
3. something used to beautify or commemorate.
4. the ninth month of the Islamic calendar; the month of fasting; the holiest period for the Islamic faith.
5. a period of time set aside for feasting and celebration.
10. a Jewish festival lasting eight days, in commemoration of the rededication of the Temple by the Maccabees following their victory over the Syrians under Antiochus IV, characterized chiefly by the lighting of the menorah on each night of the festival.
12. having or displaying great dignity or nobility.
13. something revealed or disclosed.
14. the day on which the Zen tradition commemorates the enlightenment, or nirvana, of the Buddha.