

Aging Well Newsletter

Lutheran Counseling Services



Be the one to listen!

In the month of June we celebrate dads and the official beginning of summer. The days are getting hotter, the sun is getting brighter. We've made it halfway through another year and now is a good time to remember to listen. We listen to our

hearts to guide our direction in life. We listen to our needs to be sure we are caring for ourselves well. We listen to God who brings us peace and comfort in our trials. And we listen to those around us to support them in their journeys.

As things slowly go back to "normal" in the world around us many of us may need to make extra time to listen to ourselves and others. We may feel a variety of emotions right now from excitement about new adventures to come, to sadness over all that's transpired. Whatever you're feeling right now is ok. Trust that voice inside you that tells you what you are needing and be gentle with yourself as you emerge into this summer season. If you need additional support to keep up your journey we are here to **listen**.

"I like to listen. I have learned a great deal from listening carefully. Most people never listen." - Ernest Hemingway

AGING WELL

TRY THIS TIP!

10-Minute Self-Care

Spend 10 minutes a day serving yourself; read your favorite Bible verse, go for a walk in nature, make a list of 5 great things about you, reach out to a friend to chat. Whatever brings you joy!

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 Monday-Wednesday from 3pm-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/>



JUNE BRAIN GAME!



#1

by Ann Richmond Fisher

The shaded E and the six letters surrounding it spell PETUNIA, which matches one of the clues below. Find 7-letter words for the remaining clues. Shade the center letter of each word.

1. flowering plant petunia -E

2. a solo performance _____

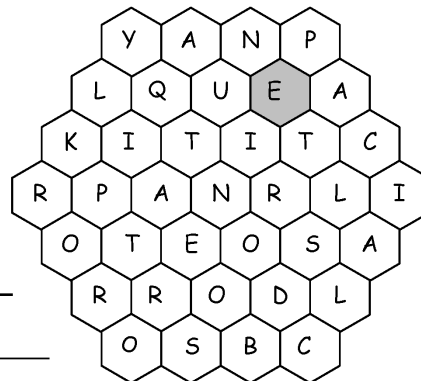
3. excellence _____

4. person receiving medical care _____

5. adult male domestic fowl _____

6. old item _____

7. opening in nose _____



Now unscramble all 7 of the center letters to spell today's BUZZWORD.

A coin: _____