



Caregiver Corner

City of Alexandria
Division of Aging and Adult Services

*“What good is the warmth of summer, without the cold of winter to give it sweetness.”
~John Steinbeck*

Caregiver Tip for January

Many people experience the “winter blues.” During the winter months when the days are shorter, you may feel lethargic, sleep too much or even become depressed. Here are a few tips for you or your loved one to avoid the “winter blues”:

- **Exercise:** Keep moving, either indoors or outdoors. Even cleaning can keep you moving and energized.
- **Eat well:** Eat fruits, vegetables and whole grain products. Foods with high sugar content will temporarily give a boost, but eventually decrease energy.
- **Light therapy:** Keep rooms well lit or invest in a “light box” which has a similar effect as the sun’s natural light.
- **Find an activity:** Find something that you enjoy doing outdoors so that you look forward to this time of year. Try skiing, snowshoeing or have a good old fashion snow ball fight.

Caregiver Support Group
Wednesday, January 8, 2014
4 p.m. - 5:30 p.m.
Alexandria Adult Day
Services Center

Resources

Snow Buddies Program

The City of Alexandria and the Alexandria Volunteer Bureau Snow Buddies Program provides snow removal assistance for elderly or disabled residents with low incomes. The program matches eligible, registered residents with volunteers to remove snow after a snowstorm. Registered program participants will have their sidewalks cleared in a timely fashion and can avoid fines or snow removal charges.

For registration information or questions regarding the Snow Buddies Program, please contact Darryl Edwards at 703.746.4321

To remove your name from our mailing list, please email Terah.Chamberlin@alexandriava.gov
Questions or comments? Email Terah.Chamberlin@alexandriava.gov or call 703.746.5999, Option 1



A publication of the
City of Alexandria
Department of Community and Human Services
Division of Aging and Adult Services

January 2014