

PARISH HEALTH MINISTRY

Diane Haig

GLENDALE MEMORIAL:

“Exercise for Healing” – Light Exercise for Cancer Patients... A program of light exercise is the best way to help you feel better and more confident during cancer treatment or recovery. Some benefits are: Less overall fatigue, increased strength, greater control over recovery and increased balance. We urge you to join the **Dynamic Advantage**, a professional fitness team for one hour of fun-filled exercise. Refreshments provided. For more information on this **FREE** class, call 818/502-2380. Classes are held on Tuesday and Thursdays, 10:00 – 11:00 am, Glendale Memorial Cancer Center Auditorium, 222 W. Eulalia St., Glendale.

“Amputee Support” – This support group for amputees, is the only one of its kind in the area. It provides the opportunity for amputees to dialogue with their peers. Quarterly meetings are attended by a psychologist, social worker and psychiatrist. Call 818/243-0166.

“When Medical Illness is Complicated by Depression” – Serious illnesses take a toll on our minds as well as our bodies. Individuals suffering from cancer, heart disease, Parkinson’s disease, dementia or stroke may also develop depression. If these feelings persist for two weeks or more, you may be experiencing what’s called “co-occurring” depression, a serious, but treatable illness that frequently accompanies another medical conditions. According to the National Mental Health Association, symptoms that are common to depression and other medical illnesses include the following: Weight loss, sleep disturbances and low energy can occur in depression, but also in diabetes, heart disease, cancer, stroke, thyroid disorders, vitamin/mineral imbalances and some neurological disorders. Apathy, poor concentration and memory loss are found in depression and in Parkinson’s disease; Medications for high blood pressure, Parkinson’s disease and other medical problems can produce side effects similar to the symptoms of depression. A thorough evaluation is essential if there’s any indication or concern that a loved one is suffering from depression connected to a medical illness. Glendale Memorial offers an inpatient program for older adults to assist an individual with co-occurring depression. Community resources are also available. Call 818/502-2362

Penny Power: Total donations for April/May - \$26; Total YTD - \$59. *Thanks!*