



NEWS FOR THE SENIOR COMMUNITIES WE SERVE

IN THIS ISSUE...

## From the Doctor's Desk...

The holiday season is upon us and for many of our patients it's the most wonderful time of the year. From reflecting on memories of past holiday celebrations to enjoying the beauty of the first snowfalls of the season, there's something special about the final months of the year here in Minnesota. **There's something special about this edition of our newsletter as well.** Inside, you'll find info from our providers about how to keep your spirits bright at this time of the year while staying healthy on the inside and out – enjoy the read!



Happy Holidays,  
**Dr. Clemencia Rasquinha, MD, CMD**  
 Geriatrician with Twin Cities Physicians  
[crasquinha@twincitiesphysicians.net](mailto:crasquinha@twincitiesphysicians.net)



### FEATURE STORY

**MAKING SPIRITS BRIGHT:**  
*Beating the Holiday Blues*  
 How to Celebrate Life. Pg. 2



### ASK OUR DOCS

**Q&A on STAYING HEALTHY FOR THE HOLIDAYS** with  
**Rachel Pearce, DNP, FNP**  
 Taking Care of Yourself. Pg. 3



# MAKING SPIRITS BRIGHT

*Beating the Holiday Blues*

## FEATURE STORY

While the holidays are a time of celebration for many, often older adults feel a sense of melancholy or even depression when they reflect on how quickly time has passed, loved ones now lost, or ongoing health concerns. For our patients, their mental health is a critical piece of their overall well-being. Finding new ways to maintain a positive mental attitude helps our patients cope and even conquer the holiday blues while keeping their spirits bright during this joyous time of the year. If you feel the blues this holiday season, here are our tips to help you make the most of this year's celebrations and focus on all of the good happening in your life now:

### 1. Talk to Someone

Sometimes just having a simple conversation about your thoughts and feelings can make all the difference. Talking with a family member, friend, or member of your community's staff is a great first step.

### 2. Get Out & About

Participating in holiday activities and events offered at your community can help you focus on the joys of the season while getting to know your neighbors.

### 3. Accept Your Feelings

There's nothing wrong with feeling less than jolly. Allowing yourself to experience real feelings of sadness and loss from time to time is normal.



# Q&A

## on STAYING HEALTHY FOR THE HOLIDAYS

*with Rachel Pearce, DNP, FNP*

### ASK OUR DOCS

Here is some holiday health advice from our own **Rachel Pearce, DNP, FNP**:

#### **What are the most common health challenges that your patients encounter during the holidays?**

With the colder weather, many of my patients find themselves inside in closer quarters with others more often – this is especially true of older adults living in senior communities. Being in such close proximity to neighbors can lead to cold, flu, sore throat, and upper respiratory ailments. In addition, many seniors find themselves trying to navigate icy sidewalks on the way to holiday events – this can lead to more frequent slips and falls that must be treated.

#### **How can older adults stay most healthy during the holidays?**

Here are my top recommendations:

- **Enjoy Meals in Moderation**

Feasting on great food is a big part of this season, but don't overeat. Foods with high salt content and carbohydrates can lead to higher cholesterol levels, increase blood pressure, inflame your joints and cause you to retain water making you more susceptible to heart failure. By ensuring you don't overindulge, you'll feel and stay healthier.

- **Drink Plenty of Water**  
With increased activities and additional food we enjoy at this time of year, your body runs a higher risk of dehydration. Water is the best liquid to drink to replenish your electrolytes and keep you feeling healthy.
- **Use Caution on Slippery Surfaces**  
If you find yourself walking outside on the ice, take your time – no need to rush – safety first.

**Any additional advice?** The holidays are a time to celebrate, take some time to truly enjoy this special time of the year.

# IN THEIR OWN WORDS...

## Stories from Our Patients & Families



### Family Focus

*"We chose Twin Cities because they are geriatric doctors that come straight to my mom. When my mom fell and had to be hospitalized, they followed her through the whole process and helped my mom in her move to her new assisted living apartment. They are just good doctors with an excellent bedside manner. My mom had been seeing the same doctor for 30 years, yet she has never been taken care of better than with her new doctors at Twin Cities Physicians."*

**Vicky – Daughter of a Twin Cities Physicians patient**

**Pictured Left:** Twin Cities Physicians provider Jeannine "Jeannie" Phillips with her patient Ernestine at a recent event at her senior community.

Do you have a story or picture to share of your experience with Twin Cities Physicians? Call us at **763.231.9324** or email us at [info@twincitiesphysicians.net](mailto:info@twincitiesphysicians.net). We look forward to sharing your story in upcoming TCP Times.

## NEXT STEPS...

### Current Patients & Families

Call us anytime, we're happy to provide care for you or your love one in the comfort of your community when you need us.

### Want Twin Cities Physicians as Your Primary Care Provider?

Call us to schedule your no-obligation consultation to learn more at **763.267.8701** or schedule online at [www.twincitiesphysicians.net](http://www.twincitiesphysicians.net)

## JUST FOR FUN...

*Puzzles & Games for Our Patients to Enjoy!*

### Multicultural Holiday Trivia

See how many questions you can answer correctly. Answers are listed at the bottom.

**1. What year was the film**

**"White Christmas" first released?**

- a. 1954    c. 1965
- b. 1935    d. 1910



**2. How many days does the Jewish festival of Hanukkah last?**

- a. 12    c. 8
- b. 5    d. 15



**3. Which of the following is not prohibited during the Muslim celebration of Ramadan, often happening during the month of December?**

- a. Drinking in the Morning
- b. Eating Meat at Night
- c. Smoking in the Afternoon



**Answers: 1) a    2) c    3) b**