



Elderly mental well-being

As we recognize the vital importance of mental well-being for our beloved elders, we have crafted this bulletin to address this crucial topic. By fostering meaningful conversations, we aim to highlight pathways to companionship and support in their later years.



Lifestyle tips for promoting mental wellness among seniors and their children



Lifestyle tips for promoting mental wellness among seniors and their children

"Promoting mental wellness among seniors and their children involves fostering social connections, engaging in meaningful activities, maintaining physical activity and a balanced diet, practicing mindfulness, and seeking professional support. Furthermore, elder care services play a crucial role by offering personalized care, reducing stress for caregivers, and providing opportunities for socialization, thus enhancing the well-being of both seniors and their families."...(Contd.)

[Click to read more](#)



Brain stimulation treatment may improve depression, anxiety in older adults

"A new study led by the University of Florida shows that noninvasive transcranial direct current stimulation (tDCS) can significantly improve depression and anxiety symptoms in older adults. This safe, drug-free treatment, which uses a mild electrical current to stimulate the prefrontal cortex, proved especially effective for those with higher symptom levels. The benefits, including reduced anxiety, persisted for a year. Given its cost-effectiveness and potential for at-home use, tDCS could be a promising alternative for seniors who struggle with traditional treatments."...(Contd.)

[Read the full article here](#)

What expert has to say!



Study confirms the mental health benefits of weight training for older individuals

"Paolo Cunha, postdoctoral fellow, Albert Einstein Jewish-Brazilian Institute of Education and Research (IIEPAE), São Paulo, Brazil

"We don't have statistics comparing the two kinds of training, but the analysis showed that resistance training with weights and other gear is more effective in terms of improving the mental health of older people, largely because the intensity and volume of the exercises can be more precisely controlled."...(Contd.)

[Read the full article here](#)

Mental Health In Old Age: Combating Loneliness And Depression In Elderly, Experts Share Practical Tips To Improve Wellness For Seniors

"Mental health challenges encountered by elders, especially in care homes, need a specialized approach. Hence, at Epoch Elder Care, we integrate comprehensive mental health services into the care programs for the elders who reside in our facilities. Our person-centered approach acknowledges each elder's unique challenges, offering assessment and individualized care planning, psychotherapy and counseling services, psychiatric evaluation and medication management as well as, family and caregiver support which is most important."...(Contd.)

[Read the full article here](#)

Epoch news!



Epoch Gustav House: Legacy of care continues

"We proudly introduced our 6th assisted living facility, nestled in Mayfield Garden, Gurugram. Epoch Gustav House joyfully opened its doors to welcome up to 40 cherished residents. Our dedicated and compassionate team is passionate about offering expert, holistic care for our beloved elderly residents with dementia and other chronic conditions. This is more than just a facility; it's a warm, loving home where every day is an opportunity to create precious memories. We celebrated this exciting new chapter, filled with laughter, care, and heartwarming moments."...(Contd.)

Click to know more



Copyright (C) 2023 *`[LIST:COMPANY]`*. All rights reserved.

`[LIST:DESCRIPTION]`