

Lovell completes course for KAHCF

The Kentucky Association of Health Care Facilities (KAHCF) is pleased to announce that Charlotte Lovell has successfully completed the state training course for activity coordinator. The course was held June 2-6 in Louisville.

Ms. Lovell is a nursing assistant and an activity assistant at Rockcastle Health and Rehabilitation Center, Inc., located in Brookfield.

This five-day program is specifically designed for activity coordinators and those who fulfill the dual role

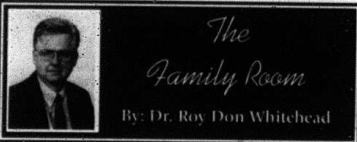
of activity coordinator to assist them in their daily work by increasing awareness of changes in the long term care environment. This course satisfies the state requirement for certification of an activity coordinator.

KAHCF is the trade association that represents proprietary and non-proprietary nursing home and personal care homes throughout the commonwealth.

For more information, contact Rockcastle Health and Rehabilitation Center, Inc. or KAHCF at 502-425-5000.



Jackie Laskee and Lucy Emmill present Charlotte Lovell with her Activity Coordinator certification.



Women Face Depression Too

Women become depressed twice as often as men. I offered a free depression screening session for men in May. In order to be fair, I am making the same offer to any female age 16 and above for the month of July. I will help you decide if you are depressed, and I will make recommendations as to how to treat it. There is no cost or obligation on your part. Call me at 679-4134 or 1-877-PAS-TOK-8 to set up an appointment. All you risk is 45 minutes of your time.

Why women become depressed twice as often as men is a question that is still open to debate. There are several possibilities:

1. Women's biochemical makeup is different from that of men. Women go through all the chemical changes associated with childbearing, including puberty, menstrual cycle and menopause. These chemical changes may account for the increased incidence of depression in women.

2. Women are sexually abused more often than men. Someone who is sexually abused as a child is more likely to suffer from depression as an adult.

3. The position of women in our culture may contribute to their being more depressed. Being treated as second-class citizens with fewer rights and privileges than men could make a woman more likely to be depressed. Obviously this is far worse in some cultures than in ours.

4. Poverty may increase the incidence of depression. The most likely candidates for poverty in the United States are still single mothers raising children alone.

5. Women are victims of domestic violence more often than men. Living in an abusive relationship may be one of the causes of depression. The symptoms of depression seen in women are similar to those found in depressed men. Sleeplessness (or

wanting to sleep all the time), over-eating (or not being able to eat), low energy, hopelessness, guilt, anxiety, poor memory and concentration, and withdrawal from people appear in both sexes.

Women's depression seems to involve more hurt, while men are often more angry when depressed. Sometimes the depressed person becomes suicidal.

Depression is caused by a chemical imbalance and made worse by stress. It is not a sign of weakness, lack of faith, or poor self-discipline. A family history of depression makes it more likely to continue affecting

family members. The depressed person cannot just "snap out of it." She would if she could, but it is not that simple. Usually outside help is required.

There are two treatments for depression that have been proven to help: medication and counseling. Medication treats the chemical imbalance that is at the root of most depression. This imbalance involves chemicals in the brain. Many people who refuse to see medication as a possible treatment have no hesitation about taking antibiotics or other medications when appropriate. Antidepressants are often a very appropriate treatment for depression.

Counseling helps the depressed person find better ways to deal with the past and the present. Past traumas, such as abuse, cannot be erased from memory but can be seen in a new light. Current stresses, particularly in relationships, can be dealt with in different ways that produce different results.

Treatment is available for depression and it works. If you think you are depressed and want to talk to a counselor about it, please give me a call. There will be no charge nor obligation.

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