

THE BARTON & WESTERLY LIFE

MAY
NEWSLETTER
2026



216-221-3400
14300 DETROIT AVE.
LAKEWOOD, OH 44107

WWW.BARTONCOMMUNITIES.ORG

BARTON CENTER CONTACTS



Allison Urbanek

President

216-221-3400 ext. 1

aurbanek@bartoncommunities.org

Christina Stover

Lead Activities Coordinator

216-221-3400 ext. 2

cstover@bartoncommunities.org

JeAnna MarBury Sr.

Activities Coordinator

216-221-3400 ext. 3

jmarbury@bartoncommunities.org



Pam Schraff

Activities Coordinator

216-221-3400 ext. 4

pschraff@bartoncommunities.org



**The Barton offices will be closed on Monday,
May 25 for the holiday.**

**Would you like the newsletter delivered to
your email each month?**

See Christina or email her at:

cstover@bartoncommunities.org

WESTERLY CONTACTS

Work Orders or General Questions Call 216-521-0053 - Dial by Extension

Property Administrator

Meghan Curran Ext. 6 — mcurran@bartoncommunities.org

Assistant Property Manager

Grace Steiner Ext. 3 — gsteiner@bartoncommunities.org

Compliance Manager

Nicole Garner Ext. 4 — ngarner@bartoncommunities.org

Occupancy Specialist

Mary-Francis Miller Ext. 1 — mmiller@bartoncommunities.org

Occupancy Specialist

Brenda Colbert Ext. 2 — bcolbert@bartoncommunities.org

Front Desk Coordinator

Christy Rose Ext. 0 - frontdesk@bartoncommunities.org

Service Coordinators Press 3 or Dial by Extension

WI South Building

Debbie Magda-Vukmanic Ext. 8 — dvukmanic@bartoncommunities.org

WII North Building

Paul Keiper Ext. 7 — pkeiper@bartoncommunities.org

WIII West Building

Milica Djordjevic Ext. 9 — mdjordjevic@bartoncommunities.org

Maintenance & Custodial Team

Tim Ferris — Maintenance Superintendent

Allen Roslan — Maintenance Tech

Maceio Williams — Maintenance Tech

Deshawn Ramsey — Maintenance Tech

Michael Evans — Maintenance Tech

Michael Toth — Unit Turn Tech

Carolyn Copeland — Lead Custodian WIII West Building

Angela Sciarrino — Custodian WII North Building

Mary Curtis - Custodian WI South Building

AFTER-HOURS URGENT MAINTENANCE REQUESTS ONLY 216-521-2141

This phone is not answered during business hours

BARTON CENTER SHOPS

Book Nook

Hours: Tuesdays & Thursdays
9:30 a.m. - 2:30 p.m.

The Corner Store

Hours: Monday 10 a.m. - 12 p.m.
Tuesday - Thursday 10 a.m. - 3 p.m.

The Library

Hours: Monday - Friday
9 a.m. - 8 p.m.
Key FOB Entry

Hodge Podge Resale Shop

Hours: Monday 9 a.m. - 12 p.m.,
Wednesday 9 a.m. - 12 p.m., &
Thursday 6 p.m. - 8 p.m.

Salon & Barber Shop

Hours: Thursdays or Fridays
11 a.m. - 2 p.m.
Call: Chris Fordyce to schedule
appointment.
(216) 287-6634

\$7 Lunch Delivery by Barton Center

Residents are required to pre-pay for meals by
12 p.m. noon on Tuesday each week.

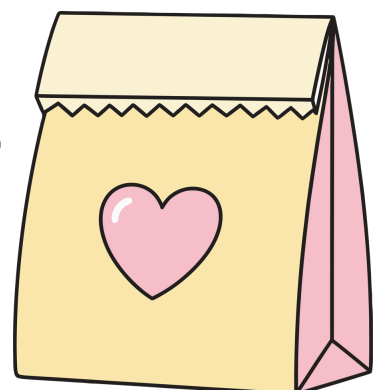
Meals can be prepaid at The Corner Store.

May 14:

Pulled pork slider, potato salad, & fruit cup

May 28:

Subway Club sandwich, chips, & cookie



May Movie Days

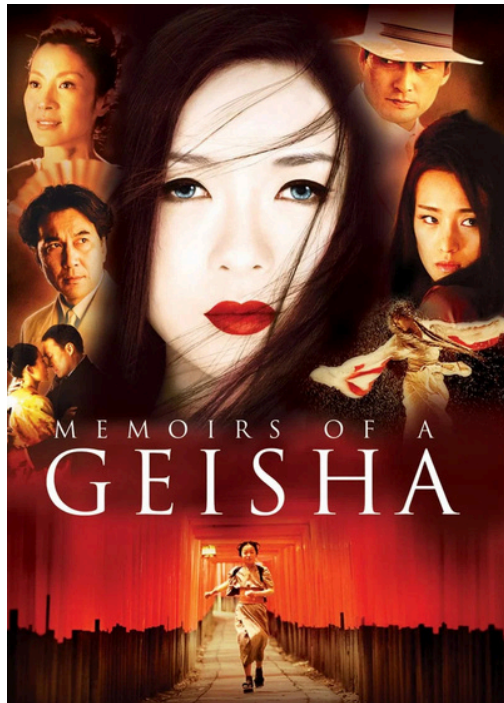
Popcorn is provided at each movie!

Star Wars: A New Hope

When: Monday, May 4

Time: 2 p.m. - 4 p.m.

Where: Faulhaber Auditorium



Memoirs of a Geisha

When: Monday, May 11

Time: 2 p.m. - 4 p.m.

Where: Faulhaber Auditorium

Senior Moment

When: Monday, May 18

Time: 2 p.m. - 4 p.m.

Where: Faulhaber Auditorium



May Crafts

Key Chain Diamond Art

When: Thursday, May 7

Time: 1 p.m. - 3 p.m.

Where: Craft Room



Tree of Life w/ Buttons

When: Thursday, May 14

Time: 1 p.m. - 3 p.m.

Where: Craft Room

Sip & Paint

When: Thursday, May 21

Time: 1 p.m. - 3 p.m.

Where: Craft Room



Flower Cards

When: Thursdays, May 28

Time: 1 p.m. - 3 p.m.

Where: Craft Room

Residents MUST pre-register for ALL crafts on the Craft Room door. See Barton Staff with questions!

May Activities

Food Box Distribution - Cleveland Food Bank

When: Friday, May 1
Time: 10 a.m. - 2 p.m.
Where: Cafe

You must pre-register.

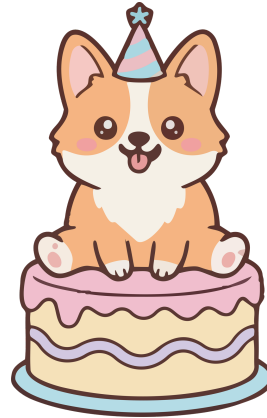
Contact: Christina at (216) 221-3400 ext. 2



May Birthdays

When: Friday, May 8
Time: 2 p.m. - 3 p.m.
Where: Cafe

Join us in the cafe for cake and a fun game! All are welcome!



Just a Numb3r Dance Performance

When: Tuesday, May 5
Time: 1:30 p.m. - 2:30 p.m.
Where: Auditorium

Join us to watch the Just a Numb3r dance team perform their routine!

Financial Services Table w/ PNC Bank

When: Thursday, May 14
Time: 12 p.m. - 2 p.m.
Where: Cafe

Have any banking questions? Come ask a PNC Bank representative in the Cafe. You do not need to have a PNC bank account to attend.

May Activities

Cheese Tasting

When: Monday, May 18

Time: 1 p.m. - 2 p.m.

Where: Cafet

Join us for a cheese tasting of various different cheeses. **Must sign-up by Wednesday, May 14.**



Rock & Roll History: The (First) British Invasion

When: Wednesday, May 27

Time: 2 p.m. - 3 p.m.

Where: Cafe

Events leading up to the British Invasion will be discussed, including background and historical information followed by a chronology of events.



Prize Bingo

When: Wednesdays, May 6 & 20

Time: 3:30 p.m. - 4:30 p.m.

Where: Cafe

Come join friends and win fun prizes!



M2B2 Band Rehearsals

When: Thursdays, May 7 & 21

Time: 7 p.m. - 9 p.m.

Where: Faulhaber Auditorium
All are welcome!



AEROBIC LINE DANCE



HOSTED BY

Connect NGA



BEGINNERS & ADVANCED

DATE: Friday, May 15

TIME: 2 p.m. - 3 p.m.

WHERE: Cafe



We Can Help



You MUST sign up in advanced. See Barton Staff to sign up for a 15-minute slot.

Sign Up to receive Free One-on-One Tech Support with IConnect

Date: Tuesday, May 26

Time: 2 p.m. - 4 p.m.

Where: Cafe

- Questions on your new device?
- Need help downloading games or apps?
- Want to know how to check or send email?
- Want to watch a movie on your tablet?
- Questions on saving pictures?
- Trouble with storage?



Center Member Group Activities

Coffee With Friends



When: Every Saturday

Time: 9 a.m. - 12 p.m.

Where: Cafe

Wednesday Morning Coffee

When: Every Wednesday

Time: 8:45 a.m. - 10:30 a.m.

Where: Cafe



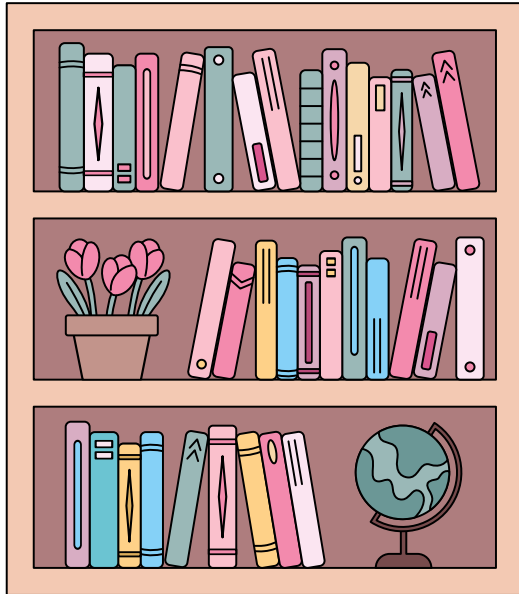
Book Club

When: Wednesday, May 6

Time: 1 p.m. - 2 p.m.

Where: Craft Room

We are discussing *Killers of the Moon* and will be given *The Midnight Library* for next month.



Lakewood Public Library: Homebound Service

When: Every Tuesday

Call LPL Customer Service Desk by 6 p.m. the Saturday before your delivery date at: (216) 226-8275 ext. 110. You may also return materials during this time in the Cafe area.



Beginner's Spanish Class



When: Every Tuesday

Time: 3 p.m. - 4 p.m.

Where: Cafe

Join Esteban to learn beginner's Spanish! It is recommended that you attend weekly and bring a notebook and writing utensil to this class.



Stories On Paper

When: Wednesdays,
May 13 & 27

Time: 10 a.m. - 12 p.m.

Where: Faulhaber Auditorium

Participants are given a creative prompt to write a short story on their own time that can be shared with the group at the next class. Come get creative with us!



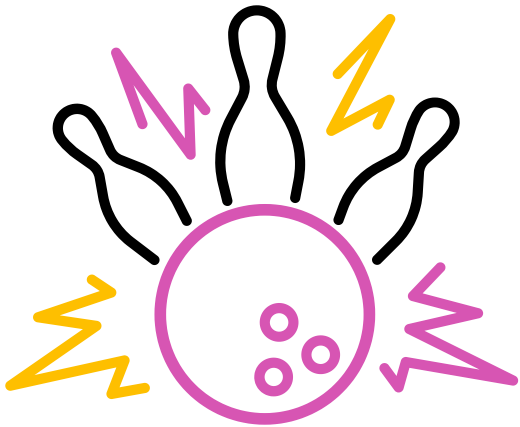
Tabletop Bowling

When: Wednesday, May 13

Time: 1 p.m. - 2 p.m.

Where: Cafe

Tabletop is taking a summer break
and will resume in September.

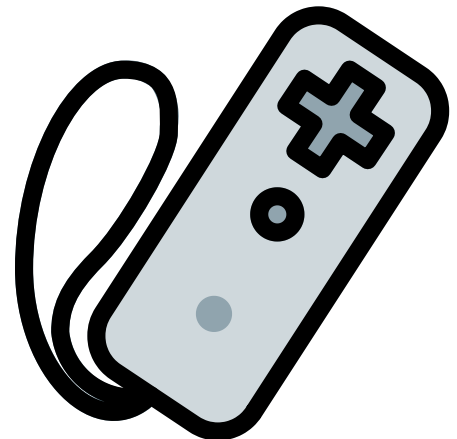


Wii Bowling

When: Wednesdays, May 6 & 20

Time: 2 p.m. - 3 p.m.

Where: Cafe



Trivia

When: Friday, May 22

Time: 2 p.m. - 3 p.m.

Where: Cafe



Karaoke

When: Saturdays, May 2 & 16

Time: 6:30 p.m. - 8 p.m.

Where: Cafe

with Ron & Lilie Walden



Open Craft Room Hours

When: Every Monday

Time: 9 a.m. - 12 p.m.

Where: Craft Room

Come hang out and work on
your crafts!



Religion & Worship

Activities

Rosary Services

When: Every Tuesday

Time: 7 p.m. - 8 p.m.

Where: Community Room
with Ms. Tyburski



Bible Study

When: Wednesdays, May 13 & 27

Time: 11 a.m. - 12:30 p.m.

Where: Community Room
with Ron & Lilie Walden



Women's Bible Study

When: Wednesday, May 20

Time: 11 a.m. - 12:30 p.m.

Where: Greenhouse
with Lilie Walden



Health & Wellness

Activities

Balance Class

When: Every Monday

Time: 11 a.m. - 11:45 a.m.

Where: Community Room

This class is designed to improve balance and lower body strength for older adults through chair exercise. **We will focus on stability and strength exercises as well as fall prevention techniques.**

NO CLASS ON MONDAY, MAY 25!



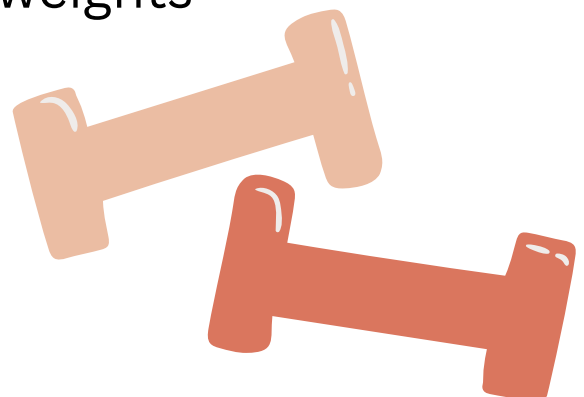
Movement & Lightweights Class

When: Every Tuesday

Time: 11 a.m. - 11:30 a.m.

Where: Community Room

Participants will be given 1 lb or 2 lb weights in this seated class.



Creative Therapy Activities

Art Therapy

When: Every Tuesday

Time: 4 p.m. - 5:30 p.m.

Where: Craft Room
with Jocelynn



Music & Memories Class

When: Every Thursday

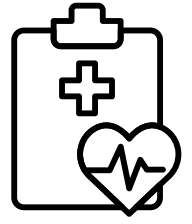
Time: 2:30 p.m. - 3:30 p.m.

Where: Community Room
with Gavin



Barton Center Wellness Corner

Neighborhood Paramedic Health Sessions



Join Oliver Harper for a one-on-one session where he will:

Discuss your:

- Medications
- Recent discharge orders
- Doctor Instructions
- Discuss health concerns & diagnosis
- Aging in place concerns



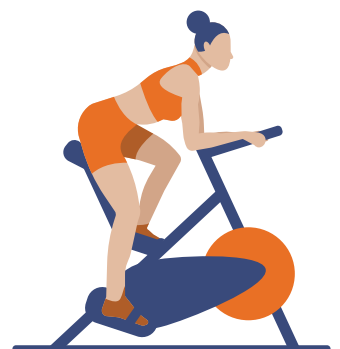
When: Thursday, May 21
Time: 10:30 a.m. - 11:30 a.m.
Where: Cafe

You must reserve a 15-minute time slot.
See Barton Center staff to sign up

Fitness Center

OPEN 24 HOURS

Please see the Westerly Office, room 110, to sign a waiver and activate your fob. **A waiver must be completed prior to using the Fitness Center.**



**Dr. Mark Massie
Podiatrist**

When: Thursdays

Time: 9 a.m. - 3 p.m.

By appointment ONLY

216-402-4233



**Anthony Lima
Licensed Massage Therapist**

When: Tuesdays and
Saturdays

By appointment ONLY

Call or Text:

216-704-0794

Email:

GITmassage@hotmail.com



**Free Hearing &
Hearing Aid Checks**

When: Monday, May 4

Time: 10 a.m. - 4 p.m.

Where: Wellness Center

Call now to schedule your appointment!

Earl Gentile - 440-333-3271



Barton Center
Transportation Services
Must book in ADVANCE



(216) 221-4282

COST: \$2 one-way \$4 roundtrip

Monday - Friday 9 a.m. - 11:15 a.m.

1 p.m. - 3:15 p.m.

Westgate Trip:
Wednesday, May 13

Must be able to get in and out of the car independently. The Barton Center is not responsible for any **lost, stolen or damaged items.**

You must be on time for your ride, or the car will leave without you!!

Barton transportation reserves the right to refuse rides based on resident behavior.

A Word from the Property Manager

Dear Residents of the Westerly Apartments,

I want to take a moment to thank everyone for attending our recent town hall meeting. We shared some crucial information, including tornado safety guidelines. If you need a copy of this, feel free to visit either the Westerly or Barton Center office.

We also discussed important updates regarding high-priority work orders—specifically plumbing issues, heating problems, plumbing backups, clogged toilets, and smoke detector malfunctions. To ensure these issues are resolved promptly, maintenance will now have automatic access to units for these specific situations. This change will help us avoid delays caused by access issues.

If you find yourself locked out, please remember to stay in your building's lobby and call our after-hours number at 216-521-2141. Our maintenance team will respond as quickly as possible to assist you.

As always, I encourage you to reach out if you have any questions or need to set up a meeting. Your feedback is valuable, and I am here to help.

Thank you for your cooperation and support!



**Warm regards,
Meg**



Town Hall Notes from April 9

Meghan –

- Work orders – going forward, any w/o listed as high priority is an automatic “OK to Enter” - Along with this – all Work orders MUST go through the front office. Please do not speak to a staff member in the hallway and ask for one. It may be forgotten or not addressed in a timely manner
- Lockouts – please wait in the lobby of your building if you call for a lock out. This way, maintenance knows exactly where you are and can help you
- Incontinence Accidents – if you have one or know someone has one in one of the public bathrooms or common areas, PLEASE report this to the front office so it can be addressed immediately
- Congratulations to Arianna for her promotion as property manager of one of our other properties
- If you are getting a ride, please do not have the car/bus park in the circle. This is designated for emergency vehicles only
- Please close doors softly, not slam them if at all possible.
- Please be mindful of the emergency button in the elevators. Lots of calls have been coming in for the fire department.

Resident – Appreciated the tornado information. What about other disasters – what is the plan. Meg – her and Allison are working on plans. However, certain disasters will be under the direction of the city and we will have to follow their orders. She also reminded residents if the fire alarm goes off, PLEASE stay in your apartment unless there is a fire in your apartment.

Resident – Laundry room doors – Who took the arms off in the South building? Do we really need the interior door. Meg – we are trying to improve the doors. Yes, interior door is necessary for fire safety. She also reminded residents to not do laundry after 10:00 pm as it disturbs others.

Town Hall Notes from April 9

Resident – Bedbug procedures explained? Meg – MACO is here two times a week. Christy gives them a list of concerns/complaints. MACO will determine when it is clear and will let Christy know. Bedbugs can be dormant for a while and then come back. That is why we ask MACO to be so aggressive and consistent so the problem is resolved. Part of the responsibility to clear them is on the resident to keep their apartment clean, do laundry and change bed clothing with clean ones. Residents who have bedbugs must quarantine. The minimum time to quarantine to your apartment is 2-3 weeks.

Resident – can we get preventative treatment – Meg – yes, call her.

Resident – can we treat bugs ourselves. Meg – NO, it may interact with MACO's chemicals and cause an issue.

Resident – would like more reserve parking. Meg – there is a wait list. Reserve parking also has to be limited, so staff and visitors have parking access.

Resident – people are not logging off the computers in the lab, and others could get access to their information.

Resident – please be mindful to clean up outside after your pups, your cigarettes, and any other trash. This is your home and we all want it to be clean and beautiful.

Resident – asked if maintenance and cleaning staff have shirts – Meg – said she would remind them to make sure they are wearing them.

Resident – How do we properly dispose of broken glass? Meg – please double bag the broken glass and put down the chute.

Things You Should Know

Several of the reminders listed below were discussed at the recent town hall meeting:

- Cardboard boxes cannot be placed down the trash chute, as it will clog. Residents should break down the boxes and place them in either the laundry room (W2 and W3) or the recycling room (W1).
- Residents are responsible for cleaning out the laundry equipment (both washer and dryer) after each use.
- The lobbies in Westerly 1, 2, and 3 are for short-term visiting only.
- The Barton Center and community spaces are a shared space for the residents to utilize to visit friends, family, and neighbors. We need to be mindful and respect each other while utilizing this space and cleanup after use.
- If you see something, say something. As we are not here during evening or weekend hours, it is helpful for residents to report matters to the office to address any concerns or issues promptly.
- If someone is calling you through the callbox, stay on the phone and dial 9 to let them in the building. Hanging up and then pressing 9 does not work.
- Residents should not have foil in their drip pans; it is a safety issue.
- Please refrain from using drain cleaner in your sinks as it is destroying the pipes.
- Bulk pickup is every 1st and 3rd Wednesday of the month. Please bring items to North building lobby.



Service Coordinators' Corner

Happy Spring, Everyone! It's time to get some fresh air and sunshine. Opening your windows would be helpful, too.

Dates to Remember:

May Food Delivery from Lakewood Community Services Center: Friday, May 15. If you are a recipient of food from this program, please be available in your apartment to answer the door between approximately 3:30-5:00pm when the volunteers from H2O will be delivering to your apartment door. If you are not available that day and time or need to cancel or sign up, contact your Service Coordinator.

Reminder: Home Energy Assistance Program (HEAP): The deadline to apply for this season's HEAP benefit is through May 31, 2026. Receive a one-time check from the government towards the cost of heat. Recipients of a subsidy program are not eligible. Contact your Service Coordinator if you need help with the application.

Case Western Reserve University Dental School has been coming to Westerly Apartments to do basic dental work for a few months. If you would like more information or you would like to schedule an appointment you can call Aeysha Kisner at 216-368-9840.

Top Five Things Older Adults Need to Know About Voting in 2026

1. Vote-by-Mail Deadlines Have Changed (no grace period):

- Ballots must be received by 7:30 PM on Election Day
- Early in-person voting and ballot drop-off now take place at the new location:
[Cuyahoga County Board of Elections](#), 1803 Superior Avenue, Cleveland, OH 44114

Mail your ballot early. If you are concerned about timing use the [official drop box](#) at the Board of Elections (not your polling place)

2. When Voting In-Person, you only need ONE of these acceptable forms of ID:

- An Ohio driver's license, state ID, or interim identification form issued by the Bureau of Motor Vehicles (physical only - digital IDs are not accepted; old address is OK if your current address is updated with the Board and appears in the poll book)
 - A U.S. passport or passport card, or a U.S. military ID (including— military dependent, Ohio National Guard, or VA ID—with the voter's name and photo)
Bring one valid photo ID—phones and digital IDs will not work
-

3. The Ballot Will Be Long—Prepare in Advance

There are many candidates running, so planning ahead is important. Note that there are MANY judges who seem to be listed first so keep scrolling down to see the other offices.

Ways to prepare:

- Use Vote411 to compare candidates: <https://www.vote411.org/>
 - Check your voter registration and “What’s on My Ballot” at your county [Board of Elections website](#)
 - Review candidate websites and see if there are any news reports about them
 - Watch candidate forums on the [LWW Greater Cleveland’s YouTube page](#)
- Research your ballot in advance so you can vote with confidence
-

4. The Primary Election Is More Important Than Ever

Because of how district lines are drawn, many races are essentially decided in the primary.

- General elections may not be competitive
 - Primaries often determine the final outcome
- For your vote to have the greatest impact, be sure to vote in the primary—not just in November
-

5. You Can Choose Which Primary Ballot to Vote – This Is a Benefit in Ohio!

- In Ohio, you choose a party ballot at the primary (Democratic, Republican, or Libertarian)
- This choice is for that election only—it does not register you as a member of that party

Your ballot choice is part of the public record, as voter participation is public

- It reflects which ballot you selected—not your beliefs or long-term affiliation

You can choose which primary ballot to vote based on where you think your vote will have the most impact

Service Coordinators' Corner

**Please join the Westerly's Service Coordinators
with Welcoming...**



***Myth Busting Incontinence and Urinary Issues:
Common vs. Normal in
The Aging Adult***

Kaysey Johnson, Physical Therapist

Jessie Edwards, Physical Therapist

Cleveland Clinic Foundation

Wednesday, May 20

10 a.m. to 11 a.m.

Barton Center Dining Room

RAFFLE! RAFFLE! RAFFLE!

Service Coordinators' Corner



Voter Registration Event Thursday, May 21

10:30 a.m. to 1:30 p.m.

DiningRoom/Barton Senior Center

Register to Vote

Check Your Voter Statu

Register for Vote by Mail

Change Your Voting Address

Volunteers from the League of Women Voters will be on
hand to help you.



Service Coordinators' Corner

Service Coordinator's Bring you....

[Learn More](#)



**Neighborhood
Family Practice**
COMMUNITY HEALTH CENTERS



Anxiety in Older Adults

Date: 05/22/2026

Time: 1:30 pm-2:30 pm

Location: Barton Center Cafeteria

Raffle to Giant Eagle Gift Card

Service Coordinators' Corner

Service Coordinator Presents...

OVERWHELEMED BY CLUTTER

Are you tired of staring at
that pile taking up space in
your apartment?

Please join Etta Wells Smith
from the Hoarding
Connection to discuss ways
to reclaim your space.

Date: 05/29/26

Time: 1:30-2:30 pm

Location: Barton Center
Cafeteria

Raffle to Giant Eagle



Service Coordinators' Corner

Anxiety and Older Adults: A Guide to Getting the Relief You Need Taken from National Council on Aging

Anxiety is a natural response to many life stressors, such as meeting new people, speaking in public, or getting lost in an unfamiliar place. But when those anxious feelings become overwhelming and make everyday life more difficult, it may be a sign of an anxiety disorder. Anxiety is thought to affect as many as 10% - 20% of the older population, although it often goes undiagnosed.

What are the symptoms of an anxiety disorder?

Symptoms of anxiety vary from person to person. But in general, mental and behavioral signs of an anxiety disorder can include:

- Uncontrollable feelings of panic, fear, and/or apprehension
- Obsessive thoughts
- Reactions that are disproportional to the triggering fear
- Restlessness
- Trouble with memory and focus
- Insomnia
- Refusal to engage in routine activities

Anxiety is often accompanied by physical signs such as:

- Racing heart, or heart palpitations
- Trembling
- Hot flashes
- Headaches
- Frequent urination
- Shortness of breath
- Nausea
- Tense muscles
- Excessive sweating
- Cold or sweaty hands
- Dry mouth

Service Coordinators' Corner

While symptoms are an important aspect of diagnosing anxiety in older adults, even more critical is how these symptoms affect day-to-day living. Anxiety is considered problematic when it interferes with your daily functioning, your quality of life, and even your health.

What is the most common anxiety disorder in older adults?

Generalized Anxiety Disorder (GAD) is believed to be the most common anxiety disorder among older adults. People who have GAD find themselves constantly worrying about many things. They fear the worst in every situation, even if that fear is unfounded. Adults suffering from GAD may feel like they're always on edge and in a high state of alert. They may know their nervousness is excessive but feel a lack of control over their emotions. GAD tends to be more common in older women compared to older men, particularly in the event of divorce, separation, or the loss of a spouse or partner.

What are some causes of anxiety in older adults?

Anxiety doesn't always have a specific cause, and scientists aren't completely clear why some adults suffer from excessive anxiety. It's possible that multiple situational and environmental triggers are at play.

Some common risk factors for anxiety disorders in seniors include:

- Stressful life events (e.g., death of a loved one)
- Limited physical mobility
- Loss of independence
- Financial insecurity
- Sleep disturbances (e.g., insomnia)
- Chronic health conditions (e.g., diabetes, obesity)
- Side effects of medications (e.g., steroids, stimulants)
- Misuse / abuse of alcohol or prescription medications
- Trauma from childhood

Service Coordinators' Corner

If your anxiety is having a negative impact on your life, it's time to speak to your health care provider. They'll likely start with a complete physical exam to help rule out any potential medical causes of your symptoms. If there are no signs of physical illness, your provider may refer you to a licensed mental health counselor, psychologist, or psychiatrist. These professionals are specially trained to diagnose anxiety, depression, and other mental health disorders through interviews and other assessment tools.

How do you treat severe anxiety in older adults?

Too many older adults neglect to seek help for their anxiety due to shame and a lack of understanding about mental illness. That's why it's important to know that an anxiety disorder is not something you can control or will away. It's considered a chronic health condition that requires medical treatment, just like diabetes or high blood pressure. Anxiety disorders are generally treated using talk therapy, medication, or a combination of both.

How can older adults manage anxiety?

You should seek professional help if your anxiety exceeds typical, everyday worries. But practicing healthy habits and lifestyle behaviors can help make your anxiety more manageable:

Talk it out: Oftentimes, sharing our feelings and experiences can help us feel less anxious. Consider joining an online or in-person support group for those with anxiety disorders, or talk with a trusted friend, family member, or spiritual leader.



Service Coordinators' Corner

Manage your stress: Meditation, yoga, mindfulness, deep breathing, and other stress management techniques can help relieve the physical symptoms of anxiety and make you feel more relaxed.

Avoid stimulants: Certain substances can worsen anxiety disorder symptoms. These include caffeine, nicotine, over-the-counter cold medications, alcohol, and certain herbal supplements.

Get plenty of sleep: A study by University of California, Berkeley researchers showed that sleeplessness can increase anxiety by up to 30% the next day. Older adults should aim to get 7 to 9 hours of sleep per night.

Severe anxiety is not a normal part of aging—and you don't have to accept living with it. If excessive worry is keeping you from a happy and productive life, talk to your doctor. Today's anxiety treatments are safe and effective and can help you feel like yourself again.

♥ Mental health reminders ♥

@mindfulofdreams



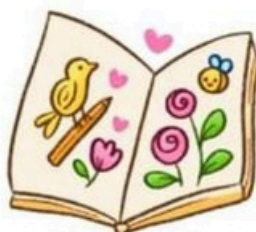
healing is
always possible



avoid bottling
things up



you are
never alone



it's okay to lean on
others when life is
ROUGH



struggling doesn't
make you a bad
person



there is always
hope