

Chairside Reader

FILLED WITH GAMES, PUZZLES, AND INFORMATION

MAY IS MENTAL HEALTH AWARENESS MONTH



CHAIRSIDE ACTIVITIES
TIPS ON HOW TO SOCIALIZE SAFELY
BEHAVIORAL HEALTH SERVICES

Reconnecting

This issue: Reconnecting

Loneliness is a real consequence of the COVID-19 "social distancing" we have been practicing. After nearly two years we would all benefit from reconnecting with our communities. People treated for kidney disease may need to be particularly thoughtful about strategies to combat loneliness and isolation. Time and energy are needed for treatment and it can be difficult to prioritize socializing and having fun. More than 1/3 of American seniors report frequent feelings of loneliness, but you don't need to be one of them!

We dedicate this issue to helping you find safe ways to reconnect with your community and find new creative ways to build new connections. We have included some information and resources that we hope you will find useful.



Inside

Valuable Information
Games

Helpful Tips

Resources at Rogosin

DEFINITIONS

ISOLATION

an objective state

Not having much contact with
the world

LONELINESS

a subjective state

Feeling that the contact you
have is not enough

ALONE

an objective state

Choosing to not having much
contact with the world

CONNECTED

a subjective/objective state

Being satisfied with the
amount and quality of contact
with others

***"We live in the most technologically
connected age in the history of
civilization, yet rates of loneliness have
doubled since the 1980s."***

**- Former U.S. Surgeon General
Vivek H. Murthy**

ARE YOU LONELY?

1) How often do you feel that you lack companionship?

1 - Hardly ever

2 - Some of the time

3 - Often

2) How often do you feel left out?

1 - Hardly ever

2 - Some of the time

3 - Often

3) How often do you feel isolated from others?

1 - Hardly ever

2 - Some of the time

3 - Often

Score Results = Total score from each question (max 9 points)
Higher scores indicate greater loneliness.

DID YOU KNOW?

- 1.4 million older adults (25% of men and 40% of women) say they are lonely.



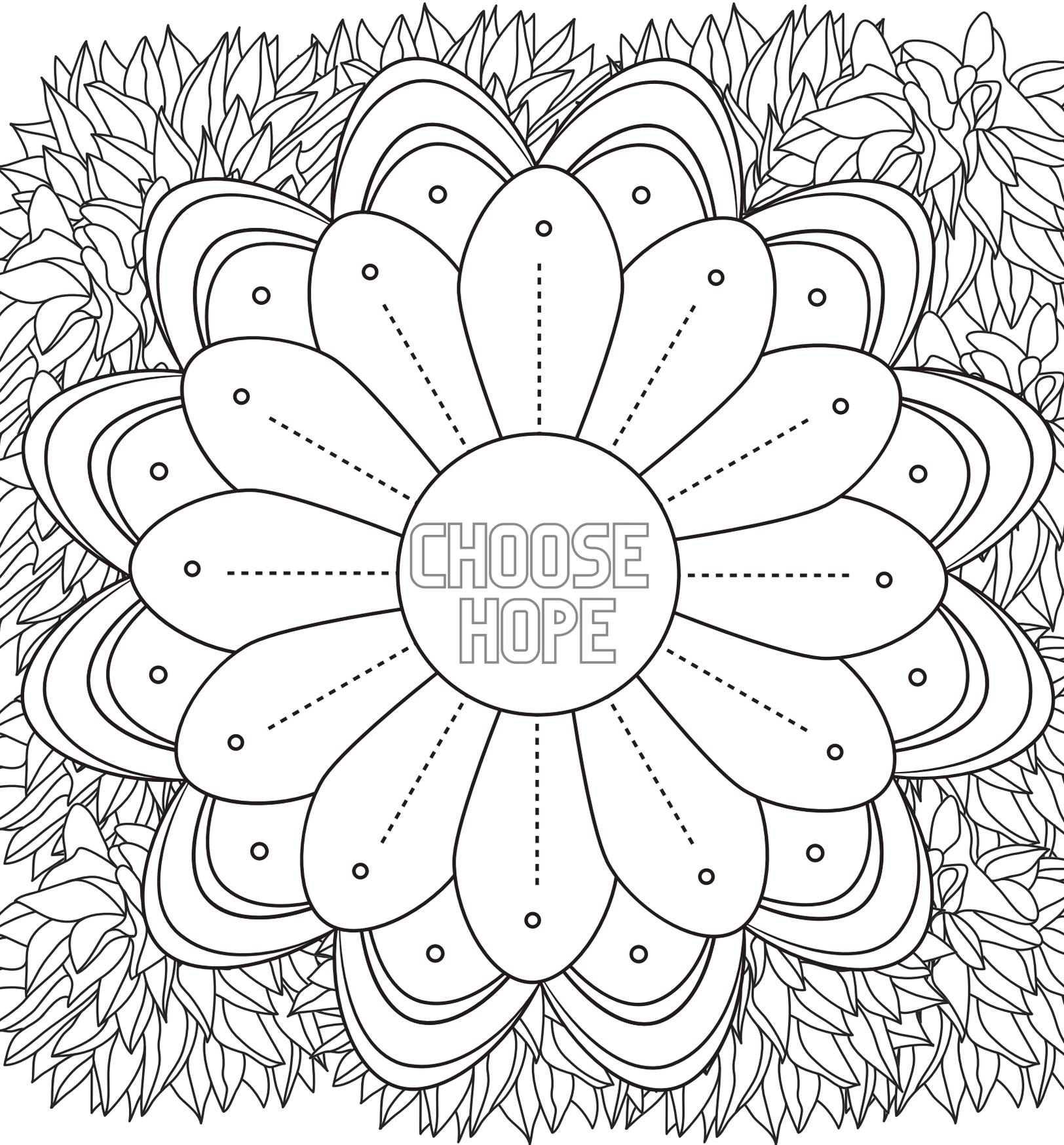
- Half of older adults who live alone report feeling lonely.

- Loneliness is as bad for your health as smoking 15 cigarettes a day.



- Loneliness can impact your mood, good health and even life.

DRAWING CHALLENGE



TIPS TO COMBAT LONELINESS

- Get involved in something! (Library, Senior Center, House of Worship, Advocacy Work, etc.)
- Identify and connect with an online community (shared interest/experience, etc.)
- Think of your extended family as support systems and reach out
- Reach out to former peer groups, fellow patients, anyone, just try being more social, everyone is lonely these days!
- Connect to a volunteers program. The National Kidney Foundation ([kidney.org](https://www.kidney.org)) has great opportunities
- Go to physical therapy/gym, walk with a neighbor
- Watch our May Wellness Tips (details on page 10)



TYPES OF SUPPORT

Do you have what you need?

EMOTIONAL SUPPORT

Who can I turn to when I'm feeling lonely and vulnerable?

INFORMATIONAL SUPPORT

Who can I turn to for advice on how to handle a problem

INSTRUMENTAL SUPPORT

Who can I turn to for practical assistance or material aid?

COMPANIONSHIP SUPPORT

Who can I turn to have fun with or just be together with?



This is a word search puzzle that has a hidden message in it. First find all the words in the list (words can go in any direction and cross over each other). Once you find all the words, copy the unused letters starting from the top left corner into the blanks to reveal the hidden message.



- CALM**
- DIALYSIS**
- DOCTOR**
- FRIEND**
- GRATEFUL**
- HAPPY**
- HEALTHY**
- JOURNAL**
- JOY**
- MAY**
- MUSIC**
- NEPHROLOGY**
- NURSE**
- READ**
- TECHNOLOGY**

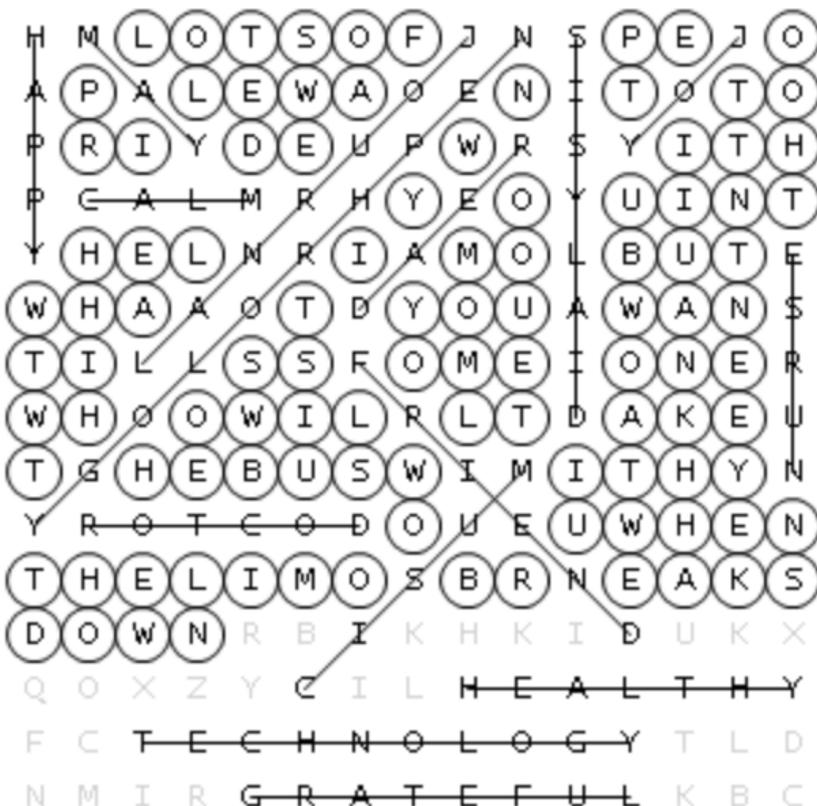
CONNECT WITH CREATIVITY

Embrace your creativity: Try to represent your experience through art or writing.

Hobbies and interests: Care and invest in what you enjoy. Make something to be shared with others - a craft, a poem, anything that shows you care.

Treat yourself: Show kindness to yourself with a little gift. Try making your favorite meal, pampering yourself or enjoying your favorite music.

PUZZLE SOLUTION



"Lots of people want to ride with you in the limo, but what you want is someone who will take the bus with you when the limo breaks down."

- Oprah Winfrey

NEW ONLINE WELLNESS TIPS

**New wellness resources posted
just for the month of May!**



**Watch videos of experts providing
practical helpful tips.**

Have questions? Resources are available at
[rogosin.org/specialties/behavioral-health.](https://rogosin.org/specialties/behavioral-health)



*Scan the QR code with your phone's camera
to view wellness tips and resources.*

At Rogosin, we believe that mental health is an essential component of overall health. We know that the challenges of kidney disease can be overwhelming at times, and we are committed to treating the whole person, not just their illness.

Please reach out to us or discuss with your healthcare team if you are:

- Having a hard time adjusting to dialysis
- Feeling down or depressed
- Feeling stressed or anxious
- Having difficulty sleeping
- Looking for exercises to help cope with pain

Call or email Dr. Daniel Cukor with any questions or to set up an appointment:

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