



# Christmas in Nursing Homes

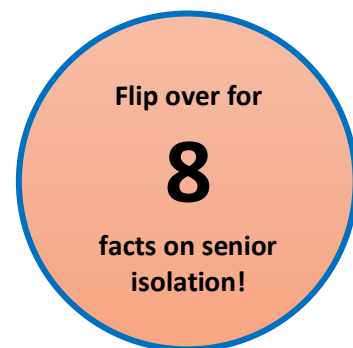


Many seniors in Kitsap County's nursing homes are without family and friends all year long. During the Christmas season that loneliness can become even more painful. Abraham's House desires to bring the joy of Jesus and thousands of presents to our beloved seniors.

## Here's how YOU can help!

Donate the following most asked for items:

- Stuffed animals such as beanie babies, porcelain dolls
- Perfumes, colognes, aftershave, lotions, brushes, combs
- Makeup, nail polishes, lipstick, hair bows, barrettes
- Large print Bibles
- Word search puzzles, western and Christian Romance novels
- Small pictures for their walls, lap blankets, afghans
- Hankies, scarves, hats, costume jewelry to dress up
- Candy, tea and other edibles



### Abraham's House

"...a gracious ministry of giving." – (360) 405-0488  
6610 Kitsap Way, Bremerton, WA 98312.  
[www.abrahamshouse.org](http://www.abrahamshouse.org)

Please have all items to Abraham's House by December 10<sup>th</sup>. If possible, please include wrapping supplies!

# Facts On Senior Isolation

1. According to the U.S. Census Bureau 11 million, or 28% of people aged 65 and older, lived alone in 2010. As people get older, their likelihood of living alone only increases. Additionally, more and more older adults do not have children, reports the AARP, and that means fewer family members to provide company and care as those adults become seniors.
2. Senior isolation increases the risk of mortality. According to a 2012 study in the Proceedings of the National Academy of Sciences, both social isolation and loneliness are associated with a higher risk of mortality in adults aged 52 and older.
3. Feelings of loneliness can negatively affect both physical and mental health. Regardless of the facts of a person's isolation, seniors who feel lonely and isolated are more likely to report also having poor physical and/or mental health, as reported in a 2009 study using data from the National Social Life, Health, and Aging Project.
4. Perceived loneliness contributes to cognitive decline and risk of dementia. Dr. John Cacioppo, a neuroscientist and psychologist at the University of Chicago, has been studying social isolation for 30 years. One frightening finding is that feelings of loneliness are linked to poor cognitive performance and quicker cognitive decline.
5. Social isolation makes seniors more vulnerable to elder abuse. Many studies show a connection between social isolation and higher rates of elder abuse, reports the National Center on Elder Abuse. Whether this is because isolated adults are more likely to fall victim to abuse, or a result of abusers attempting to isolate the elders from others to minimize risk of discovery, researchers aren't certain.
6. Loneliness in seniors is a major risk factor for depression. Numerous studies over the past decade have shown that feeling loneliness is associated with more depressive symptoms in both middle-aged and older adults.
7. Socially isolated seniors are more pessimistic about the future. According to the National Council on Aging, socially isolated seniors are more likely to predict their quality of life will get worse over the next 5-10 years, are more concerned about needing help from community programs as they get older, and are more likely to express concerns about aging in place.
8. Transportation challenges can lead to social isolation. According to the AARP, "life expectancy exceeds safe driving expectancy after age 70 by about six years for men and 10 years for women." Yet, 41% of seniors do not feel that the transportation support in their community is adequate, says the NCOA.

Source: <http://www.aplaceformom.com/blog/10-17-14-facts-about-senior-isolation/>