

November 2020

# DYNAMIC HEALTHCARE



## Monthly Newsletter

“What mental health needs is more sunlight, more candor, and more unashamed conversation.” – Glenn Close.



### THANKSGIVING DURING COVID

Thanksgiving looks a little different this year. States across the world are advising people not to travel, which has some people missing their families and feeling alone. Depression during the holidays can be difficult.

### BE KIND TO YOURSELF

The power of positive affirmations. Things to tell yourself throughout the day.

- I did my best today
- I am strong
- I am kind!

### UP COMING EVENTS

The Dynamic Family plans on taking our clients and staff to the Baltimore Zoo. Animal therapy has been something that has been very effective with children.

## NOVEMBER IS NATIONAL ALZHEIMER'S DISEASE MONTH

Alzheimer's disease is a progressive disorder that causes brain cells to degenerate/ lose function and die. Alzheimer's disease is the most common cause of dementia – a continuous decline in thinking, behavioral and social skills that disrupts a person's ability to function independently. Alzheimer's not only affects the person whose has been diagnosed, but their entire family.

