



*Sedgwick County...  
working for you*

SEDGWICK COUNTY, KANSAS  
COMMUNICATIONS

# NEWS

CONTACT: SEDGWICK COUNTY COMMUNICATIONS 316-660-9370 FAX: 316-383-7509

**FOR IMMEDIATE RELEASE**

October 21, 2009

**Contact:**

Amanda Matthews  
Kristi Zukovich  
316-660-9370

**HEALTHY BODY, HEALTHY MIND**

(Sedgwick County, Kan.) – Today there are 84,837 adults age 55 and older living in Sedgwick County. Twenty-five percent of them suffer from clinical depression. Many people believe that depression is a normal part of aging, therefore, it often goes overlooked or untreated. However, despite its prevalence among older adults, depression is not a normal part of aging.

In coordination with National Depression Screening Day, the Sedgwick County Department on Aging and the Aging and Wellness Coalition of Sedgwick County will host “Healthy Body, Healthy Mind” - a program to promote fun and healthy ways to maintain the body and improve mental wellness from 2 to 4 p.m. on October 29 at American Red Cross, 1900 E. Douglas in Wichita. The program will promote positive aging and encourage positive mental wellness for adults age 55 and older, as well as professionals working with older adults.

“Healthy Body, Healthy Mind” will be presented by Nancy Trout of Prairie View. Professionals and caregivers working with older adults are encouraged to attend to learn about the “Healthy Body, Healthy Mind” concept.

- more -

The symptoms of depression often are missed when they coincide with other medical conditions of later life.

**Learn to recognize the signs and symptoms of depression:**

- Feeling sad or irritable throughout the day for an extended period
- Loss of interest or pleasure in activities once enjoyed
- Unplanned change in weight or appetite
- Changes in normal sleep patterns (difficulty falling asleep, interrupted sleep, early morning awakening or increase in sleep)
- Fatigue or loss of energy
- Feeling worthless, hopeless or unreasonably guilty
- Inability to concentrate, remember things or make decisions
- Restlessness or decreased activity
- Complaints of physical aches and pains for which no medical causes can be found
- Recurrent thoughts of suicide or death (not just fear of dying)

Sedgwick County Department on Aging is available to assist caregivers and older adults through life's transitions and with various levels of support. For more information about programs that can help you or a loved one call 660-5120 or 800-367-7298, or visit us on the Web at [www.sedgwickcounty.org](http://www.sedgwickcounty.org).

- end -