

TOGETHER FOR THE HOLIDAYS



The holidays bring a special kind of magic. Nothing makes us happier during the season than spending time with people we care about. But this time of year can also evoke feelings of loneliness, especially as the days grow shorter and colder. For many, Seasonal Affective Disorder, a type of depression linked to reduced sunlight, adds weight to this already weighty

season. The good news? Togetherness and community can be the antidote. Connection can be a lifeline — not just in times of struggle, but also during good times. Reaching out can spark a connection. Start with your peers. A call or visit to an older adult, especially one who has limited opportunities

to leave their home, can mean the world to them. It's a reminder that they matter and aren't forgotten. Even a quick check-in can turn a lonely day into a brighter one. If you can, make it a habit. Regular conversations, even over the phone, are a powerful way to strengthen bonds and fight isolation.

During the holidays, older adult centers are cheery and bright, filled with seasonal celebrations from Christmas to Kwanzaa and Hanukkah. The parties happen alongside yearlong activities, like fitness classes, creative workshops, and tech instruction. Centers are places where older adults find friendship, joy, and purpose. If you haven't been

in a while, this is a perfect time to join the fun.

Another way to bring light into someone's life — and yours — is through volunteering. NYC Aging's Friendly Visiting Program matches volunteers with homebound older adults for friendly visits of companionship and connection. For corporate teams, the Adopt-an-Older Adult Center program is the opportunity to give back to the community through beautification projects, skill-sharing, and hosting special events. Encourage your company to step up and make a difference.

The holidays are a time for

giving; the greatest gift you can give is your time. We can all make sure no one is alone. If you would like to know more about NYC Aging programs, call Aging Connect at 212-AGING-NYC (212-244-6469). Together, we can make this season about connection, community, and care.



*NYC Department for the Aging
Commissioner
Lorraine Cortés-Vázquez*