

AMBASSADOR GWEN CLARE

Written by Carol Downs for The Cedars Post



When asked what got her interested in the Foreign Service, Gwen Clare, former U.S. Ambassador to Ecuador, was quick to answer. "I was visiting a college friend and we were driving to the Harvard Princeton football game when the radio station we were listening to, was interrupted by the announcement that President Kennedy had been shot. The same young President that had just inspired us to, "Ask not what your country can do for you, but what you could do for your country." "I determined I was going to answer that call by working in other countries on behalf of the United States."

Even as a young girl, Gwen relished the challenge of learning several languages as well as studying other countries customs and traditions.

As a Diplomat, Gwen's work in South America contained moments of grandeur and elegance. Equally extraordinary were times spent working with indigenous people, those who may have not been given a voice by their government and others in power. "I came to understand why democracy can be such a struggle to achieve and how easily it can become undone."

It was not unusual to negotiate with those trying to overthrow the elected government as well as the outgoing president to come up with a solution for a democratic succession. Or, to close the Embassy until the local government made concessions on needed security for Embassy staff. One time, negotiating competed with a nearby erupting volcano.

"I've met some incredible people in my lifetime...Supreme Court Justice, Sandra Day O'Connor was my personal hero."

Following her role as Ambassador, Gwen continued her work at The Carter Center Peace Program focusing on elections in Nicaragua and East Timor.

After retiring from life as a public servant, Gwen was a frequent speaker at universities in the Triangle Area as well as a lecturer for ten years on a number of cruise lines. "I loved doing the research and NEVER gave the same speech twice."

Asked what advice she would give to someone wanting to enter the Foreign Service. "I would tell them to recognize how fragile democracy is."

Gwen and her husband, Dan, have been residents of The Cedars since October 2017. Gwen's lovely English garden and robust vegetable plot evoke green thumb envy even in the most staid passerby.



SEPTEMBER
2023

THE
CEDARS
POST

SEPTEMBER BIRTHDAYS



Carol Price.....	2
John Falletta.....	3
Robert Logel.....	4
Victoria Neunert.....	4
Eldon Senner.....	4
Barbara Judd.....	5
Betty White.....	5
Nancy Sprinkle.....	9
Linda Lee.....	10
Tom Wolf.....	10
James Crumpton.....	12
Anne Hoskins.....	13
Linda Pendray.....	13
Dwight Morris.....	15
Simone Rosse.....	15
Lillian Bremer.....	18
Leesie Guthridge.....	18
Wharton Winstead.....	18
Herb Rochen.....	19
Ann Oliver.....	21
Robert Price.....	21
Valma Cornell.....	22
William Pereira.....	22
Nancy Cobey.....	23
Betty Swift.....	23
James Bethune.....	24
Vicky Hendel.....	24
Karla Moellering.....	24
Duane Bartholomew.....	25
Wyndham Robertson.....	25
William Loeser.....	26
Johanne Miller.....	26
Mark Reed.....	26
Judith Bradley.....	27
LuAnn Engelman.....	27
Bunny Wheeler.....	28
Eugene Bozyski.....	29
Suzan Cheek.....	30
Marjorie Coward.....	30
Richard Orcutt.....	30
Ken Updegrave.....	30

LET'S CELEBRATE



MOVIE OF THE MONTH - *BOOK CLUB: THE NEXT CHAPTER*

Monday, September 11, 2pm DuBose Activity Room

The highly anticipated sequel follows our four best friends as they take their book club to Italy for the fun girls trip they never had. When things go off the rails and secrets are revealed, their relaxing vacation turns into a once-in-a-lifetime cross-country adventure. Starring Diane Keaton, Jane Fonda, Candice Bergen, and Mary Steenburgen. (2023)

ROSH HASHANAH AND YOM KIPPUR

with Rabbi Solomon of Kehillah Synagogue

Thursday, September 14, 1:30pm DuBose Activities Room



We will prepare for the Jewish High Holidays Rosh Hashanah and Yom Kippur, by singing and reflecting together! We'll hear the sound of the shofar and eat apples and honey to welcome the new year.



MARGARET ROOK'S 17TH ANNUAL WATERMELON PARTY

Sunday, September 17, 4-6pm Dining Patio

MERRITT'S FOOD TRUCK

Monday, September 25, 11am-1pm Clubhouse Circle

Since 1992, Merritt's Grill has continued to follow one simple recipe: combine fresh, quality ingredients and warm, southern hospitality. With humble beginnings as a lunch counter ran out of the back of a filling station, Merritt's rose to fame after "The Love Sandwich", a mouthwatering BLT, was added to the menu. A beloved hidden gem to the locals, Merritt's went on to receive recognition and acclaim from food publications around the nation. **Merritt's Famous BLT will be available for \$12. Please bring cash or credit card. No Special Orders.**



HISTORY OF THE CEDARS with Bob Woodruff

Tuesday, September 26, 2pm DuBose Activities Room

In case you missed it last month! Join President, Bob Woodruff, for a look back on the history of The Cedars and his vision for the future. Learn how a land grant to William Barbee in 1753 became the vibrant continuing care retirement community that you now call home.

BEYOND THE CEDARS

LEADING BY DESIGN AND SELECTIONS FROM THE COLLECTIONS
at the Gregg Museum of Art & Design
Thursday, September 14, 1:30pm Lobby



NC State's School (now College) of Design became a reality in September 1948, and rapidly gained a reputation as one of the top design schools in the nation. The most progressive school of architecture and allied arts in the South, it served as a hub of modernist creativity for the entire region and greatly influenced the landscape and architecture found throughout the Triangle Area today. *Leading by Design* celebrates the design school's legacy by showcasing artworks from the Gregg Museum's permanent collection created by professors and instructors associated with it in its formative years along with an audiovisual element that marks its ongoing impact in the 21st century. **Register on Cedars Connect beginning September 1 at 9am, deadline September 12. Cost: \$12 for docent tour and transportation. Maximum 12 people.**



CAROLINA SUNSHINE ALPACA FARM IN PITTSBORO
Thursday, September 21, 9:15am Lobby

Make a special memory on your own private guided tour. You'll get to come close-up to the alpacas and offer them a special treat with the opportunity that they will allow you to touch their soft, fuzzy necks; and of course, there will be plenty of photo opportunities. Walk the farm and learn about the alpacas, their care, and what we do with their thick fleeces. Along the way you'll also get to meet and learn about our livestock guardian dogs, goats, and barn cats. The tour lasts about one hour with time to browse in the farm store which has unique alpaca related products. **Register on Cedars Connect beginning September 1 at 9am, deadline September 18. Cost: \$17 for tour and transportation. Maximum 12 people.**

REFORM TO RESTORATION: FRENCH DRAWINGS FROM LOUIS XVI TO LOUIS XVIII (1770-1830)
at the Ackland Art Museum
Wednesday, September 27, 1:45pm Lobby



Reform to Restoration: French Drawings from Louis XVI to Louis XVIII (1770-1830) presents over eighty master drawings from The Horvitz Collection, the preeminent private collection of French art in the United States, and showcases some of the most well-known artists of the period, including Jacques-Louis David, Jean-Auguste-Dominique Ingres, and Pierre-Paul Prud'hon. Working in a time of tremendous political and social upheaval in France, artists looked to the art, architecture, and literature of ancient Greece and Rome for inspiration and used stories from antique history and mythology as well as current events and contemporary theater to convey moral and civic values during a period of great uncertainty. Arranged in thematic groupings devoted to the concepts of patriotism, love, honor, conflict, and despair, the works on display demonstrate the intellectual curiosity of late eighteenth- and early nineteenth-century French artists as well as the expressive versatility and powerful immediacy of drawings. **Register on Cedars Connect beginning September 1 at 9am, deadline September 24. Cost: \$9 for docent tour and transportation. Maximum 12 people.**

MAKE IT TO THE BUS ON TIME
Please call Laura at 919-259-7944 on regular business days if you have signed up for an outing and are unable to attend or call the Concierge at 919-259-7937.



PLAYMAKERS REPERTORY COMPANY
Sunday, September 10, 1:30pm Lobby

LEADING BY DESIGN AND SELECTIONS FROM THE COLLECTIONS
at the Gregg Museum of Art & Design
Thursday, September 14, 1:30pm Lobby

THE PHILADELPHIA ORCHESTRA
at UNC Memorial Hall
Wednesday, September 20, 6:45pm Lobby

CAROLINA SUNSHINE ALPACA FARM IN PITTSBORO
Thursday, September 21, 9:15am Lobby

CAROLINA BALLET
Saturday, September 23, 1pm Lobby

REFORM TO RESTORATION: FRENCH DRAWINGS FROM LOUIS XVI TO LOUIS XVIII (1770-1830)
at the Ackland Art Museum
Wednesday, September 27, 1:45pm Lobby

UNC SYMPHONY
at UNC Memorial Hall
Thursday, September 28, 6:45pm Lobby

JAKE SHIMABUKURO
at the Carolina Theater
Friday, September 29, 7pm Lobby

THE CEDARS EVENTS

9/1 FRIDAY

- 9:30am Balance Basics **D-AR** ■
- 10:15am Balance Challenge **D-AR** ■
- 11am Fit Friday: Cardio and Core **D-AR** ■
- 1pm Jewelry Repair **D-Elm** ■
- 1pm Women's Chess Club **cv2** ■
- 1pm Mexican Train Dominos **cv4** ■
- 1:30pm Men's Bridge Group **cv3** ■
- 3pm Canasta **cv4** ■

9/2 SATURDAY

- 10am Cribbage **cv2** ■
- 1:30pm Modern American Canasta **cv2** ■
- 12:30pm Duplicate Bridge **D-AR** ■
- 2pm Hand Canasta **cv3** ■
- 2pm Mexican Train Dominos **cv4** ■

9/3 SUNDAY

- 11am Interdenominational Service **D-AR** ■
- 2:30pm **Movie Matinee: Wimbledon** **D-AR** ■

9/4 MONDAY

Labor Day



- 10am Pilates Fusion with Joan z ■
- 12:30pm Play Reading Group z ■
- 1pm Poker **cv3** ■
- 2pm Chess Club **cv2** ■
- 2pm Mexican Train Dominos **cv4** ■

9/5 TUESDAY

- 8:30am Total Body Strength & Stretch **D-AR** ■
- 9:30am Sit & Be Fit **D-AR** ■
- 1pm Mah Jongg **cv4** ■
- 1:30pm Mah Jongg **cv2** ■

9/6 WEDNESDAY

- 10am Open Door Bible Group **D-AR/Zoom** ■
- 1pm Party Bridge **cv4** ■

9/7 THURSDAY

- 8:30am Cardio Combo **D-AR** ■
- 9:30am Sit and Be Fit **D-AR** ■
- 11am Cedars University **D-AR** ■
- 1:30pm American Canasta **cv3** ■
- 3pm Scrabble **cv4** ■

9/8 FRIDAY

- 9:30am Balance Basics **D-AR** ■
- 10:15am Balance Challenge **D-AR** ■
- 11am Fit Friday: Barre Fusion **D-AR** ■
- 1pm Women's Chess Club **cv2** ■

- 1pm Mexican Train Dominos **cv4** ■
- 1:30pm Men's Bridge Group **cv3** ■
- 3pm Canasta **cv4** ■
- 3pm Rick Keena - Guitarist **D-AR** ■

9/9 SATURDAY

- 10am Cribbage **cv2** ■
- 1:30pm Modern American Canasta **cv2** ■
- 12:30pm Duplicate Bridge **D-AR** ■
- 2pm Hand Canasta **cv3** ■
- 2pm Mexican Train Dominos **cv4** ■

9/10 SUNDAY

- 11am Interdenominational Service **D-AR** ■
- 1:30pm **PlayMakers** **LB** ■
- 2:30pm **Movie Matinée: Grumpy Old Men** **D-AR** ■

9/11 MONDAY

- 8:30am Cardio Combo **D-AR** ■
- 9:30am Balance Basics **D-AR** ■
- 10am Pilates Fusion with Joan z ■
- 10:15am Balance Challenge **D-AR** ■
- 11:30am Tai Chi with Nina **D-AR** ■
- 12:30pm Play Reading Group z ■
- 1pm Poker **cv3** ■
- 2pm Chess Club **cv2** ■
- 2pm Mexican Train Dominos **cv4** ■
- 2pm **Movie of the Month - Book Club: The Next Chapter** **D-AR** ■

9/12 TUESDAY

- 8:30am Total Body Strength & Stretch **D-AR** ■
- 9:30am Sit & Be Fit **D-AR** ■
- 1pm Mah Jongg **cv4** ■
- 1:30pm Mah Jongg **cv2** ■

9/13 WEDNESDAY

- 10am Open Door Bible Group **D-AR/Zoom** ■
- 1pm Party Bridge **cv4** ■

9/14 THURSDAY

- 8:30am Cardio Combo **D-AR** ■
- 9:30am Sit and Be Fit **D-AR** ■
- 11am Cedars University **D-AR** ■
- 1:30pm American Canasta **cv3** ■
- 1:30pm **Rosh Hashanah and Yom Kippur with Rabbi Solomon of Kehillah Synagogue** **D-AR** ■

1:30pm Gregg Museum of

- Art & Design** **LB** ■
- 3pm Scrabble **cv4** ■
- 3pm Robert Griffin – Pianist **D-AR** ■

9/15 FRIDAY

Rosh Hashanah Begins



- 9:30am Balance Basics **D-AR** ■
- 10:15am Balance Challenge **D-AR** ■
- 11am Fit Friday: Strength Circuit **D-AR** ■
- 1pm Women's Chess Club **cv2** ■
- 1pm Mexican Train Dominos **cv4** ■
- 1:30pm Men's Bridge Group **cv3** ■
- 3pm Canasta **cv4** ■

9/16 SATURDAY

- 10am Cribbage **cv2** ■
- 1:30pm Modern American Canasta **cv2** ■
- 12:30pm Duplicate Bridge **D-AR** ■
- 2pm Hand Canasta **cv3** ■
- 2pm Mexican Train Dominos **cv4** ■

9/17 SUNDAY

- 11am Interdenominational Service **D-AR** ■
- 4pm **Margaret Rook's Annual Watermelon Party** **Dining Patio** ■

9/18 MONDAY

- 8:30am Cardio Combo **D-AR** ■
- 9:30am Balance Basics **D-AR** ■
- 10am Pilates Fusion with Joan z ■
- 10:15am Balance Challenge **D-AR** ■
- 11:30am Tai Chi with Nina **D-AR** ■
- 12:30pm Play Reading Group z ■
- 1pm Poker **cv3** ■
- 2pm Chess Club **cv2** ■
- 2pm Mexican Train Dominos **cv4** ■

9/19 TUESDAY

- 8:30am Total Body Strength & Stretch **D-AR** ■
- 9:30am Sit & Be Fit **D-AR** ■
- 1pm Mah Jongg **cv4** ■
- 1:30pm Mah Jongg **cv2** ■

9/20 WEDNESDAY

- 10am Open Door Bible Group **D-AR/Zoom** ■
- 1pm Party Bridge **cv4** ■
- 6:45pm **The Philadelphia Orchestra @UNC** **LB** ■

9/21 THURSDAY

- 8:30am Cardio Combo **D-AR** ■
- 9:15am Carolina Sunshine Alpaca Farm **LB** 🚗 ■
- 9:30am Sit and Be Fit **D-AR** ■
- 11am Cedars University **D-AR** ■
- 1:30pm American Canasta **cv3** ■
- 3pm Scrabble **cv4** ■

9/22 FRIDAY

- 9:30am Balance Basics **D-AR** ■
- 10:15am Balance Challenge **D-AR** ■
- 11am Fit Friday: Zumba **D-AR** ■
- 1pm Women's Chess Club **cv2** ■
- 1pm Mexican Train Dominos **cv4** ■
- 1:30pm Men's Bridge Group **cv3** ■
- 3pm Canasta **cv4** ■
- 3pm Richard Tazewell - Pianist **D-AR** ■

9/23 SATURDAY

- 10am Cribbage **cv2** ■
- 1:30pm Modern American Canasta **cv2** ■
- 12:30pm Duplicate Bridge **D-AR** ■
- 1pm Carolina Ballet **LB** 🚗 ■
- 2pm Hand Canasta **cv3** ■
- 2pm Mexican Train Dominos **cv4** ■

9/24 SUNDAY

Yom Kippur Begins

- 11am Interdenominational Service **D-AR** ■
- 2:30pm Movie Matinée: *Gone with the Wind* **D-AR** ■

9/25 MONDAY

- 8:30am Cardio Combo **D-AR** ■
- 9:30am Balance Basics **D-AR** ■
- 10am Pilates Fusion with Joan **z** ■
- 10:15am Balance Challenge **D-AR** ■
- 11am Merritt's Food Truck **Clubhouse Circle** ■
- 11:30am Tai Chi with Nina **D-AR** ■
- 12:30pm Play Reading Group **z** ■
- 1pm Poker **cv3** ■
- 2pm Chess Club **cv2** ■
- 2pm Mexican Train Dominos **cv4** ■
- 3:30pm Finishing Touches Program with Authora Care **D-AR** ■

9/26 TUESDAY

- 8:30am Total Body Strength & Stretch **D-AR** ■
- 9:30am Sit & Be Fit **D-AR** ■

- 1pm Mah Jongg **cv4** ■
- 1:30pm Mah Jongg **cv2** ■
- 2pm History of The Cedars with Bob Woodruff **D-AR** ■

9/27 WEDNESDAY

- 10am Open Door Bible Group **D-AR/Zoom** ■
- 1pm Party Bridge **cv4** ■
- 1:45pm Ackland Art Museum **LB** 🚗 ■

9/28 THURSDAY

- 8:30am Cardio Combo **D-AR** ■
- 9:30am Sit and Be Fit **D-AR** ■
- 11am Cedars University **D-AR** ■
- 1:30pm American Canasta **cv3** ■
- 2pm Members Meeting **D-AR Zoom** ■
- 3pm Scrabble **cv4** ■
- 6:45pm UNC Symphony @ UNC **LB** 🚗 ■

9/29 FRIDAY

- 9:30am Balance Basics **D-AR** ■
- 10:15am Balance Challenge **D-AR** ■
- 11am Fit Friday: Cardio and Core **D-AR** ■
- 1pm Women's Chess Club **cv2** ■
- 1pm Mexican Train Dominos **cv4** ■
- 1:30pm Men's Bridge Group **cv3** ■
- 3pm Canasta **cv4** ■
- 7pm Jake Shimabukuro @ Carolina Theater **LB** 🚗 ■

9/30 SATURDAY

- 10am Cribbage **cv2** ■
- 1:30pm Modern American Canasta **cv2** ■
- 12:30pm Duplicate Bridge **D-AR** ■
- 2pm Hand Canasta **cv3** ■
- 2pm Mexican Train Dominos **cv4** ■



ANNOUNCEMENTS

JEWELRY REPAIR WITH EVA MOGENSEN

Friday, September 1, 2-3pm DuBose Elm Dining Room

CEDARS PORCH COLLECTION

Monday, September 11, 8:30am

Food should be out for pickup by 8:30am on Front Porches or Veranda Parking Lot Bench, or you can leave a check anytime with the Clubhouse Concierge. Questions, contact Joy Metelits at 919-933-0724. You may also leave a check anytime for Joy in the Bladen 400 Building pigeonhole #411.



GET INVOLVED

SHABBAT SERVICE LED BY CONNIE MARGOLIN

Friday, September 8, 4pm DuBose Conference Room (2nd Fridays)

GREAT SHORT STORIES

Monday, September 11, 10am Camden Villa 2nd Floor

Wisteria by Elizabeth Spencer

EPISCOPAL CHURCH SERVICE LED BY ST. STEPHEN'S CHURCH

Tuesday, September 12, 2pm DuBose Conference Room (2nd Tuesdays)

Fun outing to the Art of the Brick: An Exhibition of LEGO Art in Raleigh

Lectures on DVD

UNSUNG HEROES OF WORLD WAR II: EUROPE

Taught by Lynne Olson,
Historian, American University
Thursdays through September 28,
11am DuBose Activities Room



World War II was one of the most harrowing and impactful events in human history. As an unparalleled international conflict and a major turning point in the 20th century, it has long engaged historians and storytellers alike. And the story of war is not just one of military might and panoramic battles. It is the story of humans, everyday people trying to do their bit in a world falling apart around them. When you dig around in the cracks of history, you can find an endless well of ordinary people doing extraordinary things.

With a storyteller's true gift for setting a scene and an eye for interesting details, Professor Olson takes you into the shadows of history to illuminate the stories behind the story. *Unsung Heroes of World War II: Europe* is a marvelous introduction to some of the most courageous figures in the war—all of whom did their best to defeat tyranny and restore freedom in their own countries and the world at large. Lynne Olson is a historian and *New York Times* best-selling author of eight books, most of which focus on World War II. She earned degrees in Political Science and Journalism at the University of Arizona (with Phi Beta Kappa and magna cum laude honors), followed by a master's degree in Literature at American University.

THE CEDARS GROUP EXERCISE CLASS SCHEDULE

Activity Room - Dubose Health Center

MONDAY

- 8:30-9:00 Cardio Combo – Julie
- 9:30-10:00 Balance Basics – Julie
- 10:00-10:45 ZOOM Pilates Fusion – Joan
- 10:15-10:45 Balance Challenge – Julie
- 11:30-12:15 Tai Chi – Nina

TUESDAY

- 8:30-9:15 Total Body Strength and Stretch – Kevin
- 9:30-10:15 Sit and Be Fit – Julie

THURSDAY

- 8:30-9:00 Cardio Combo – Julie
- 9:30-10:15 Sit and Be Fit – Julie

FRIDAY

- 9:30-10:00 Balance Basics – Joan
- 10:15-10:45 Balance Challenge – Joan
- 11:00-11:45 Fit Friday (rotating classes) – Joan, Kevin, others



WELCOME TO THE CEDARS SATELLITE EXERCISE SPACE

Forsyth 4th Floor Alcove

- Equipment available: treadmill, elliptical and NuStep
- Hours: 6am – 4pm, Sunday – Saturday
- PERS cord will be available; Members exercise at their own risk.
- Sanitizing wipes will be provided.
- Members should bring their own water and personal towels.
- Sign-ins are required.
- For instruction on using equipment, contact Julie Hardison at 919-259-7922.
- This exercise space will be available beginning on August 5 and will close upon completion of the new exercise spaces.





EXERCISE AT HOME WITH CHANNEL 1340

Cedars Members have access to a community wellness television channel - 1340.

A variety of fitness videos will make exercising at home an easy option while the Clubhouse is being

renovated. New videos will be added to the diverse program as they are created. If Members want to record the workouts to use at their convenience, they can press the "record" button on their remotes while the video is playing on Channel 1340.

The following schedule is shown seven days a week:

- 8am Morning Meditation **NEW**
- 9am Band Strength Workout (seated and standing versions demonstrated)
- 10am Rotating specialty class **NEW**
- 11am Sit and Be Fit (seated strength and stretch)
- 12pm Cardio and Core (low impact aerobics, standing strength and stretch)
- 1pm Walking Workout (seated and standing versions demonstrated)
- 2pm Rotating specialty class **NEW**
- 3pm Chair Yoga **NEW**
- 4pm Mat Yoga with Scott **NEW**

Contact Julie Hardison at 919-259-7922 with questions.

REGULAR GROUP ACTIVITIES CONTACT INFORMATION

- Chess ClubCarol Downs
703-282-6191
- Classic Canasta Sally Sullivan
919-489-6446
- CribbageMalcolm Jackson
919-951-7626
- Duplicate BridgeBetty White
919-967-4064
- Early BirdsJoan Bingham
919-968-3213
- Golf CroquetJoe Murphy
843-957-0674
- Interdenominational Service Nancy Cobey
919-259-7048
- Knit & StitchMargaret Rook
919-292-1497
- Library WorkdayNancy Lebo
919-259-7330
- Mah JonggNorma Kupersmidt
919-724-9070
- Memoir Writing Group.....Nancy Lebo
919-259-7330
- Mexican Train DominosSally Sullivan
919-489-6446
- Modern American..... Bonnie Farb
Canasta 561-613-7509
- Open Door Bible Study ...Nancy Cobey
919-259-7048
- Ping PongPat Kelley
919-489-0053
- Play Reading Group... Sue Bielawski
919-933-4428
- Poker.....Richard Orcutt
919-259-7533
- Pole Walking.....Joan Ontjes
919-219-5128

SUDOKU PUZZLE

Enter digits from 1 to 9 into the blank spaces. Every row must contain one of each digit. So must every column, as must every 3x3 square.

Puzzle rating: Easy

9		7		3	8			
2		8				9	3	4
	1	3					6	
	2	6	9					
7		5		4		6		1
					2	7	9	
	7					1	5	
1	5	2				3		6
			3	5		4		2

Puzzle by websudoku.com

FITNESS ARTICLE

EXERCISE EASES SYMPTOMS OF DEPRESSION AND ANXIETY

When you have anxiety or depression, exercise seems like the last thing you want to do. But once you get motivated, exercise can make a big difference. Research shows that the psychological and physical benefits of exercise can help reduce anxiety and improve mood. Exercise may also help keep anxiety and depression from coming back once you're feeling better.

Regular exercise probably helps ease depression in a number of ways, which may include:

- Releasing feel-good brain chemicals that may ease depression (neurotransmitters, endorphins and endocannabinoids)
- Reducing immune system chemicals that can worsen depression
- Increasing body temperature, which can have calming effects

Regular exercise has many psychological and emotional benefits, too. It can help you:

- Gain confidence. Making exercise goals or challenges, even small ones, can boost your self-confidence.
- Take your mind off worries. Exercise is a distraction that can get you away from the cycle of negative thoughts that feed anxiety and depression.
- Get more social interaction. Exercise may give you the chance to meet or socialize with others. Just exchanging a friendly smile or greeting as you walk around your neighborhood can help your mood.
- Cope in a healthy way. Doing something positive to manage anxiety or depression is a healthy coping strategy. Trying to feel better by drinking alcohol, dwelling on how badly you feel, or hoping anxiety or depression will go away on its own can lead to worsening symptoms.



Certainly swimming, biking, lifting weights, low impact aerobics and other fitness activities that get your heart pumping can help. But so can physical activity such as gardening, walking around the block or engaging in other less intense activities. Any physical activity that gets you off the couch and moving can help improve your mood.

- Source: Mayo Clinic Staff



The Cedars Club, Inc.

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