

THE BACK TO SCHOOL BLUES
BY: Melissa Jeremiah, RN
Director of Hoosier Uplands Home Health and Hospice

With summer coming to an end, and school going back into session, I feel sometimes we overlook how this impacts some families. Hopefully, after reading this article, everyone will take a look around you to see if anyone you know and care for may be affected by the back to school blues!

- #1 - Realize that you are not alone in feeling sad that your child has returned to school. This is especially true when your child is going off to college/university.**
- #2 - Talk to other people about how this makes you feel. Some examples of people to discuss this with are: your spouse, close friends, your parents or other family members, your pastor or your physician.**
- #3 - Volunteer your time. There are many worthwhile organizations in the Salem area that would love to have your help. Just to name a few (I appologize in advance for any organization that was left out):
Washington County Memorial Hospital call 883-5881 and ask for Angie Rose,
Hoosier Uplands Hospice call 1-800-827-2219 and ask for Cynthia Phillips,
Relay for Life/American Cancer Society call 883-5084 and ask for Lyla Drake,
WalkAmerica/March of Dimes call 1-800-255-5857 and ask for Mary Beth Camp,
Heritage House call 883-1877 and ask for De Bowles, Meadow View call 883-4681 and ask for the activity director, Big Brothers/Big Sisters call 883-0411, Washington County Humane Society call 883-4204, CCYC call 6961 and ask for John Trinkle, and Washington County Area Schools & Boy Scouts/Girl Scouts of America (please call your local school for more info).**
- #5 - Keep in mind that all the local festivals and activities that take place in the community are brought to you as an effort of many hours of volunteer work. For example: Washington County Fair, Winterfest, Old Settlers Day, Pekin 4th of July Celebration and Livonia Summerfest. If you are interested in helping with any of the local festivals or activities that take place in the community call the Salem Chamber of Commerce 883-4303 or contact someone you know that has helped in the past.**
- #6 - Keep in touch with your child, who is off at college/university. A weekly phone call, at a certain time and day, can be a great way to keep in touch. E-mail is also a wonderful way to keep in touch with your child. It's amazing how much joy just a brief note will bring you.**
- #7 - If your child is younger and still living at home, make time for your child. It is important to discuss your child's day everyday.**
- #8 - Use this time to grow closer to your spouse. Make time for a weekly date night, even if this means going for a walk. Your weekly dates do not have to be lavish. A lot of times people are so involved with their children, they neglect their spouses.**
- #9 - Most importantly take time out to do something you enjoy everyday. Take up a hobby. There must be something that you have always wanted to do, such as learning to needlepoint, paint, play the piano or do genealogical research.**