



November Newsletter

Changing Lives, One Day, One Goal,
One Person at a Time



Let's Talk Seasonal Affective Disorder

What is Seasonal Affective Disorder?

Seasonal affective disorder (SAD) is a form of depression that cycles with the seasons.

Although a rarer form of "reverse SAD" occurs in the late spring and summer months, the majority of those with SAD feel its effects in the late fall and early winter months, when the nights are longer and sunlight is in shorter supply. SAD is not just "winter blues". It is a mental health condition that can last for weeks or months at a time if not treated. While research can't precisely say what causes SAD, factors such as Vitamin D and Serotonin deficiency are likely to play a role.

Who is at risk?

- Women, who are four times more likely to suffer from SAD than men
- Younger adults (ages 18-30)
- Those with a family history of SAD or depression
- Those with bipolar disorder or major depression
- Residents far north or south of the equator, where days are either very short or very long
- Those struggling with substance abuse
- Those with anxiety or eating disorders
- Seniors with restricted mobility, vitamin D deficiencies or skin/eye conditions

What are the symptoms?

- Feelings of persistent sadness
- Loss of appetite
- Insomnia or changes in sleep patterns
- Low energy and difficulty concentrating
- Feeling hopeless, worthless, guilty
- Withdrawal from social connections
- Thoughts of death or suicide

Symptoms uniquely associated with SAD, include:

- Oversleeping
- Overeating and craving carbohydrates
- Weight gain
- A heavy feeling in the arms and legs

How is it treated?

Treatment centers around four principal therapies:

1. **Vitamin D Supplementation** - Levels can be boosted by supplements or foods rich in the nutrient.
2. **Light Therapy** - With reduced sunshine during winter months, greater exposure to light can be an effective elixir.
3. **Talk Therapy** - Various therapies that involve talking through emotions and circumstances with a qualified neutral party are available.
4. **Antidepressant Medication** - Particularly selective serotonin reuptake inhibitors.

Mental Health Resources

Saginaw County Community Mental Health
500 Hancock Street, Saginaw MI 48602
24-Hour Hotline (989) 792-9732
Website: www.sccmha.org

Saginaw Child, Family & Youth Services
3875 Bay Road, Suite 7N, Saginaw MI 48603
(989) 797-3400
Website: www.childandfamilysaginaw.org

Community Ties North
3830 Lamson Street, Saginaw MI 48601
(989) 272-7208

Community Ties South
17940 Lincoln Road, New Lothrop MI 48460
(989) 272-7204

Bayside Lodge
2700 West Genesee, Saginaw MI 48602
(989) 799-1266

Michigan 2-1-1
For urgent matters, please dial 2-1-1, or 844-875-9211,
24/7/365
Website: www.mi211.org

It's the most wonderful time of the year!!

WINTER COAT GIVEAWAY

HATS, GLOVES & MORE

WOC
WOMEN OF COLORS

WARM A CHILD FOR WINTER
Drive-thru Coat Giveaway

Saturday, November 11, 2023
9:00am - 12:00pm
1000 Tuscola St.
Saginaw, MI

This is a drive-thru pick up (only) event.
The registration form must be provided
the day of the event and the child must
be present (in vehicle) to receive a coat.

For more information contact Women of Colors
at 989-399-8775 EXT. 5 or ewmtoday@aol.com.

Women of Colors' annual Warm A Child for Winter coat drive takes place Saturday, November 11th. Visit [womenofcolors.org](https://www.womenofcolors.org) to download a registration form, and be sure that all children listed on the form are present to receive a coat at the time of pickup.

For questions, [please call \(989\) 399-8775 ext. 5](tel:9893998775)
The WOC team appreciates your continued support!
We'll see you Nov. 11th!

Member Spotlight

Nia Martin was born and raised in Saginaw, Michigan, and graduated from Arthur Hill High School in 2020. She is currently a fourth-year college senior at Saginaw Valley State University majoring in Psychology with a minor in Youth Services.

"I chose my major and minor because I enjoy working with children. I plan to become a child psychologist in the future. I enjoy being at Women of Colors. My internship is to fulfill requirements for my minor. I really feel that interning at WOC will benefit my future, especially with all of the new people I have met so far within the community of Saginaw and my future career as I am learning how to interact with youth."



Nia Martin
Intern since August 2023



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3. Download free and stream the WOC Network!



Family & Friends: An Addiction Support Group

Is your loved one leading a destructive life? That doesn't mean your life has to be destroyed as well.

Stronger Together is here to help you cope. Join us at WOC for an addiction support group for family and friends of people struggling with addiction.

1st and 3rd Tuesday of every month. 6:30 - 8 PM
1000 Tuscola St Saginaw, MI 48607

President's Corner

While a lot of people may look forward to the holiday season, it's also important for us to acknowledge how challenging of a time this can be for many individuals. Let's step out of our comfort zones during this time to support those who may be struggling. If you know someone who's ill, depressed, and/or lonely, take some time to offer a little love. Just being a listening ear for a family member or friend can make someone feel truly special. This year, I aim to begin sharing my well wishes early in the season with gratitude for another day. Happy Holidays!!!



Evelyn McGovern
Cofounder/President