

# NEWSLETTER

May, 2026



*Better My Meds*  
Medication  
Management Services



I'm probably not the only one who just wants life to be comfortable. Forget the stressors, let things be calm and predictable. Get in a routine.

But it turns out that comfort and routine aren't the healthiest ways to live. In a recent article, neuroscientist Moshe Bar, PhD, says we need to get out of our comfort zones to thrive. The concept is called "progression".

"Progression" is a gradual but deliberate expansion of our comfort zones. It lets the brain adapt without getting overwhelmed. Progression can be physical (adding a bit more weight to a workout, walking an extra block). It can also be social (joining a new group, having people over) or intellectual (taking a class, learning a language). Challenging ourselves in small but sustained ways gives us vitality – a state where the brain and nervous system work in tandem. Vitality, in turn, keeps us healthier as we age.

I'm going to work on expanding my comfort zones, and I hope many of you will think about doing that too. As always, feel free to [contact us](#) with questions or comments. We love hearing from you!

## News You Can Use

### *Are Antidepressants Overprescribed?*

Last week the Secretary of Health and Human Services (HHS) introduced plans to stop what he described as "overprescribing" of antidepressant medications. If you, like about 15% of US adults, take an antidepressant, you may be concerned. Let me explain what's going on.

Secretary Kennedy suggested that antidepressant meds are often used when more holistic treatments (nutrition, sleep, counseling) would be just as effective. He voiced concerns that antidepressants like "SSRI's" (Prozac, Zoloft and others) are so difficult to stop that they're continued longer than necessary. He proposed developing expert recommendations to guide doctors in tapering meds slowly and safely.

Medical professionals generally agree with the idea that meds should be stopped when they're no longer needed. Indeed, "[deprescribing](#)" is an important and often overlooked part of medical care; one that **Better My Meds** often focuses on. But experts like The American Psychiatric Association have pointed out that the other forms of treatment suggested by Secretary Kennedy are simply not available to many folks, while meds are. It's clear that antidepressants shouldn't be stopped abruptly, but the "best" way to taper them isn't known. So deciding who should stop their meds, and how it should be done, needs to be an individual issue.

If you're on an antidepressant and are concerned, talk with your doctor or [contact us](#) at Better My Meds.

## Upcoming Events

**Dexter Senior Center**  
**June 9, 12:30 pm**

**Eye health:** Eyesight is precious. But dry eyes can make vision blurry and eyes irritated. We'll talk about supplements and vitamins marketed to improve eye health.

**Chelsea Senior Center**  
**June 10, 11:15 pm**

**Cognitive Health:** Sophia Speroff, RD, and Better My Meds join forces to discuss how nutrition and medications work together to support brain health and reduce the risk of cognitive decline.

**Silver Maples of Chelsea**  
**June 17, 1:30 pm**

**Topic To Be Announced:** [Contact us](#) at Better My Meds for more information!