

February is American Heart Month



I am wishing you all a “healthy heart” 2016. Did you know that SeniorCare offers a free program called “My Life, My Health”, a six week chronic disease self-management program? The group explores healthy ways to live with a physical condition such as heart disease. Explore strategies to optimize your

health and take advantage of the workbook provided to all participants.

Best wishes for 2016!

Scott

SeniorCare Now Hosting Free Medicare Counseling

SeniorCare is pleased to announce that we are now hosting free SHINE counseling sessions for Medicare beneficiaries and for those eligible or soon to be eligible for Medicare. Counselors are available for private 45-minute sessions on alternating Wednesdays at the SeniorCare offices in Gloucester.

SHINE, Serving the Health Insurance Needs of Everyone, provides free health insurance information, counseling, and assistance to Massachusetts residents with Medicare and their caregivers. SHINE is administered by the Commonwealth of Massachusetts Executive Office of Elder Affairs in coordination with local agencies.



Annual Valentines Breakfast Fundraiser at The Gloucester House

SeniorCare will hold its annual Valentine’s Day Fundraiser Breakfast at The Gloucester House, located at 63 Rogers Street in downtown Gloucester on Friday, February 12, from 7:00 a.m. to 9:30 a.m. Tickets are \$12 per person and include a buffet breakfast. Tickets are available in advance by calling 978-281-1750 or may be purchased at the door. Proceeds from the breakfast will benefit SeniorCare’s Meals on Wheels program.



SeniorCare Inc.’s **Meals on Wheels** program brings a daily meal right to the door for frail and homebound elders, Monday through Friday. Menus are designed by nutrition experts to meet the needs of older adults and are prepared by a professional caterer. In addition, homebound elders have a daily interaction with the delivery team—sometimes their only human contact that day. SeniorCare currently delivers Meals on Wheels to more than 550 elders each day. Annually, this means 136,216 home-delivered meals and 39,250 meals served at dining sites in Beverly, Gloucester, Essex, Manchester, Rockport, Ipswich, Hamilton, Topsfield, and Wenham.

Sponsorship opportunities for the breakfast are available. For information about the breakfast or to become a sponsor, contact Paula Curley at 978-281-1750 x-560 or paula.curley@seniorcareinc.org.

Valentine’s Day Breakfast Major Sponsors



The Gloucester House



SAVE THE DATE!
**Caribbean
Dance Party**

May 19, 2016
The Elks at Bass Rocks
Gloucester, MA

A fun night of music, dancing
& dinner!

Presented by
TLC @Home, LLC

Sponsorships Available!



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Bi-Lingual Care Manager Josephine Taormina Honored with Cathe Madden Award

SeniorCare Inc.'s Josephine Taormina was recently honored by the Home Care Aide Council with the Cathe Madden Award, an accolade given to one Care Manager in the Commonwealth of Massachusetts. This award is given in memory of Cathe Madden, a Care Manager who demonstrated extraordinary enthusiasm, innovation, and commitment to her job.

Taormina works closely with TLC@Home, LLC, a home care agency dedicated and recognized for exceptional care and passion to provide quality services. TLC@Home nominated Taormina for this award as a result of the high regard they hold for her. Says Joanne Mercaldi, Owner and President of TLC@Home, "TLC@Home has worked closely in collaboration with Josephine, as a care manager, for several years. She is compassionate, professional, and a wonderful advocate for her consumers. We are very happy that she is being honored for all of her hard work with this well-deserved award."

Taormina has worked for SeniorCare for eleven years, starting in the Nutrition Department, and being promoted to Bilingual Care Manager a few years ago. "I was raised to respect elders," says Taormina "and my consumers believe in this respect and trust me."



Project Warm Friends: Making a Difference Since 1997

In December, SeniorCare's Myra Herrick Conference Room was the site for an amazing look into the generosity of knitters on the North Shore and Cape Ann.

Throughout 2015, more than 30 volunteer knitters—members of SeniorCare's Project Warm Friends—created thousands of beautiful hand-made gifts to be given to people in need. Throughout the holiday season, SeniorCare distributed 2,500 items.

SeniorCare's Project Warm Friends began in 1997 as Project Warm Child to provide warm knitted and crocheted baby clothing and blankets to needy newborns. In 2004, the program expanded to include larger items for children at Pathways for Children in Gloucester. In 2005 lap robes were added for nursing home residents and the name was changed to Project Warm Friends.



Left to right: RSVP Volunteer Bev Wiley, RSVP Volunteer Jackie Dort, RSVP Assistant Elizabeth Caron, RSVP Director Ruth Lindsay, RSVP Volunteer Jeanne Riddle, RSVP Volunteer Connie Wayman, Transportation Scheduler Bea Robbins, RSVP Volunteer Patty Colbert and RSVP Volunteer Patti Wallis.



Left to right: RSVP Volunteer Bev Wiley, RSVP Volunteer Patti Wallis, SeniorCare Director of Community Programs & Planning Linnea Hagburg and RSVP Volunteer Jeanne Riddle with the 250 pot holders that were given to Meals on Wheels recipients over the holidays.

February is Heart Month

Combating the Emotional Aftermath of a Cardiac Event

When a person experiences a cardiovascular event – a heart attack, heart surgery, or stroke – the immediate concern is physical health. Once a person is stabilized in their physical health, it becomes just as important to monitor and address their mental health.

Cardiovascular disease can trigger depression.

Studies show that up to 33 per cent of heart attack patients develop some degree of depression. A study by the International Stroke Conference found that depression following a stroke is not just common in the survivor, but also in the caregiving partner. Often, the study indicates, the level of optimism in the caregiver is related the patient's level of depression.

It is important to be aware of these connections in order to combat depression and its devastating effects.

Signs and Symptoms

It is quite normal to experience emotions of sadness, even temporary despair, when diagnosed with cardiovascular disease. Life changes, and change can be difficult. How long or debilitating the sadness or despair is an indicator as to a normal processing of feelings or a depressive state. If you find that your zest for life has diminished or you are irritable more often than not, for an extended period of time, you might be dealing with depression. Other signs include sleeping or eating too much or too little.

The best place to turn is your primary care physician. There is a short depression questionnaire your doctor can give you that is quite accurate. You and your doctor should discuss if a mental health specialist is needed.

SeniorCare Inc.'s Mission

SeniorCare Inc., a consumer centered organization, provides and coordinates services to elders and others, enabling them to live independently at home or in a setting of their choice while remaining part of their community.

Self-Care Tips Following a Cardiac Event

The Caregiver

Often caregivers provide care at the expense of their own well-being. Caring for a loved one who has experienced a cardiac event is a natural and loving commitment. To provide the best care possible, caregivers must care for themselves as well. At a minimum, caregivers should get plenty of sleep, eat healthy, and exercise. It will not only give you more physical and mental strength, but, as mentioned earlier, the caregiver's disposition has a great impact on the patient.

The Patient

After experiencing a life altering cardiac event, it is easy to focus on what you have lost. It is important to acknowledge and accept what has been lost. Grief and negative emotions are a natural part of recovery. It is also helpful to focus on what is in your control. What can you do? Many things will still be your responsibility. You must take care of yourself to the extent that any physical limitation will allow.

Both Caregiver & Patient

Being socially active is important for both the patient and caregiver. Initially interacting with others may seem an insurmountable task. If you push yourself to go out, or invite others to visit, the benefits will quickly be apparent. It will help improve emotional functioning and help to alleviate depression.

SeniorCare can Help

SeniorCare's **Options Counseling** provides trained Options Counselors to guide you and your loved one through the different supports available and help you decide what will work best for you. This is a free service for people 60 years or over (or 22 or older with a disability) that keeps your needs, preferences, values, and individual circumstances at the core of the planning process. The counseling session can occur in a way that is most convenient to you, such as through face-to-face meetings, over the phone, or through email.

SeniorCare's **Caregiver Support Program** provides information and education to caregivers to help stress and tension. Each fall SeniorCare offers a class for caregivers called "Powerful Tools for Caregivers." The program is designed to help reduce stress, improve effective communication with family members, doctors, and service providers, reduce guilt, anger, and depression, help to empower caregivers to make tough decisions, and supports goal setting and problem solving.

You can reach an Options Counselor or a Caregiver Support Specialist by calling SeniorCare's Information and Referral Department at 978-281-1750 or toll free at 866-927-1050.

SeniorCare

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42nd Annual Meals on Wheels Valentine's Day Breakfast Fundraiser Friday, February 12, 2016 7:00—9:30 AM

The Gloucester House Restaurant
63 Rogers Street • Seven Seas Wharf
Gloucester, Massachusetts

Breakfast Buffet • \$12 per person

Contact Paula Curley for more information
978-281-1750 ext. 560
paula.curley@seniorcareinc.org

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Quarter Page	\$75	3-3/4" X 5"
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Color or B/W accepted. Minimum resolution 300 DPI.

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May 27, 2016, deadline to receive sponsorship is May 7
September 23, 2016, sponsorship deadline September 3

Please contact Tracy Arabian to secure your advertising today:
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978-865-3508 • tracy.arabian@seniorcareinc.org
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