

Emily Kearns, Planning & Engagement Coordinator of the Dementia Friendly Massachusetts Initiative, spoke at SeniorCare's Council on Aging Appreciation Day.

SeniorCare Joins Dementia Friendly Massachusetts Initiative

An estimated 5.4 million people in the United States and more than 120,000 Massachusetts residents are living with dementia. Dementia may be caused by Alzheimer's disease or other conditions. Despite the widespread impact

of dementia, lack of information, fear, and stigma can prevent those affected from feeling safe, socially connected, and able to thrive in their communities.

By working together, we can make strides in supporting individuals living with dementia as well as their friends and families. A "dementia friendly community" is informed, safe, and respectful, and enables people living with dementia and those who care about them to live full, engaged lives.

In Massachusetts, we are building upon the work of the AgeFriendly movement, which benefits people of all ages by supporting community standards for inclusion, access, safety and engagement. In this way, communities that are age-friendly and dementia friendly embrace everyone – younger people, older people, individuals with and without dementia, individuals with disabilities of all kinds. Elder Affairs and Jewish Family & Children's Services are convening a group of organizations to begin to chart a direction for building a dementia friendly Massachusetts. Participants include citizens from all walks of life, faith leaders, first responders, businesspeople, town government members, and more. Massachusetts is an "early adopter state" in the dementia friendly communities movement – more cities, towns, cultural groups, and other self-defined communities are becoming involved every day!

SeniorCare has begun establishing partnerships with community leaders with the intent of building Age & Dementia Friendly communities throughout our catchment area. For more information about or to join this important endeavor, contact SeniorCare Executive Director Scott Trenti.



8th Annual Sunset Cruise

Thursday, July 13, 2017

Aboard Cape Ann Whale Watch's Hurricane II

SeniorCare Inc. will host its Eighth Annual Sunset Cruise Fundraiser, an evening cruise aboard Cape Ann Whale Watch's Hurricane II, on Thursday, July 13, 2017. The evening, which is presented by Connected Home Care, includes a light dinner, dancing and entertainment by DJ Scottie Mac, raffle and door prizes. Tickets are \$30 each and can be purchased by contacting SeniorCare at 978-281-1750 or online at www.seniorcareinc.org. Sponsor opportunities are available.

For more information about the Sunset Cruise, contact Paula Curley at 978-281-1750.



Ipswich Rotary President Lisa Shanko from First Ipswich Bank joined Meals on Wheels Driver Glenn Prescott, delivering meals in Ipswich during the annual March for Meals Awareness Campaign.

SeniorCare

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Leigh M. Keyser
1930 - 2017

The staff, Board of Directors, Advisory Council, volunteers, and friends of SeniorCare were saddened by the loss of Leigh in March. Leigh was a long time member of our Board of Directors and supporter of SeniorCare. Leigh was the Clerk of the Board and was a strong advocate for both SeniorCare and the seniors and adults with disabilities in the community. Leigh was a compassionate man who cared deeply for others and a strong advocate for the elderly. We extend our deepest condolences to the family and friends of Leigh in this difficult time and we extend a

heartfelt thank you to Leigh for all that he did for SeniorCare and throughout his life for those in need. May you rest in peace Leigh.

SeniorCare Receives Grant from Beverly & Addison Gilbert Hospitals Caring Connections Through Technology

SeniorCare has been awarded a grant to initiate a pilot program to alleviate chronic feelings of isolation, loneliness and/or depression and increase social engagement through technology in seniors. The funding initially will provide services to ten consumers in SeniorCare's catchment area.

Studies show that loneliness, isolation and depression cause significant health problems in seniors, rapidly increasing the decline of an aging person. According to a University of California, San Francisco study, nationally, 18% of seniors live alone and 43% of them report feeling lonely on a regular basis. According to Tufts Health Plan Foundation's 2015 Community Profiles Report, the number of seniors living alone in Massachusetts is 32%, 14% above the national average. According to the Lahey Community Health Needs Assessment, depression and isolation are included in some of the leading issues facing the area's senior population. Loneliness and isolation were also among the top concerns for people aged 60 and over in SeniorCare's 2016 nine-town area needs assessment. Furthermore, the National Association of Area Agencies on Aging (N4A), in collaboration with AARP, found these issues significant enough that they launched a national public education campaign this past holiday season to raise awareness of the growing problem of social isolation and loneliness.

Interpersonal relations are a key factor in eliminating or preventing isolation, loneliness, and/or depression. This program will provide 10 seniors with a tablet device and access to the internet. Each senior will be paired with a volunteer who will work with them one-on-one in the home during the initial weeks of the program to teach the participants how to use the tablets, e-mail, and Skype as well as cognition training applications and interactive games such as Scrabble or card games. During these meetings the volunteers will also identify other areas of interest the senior may have and team with the participant to find relevant sites or apps. Once the senior is comfortable with the tablet, he/she will connect electronically with the volunteer through Skype or another means on a regular basis. In addition to connection with the volunteer, participants will be able to use technology as they desire to connect with friends, family or others who share their interests.

SeniorCare wishes to acknowledge the important role that Lahey Health—Beverly and Addison Gilbert Hospitals—is playing in the success of this program. The funding provided has been critical in laying the foundation of this exciting new program.



Lahey Health



Beverly Mayor Mike Cahill delivered meals in Beverly during the annual March for Meals Awareness Campaign.



Dottie, Michael & Lennie Linquata hosted SeniorCare's Meals on Wheels Valentines Breakfast Fundraiser at the Gloucester House for the 43rd year in a row.



Team SeniorCare @ Gloucester Pride Stride 2017

"Aging has a wonderful beauty and we should have respect for that."

~Eartha Kitt

SeniorCare partners with *Visions of Independence*. Call us if you would like to explore options that may help cope with sight loss.

The leading causes of sight loss are all age related



Macular Degeneration



Glaucoma



Cataract



Diabetic Eye Disease



Look after your health, eat a healthy diet and you will be looking after your eyes



Get regular eye tests to detect eye disease early



If you feel your sight is failing, visit your optician to find out about help and support



SeniorCare

Elder Services | Information | Solutions

49 Blackburn Center

Gloucester, MA 01930

Return Service Requested

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.

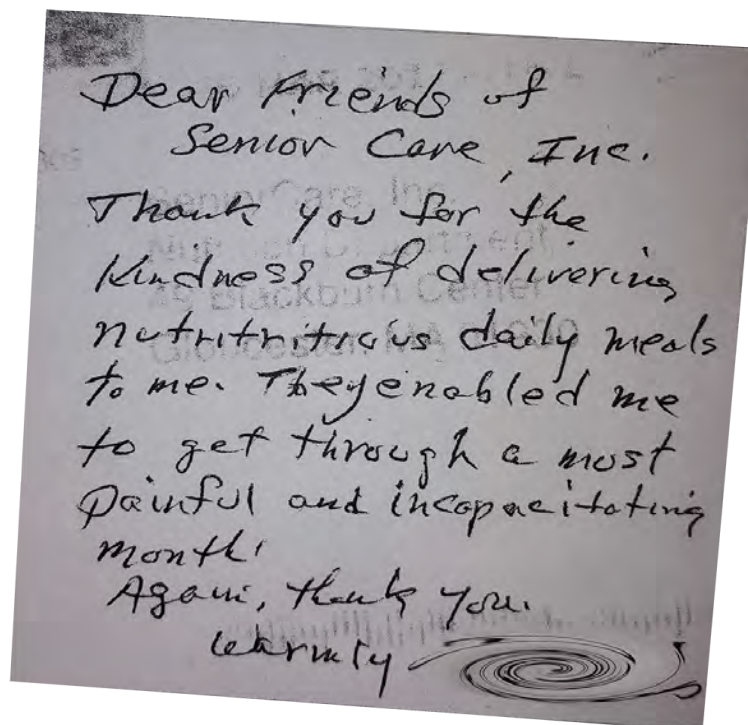
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