

SeniorCare's 45th Anniversary Gala

SeniorCare Inc. will host its 45th Anniversary Gala Celebration on Thursday, September 28, 2017 at the gorgeous Ipswich Country Club, located at 148 Country Club Way in Ipswich, MA. The Gala will feature a delicious dinner, dancing to the sounds of Madhouse and a Silent Auction. The Gala is presented by ABC Home Healthcare Professionals.

SeniorCare will honor three community leaders at the Gala. **Dr. Howard Grant of Lahey Health Systems, Inc.** will be presented with the Myra L. Herrick Outstanding Older American Award. **Dorothy Calandra of The Dinner Bell in Ipswich** will be presented with the Rosemary F. Kerry Community Service Award. **Massachusetts State Representative Jerald "Jerry" Parisella** will be presented with the Board of Directors Community Partners Special Recognition award.

Tickets to the Gala are \$75 each or a table of 10 for \$650. Sponsorship opportunities are available. For information about the Gala, contact Kelly Knox at 978-865-3540 or kelly.knox@seniorcareinc.org.



SeniorCare Honors Our "Lifesaving" Volunteers

SeniorCare's RSVP Volunteers of the North Shore will honor our dedicated volunteers at the Annual Volunteer Recognition Luncheon and Business Showcase on Wednesday, November 1, 2017, at Danversport Yacht Club. More than 150 volunteers, most who are age 55 and older are expected at the luncheon, which includes a full course lunch, recognition awards, raffles and more.

Our volunteers are active members in our communities. They deliver meals to elders, provide transportation to medical appointments, prepare taxes and give financial assistance to elders in need. They advocate for elders in long term care nursing facilities, distribute food at meal sites, teach classes at local senior centers, and much, much more.

Tickets and sponsorship opportunities are available for the luncheon. For information on the luncheon and the RSVP program, contact program director Ruth Lindsay at 978-281-1750 or ruth.lindsay@seniorcareinc.org.



The annual Sunset Cruise was a huge success! Thank you to our sponsors and everyone who came aboard. Special thanks to presenting sponsor Connected Home Care.

Age & Dementia Friendly Cape Ann Initiative



SeniorCare is heading up an Age & Dementia Friendly Communities initiative. See the article on page 3.

SeniorCare

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Paula Curley

Paula Curley celebrated 25 years at SeniorCare this year, as well as a much deserved promotion to Nutrition Director. Paula, who was intimately involved with the start of SeniorCare's Nutrition Program 20 years ago, is excited to take the helm. "I am going into this new role with much enthusiasm and passion," says Paula. She brings a deep knowledge of the program's details into her role to make sure all components run smoothly.

Paula is a dedicated advocate for SeniorCare, and has a key role in making fundraising events such as the annual

Sunset Cruise and Meals on Wheels Valentine Breakfast successful. Paula enjoys the opportunity these varied roles afford to interact with both older adults and the business sector. Active in the community, Paula is the Co-Chair of the Cape Ann Chamber of Commerce Business Women's Steering Committee and Chairperson of the Gloucester Lodge of Elks Events Committee. Paula and her husband Steve are life-long residents of Gloucester. She has three terrific children: Steven, Joseph (J.D.) and Kerrienne, and is the proud grandmother of Mackenzie, Natalie, Olivia, Connor, Mason, Savannah and Lucas.

If you would like to make a donation in honor of Paula's achievements please visit us on line at www.seniorcareinc.org and mark in honor of and add Paula's name!

Facing Death, Finding Peace

Through guided meditation, personal reflection and group sharing, Reverend Sue Koehler-Arsenault, M. Div. opens us to the power of facing our own death to create more meaning, purpose, and joy now.

Beverly Public Library, Beverly Farms
24 Vine Street, Beverly, MA 01915
Saturday, October 28, 2017 10:30am-4pm



Hats Off to the SeniorCare Protective Services Team!

Many regulations and systems within the Protective Services arena have changed in the past several months, and our team has handled every hurdle with amazing strength, dignity and compassion.

Age and Dementia Friendly Communities

Did you know that 10,000 people celebrated their 65th birthday today across the United States? And another 10,000 will turn 65 tomorrow and each and every day thereafter for the next 12 years? According to the 2015 Community Survey Census, 22,031 people in SeniorCare's nine-town catchment area—or 18% of the population—are age 65 or older. Another 27,619 people are aged between 50 and 65. Simply put, the population of SeniorCare's nine towns, like those across the US, is growing older. Additionally, according to the Tufts Health Plan Foundation, 12% of people aged 60 or older who live in our service area have been diagnosed with some form of dementia.

Is your community Age and Dementia Friendly? Are the sidewalks conducive to a wheel chair, does your favorite restaurant offer purple reservations (you can call in and reserve a table for someone who needs special attention such as a child with autism or adult with Alzheimer's), does transportation for seniors who no longer drive meet the need?

These are just a few of the questions an Age and Dementia Friendly initiative would aim to answer. But you may already believe you know the answers and would like to know how Age and Dementia Friendly Initiative would change things.

Such an initiative, with the input and support of the people who make up the community, would develop action plans to create change. Such actions may include grass roots lobbying efforts to get towns to improve sidewalks, having a presentation and follow up outreach to restaurant owners to adopt purple reservations and, but certainly not limited to, dementia training for people whose paths cross with people who may be living with dementia – such as hairdressers, bank tellers, and restaurant workers.

"This is a grass roots effort, which should involve schools, faith communities, YMCAs, law enforcement, the healthcare system, financial institutions and more," says Scott Trenti, Executive Director of Senior Care.

The great thing about an Age and Dementia Friendly Community is that everyone from political leaders to caregivers, to people age 60 and over, to people living with early onset dementia and more are sought out to participate in shaping what it means to be Age and Dementia Friendly.

SeniorCare is seeking funding to complete an assessment and hire a staff person to coordinate an Age and Dementia Friendly Cape Ann. We have already received a grant to start the assessment process from the North Shore Community Health Network and have met with The Center for Social and Demographic Research on Aging at UMASS Boston to discuss developing the very first assessment that combines both Age and Dementia Friendly questions.

If you are interested in supporting this initiative, learning more or would like to get involved, please call Kelly Knox, Development Officer at SeniorCare – 978-281-1750.



Seniors Out and About

The North Shore Health Project kicked off its first **Under the Rainbow LGBTQ Coffeehouse** on May 1 with singer song writer Mark Lipman, Subsequent months featured Mari Martin and Deb Hardy. Each month was a tremendous turnout of the North Shore's intergenerational LGBTQ community. This new monthly intimate coffee house, potluck and community gathering brings folks together in an alcohol free supportive environment, with music as a focus point.

Brian King, organizer of the coffeehouse and medical case manager for the North Shore Health Project, says "even though we have more LGBTQ stars on TV and characters in shows and movies, there's just a natural sense of relief and camaraderie when we have our own spaces to be ourselves and tell our stories."

Join the LGBTQ Coffeehouse on September 11 with featured guest 21 year-old singer-songwriter and guitarist, Calvin Lamothe in the living room of the North Shore Health Project at 5 Center Street, Gloucester. Lamothe is a recent graduate of Vassar College and sings songs about love and relationships with old soul wisdom. Please, feel free to bring a dish to share. Or just bring yourself! We'll bring the coffee and tea. This is an all ages, alcohol free event. No cover charge, but a donation to the artist would be appreciated.



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.

Non Profit Org.
U.S. Postage

PAID

GLOUCESTER, MA
Permit No. 225

SeniorCare Breakfast Fundraiser

Tuesday, October 24, 2017
7:00 am - 10:30 am

Lobsta Land Restaurant
Causeway Street, Rt 128 exit 12, Gloucester

Tickets: \$12 per Person

Information
978-281-1750

www.seniorcareinc.org



Many thanks to the Gloucester MA Elks Lodge #892 for their generous donation to SeniorCare. Shown here (left to right) CFO Jill Cluett, Gloucester Elks Exalted Ruler Jayne Morse, Nutrition Director Paula Curley, and Director of Community Programs and Planning Linnea Hagberg.

Did You Know?

SeniorCare's home care services are provided to elders based on a number of criteria. A sliding scale fee structure is available to those seniors over income, but otherwise eligible for services.

SeniorCare Inc. is a 501(c)(3) tax-exempt organization. All contributions made to the agency are tax deductible to the extent permitted by law. SeniorCare Inc. and its programs are funded in whole, or in part, by contracts with/or grants from the Massachusetts Executive Office of Elder Affairs, the Federal Administration for Community Living and other funding sources.



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