

November is National Family Caregivers Month



Throughout the month of November, SeniorCare is celebrating the hard work, dedication, and unwavering devotion provided by an estimated 65.7 million Americans across this country who care for chronically ill loved ones.

Many of you know the physical, emotional, and spiritual fortitude it takes to care for a loved one with a chronic illness. Being a caregiver of a loved one is not for the faint of heart; it takes love, dedication, and often a refueling of energy when you are convinced the refueling station is empty. You are the unsung heroes in the world of health care. Yet you would have it no other way; you are there for the long haul, and sometimes, many times, it is exhausting.

We at SeniorCare offer services and programs that help you to help your loved one. Our mission, as a consumer centered organization, is to provide and coordinate 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.

We urge you to call one of SeniorCare's Intake Specialists and find out how we might be able to help, whether it is providing a meal, nursing services, options counseling, home care services, speaking with a caregiver support specialist, and/or many other programs.

For those of you who know someone caring for a loved one with a chronic illness, take the time this month to celebrate National Family Caregivers Month.

Here are five ways that you can celebrate your friend or family member's commitment:

1. Call and ask the caregiver how you can best help them.
2. Offer a few hours of your time to a caregiver so they can spend time relaxing, meeting a friend for coffee, or have a date night with their a friend or loved one.
3. Help a family caregiver with chores for a day.
4. Help decorate their home for the holidays.
5. Borrow or buy a movie for your friend, preferably a comedy to lighten the mood and lower the stress.



Executive Director Corner

Scott Trenti

Preparing for the Holidays

The holiday season has officially arrived. SeniorCare see the signs, and I'm not talking holiday decorations in the neighborhoods, malls, and on the Main Streets in our towns. Sadly, many family members and/or caregivers (who could be friends, neighbors, etc.) are beginning to experience heightened stress, frustration and anger, and for some a sense of hopelessness instead of the holidays' intent of peace and good will. SeniorCare can significantly help alleviate some of this pressure, providing just enough space to experience a bit of that holiday joy.

Speaking from the experience of being a caregiver for both of my now deceased parents for many years, I can offer some suggestions that may help. A little help in the home from SeniorCare services can go a long way in relieving some of the pressure and stress associated with caregiving. When my siblings and I started home care services from SeniorCare, it provided us with some respite time while being confident that our parent's needs were being taken care of, which allowed us to spend more quality time with them. Our parents appreciated this as well. SeniorCare also offers caregiver support services. Our Caregiver Specialist can offer an array of help from offering support and information, helping you to understand the changes that are happening with your loved one, offering respite opportunities, making referrals, or suggesting a caregiver support group. The best advice I can give is to take care of yourselves and you can do that by taking advantage of the services that are available. Thank you and congratulations to all the caregivers out there! Your loved ones are fortunate to have you.

The holidays often brings out the compassion in all of us and during the holidays we often see an uptick in the overall kindness expressed for the work we do, which is greatly appreciated. SeniorCare also needs the support of our community in the form of volunteering and donations. The financial gifts we receive go directly to the programming to help us help people stay in their homes and communities, and to provide support and guidance to family and/or caregivers.

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Pawsitive Connections

The Care of pets can sometimes create a challenge for older adults and caregivers. Pawsitive Connections at SeniorCare offers information, referral, assistance and advocacy regarding pet-related issues that affect older adults and adults with disabilities. We cannot take animals that need new homes but will refer you to shelters, rescue groups, and other resources. Call Pawsitive Connections Director, Anne Springer for more information—987.281.1750 x569.

Seniorcare/RSVP Volunteer Luncheon a Great Success!



Grace Favazza and Rauni Moody—long time volunteers from Gloucester

Maybe we are biased, but we think we have the most dedicated, and hardworking volunteers around! RSVP has been sponsored by SeniorCare since 2001. We currently have over 12 active partner stations that utilize volunteers and more than 350 volunteers overall. The cities and towns our volunteers serve are Beverly, Danvers, Essex, Gloucester, Hamilton, Ipswich, Manchester-by-the-Sea, Marblehead, Peabody, Rockport, Salem, Topsfield, and Wenham.

We celebrated our volunteers in grand style on October 15th at the Danversport Yacht Club at our Annual RSVP and SeniorCare Volunteer Appreciation Luncheon. More than 200 volunteers attended. Seventeen Volunteers received Presidential awards – passionate people who have

provided 4,000 or more lifetime hours of volunteer service! In addition seven volunteers were acknowledged for 25 or more years of service!

Long-time Volunteer John McManus, one of AARP's Volunteer Regional Tax Aide Coordinators, received the Myra Herrick Outstanding Older American Award from SeniorCare along with citations presented by Senators Joan Lovely and Bruce Tarr, as well as Representative Ted Speliotis.

Some of our volunteers showed off their dance moves too! After the award ceremony a few folks took to the dance floor moving to the beat of Mario Carrabba & the Blue Notes.

"I had the best time at the Luncheon!" said our volunteer JoAnne. A sentiment heard from many.

With the support of 15 sponsors, SeniorCare, and the RSVP staff, the Luncheon was a great success; our Gold Sponsor, Institute for Savings and our two Silver Sponsors, Associated Home Care and TLC @ Home helped to make all of this possible.

Local Artist Talks about Art, Life and SeniorCare Inc.



Donald "Nino" Lombardi

If you live on the North Shore, enjoy art, and are involved in the community in any way there is a good chance you know Donald "Nino" Lombardi. Nino's energetic, charming personality is contagious. Regardless of the mood you are in when you meet him, you walk away with a smile on your face, and a bigger one on your heart. Nino, 86, paints daily in his basement studio. He LOVES SeniorCare. We have provided him with Meals on Wheels in the past, and currently he receives a Tuesday visit from one of our aides. "She doesn't miss a thing," said Nino of Paula the aide. He enjoys her visits and feels fortunate that she is able to help him with some of his weekly tasks.

Nino married his high school sweetheart, Alice. After many years together, Alice was diagnosed with cancer and Nino became her primary caregiver with the help of his children and SeniorCare. "She had a lot of class," Nino said lovingly of his wife. Alice passed away six years ago at home.

Nino's oil paintings can be viewed at places like Boston's State House, Beverly City Hall, and most of all his home gallery. And soon you will be able to catch Nino's TV series on BevCam, Beverly Community Access Media, on channel 22. Nino will showcase his signature paintings, which portray the beautiful rambling coastlines/beaches of the North Shore, Boston. The photo is of Nino and his recent work portraying Hospital Point Lighthouse near Lynch Park in Beverly.

Nino has a positive attitude, a love of life, and a belief in the healing powers of creativity. SeniorCare is grateful for Nino, and he wants us to make sure we know he is grateful for SeniorCare, telling us more than once during our visit: "I love the care you people give."

SeniorCare

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41st Annual Meals on Wheels
Valentine's Day Breakfast Fundraiser

Friday, February 13, 2015

7:00—9:30 AM

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

Breakfast Buffet, \$10.00 per person
Contact Paula Curley for more information

978-281-1750 ext. 560

paula.curley@seniorcareinc.org

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