

SeniorCare Inc. Celebrates 44 Years Serving North Shore Elders with Gala Dinner at Misselwood Estate in Beverly

SeniorCare Inc. will host its 44th Anniversary Gala Celebration on Wednesday, September 21, 2016 at the gorgeous Misselwood Estate at Endicott College, located at 407 Hale Street in Beverly, MA. The Gala will feature a delicious dinner and dancing to the sounds of Madhouse only a few feet away from Beverly's beautiful rocky coastline.

SeniorCare will honor three community leaders at the Gala. Diane Stringer, President and Chief Executive Officer of Care Dimensions will be presented with the Myra L. Herrick Outstanding Older American Award for her significant contribution to the welfare of elders. Gloucester Mayor Sefatia Romeo Theken will be presented with the Rosemary F. Kerry Community Service Award in recognition of her dedication to community service toward improved quality of life of elders. Andrew DeFranza, Executive Director of Harborlight Community Partners will be presented with the Board of Directors Community Partners Special Recognition award.

Tickets to the Gala are \$60 each or a table of 8 for \$450. For information about the Gala, contact Kelly Knox at 978-865-3540.

SeniorCare Inc.

*44th
Anniversary
Gala*

Celebrating Our Achievements,
Planning Our Future

Presented by
ABC Home Healthcare
Professionals

SeniorCare Honors Our Many Volunteers at Annual Luncheon

SeniorCare's RSVP Volunteers of the North Shore will honor our dedicated volunteers at the Annual Volunteer Recognition Luncheon and Business Showcase on Wednesday, October 5, 2016, 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!



Several Volunteers were honored for 25+ years of volunteer service at the 2015 Volunteer Luncheon.

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.

RSVP is a national, federally-funded volunteer program for people 55+ who use their talents, skills and experience serving others. This past year, our 350+ volunteers contributed over 35,000 hours of service in 13 communities: Beverly, Danvers, Essex, Gloucester, Hamilton, Ipswich, Manchester-by-the-Sea, Marblehead, Peabody, Rockport, Salem, Topsfield and Wenham.

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 x-572 or ruth.lindsay@seniorcareinc.org.

SeniorCare

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Employee Spotlight: Shelley Tettoni, Fiscal Dept.

It was 2003, she dropped the triplets off at their first day of kindergarten and started working part-time at SeniorCare. Well, maybe it wasn't exactly like that. But, Shelley Tettoni did go back to work soon after Erin, Marissa, and Steven started school. Prior to the Tettoni Triplets summer birth in 1998, Shelley worked at John Hancock as an Advertising Account Coordinator. She enjoyed her work at John Hancock and took full advantage of the tuition reimbursement. She received her associate's degree and then pursued a bachelors in business. Shelley was one class shy of her degree when she found out she was pregnant and she was having triplets. At 20 weeks pregnant, Shelley left John Hancock thinking she'd get a beach chair and spend the summer months of 1998 hanging at the beach. That didn't exactly work out as planned, "Taking a shower was a big problem, let alone getting myself to the beach," says Shelley.

Shelley did make it back to Suffolk College to complete her Bachelor—once the triplets got older—graduating with a B.S. in business.

A part-time job at SeniorCare turned out to be a perfect fit for a mother of triplets. "It worked out great, with a flex schedule I could be there for my kids," she says. In August 2016, her "babies" turned 18 and are headed for college. A few months ago Shelley accepted a full-time job in SeniorCare's fiscal department. "I really like the people I work with," she said.

Shelley has many interests outside of SeniorCare and her kids. She loves going to the gym – especially the classes including step class, muscle conditioning, and cardio class. She takes tips from HGTV decorating her home and the lake house they own in New Hampshire. She also enjoys cooking – especially Portuguese Pot Roast "It is great for when you have company because it makes the house smell good," she says.



The world is an increasingly diverse and inclusive place. Is your business or work environment in step with best practices?



OFFERED BY GREATER NORTH SHORE LINK
Building stronger, healthier, more inclusive communities

Greater North Shore Link Presents Dis-ability Awareness Training on Wednesday, October 5, at SeniorCare in Gloucester. **Contact Teresa Arnold at 978-406-4614 for information and to register.**

The Greater North Shore Link Disability Awareness Training takes a comprehensive approach to the discussion of disabilities, presents an overview of how our society has historically defined and addressed the issue of disabilities, how all of that has shaped critical public policy, and why it matters in our professional and private lives.



Beauport, Sleeper McCann House Tour & Lecture

SeniorCare Inc.'s recently established program "Seniors Out & About – An LGBT Social Gathering" organizes events for older LGBT people (60 years of age and older), and their friends and family. Our next event will be a Lecture and Tour of Gloucester's Beauport, Sleeper McCann House on Thursday, September 29, 2016. The museum tour will begin at 5:30 p.m. at Beauport, located at 75 Eastern Point Blvd in Gloucester. Following the Tour, there will be a lecture at 7:30 p.m. at the Rocky Neck Cultural Center at 6 Rocky Neck Ave in Gloucester. Join us for an interesting look into the history of one of Gloucester's most unique treasures, the Beauport Museum, which was known as a "Bachelor's House" in the early 20th century, a coded reference to a homosexual household.

Tickets for the tour and lecture are \$15 per person. Advance registration is required. For information, contact Kelly Knox at 978-281-1750 or kelly.knox@seniorcareinc.org.

Medication Management Workshop at Ipswich & Beverly Councils on Aging

"Managing Multiple Medications & Other Concerns" will be offered at the Ipswich and Beverly Councils on Aging. A pharmacist will present each workshop.

Topics to be covered during the workshops include:

- Best practices in managing multiple medications
- When to review your medications
- Adverse reactions

Tuesday, September 20, 2:00 p.m.
Ipswich Council on Aging

Presented by Conley's Drug Store
 RSVP: 978-356-6650

Thursday, October 13, 10:00 a.m.
Beverly Council on Aging

Presented by the Medicine Shoppe
 RSVP: 978-921-6017

There is no charge for the workshops. *This workshop is funded by SeniorCare with a grant from the Andrew W. Preston Charity FD Trust, Bank of America, N.A. Trustee.*



SeniorCare joined with several other agencies in celebration of National Farmers Market week at the Beverly Farmers Market.

Joining us at the SeniorCare/Mass Options table were (left to right) Marylouise Gamache, ADRC Project Coordinator, Executive Office of Elder Affairs; Alice Bonner, Secretary, Executive Office of Elder Affairs; Linnea Hagberg, Director of Community Programs and Planning, SeniorCare; John Lebeaux, Commissioner, Department of Agricultural Resources; Jeff McCue, Commissioner, Department of Transitional Assistance; Tracy Arabian, Communications Officer, SeniorCare; and Francisco Urena, Secretary, Department of Veterans Services.

It is not how much you do, but how much love you put in the doing. -- Mother Teresa

SeniorCare Receives Grant to Continue Medication Management Program

Last year, SeniorCare received a grant from Andrew W. Preston Charity FD Trust, Bank of America, N.A. Trustee in the amount of \$11,600 to start a Pharmacist/Nurse Medication Management Program. It was such a great success Andrew W. Preston Charity FD Trust, Bank of America, N.A. Trustee provided second year funding in the amount of \$16,000.

Partnering with the Medicine Shoppe in Beverly, SeniorCare works with seniors who are at risk of medication errors. SeniorCare's Medication Management Nurse works closely with Care Managers to identify when someone may be in need of a pharmacist consultation. Some risk factors include taking three or more medications, transitioning from a hospital or long-term care facility to home, using more than one pharmacy (local pharmacy and mail order), and taking certain types of medicine. After the initial consultation with a pharmacist SeniorCare's medication management nurse will provide six months of follow-up visits to help the elder develop healthy medication habits. If you are concerned about the medications you are taking, give SeniorCare a call at 978-281-1750.

September is Fall Prevention Awareness Month

We've all heard a story or two about an older person falling. As you know, it's always something that happens to someone else, until, of course, it happens to you. Falls are the leading cause of both fatal and nonfatal injuries of people aged 65 and older. As you get older, physical changes and illness (and sometimes the medications you take for illness), become risk factors for potential falls. It's good to be aware of your risk level then take proper steps to mitigate your risk through behavior changes and strength training.

You can begin your fall prevention plan with a visit to your doctor. Let your doctor know the reason for your visit and be prepared to discuss the following

What medications are you taking?

Make a list of all your prescriptions and over the counter medications, don't forget to include any herbal remedies you might be taking. Give a complete list to your doctor. Your doctor can review the medications for potential side effects that could affect your balance and steadiness. To help with fall prevention you and your doctor may decide to wean yourself off certain medications such as sedatives and/or certain types of anti-depressants.

Have you fallen before?

Write down the details of any previous falls or near falls. You'll want to include when, where and how you fell or almost fell. The more detailed you can be the better you and your doctor may be able to come up with fall prevention strategies.

What health conditions may be risk factors for falls?

Certainly ear and eye disorders will have an impact on your level of risk. Prepare yourself to talk with your doctor about your health conditions and your comfort level walking – do you feel dizzy when you walk, pain in your joints, numbness in your extremities, or shortness of breath? Your doctor may evaluate your muscle strength, balance and walking style.

Once you talk with your doctor there are a number of other life adjustments you can make to keep yourself safe.

Exercise

You'll want to find exercises that are safe, strengthen your muscles, and improve your balance. Choose gentle activities such as walking, swimming (or other water exercises), gentle yoga, or Tai Chi.

If you avoid exercise because you are afraid of falling you actually increase your chance of falling. You can always find a carefully monitored exercise programs in your community such as at your local senior center or even your YMCA.

Home Hazards

There are a number of things you can do to make your home safer. Remove newspapers, boxes, and cords from hallways and high traffic area. You'll want to check your rugs and floor boards – are they secure? Use double sided tape or slip resistant backing to hold carpets in place. Keeping your clothing in an easy to reach place will mitigate potential falls.

Using Assistive Devices

Perhaps your doctor has suggested a cane or a walker. Keeping yourself steady as you walk is vital to fall prevention. Other devices can help too, such as handrails on both sides of stairways, grab bars for the shower or tub, and a raised toilet seat can help.

Being thoughtful about falling as you age is a good way to help avoid the often disastrous results of a fall. Learn more about preventing falls at The Massachusetts Falls Prevention Coalition's 10th Annual Falls Prevention Awareness Day Event on Monday, September 26, 2016 at Great Hall, State House in Boston, 10 a.m. – 1 p.m. Look for staff from SeniorCare, we will be there.

Take Control of Your Health: 6 Steps to Prevent a Fall

Every 11 seconds, an older adult is seen in an emergency department for a fall-related injury.

Many falls are preventable.

Stay safe with these tips!

1

Find a good balance and exercise program

Look to build balance, strength, and flexibility. Contact your local Area Agency on Aging for referrals. Find a program you like and take a friend.



2

Talk to your health care provider

Ask for an assessment of your risk of falling. Share your history of recent falls.



3

Regularly review your medications with your doctor or pharmacist

Make sure side effects aren't increasing your risk of falling. Take medications only as prescribed.



Needy Meds Presentation

SeniorCare will host Richard J. Sagall, MD, president of NeedyMeds, for a presentation on Thursday, October 13, 2016 at 6:00 p.m. at SeniorCare's Gloucester offices.



Everyday too many people face the dilemma of paying for healthcare or paying bills, rent and buying food. What they don't know is that there may be help for them with their healthcare costs. NeedyMeds is the best single resource for information about these programs. In this presentation, Dr. Sagall will take you on an exploration of all the available types of help and how to best find programs.

Dr. Sagall received his medical degree from the Medical College of Ohio at Toledo. After completing his family practice residency at the Eastern Maine Medical Center, Bangor, ME, he practiced family medicine and occupational medicine there for nearly 20 years. During that time he began NeedyMeds. Dr. Sagall has written articles on assistance programs and occupational medicine topics for a number of publications. He has given presentations on patient assistance programs and occupational medicine throughout the country, and was recently heard on NPR discussing the cost of EPIPEN devices.



Mayor Sefatia Romeo Theken and the Gloucester Police Department joined with SeniorCare and HAWC to support Elder Abuse Awareness Week with a March down Main Street and Rally and BBQ on Rogers Street in June.



Dinner & Dancing aboard Cape Ann Whale Watch's Hurricane on the Annual Sunset Cruise

SeniorCare's Autumn Calendar

September 20, 2016

Medication Management Workshop

Ipswich Council on Aging

September 21, 2016

SeniorCare 44th Anniversary Gala

Misselwood Estate, Beverly, MA

September 26, 2016

Falls Prevention Awareness Day Event

State House in Boston

September 29, 2016

Seniors Out & About: Beauport Tour & Lecture

Beauport Museum, Gloucester

October 5, 2016

Disability Awareness Training

presented by Greater North Shore Link

SeniorCare, Gloucester

October 5, 2016

RSVP Volunteer Appreciation Luncheon

Danversport Yacht Club

October 13, 2016

Medication Management Workshop

Beverly Council on Aging

October 13, 2016

NeedyMeds Presentation

SeniorCare, Gloucester

October 18, 2016

Veterans Appreciation Event

SeniorCare, Gloucester

October 19, 2016

Greater North Shore Link Annual Conference

Doubletree Inn, Danvers

October 25, 2016

SeniorCare Fall Breakfast Fundraiser

Lobsta Land, Gloucester

November 3, 2016

SHINE Presentation

Cummings Center Conference Room

November 15, 2016

Councils on Aging Appreciation Day

SeniorCare, Gloucester



SeniorCare's Kelly Knox, Tracy Chait, Paula Curley and Susan Doughty had a bit of silly fun at the Caribbean Dance Party in May

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

SAVE THE DATE

SeniorCare
Breakfast Fundraiser

Tuesday, October 25, 2016
7:00 am – 10:30 am

Lobsta Land Restaurant
Gloucester

Information
978-281-1750

Sponsored by:
Lobsta Land Restaurant
(Causeway St./off Route 128, Gloucester)



SeniorCare

THE SHINE PROGRAM
Serving the Health Insurance Needs of Everyone

**Medicare--
You Have Questions!
We Have Answers!**

FREE Medicare Presentation

SeniorCare will host a presentation on Medicare and how to get free, unbiased health insurance counseling for elders & Medicare beneficiaries.

Thursday, November 3, 2016, 6:00 p.m.
Cummings Center Conference Room
100 Cummings Center, Suite 221E, Beverly, MA

Information/Reservations: 978-281-1750

www.seniorcareinc.org

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 and other funding sources.



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