



MA Representative Jerry Parisella rode with Meals on Wheels Driver Joe Vaccaro during the 2016 March for Meals campaign.

SeniorCare to Participate in Nationwide March for Meals Awareness Campaign

SeniorCare will once again participate in the annual March for Meals month-long, nationwide celebration of Meal on Wheels and the homebound and vulnerable seniors who rely on its vital safety net.

"The services that we provide the seniors of the North Shore are critical and the need is rapidly increasing," said Rosalyn Frontiera, Director of Nutrition Services at SeniorCare. "Together, we can keep seniors living independently, healthier at home and feeling more connected to their community as they age."

Since 2002, Meals on Wheels America has led the annual awareness campaign in an effort to fill the gap between the seniors served and those in need that is widening due to increased demand with a rapidly aging population combined with declining public and private resources, and rising food, transportation and operational costs. This March, hundreds of local Meals on Wheels programs will reach out to their communities to build the support that will enable them to deliver nutritious meals, friendly visits and safety checks to America's seniors all year long.

"The Meals on Wheels 'more than just a meal' model addresses three of the biggest threats of aging: isolation, hunger and loss of independence," said Meals on Wheels America President Ellie Hollander. "More than ever, we must join forces to meet the needs of the fastest growing population in America who want to be able to live at home for as long as they can. It not only makes economic sense to enable seniors to stay healthy and safe at home, but it improves the health and vibrancy of our communities and our nation at large."

Annual Valentines Breakfast Fundraiser Benefits Meals on Wheels

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 10, 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 online at www.seniorcareinc.org, by calling 978-281-1750 or may be purchased at the door with cash or major credit card. 100% of the 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 131,403 home-delivered meals and 34,939 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

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The Gloucester House



SeniorCare

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Volunteer Spotlight:

Jim Kurtz, Meals on Wheels Driver

Jim Kurtz is in his second year of volunteering for Meals on Wheels. He has a regular route in Ipswich, but occasionally he fills in for others. "It's fun," said Jim.

Jim enjoys the people he has come to know while delivering meals. Whether he simply says hello or chats for a minute or two, Jim appreciates that he may be the only person someone sees that day. "You realize, for a lot of these people, you may be the only human contact they have that day. I hope someone will do that for me, if I ever need," he said.

Jim recently published an historical biographical book titled *The Green Box*. It is a story about his father, Second Lieutenant Robert Kurtz, who survived being a prisoner of war in World War II only to return home and die unexpectedly fewer than 10 years later. Jim was only two, and had no memories of his dad. As stated in the blurb on Amazon.com Jim "weaves together his search with the emerging picture of his father's life, vividly telling a story that is war chronicle, romance, mystery, and personal reflection. And it all started when an eight-year-old boy climbed some attic stairs to open a forbidden green box."



"Without your help and assistance our Mother would not be able to stay in a family home. Thank you, to all at Senior Care who made it possible."

Meals on Wheels Recipients Receive Holiday Greetings

SeniorCare is thankful to a number of local organizations and individuals for helping to provide a small gift to each of our Meals on Wheels recipients during the holidays.

Thank you to the Gloucester Rotary Club, the Open Door Food Pantry, RSVP's Project Warm Friends, Wenham Elementary School Children, the Ipswich Rotary Club, and the Beverly Knitters & Crochet Group for your generosity!



Loneliness and Social Isolation Cause Negative Health Outcomes

The National Association of Area Agencies on Aging (n4a) launched a national campaign, in collaboration with ARRP, last November to spread the word about the growing problem of social isolation and loneliness among older Americans.

There have been many studies over the last few years focused on social isolation and loneliness. These studies consistently show significant health risks associated with feelings of loneliness and the experience of social isolation.

We all feel lonely at times, but when loneliness and isolation become chronic it can be deadly. Mother Theresa didn't need these recent studies to know that the pain of loneliness was devastating, "the biggest disease today is not leprosy or cancer or tuberculosis, but rather the feeling of being unwanted, uncared for and deserted by everybody."

Studies show us what Mother Theresa seemed to know, loneliness increases risk of death by 45 percent and chance of developing dementia by 64 percent.

What is unfortunate is that there are not nearly as many studies on interventions that help alleviate chronic loneliness and isolation. What is known is that loneliness, a feeling of not feeling connected with others, and isolation, the actual absence of others, are different. Treatment of each may overlap, but steps to improve relationships may be quite different.

Often there is a stigma we assign to loneliness and that judgement can lead to more loneliness and even additional judgement for not taking action to change how you are feeling. In order to lessen our loneliness we must let go of the belief that there is something wrong with feeling lonely. Whether your loneliness is a result of the loss of family and friends, due to moving, illness, or death, or lack of inter personal skills, loneliness is a common and curable circumstance. Sometimes just one connection during the day can lessen feelings of loneliness, such as the simple pleasantries exchanged with a Meals on Wheels driver.

Identifying that you or a loved one is experiencing loneliness and/or isolation is the first step. Creating opportunities for social interaction can be helpful, such as attending social programs, talking on the phone, and even joining Facebook and participating in postings can create feelings of connectivity. If developing meaningful connections is difficult, regardless of opportunity, then addressing the reasons for that must be addressed.



Combating loneliness is not a straight and narrow path, rather it is winding road that requires a willingness to embrace change and open ourselves to others.

When you work toward ending your own loneliness and isolation, you are helping someone else with theirs.

To learn more about how to reduce loneliness and isolation you can visit the n4a website at <http://www.n4a.org/Files/Isolation%20BrochureFINAL.pdf>.

Negative Health Effects of Isolation and Loneliness

Associated with higher rates of:



**Chronic health
conditions,
including
heart disease**

**Weakened
immune
system**



**Depression
and
anxiety**

**Dementia,
including
Alzheimer's
disease**



**Admission to
nursing homes
or use of
emergency
services**

Death



*"Social Disconnectedness,
Perceived Isolation and Health among
Older Adults," Journal of Health and
Social Behavior (2009)*

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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43rd Annual Meals on Wheels Valentine's Day Breakfast Fundraiser

**Friday, February 10, 2017
7:00—9:30 AM**

The Gloucester House
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

Sponsorship opportunities available

Wine & Spirit Tasting

Fundraiser
Presented by TLC at Home

Thursday, May 18, 2017
Shalin Liu Performance Center
Rockport, MA



Save the Date

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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