



THE Garden City COURIER

Publication of the Beverly Council on Aging & Senior Community Center



JUNE 2022



ROOTS AND WINGS

As many of you might surmise, the people who work at the Senior Center are like a family. Many of us have worked together for 16 years or more and the others who have joined us have become part of the fabric that makes the Center such a special place. It is always hard to lose a staff member but it is also a reminder that families often are charged with giving their clan both “roots and wings.” As the Director of the Senior Center I am proud of our role in the development of staff who have moved on to other work in the field as much as we’ve lamented their departures. Many long time participants of Senior Center programs can also take credit for the professional development of some of those special people who worked with us! You’ve befriended them, gave them great suggestions and feedback and you’ve volunteered to help them along the way. Please pat yourselves on the back! To name a few who got their start with us — Abby Butt, former Outreach Coordinator is now the Director of the Lincoln, MA COA, Greg Wilson also an Outreach Coordinator is now the Assistant Director of Senior Services in Wellesley, MA, Jessica Waggett, former Assistant Director is the Quality Improvement Director at Seniorcare, Inc. and Tess Conley is living and working in Oregon, following a lifelong dream.

It is not easy to lose a beloved staff member and the gap between their leaving and our filling the void with a new employee can take longer than any of us would want. As I write this column, we have a **new Assistant Director, Victoria Guskiewicz lined up to start on May 31** and we are interviewing to hire a new Activities Coordinator to replace

the wonderful Tess McColgan. Those of us who continue to work at the Senior Center will do our very best to keep things rolling along. We also ask for your patience as we manage these transitions along with summer vacations and medical leaves. Please remember to thank the staff who are all working hard to make sure things are getting done! I surely do appreciate their efforts.

This summer we are welcoming back **Eric DePiero**, who served as our Activities Assistant last summer. We are also happy to share that **Fatima Calisto**, SHINE counselor will be back with Friday morning office hours, beginning on June 3 for those who need help with their Medicare plan.

One thing I am looking forward to in June is the return of one of my favorite performers, **Denise Doucette**. Thanks in part to a grant from the Beverly Cultural Council, Denise will be in concert here on Thursday, June 23 at 2p.m. Please join us for fun and music with Denise. (See page 4)

Speaking of roots, we are thrilled that SeniorCare has teamed up with the Roots Culinary School in Salem to offer a special lunch for us once a month. The menu this month sounds delicious with grilled shrimp (marinated in lime juice and olive oil), salad nicoise (steamed asparagus, new potatoes, tomatoes, chopped egg, olives, lettuce, fresh herbs) bread and cheese cake w/ fresh strawberries for dessert. (see page 4)

I hope to see you at one of our June events,

Sincerely yours, MaryAnn Holak
Director



MISSION STATEMENT

To create a friendly and safe community for Beverly seniors and their families by providing social services, transportation, education, health, recreation, and leisure time activities and resources that support their well being and independence. To assist frail seniors by advocating for supportive services which increase their ability to remain independent.



NOTEWORTHY INFORMATION

TRANSPORTATION SERVICE

978-921-6078

TRANSPORTATION OFFICE HOURS

Mon.-Wed. | 8:15am-2:30pm

Thursday | 8:15am-5:30pm

Friday | 8:15am-11:30pm

We go grocery shopping every week. Call the office for more information or to schedule your ride. Cost is \$1.00 each way.

Transportation to the Senior Center from your home is free as well as your ride home from the Senior Center.

Out of town medical rides are available. Rides to Lahey in Danvers and Peabody and Mass. General, (Danvers.) Cost is \$4 each way. Call two days in advance to schedule your ride. For more information pick up a brochure at the Transportation Office.



PLEASE JOIN US! WORLD ELDER ABUSE AWARENESS DAY— WEDNESDAY, JUNE 15 10AM-NOON AT BEVERLY CITY HALL

Everyone is invited to join Senior Center staff, Beverly Police, Seniorcare, Inc. and other elder service providers to raise awareness of elder abuse. We will have some fun while holding signs and generating awareness of elder abuse in our community and in our world. Come hold a sign for a 15-30 minute shift. Thank you!

SENIORCARE NEEDS VOLUNTEER DRIVERS

SeniorCare is actively seeking kind-hearted Volunteer Drivers to provide transportation to out-of-town medical appointments for our older neighbors. If you would like more information call:



Ruth Lindsay at SeniorCare
978-281-1750 or email:
ruth.lindsay@seniorcareinc.org

ANNOUNCEMENTS



Rich T. and Clare M. at the *Lives Well Lived* event in May

WELCOME BACK TO SHINE COUNSELOR, FATIMA CALISTO



Our outstanding SHINE Counselor, Fatima Calisto will be holding office hours at the Senior Center beginning Friday, June 3, 2022. Fatima comes to us from our friends at Beverly Hospital where there is still a mask mandate in place. She asks all those who come into the Center for a private meeting with her to be clear of symptoms of illness, to wear a mask during the one on one appointment and to provide proof of vaccination. We are all interested in keeping older adults safe from the COVID variants and we thank you for your understanding and cooperation. To make an **in person** appointment with Fatima, please call **978-921-6017**. For **phone appointments** call **978-946-1374**.

HOLIDAY CLOSING



The Senior Center will be closed on **Monday, June 20**

Let's celebrate Juneteenth! Juneteenth honors the emancipation of enslaved African Americans in the United States. It's believed to be the oldest African-American holiday, with annual celebrations on June 19th in different parts of the country dating back to 1866.

PROGRAMS AND SERVICES

ELECTED OFFICIALS OFFICE HOURS

SENATOR JOAN LOVELY OFFICE HOURS

Monday | June 6 | 9:00am | Free | Suite C

Join Senator Joan Lovely for monthly office hours at the Senior Center on the first Monday of every month.

CITY COUNCILOR AT-LARGE JULIE FLOWERS OFFICE HOURS

Monday | June 6 | 10:00am | Free | Suite C

Join City Councilor President, Julie Flowers for a monthly office hour at the Senior Center on the first Monday of every month.

MAYOR MICHAEL CAHILL OFFICE HOURS

Wednesday | June 8 | 10:00am | Free | Suite C

Join Mayor Cahill each month at the Senior Center on the second Wednesday of the month.

STATE REPRESENTATIVE JERRY PARISELLA OFFICE HOURS

Fridays | June 10 & 24 | 10:00am | Free | Suite C

Representative Parisella will host twice monthly office hours at the Center on the second and fourth Friday of the month.

HEALTH SERVICES

MONTHLY WELLNESS CLINIC WITH JOAN FITZPATRICK, RN, BSN

Tuesday | June 7 | 9:30-10:30am | Health Room

Services offered include: health assessments, blood pressure screenings, B12 administration, pulse, heart and lung monitoring, blood sugar screenings for diabetics, medication and diet consults. This free clinic is sponsored by VNA Care Network and Hospice in Danvers.

Please sign up in advance.

LUNCH PROGRAM



CONGREGATE LUNCHESES BY SENIORCARE

Monday—Friday | 11:30am | Limit 36

\$2.00 suggested donation

In person lunches are happening daily at the Senior Center. See menu on the calendar page. Please bring your vaccination card. **Sign up by 10:00am one business day before your planned lunch by calling Beth Walsh, Site Manager at 978-927-9544.**

OTHER SERVICES

BOOKMOBILE

Tuesday | June 7 & 28 | 11:00am

Come find the bookmobile from the Beverly Public Library in our back parking lot and pick out your next great read.



FREE LEGAL CLINIC WITH ATTORNEY ROY F. GELINEAU, JR.

Wednesday | June 15 | 10:00-12:00pm | Free

Call to schedule your private 15 minute consultation by telephone from your home with Attorney Gelineau. **Sign up in advance.**

TECH TUTORING

Do you have a smart phone? Clare is offering you help with your Apple product, iPhone or iPad. If you have a quick question or problem stop by the Library area and ask volunteer Clare. Volunteer Kathleen is available on Fridays to help with your Android device. No charge for this service. **Sign up in advance.**

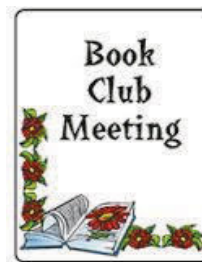


BOOK CLUB WITH BETH

Thursday | June 30 | 1:00pm | Limit 10

The Book Club meets on the last Thursday of each month. Newcomers are welcome! Group meets in-person inside or outside when weather permits. Please call for the title and author of the book

they are reading. **Sign up in advance.**



ELDERS AT RISK

Do you know of a senior who is at risk of financial, physical or emotional harm or abuse? Please let us know. We can help you voice your concerns by contacting Protective Services. They will follow up and take action or offer services to improve and protect the elder you are worried about.

Elder Abuse Hot Line: 1-800-922-2275

SPECIAL ACTIVITIES

Registration for special activities begins June 1st at 8:30am.
Advance sign up is required for all activities listed below.



LEMONADE AND LAWN GAMES WITH OUR NEW ASSISTANT DIRECTOR, VICTORIA G.

Thursday, June 2 | 2-3pm | Limit 15 | patio
Tuesday, June 7 | 10:30-11:30am | Limit 15
Wednesday, June 8 | 1-2pm | Limit 15

Stop by to meet our new Assistant Director, and enjoy some lemonade and lawn games on the patio. We will move inside in case of inclement weather.

TED TALK & CAFE CONVERSATION

Tuesday, June 14 | 10:30-11:30am | Limit 24

Join our Social Work & Outreach team for a TED Talk and conversation in honor of LGBTQ+ Pride month. Together we'll watch and reflect on Lorri Sulpizio's video, "How to be an LGBTQ Ally: We Need You!". Free coffee and a suggested \$1 donation for pastries.

FATHER'S DAY SPECIAL LUNCH

Thurs., June 16 | 11:00am | Cost: \$3 | Limit 40 | Suite C

It's time to celebrate the Father's in our lives! Join us for a delicious luncheon from SeniorCare, featuring: beef Wellington, creamy mushroom beef sauce, mashed potatoes, rosemary brussel sprouts and dinner roll, and strawberry shortcake for dessert. Bob Kendall will be playing your favorite songs on the keyboard for your listening pleasure. **Please bring your vaccination card.**

SUN HAT CRAFTING WITH MANDEE

Tues., June 21 | 10:00am | \$15 | Limit 15 | Rec. Room A

Mandee Michael is back for a sun hat decorating class to kick off the summer weather! Join her to design your own sun hat. No need to bring anything - all materials provided.

ROOT SPECIAL LUNCH— ABOUT THE ROOT CULINARY SCHOOL

Thursday, June 23 | 11:30am | Limit: 36 | Cost: \$3.00

Root Culinary School is located in Salem and will be providing a special lunch to Beverly seniors at the Senior Center one time each month. **Root's mission** is to help young adults create a pathway to independence through

food service training and employment while learning essential life and work readiness skills. Youth leave **Root** prepared for success in the workplace Menu: Grilled Shrimp (marinated in lime juice and olive oil) salad nicoise (steamed asparagus, new potatoes, tomatoes, chopped egg, olives, lettuce, fresh herbs) bread and cheese cake w/ fresh strawberries for dessert. **Please bring your vaccination card.** Held in Suite C.

WARM WEATHER OUTDOOR SAFETY & ICE CREAM SOCIAL

Wed., June 22 | 1:00-3:00pm | Free | Suites A, B & C

Join Occupational Therapists and team members from Encompass Health to learn best safety practices for spending time outside in warmer summer months. After the presentation, we'll gather for ice cream and continued conversations about wellness.



THE DENISE DOUCETTE SHOW—MUSIC AND FUN!

Thurs. June 23 | 2-3pm | Free | Suites A & B

Denise Doucette is one of our most popular performers and we are thrilled to welcome her back to the Senior Center. Join Denise on a musical nostalgic journey around New England and Nova Scotia as she sings songs from her recently released Musical Video titled "Places I call Home." Her performance is funded by a generous grant from the Beverly Cultural Council. Light refreshments served. A \$1 donation to defray the costs of refreshments is appreciated on the day of the event.

THE TRAVELING CHEF

Tuesday, June 28 | 11:00am | \$3 suggested donation
Limit: 40

The Traveling Chef comes to us this month with a special lunch, a **delicious Burger Bar!** If this is your first time attending our lunch please bring your vaccination card. Held in the Dining Room, Suite C.



WEEKLY EXERCISE CLASSES, GAMES, CRAFTS, HOBBIES

Please call to sign up in advance for exercise classes. Currently, masks are optional in the Senior Center, please stay home if you are not feeling well.

EXERCISE CLASS WITH JOANN

Monday & Wednesday | 9:00am | Limit 40 | Suites A&B

Bring your own hand weights, stretchy band, and water bottle. Stretchy bands are available for purchase.

GENTLE YOGA

Tues. | 8:30am | Cost: \$5.00 | Limit 24 | Suites A&B

Join us on Tuesday mornings for a gentle yoga practice with Susan Himml. Bring your own mat, water and block.

WALKING CLUB AT BEVERLY HIGH SCHOOL TRACK

Tuesdays and Thursdays 10:00-11:00am | Free

Join the walking club each week (weather dependent) for a walk with around the BHS track. Dress for the weather. Let's keep our bodies active and moving! Suitable for all walking speeds.

ARTHRITIS EXERCISE CLASS

Tuesday & Thursday | 12:30pm | Limit 36 | Suites A&B

Join this free gentle exercise class. Bring your own hand weights, stretchy band, and water bottle if you would like. Stretchy bands are available for purchase.

ADVANCED TAI CHI

Tuesday | 2:00-3:00pm | Cost: \$5.00 | Limit 36

Tai Chi Instructor John Toy offers his weekly, advanced Tai Chi class! Held in Suites A & B.

PARKINSON'S FITNESS CLASS

Wed. | 10:30-11:30am | Free | Limit 24 | Suites A&B

Join Sally Zignotti for a weekly Parkinson's Fitness class at the BCOA! Sally is a certified Exercise for Parkinson's instructor.

YOGA

Thursday | 10:30am | Cost \$5 | Limit 24 | Suites A&B

Join Susan Himml for a late morning yoga class to energize your day. Bring your own mat, water and blocks.

LINE DANCING WITH TINA

Friday | 8:30-9:30am | Cost: \$5 | Limit 36 | Suites A&B

Join Tina LaFlam of Miss Tina's Studio for a beginner-level line dance class.

BALANCE & STRENGTH CLASS

Friday | 10:00am | Cost: \$5 | Limit 36 | Suites A&B

Join Bay State Physical Therapy for this popular class focusing on your balance and strength.

GAMES, CRAFTS AND HOBBIES

POOL ROOM

Monday, Wednesday, Friday | 9:00-11:00am | Limit 4

The pool room is open for friendly games.

MAH JONG

Monday | 1:00-3:00pm | Limit 20 | Rec. Rm. A

New players welcome – lessons not available at this time.

KNITTING / CROCHETING

Tuesday | 12:30-2:30pm | Limit 20 | Suite C

PING PONG

Tuesday | 1:00-3:00pm | Free | Limit 4

Open play only. Held in Rec. Room B.

QUILTING

Wednesday | 9:00-12:00pm | Limit 20 | Rec. Rm. A.

CRIBBAGE & SCRABBLE

Wednesday | 1:00-3:00pm | Free | Limit 20

Play cribbage, scrabble, or both! Sign up as an individual or as a group. Partners for games are not guaranteed. Rec. Room A.



BOCCE SEASON IS HERE!

Bocce games for the 2022 season have begun! **Tues & Thurs at 10:00am** at Livingston Ave Park (Herlihy Park) weather permitting. **No experience necessary!**

Newcomers welcome, it's a lot of fun and great exercise! No advance sign up necessary.





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JUNE 2022 CALENDAR OF EVENTS

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|---|--|--|---|
| <p>06</p> <p>9:00am Pool Room Open</p> <p>9:00am Exercise Class</p> <p>9:00am Senator Lovely</p> <p>10:00am Councilor Flowers</p> <p>11:30am Lunch: BBQ Pulled Pork Mahjong</p> <p>1:00pm</p> | <p>07</p> <p>8:30am Gentle Yoga</p> <p>9:30am Wellness Clinic</p> <p>10:00am Walking Club</p> <p>11:00am Bookmobile Visits</p> <p>11:30am Lunch: Grilled Chicken Sandwich</p> <p>12:30pm Knitting / Crochet</p> <p>2:00pm Advance Tai Chi</p> | <p>08</p> <p>9:00am Pool Room Open</p> <p>9:00am Quilting</p> <p>9:00am Exercise Class</p> <p>10:00am Mayor Cahill</p> <p>10:30am Parkinson's Fitness</p> <p>11:30am Lunch: Salmon</p> <p>1:00pm Cribbage & Scrabble</p> | <p>09</p> <p>10:00am Walking Club</p> <p>10:30am Yoga</p> <p>11:30am Lunch: Meatloaf</p> <p>12:30pm Arthritis Exercise</p> | <p>10</p> <p>8:30am Line Dancing</p> <p>8:30am SHINE Counseling</p> <p>9:00am Pool Room Open</p> <p>10:00am Rep. Parisella</p> <p>10:00am Balance & Strength</p> <p>11:30am Lunch: Chef Salad</p> |
| <p>13</p> <p>9:00am Pool Room Open</p> <p>9:00am Exercise Class</p> <p>11:30am Lunch:</p> | <p>14</p> <p>8:30am Gentle Yoga</p> <p>10:00am Walking Club</p> <p>10:30am Ted Talk</p> | <p>15</p> <p>World Elder Abuse Awareness Day</p> <p>9:00am Quilting / Seamstress</p> <p>9:00am Exercise Class</p> | <p>16</p> <p>10:00am Walking Club</p> <p>10:30am Yoga</p> <p>11:30am Father's Day Special</p> | <p>17</p> <p>8:30am Line Dancing</p> <p>8:30am SHINE Counseling</p> <p>9:00am Pool Room Open</p> |
| <p>01</p> <p>Monday-Friday Lunch is back!</p> <p>Everyone 60 and older is welcome to order lunch. Please call Beth in the Kitchen at 978-927-9544 before 10:00am the day before you would like lunch. Suggested donation for lunch is \$2.00.</p> | <p>02</p> <p>10:00am Walking Club</p> <p>10:30am Yoga</p> <p>11:30am Lunch: Egg Salad</p> <p>12:30pm Arthritis Exercise</p> | <p>03</p> <p>8:30am Line Dancing</p> <p>8:30am SHINE Counseling</p> <p>9:00am Pool Room Open</p> <p>10:00am Balance & Strength</p> <p>11:30am Lunch: Cheese Ravioli</p> | | |

| | | |
|---|--|---|
| <p>11:00am Lantern:</p> <p>Cheeseburger</p> <p>11:45am Mystery Movie</p> <p>1:00pm Mahjong</p> | <p>10:00am Legal Clinic</p> <p>10:30am Parkinson's Fitness</p> <p>11:30am Lunch: Tarragon Chicken Salad</p> <p>11:00am Walk in the Woods</p> <p>1:00pm Cribbage & Scrabble</p> | <p>10:00am Balance & Strength</p> <p>11:30am Lunch: Frittata</p> |
| <p>11:30am Pool Rank</p> <p>11:30am Lunch: Lasagna</p> <p>12:30pm Knitting / Crochet</p> <p>12:30pm Arthritis Exercise</p> <p>2:00pm Advance Tai Chi</p> | <p>9:00am Pool Room Open</p> <p>9:00am Quilting</p> <p>9:00am Exercise Class</p> <p>10:30am Parkinson's Fitness</p> <p>11:30am Lunch: Hot Dog</p> <p>11:00am Walk in the Woods</p> <p>1:00pm Encompass Health</p> <p>1:00pm Cribbage & Scrabble</p> | <p>23</p> <p>10:00am Walking Club</p> <p>10:30am Yoga</p> <p>11:30am Root Special</p> <p>Steak Salad</p> <p>12:30pm Arthritis Exercise</p> <p>2:00pm Denise Doucette Concert</p> |
| <p>20</p> <p>Holiday Center Closed</p>  | <p>22</p> <p>First Day of Summer</p> <p>8:30am Gentle Yoga</p> <p>10:00am Walking Club</p> <p>10:00am Sun Hat Craft Class</p> <p>11:30am Lunch: Lemon Chicken Pasta</p> <p>12:30pm Knitting / Crochet</p> <p>12:30pm Arthritis Exercise</p> <p>2:00pm Advance Tai Chi</p> | <p>24</p> <p>8:30am Line Dancing</p> <p>8:30am SHINE Counseling</p> <p>9:00am Pool Room Open</p> <p>10:00am Rep. Parisella</p> <p>10:00am Balance & Strength</p> <p>11:30am Lunch: Baked Fish</p> |
| <p>27</p> <p>9:00am Pool Room Open</p> <p>9:00am Exercise Class</p> <p>11:30am Lunch: Stuffed Chicken (Cordon Blu)</p> <p>11:45am Mystery Movie</p> <p>1:00pm Mahjong</p> | <p>29</p> <p>9:00am Pool Room Open</p> <p>9:00am Quilting</p> <p>9:00am Exercise Class</p> <p>10:30am Parkinson's Fitness</p> <p>11:30am Lunch: Mac & Cheese</p> <p>11:00am Walk in the Woods</p> <p>1:00pm Cribbage & Scrabble</p> | <p>30</p> <p>10:00am Walking Club</p> <p>10:30am Yoga</p> <p>11:30am Lunch: Turkey w/gravy</p> <p>12:30pm Arthritis Exercise</p> <p>1:00pm Book Club Meets</p> <p>4:00pm Pizza and Movie Night</p> |
| <p>28</p> <p>8:30am Gentle Yoga</p> <p>10:00am Walking Club</p> <p>11:00am Bookmobile Visits</p> <p>11:30am Traveling Chef</p> <p>Burger Bar</p> <p>12:30pm Knitting / Crochet</p> <p>12:30pm Arthritis Exercise</p> <p>2:00pm Advance Tai Chi</p> | <p>30</p> <p>10:00am Walking Club</p> <p>10:30am Yoga</p> <p>11:30am Lunch: Turkey w/gravy</p> <p>12:30pm Arthritis Exercise</p> <p>1:00pm Book Club Meets</p> <p>4:00pm Pizza and Movie Night</p> | <p>HAPPY FATHER'S DAY</p> <p>June 19</p> |

Bladder Control Naturally – thanks to BetterWOMAN, I'm winning the battle!



Frequent nighttime trips to the bathroom, embarrassing leaks and the inconvenience of constantly searching for rest rooms in public—for years, I struggled with bladder control problems. After trying expensive medications with horrible side effects, ineffective exercises and uncomfortable liners and pads, I was ready to resign myself to a life of bladder leaks, isolation and depression. But then I tried **BetterWOMAN**!

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DAY AND OVERNIGHT TRIPS

DAY TRIPS



MEMORIES OF PATSY
Wed., June 22, 2022 | \$74 per person | Checks Only
The legendary Patsy Cline comes to life once again in the national touring show Memories of Patsy. Held at the Danversport Yacht Club. **Sign up in advance.**

SHADES OF BUBLÉ

Tuesday | September 20, 2022 | \$74.00 | Checks Only
A three man tribute to Michael Bublé! Join us for show and luncheon. Held at the Danversport Yacht Club. **Sign up in advance.**



OVERNIGHT TRIP

NIAGARA FALLS
June 14-16th, 2022
\$539pp double | \$669 pp single
Sign up in advance, checks only.



TRIP INFORMATION

A full listing of all trips available is upstairs near the library. Sign up at the Senior Center. Please note: many of these trips have COVID safety protocols such as requiring proof of vaccination and face mask usage - some are running at full capacity. For details on COVID safety protocol, please reach out to **Best of Times at 1-800-343-8999.**

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“MYSTERY” MOVIES



MOVIES FOR JUNE 2022

We will be showing movies according to our regular program schedule but the names of the movies are a mystery! Take a chance on the movie title and enjoy our air-conditioned space on a hot June day. Please sign up in advance for our Monday Matinees or our Pizza and a Movie Night.

MONDAY MATINEES

June 13 and 27

11:45 am | Free | Limit 36

PIZZA AND A MOVIE (Sponsored by Ledgewood)

June 30 | 4-6:30pm | Limit 36

SENIOR DAY IN THE PARK—SAVE THE DATE



THERE'S STILL TIME TO NOMINATE A SENIOR OF THE YEAR!

Nominations due by June 10, 2022

We are seeking nominations for the annual Senior of the Year Award. Nominations forms are available at the Senior Center. Criteria for consideration include the following:

1. an individual or couple (pair) who live in Beverly and are at least 60 years old,
2. a person who exhibits community spirit, leadership and a dedication in their actions on behalf of others and,
3. a person who demonstrates a commitment to volunteerism and a record of volunteer service. If you believe that someone you know might fit the bill, please make sure you submit a nomination form no later than June 10th. The successful candidate is selected by the COA Board and the recipient is announced at Senior Day in the Park.



SAVE THE DATE FOR SENIOR DAY IN THE PARK

As of this writing, Senior Day in the Park is scheduled for Thursday, August 4th at Lynch Park from 10:00a.m.—2:00p.m.

Many of you know that our Activities Coordinator and planner of the Senior Day festivities left in early May for a new position. The planning that would already be well underway is therefore delayed. We are all working hard to find a way to host such a large event with a smaller staff on hand.

We hope to be able to announce the details by the beginning of July so please hold the date of Thursday, August 4th and stay tuned for more news in the coming weeks.



OUTREACH & SOCIAL WORK

Clare Mulvihill - Outreach Coordinator | Amanda Kirk, LICSW - Social Worker



ELDER ABUSE AWARENESS

June 15th is World Elder Abuse Awareness Day, and as citizens of this community and the world, it is important that we recognize and help prevent elder abuse. Elder abuse is an intentional act or failure to act that causes or creates a risk of harm to an older adult age 60 or older.

The abuse often occurs at the hands of a caregiver or a person the elder trusts. Common types of elder abuse include physical abuse, sexual abuse, emotional or psychological abuse, neglect or failure to meet basic needs, and financial abuse. Elder abuse is common in the United States and is experienced by about 1 in 10 people aged 60 and older who live at home. From 2002 to 2016, more than 643,000 older adults were treated in the emergency department for nonfatal assaults and over 19,000 homicides occurred.

Although elder self-neglect doesn't involve a third-party perpetrator, it's still considered a form of elder abuse that raises serious health and safety concerns. The AARP estimates that between 40-50% of Adult Protective Services involve self-neglect. As adults get older, it may become more difficult for them to meet their basic daily needs and they may fail to perform essential self-care.

Putting an end to elder abuse starts with recognizing the problem. If you believe you or a loved one is a victim of a scam, fraud, neglect, exploitation, or other abuse, here's what to do:

Take Notice

Most crimes against older adults involve someone the victim trusts, family members included. So stay vigilant even when all seems normal. Be involved and engaged with your finances, and stay alert to unauthorized ATM withdrawals, financial requests from flattering outsiders or anything that feels unsafe, uninvited or ethically questionable.

Prevent Isolation

Call and visit your loved ones (safely) and encourage others

to strengthen their circles of connection if you notice you or someone else is isolated. Most elder abuse happens when there is a lack of accountability or social involvement.

Think twice

Services offered through cold calls or door-knocking solicitors are often fraudulent. If it sounds too good to be true, it's almost always a scam. If anyone tries to call you claiming to be a law enforcement officer and demands immediate payment for something, hang up and take the time to verify and do research. Official correspondence is rarely through phone calls and you can always call back on an official number if need be. Don't let anyone rush you into a hasty or dangerous decision.

Additionally, be aware of scammers in online gaming apps or websites. If someone asks for money or your financial information through online chats or games, say no. If something seems too good to be true, it probably is. Protect yourself and your identity by not revealing any personal information while gaming.

Say Something

If you've been hurt, scammed or exploited, you're in the company of millions. Try to let go of the shame, self-blame and fear of retaliation, and notify local or federal authorities. Tell your trusted friends or family if you notice something off about an interaction you had or are suspecting foul play. Additionally, you can reach out to the Social Work and Outreach Department at the Senior Center (978-921-6017) and let them know if you suspect elder abuse.

It is up to all of us to prevent and address elder abuse!

Adapted from articles by USC Center for Elder Justice and AARP

A MINDFUL MOMENT

Take a moment to reflect:



What a precious privilege it is to be alive— to breathe, to think, to enjoy, to love.—Marcus Aurelius

Today I breathe in gratitude and breathe out peace

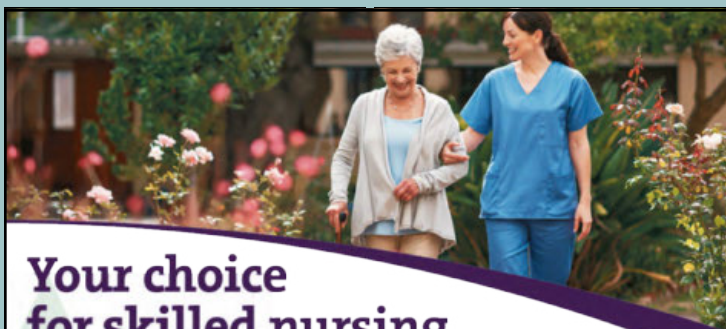
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 Thurs. | 8:00am-7:00pm
 Fri. | 8:00am-1:00pm

Meetings at the Senior Center
 BCOA Board of Directors
 Tues. June 7 | 2:30pm

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 call: 978-921-6017 or email:
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