

Insights



Supporting Every Step: Leon's Journey to a New Home



Moving is stressful for anyone. For 70-year-old Leon, it was even more complex. He is legally blind, lives with diabetes, and did not have family nearby to help with his move to an independent living community.

AgeSpan Geriatric Support Services Coordinator Kea Sar stepped in, coordinating every detail to make sure Leon had the support he needed.

[Read the full story on our blog](#)

AgeSpan's Kelly Beekman Featured in The Provider Newspaper

Congratulations to AgeSpan Family Caregiver Support Program Specialist Kelly Beekman on being featured in the Saluting Our Caring Force section of The Provider newspaper!

The flagship publication for Massachusetts' Largest Human Services Membership Association, The Provider offers the latest news in the human services industry.

Kelly Beekman is a champion for family caregivers

Kelly Beekman chose to work in human services because she wanted to be part of the solution. As a family caregiver support specialist for **AgeSpan**, she does just that — skillfully offering guidance, encouragement and a supportive presence to caregivers who give so much of themselves to their loved ones.

"When caregivers feel seen and supported, older adults thrive and that's the heart of our work," says Family Caregiver Support Program Director, Crystal Polizzotti. "Kelly understands this and goes above and beyond for all the family caregivers on her caseload."

Beekman provides direct support to caregivers through one-on-one counseling, support groups, and connections to programs, services, and community resources. A compassionate listener, she has a knack for seeing opportunities to connect consumers to the people and resources that can help lighten their load.

"It's a little like caregiver matchmaking," Beekman says. "If I have a caregiver who is really isolated, I might encourage them to volunteer with one of our programs like the Mobile Markets or a dementia-friendly group."

For busy caregivers who rarely have time for themselves, Beekman coordinates creative activities to offer respite, like equine therapy at Ironstone Farm in Andover. She works to reduce caregiver burnout by recognizing the needs of each individual and meeting them where they are with patience and kindness.

"I care for my adult daughter with disabilities and Kelly got us Christmas



Beekman supports family caregivers by offering opportunities to connect and create.

presents this year through a special program," says caregiver, Ann. "That meant so much to us."

Beekman started her career as an educator. She holds a degree from Smith College and earned her master's degree in teaching english as a second language at Simmons University. She made the switch to human services five years ago and has been using her collaborative style and bilingual skills to cultivate partnerships that benefit her consumers ever since.

"Kelly is the perfect example of where expertise meets empathy," Polizzotti says. "Combining those two things is her superpower!"

National Caregiver Day: Self-Care Tips for Caregivers



Caregivers give so much of themselves every day.

This National Caregiver Day, discover practical self-care tips and simple, realistic ways to support the caregivers in your life in our video featuring Family Caregiver Program Support Specialist Lyn Brennan.

National Recognition for Massachusetts Senior Medicare Patrol Team



Congratulations to Massachusetts Senior Medicare Patrol Complex Interaction Specialist Tabitha Kreyling and Program Director Lucilia Prates on receiving the national Fraud Prevention's Finest award!

The Senior Medicare Patrol (SMP) Program helps protect older adults from Medicare fraud, scams, and errors, providing education, resources, and support to keep them informed and empowered. AgeSpan is proud to partner with SMP to support older adults across Massachusetts.

[Read more about SMP Fraud Specialist Tabitha Kreyling Here](#)

Learn How to Spot Scams with SMP Complex Interaction Specialist Tabitha Kreyling

In this short video, you'll learn the warning signs to watch for, easy ways to protect yourself, and what steps to take if you think you've been targeted.

[Click here to watch the video](#)

Employee Spotlight: Kathy Simpson



For Kathy Simpson, Home Care Program & Triage Manager, her work at AgeSpan is deeply personal.

After caring for her own grandmother, Kathy felt called to support older adults in aging safely, independently, and with dignity at home. Fourteen years later, that purpose still drives her every day.

What Kathy loves most is mentoring her team and helping them grow. As she puts it, "It is one thing to be a boss, another thing to be a mentor, but a completely different thing to be a leader."

To Kathy, #HealthyAging means resilience, connection, and quality of life at every stage. And through her leadership, she helps make that possible for both the people AgeSpan serves and the staff she supports.

Thank you for all that you do, Kathy!

Save the Date for Our Annual Golf Classic



While the snow is still on the ground, we're already thinking of sun, green grass, and a perfect day on the course.

Join us on **Monday, June 1**, at the Haverhill Golf & Country Club for our Annual AgeSpan Golf Classic benefiting The DiStefano Family Care Fund.

Golfers, supporters, and friends will come together for a day of camaraderie while raising funds to help adults 60 and older in the Merrimack Valley and North Shore with urgent needs like food, fuel, medication, and utility bills.

Your participation helps ensure older adults can remain safe, supported, and secure at home.

Stay tuned for more information!

Medicare Advantage Open Enrollment is happening now through March 31!



Medicare Advantage Open Enrollment is happening now through March 31!

If you are already enrolled in a Medicare Advantage plan, this is your chance to review your coverage and make a one-time change if needed. It is especially important to check that your doctors accept your plan. Some out-of-network providers may not bill Medicare Advantage PPOs, which could lead to unexpected costs. Need help? SHINE counselors can review your options with you.

Call 978-946-1374 to schedule an appointment.

Meals on Wheels Volunteer Drivers Needed in Lawrence and Lowell



A knock at the door brings more than a meal. It brings connection, a friendly face, and a reminder that someone cares.

Each year, Meals on Wheels volunteers deliver more than 223,500 meals to neighbors in Lowell and 85,500 meals to neighbors in Lawrence.

Help us continue serving these communities!

Email volunteerinfo@agespan.org or call 978.946.1235 to become a volunteer driver today!

Agespan is proud to partner with the Pride and Progress Conference Committee!



This year's conference will be held Friday, May 8, from 9 a.m. to 3:30 p.m.

In addition to the annual event, the committee is launching a new webinar series—providing extra opportunities for professionals working with LGBTQIA+ older adults and their caregivers, as well as LGBTQIA+ individuals interested in their own aging or caregiving needs, to connect, advance expertise, and promote equity in LGBTQIA+ aging.

The one-day virtual conference will feature a keynote address, nine workshops, professional exchange, advocacy, and personal narratives—all designed to bridge gaps, increase visibility, and advance understanding of the unique needs of aging LGBTQIA+ adults and their caregivers.

[Visit the official Pride and Progress Conference Website for more information](#)

Ask Joan: Dating Again? How to let loved ones know.

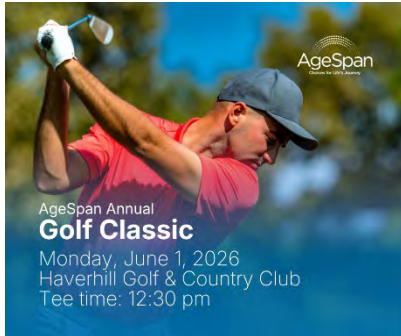


In our recent Ask Joan column, Joan explores how widowed parents can navigate dating again while being mindful of their adult children's feelings.

She offers practical tips for starting the conversation with honesty, sensitivity, and love.

[Read the article on our blog](#)

Upcoming Events



AgeSpan Golf Classic

Monday, June 1, 2026

Tee time: 12:30 p.m.

Haverhill Golf & Country Club,

[58 Brickett Ln, Haverhill, MA 01830](#)

Stay tuned for registration details



AgeSpan Annual Meeting

Friday, November 6, 2026

Blue Ocean Event Center

[Ocean Front S, Salisbury, MA 01952](#)

Stay tuned for registration details



AgeSpan is now on Instagram!

Click the link to visit our page and follow us for the latest updates.

[Official AgeSpan Instagram](#)

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info@agespan.org

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