


The Shoreline

January 2021



2020 Holiday Appeal brings in record amount



Thank you
for your kindness
and generosity.

We are pleased to announce that the agency's annual Holiday Appeal has set a record in fundraising success. We raised over \$40,000, well above our goal of \$15,000. We extend a heartfelt appreciation to everyone who donated and to all of the members of our staff, who fulfill our mission throughout the year.

Our staff's outstanding work is well-known around our region. The commitment and compassion they show to our consumers inspired many people to contribute to this campaign, often in their honor. The COVID-19 pandemic has raised the stakes as to the urgency of our work, forcing us to pivot and move many services online—and triggering an upswing in the demand for Meals on Wheels

and other nutrition-focused programs. The money we raised from the Appeal will help older adults and persons with disabilities who may be facing food insecurity or need extra funds to heat their homes this winter.

Again, we are deeply grateful for your kindness and generosity. You have helped us begin this New Year on a highly hopeful note.

Community Outreach and Services

Personalized services help people make healthy choices

On a cold January morning, Jean Lussier, RD, LDN, CDE, Community Nutritionist with Elder Services, is meeting a client at a local grocery store.

She provides one-on-one nutrition services as part of the agency's Flex Services program, and sometimes that means going grocery shopping. COVID has made some of this work a bit more difficult, but she has been able to continue to provide those services to people like Joseph Andrade, 60, of Lynnfield.



Andrade is a parent and has several medical issues so watching what he eats is critical. "It's not just helping him learn about carb counting," Lussier says, "but also trying to help him budget – how to eat healthy on a budget."

Lussier is one of the Elder Services' team of Registered Dietitians that provide an array of services, including Individualized In-Home Nutrition Counseling, Medical Nutrition Therapy and Nutrition Presentations.

During this grocery trip, Lussier and Andrade walk through the store reading food labels and looking at prices. The key is finding products that are not only healthy, but also things he enjoys eating.

As part of the Flex Services program's partnership with My Care Family, Andrade receives a monthly \$100 gift card for three months to help with groceries in addition to the one-on-one nutrition counseling. He also receives food through Meals on Wheels.

"I didn't know this program was even out there," he says. "I think it really helps people – it's helped me. I have learned a lot from her."

[Click here to learn more about our nutrition programs](#)



Ask Joan: Protocols for visiting elderly loved ones after vaccination

The good news on the COVID-19 front is the vaccine is becoming more widely available, and more of us are receiving the first of the two necessary shots.

In a recent *Ask Joan* column, our CEO Joan Hatem-Roy explains the recommended protocols for visiting a vaccinated elderly parent who lives in a long-term care facility. Safety precautions need to be continued because reports suggest that virus immunity doesn't develop until two weeks after the second shot.

Read [Joan Hatem-Roy's full column](#) first published in the *Eagle-Tribune*.

Meals on Wheels program featured on latest episode of ATA

One of our newest episodes of *All Things Aging*, our community TV show, is a conversation with Derek Anderson, our agency's Nutrition Director.

This program focuses on the Meals on Wheels program which provides hot lunches as well as meals for weekends and emergencies for eligible seniors and people with disabilities. These are delivered by a dedicated group of drivers, many of them volunteers. Their visits Monday through Friday also serve as informal wellness checks for subscribing consumers.



[Watch the episode](#)

Are you interested in being a guest on the show or do you have a topic you would like to see showcased? Contact us at communications@esmv.org

Your vote can make a difference in our community

We need your vote! Elder Services is participating in the Give A Click Fundraiser now through March 31.



JEANNE D'ARC
CREDIT UNION
we share a common thread

The We Share A Common Thread Foundation donates \$1,500 every quarter to a worthy area nonprofit organization, and your click can make a difference when you vote for Elder Services. The nonprofit with the most votes will receive \$1,500 from the foundation.

The Give A Click Fundraiser is sponsored by [Jeanne D'Arc Credit Union](#). We ask that you please vote just once per quarter. Once voting is closed, votes from the same IP address will be reviewed for legitimacy in order to keep the voting process fair for all nominees.

[Vote Now - Give a Click - We Share a Common Thread](#)



Join the Commonwealth to [#GetBackMA](#). Keep doing the things we know work to fight COVID-19 so we can "get back" to the things we love to do.
#MaskUp

Elder Services helps more than 40,000 individuals across 28 cities and towns every year. Please consider [making an online donation](#) to support our programs.

Elder Services of the Merrimack Valley and North Shore
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