

# Insights

January 2023



# Thank you

**FOR DONATING TO THE 2022 ANNUAL APPEAL**

*We're nearly there! There is still time for you to help us meet our goal of raising \$25,000 to help older adults in need. Your gifts make it possible for people across our service area to receive everyday necessities like healthy meals, transportation to medical appointments, and the comfort of a safe, warm place to live.*

*The rising cost of living has been especially hard on many older adults, but you rose to the occasion and made a difference for those we serve that will last well into the new year. We couldn't do this crucial work without you.*

*Donate online at <https://secure.qgiv.com/for/AgeSpanGive> or text AgeSpan to 50155.*

## Save the date: 12th LGBTQ+ Elders Conference



The [12th Annual LGBTQ+ Elders in an Ever-Changing World Conference](#) will be held again virtually on Thursday, June 15, 2023, from 9 a.m. to 3 p.m.

We are excited to announce that this year's keynote speaker is [Dr. Imani Woody](#), a nationally known thought leader who has advocated for the rights of women, people of color, and those in the LGBTQ+ community for more than 25 years.

Dr. Imani is the founder and CEO of Mary's House for Older Adults, Inc., in Washington, D.C. She has served on the board of directors of the Mautner Project for Lesbians, Women in the Life Association, Whitman Walker Lesbian Services, and is the former Chair of SAGE Metro DC.

Be sure to bookmark [lgbtgeldersconference.org](http://lgbtgeldersconference.org) for more information and to purchase tickets when they become available.

Questions? Contact us at [lgbtgeldersconference@gmail.com](mailto:lgbtgeldersconference@gmail.com)

## Hiring Geriatric Support Services Coordinators

Sign up today for a 15-minute virtual interview for our Geriatric Support Services Coordinator openings.

You'll make sure older adults receive healthcare and services like housing, homemaking, meals & more. Those bilingual in Spanish or Khmer are strongly encouraged to apply.

[Register NOW](#)

### GERIATRIC SUPPORT SERVICES COORDINATORS

**Qualifications:**

Positions require an associates degree and relevant experience.

Other career opportunities available.

**VIRTUAL HIRING EVENT  
JANUARY 25, 10 A.M. - 12 NOON**

**Register NOW for your  
15-minute interview**

## Volunteering can boost physical and mental health

Volunteering is great for volunteers. Did you know it can improve your health, sense of purpose, and more?

Chief Executive Officer Joan Hatem-Roy discusses the [benefits of volunteering in her latest Ask Joan column](#), first published in the *Eagle-Tribune* newspaper.

We have volunteer openings for home-delivered meals drivers, Long-Term Care Ombudsman, Money Management, and Senior Medicare Patrol programs. Call 978-651-3128 or email [volunteerprograms@agespan.org](mailto:volunteerprograms@agespan.org)



## Meals on Wheels drivers needed in Haverhill area



**MEALS ON WHEELS  
DRIVERS  
NEEDED IN  
HAVERHILL**

Seeking drivers and on-call volunteers

**Help make a difference!**

Contact Virginia Chapinski at  
[vchapinski@agespan.org](mailto:vchapinski@agespan.org)  
**978-651-3020**

**AgeSpan**  
Choices for Life's Journey

Our volunteer drivers deliver a daily nutritious meal, as well as a friendly face and smile. The role requires a three-hour commitment, a valid driver's license, and a background check. AgeSpan provides a stipend and free training for adults aged 18 and over. This is a fantastic opportunity for retirees, couples, friends, and family members to help out adults aged 60 and over and people with disabilities. Call Virginia Chapinski at 978-651-3020 or email [vchapinski@agespan.org](mailto:vchapinski@agespan.org)

# Upcoming Events

## FEBRUARY

### Alzheimer's Association New England Family Conference: February 3 and 4

A FREE virtual conference for individuals living with dementia and family caregivers. February 3: one-day conference for individuals living with dementia. February 4: one-day conference for family caregivers. To register, visit [alzfamilyconference.org](http://alzfamilyconference.org) or call 800-272-3900. New this year: the conference will be translated LIVE into Spanish.

**Virtual Memory Café: February 7, at 11 a.m.:** The [Memory Café](#) is a welcoming, judgment-free zone for individuals with Alzheimer's disease, forms of dementia, or other brain disorders. The Café includes the participation of the care partner as well, for a shared experience. This month's theme is *Color and Music*. Hear about the life of influential artist Marc Chagall, who survived two world wars, poverty and ethnic persecution. To register, contact Lyn Brennan, Family Caregiver Support Program Specialist, at [lbrennan@agespan.org](mailto:lbrennan@agespan.org) or 978-273-2501.

**AgeSpan Mobile Market: Tuesday, February 21, from 10 a.m. to 12 noon:** Held the third Tuesday of every month at the Boys & Girls Club of Lawrence, 136 Water Street. Fresh food and nonperishable grocery items are available at no cost to Merrimack Valley residents of all ages. Contact AgeSpan Program Manager Ruth Ortiz at [rortiz@agespan.org](mailto:rortiz@agespan.org) or 978-946-1279.

**Healthy Living Center of Excellence:** A variety of [in-person and remote evidenced-based workshops](#) dealing with chronic disease management, balance and mobility, diabetes management, and healthy eating.

### Ongoing Support Groups

**Caregivers Caring for Those with Memory Loss:** Virtual and in-person options.

**Virtual Grandparents Raising Grandchildren:** Thursdays (3rd of the month), 11 a.m.–12

**Virtual General Caregiver Support:** Thursdays (3rd of the month), 1–2 p.m.

[Register for the family caregiver support groups](#) and learn more about the program.

[agespan.org](http://agespan.org)

CAREER OPPORTUNITIES

VOLUNTEER INFORMATION

For questions or comments, contact us at 800-892-0890 or [communications@agespan.org](mailto:communications@agespan.org)

*Please consider making an online donation to support our programs.*

DONATE



AgeSpan (Elder Services) | 280 Merrimack Street, Suite 400, Lawrence, MA 01843