

Insights

February 2022



CareRide service expands into Haverhill

Thanks to a generous donation of \$29,545 to AgeSpan's transportation program, CareRide will now be able to serve older adults in the Greater Haverhill area.

"The George C. Wadleigh Foundation has been a longtime supporter of the agency and once again the foundation has demonstrated its support by awarding funding to expand CareRide," says Joan Hatem-Roy, AgeSpan's Chief Executive Officer.



CareRide is a ride service for non-emergency medical appointments for people aged 65 and over who live in the Greater Lowell and now Greater Haverhill areas: Billerica, Chelmsford, Dracut, Dunstable, Groveland, Haverhill, Lowell, Merrimac, Tewksbury, Tyngsboro, Westford, and West Newbury. The program provides transportation when no other options are available. It uses Lyft, and there is a nominal fee to riders. Read the [full story here](#).

To learn more about CareRide, visit [our website](#) or call 800-892-0890.

11th Annual Conference

LGBTQ+ ELDERS IN AN EVER-CHANGING WORLD

Friday, June 24, 2022

9:00 a.m. - 3:00 p.m. / 4.5 CEUs available



A virtual one-day conference focusing on interdisciplinary practice and community engagement for people working with lesbian, gay, bisexual, transgender, queer/questioning and + older adults and caregivers.

LGBTQ+ Elders Conference features filmmaker



The 11th Annual **LGBTQ+ Elders in an Ever-Changing World Conference** will be held again virtually on Friday, June 24, 2022, from 9 a.m. to 3 p.m.

This year's keynote speaker is award-winning filmmaker Stu Maddux, who will present on "Social Isolation, Loneliness, and Resilience in LGBTQ+ Older Adults." He will discuss his timely, new documentary film *All The Lonely People*, which depicts the troubling increase of chronic loneliness and isolation affecting people of all ages and backgrounds around the world. Maddux is also noted for *Gen Silent*, his documentary about six gay Boston-area seniors who face discrimination in long-term care facilities because of their sexual identity or non-normative gender identity.

The conference committee is seeking individuals who would like to submit an application to present a workshop during the conference. Click [here](#), fill out the application and submit it to lgbtgeldersconference@gmail.org.

Be sure to bookmark the website lgbtgeldersconference.com for more information and to purchase tickets when they become available.

Caregivers can find support, info they need

Caregiving isn't always easy, and many people find themselves taking care of a loved one while working and raising children.

Caregivers of all ages need support, and in her latest *Eagle-Tribune* column, AgeSpan CEO Joan Hatem-Roy talks about the resources available.

Whether it's our Family Caregiver Support Program, classes for those caring for someone with dementia, or information and referrals to services that support your work as a caregiver, we can help.



[Read the full column here](#) for information about the free programs - online and in-person - for caregivers.

Looking to give back? Help others by becoming a volunteer Medicare counselor

Thinking about learning how to use your skills to help people?

The SHINE program (Serving the Health Insurance Needs of Everyone on or eligible for Medicare) is hosting an information session to learn how to become a certified SHINE volunteer.

SHINE counselors can explain Medicare options, help compare costs and benefits, explain the enrollment process, and help people apply for extra help and cost-saving programs. There is no cost for residents with Medicare or who are about to enroll. Fred Baumert, a realtor from Westford, enjoys SHINE counseling because it's volunteer work that doesn't involve physical exertion and presents the opportunity to learn and help people. "It's very rewarding to see people leave satisfied," says Baumert, who has been a volunteer for 13 years.

If you would like to learn more about becoming a SHINE counselor, [sign up for the informational Zoom session](#) at 10 a.m. March 10. Counselor training begins in April.

Watch the video and hear first-hand how meaningful volunteering can be!



Go Red for Women tradition continues



American Heart Association.



February 4th was [#WearRedDay](#) promoting the [American Heart Association's](#) efforts to eradicate heart disease and strokes in women. It's been a tradition for our staff to wear red to mark this special day. From top left, Rudis Paulino, Marie Kissel, Andrea Ennis, Linda Chhun and Shelley DeSimone.

Upcoming Events

February 16, 2-3 p.m.

Merrimack Valley Veterans Collaborative Zoom Meeting

Join us for our virtual bi-monthly meeting and hear Jessica Mack, Certified Peer Support Specialist, Bedford VA, present on the Community Recovery Connections Team and the important work they are doing with veterans. All are welcome.

For more information or to register, contact AgeSpan Community Outreach Program Manager Nandi Munson at nmunson@agespan.org or call 978-946-1380.

March-April

De-Clutterer's Group: Non-judgmental Support for Individuals & Families Struggling with Clutter (held remotely)

Tuesday, March 1 – April 19 from 1:30 – 3:30 p.m.

Wednesday, March 2 – April 20 from 1:30 – 3:30 p.m.

Space is limited and pre-registration is required. Contact Karen Sullivan, MSW, LICSW, Clinical Hoarding Specialist at 978-624-2257 or ksullivan@agespan.org

Ongoing Support Groups

Caregivers Caring for Those with Memory Loss: Day and evening options.

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

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

[Click here to learn about caregiver support groups and register.](#)

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For questions or comments, contact us at 800-892-0890 or
communications@agespan.org

Please consider making an online donation to support our programs.

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