

The Shoreline

April 2021



10th Annual Conference

LGBT ELDERS IN AN EVER-CHANGING WORLD

June 25, 2021

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

Conference Fee: \$95 - with CEUs / \$75 - No-CEUs / \$25 - Seniors and Students



Register today for LGBT Elders Conference

Registration is now open for the [LGBT Elders in an Ever-Changing World - 10th Annual Conference.](#)

Join us **Friday, June 25**, for this virtual one-day conference focusing on interdisciplinary practice and community engagement for people working with lesbian, gay, bisexual, and transgender older adults.

In addition to a variety of workshops, such as "LGBT Aging 101: What You Need to Know About Lesbian, Gay, Bisexual & Transgender Older Adults" and "Building on Strengths: Working with Aging Black Gay Men," participants will hear keynote speakers Jess T. Dugan and Vanessa Fabbre, Ph.D., LCSW.

Their presentation, "I've Got My Game On: Insights from Trans Elders on Well-Being in Later Life," is based on their travels across the U.S., interviewing more than 80 trans older adults for

the book, "To Survive on This Shore: Photographs and Interviews with Transgender and Gender Nonconforming Older Adults."

4.5 CEUs are available for participation.

Interested in becoming a sponsor? Send an email to: LGBT Elders 2021@gmail.com.

The conference is a collaborative effort of Elder Services of the Merrimack Valley and North Shore, LGBT Aging Project - a program of Fenway Health, Salem State University School of Social Work, Care Dimensions, LGBT Senior Social Connection of Merrimack Valley, and Over the Rainbow LGBT Coalition of North Shore.

REGISTER TODAY

Hundreds more are vaccinated at local sites

Our agency continues to partner with local Councils on Aging and housing sites to distribute the COVID-19 vaccination. We helped seniors arrange to get vaccinations at Lowell General Hospital, and more than 200 people aged 65 or older received the vaccine at a recent clinic we sponsored at the Tewksbury Senior Center.



Diane Dunlevy, Tewksbury Senior Center Activities Coordinator, happily displays her mom Irene's vaccination card.



Registration and vaccinations moved smoothly throughout the day.



Pharmacist Mike Jones, of Long Term Solutions Pharmacy vaccinated a woman who arrived by private ambulance to receive her shot.

COMMUNITY SERVICES & PROGRAMS

New "Forever Fit" cooking/exercise series

We are partnering with the [Merrimack Valley YMCA](#) and [North Andover Community Access TV](#) to create "Forever Fit," a new cooking/exercise TV series aimed at area seniors. It presents easy-to-fix recipes that are equally healthy and delicious. Last week, during our first filming, Leigh Hartwell, ESMVNS Dietitian, and Ashley Davies, an intern from Merrimack College, created three dishes: apple chips, salmon patties, and Mediterranean salad. They stressed the importance of "mindful eating," chewing slowly and thoughtfully while paying attention to the flavors and textures of food, and suggested accessible exercises to keep the audience limber. "Forever Fit" will debut in June on North Andover CAM.

Top photo: Leigh Hartwell, ESMVNS Dietitian

Bottom photo: Brian Fraser, North Andover CAM, Executive Director; Ashley Davies, Merrimack College intern; Kelley O'Hara, YMCA Andover/N. Andover, Associate Executive Director; Leigh Hartwell, ESMVNS Dietitian; Veronica Reed, Merrimack Valley YMCA, Marketing Manager; Sandar Alam, UMass Lowell intern and Raylander DaSilva, North Andover CAM, Production Coordinator



Ask Joan: Vaccine Hesitancy

In a recent *Ask Joan* column, our CEO Joan Hatem-Roy discussed the reasons some people may be reluctant to get the COVID-19 vaccination. The decision to get the vaccine is yours to make. But you should make this choice after considering all of the facts—knowing that the vaccine protects you from COVID-19 and that it does not contain the virus.

Read the [full column](#), originally published in the *Eagle-Tribune* newspaper.

"Louie" Melo: Volunteer Profile

Luis "Louie" Melo, of Lowell, has been a loyal mainstay of our agency's Brown Bag Program for more than five years. Every month, he comes to the Senior Center to help coordinate the difficult task of getting 550 bags of donated food to seniors living throughout the greater Lowell region.

The Brown Bag Program, now in its 15th year, provides emergency food assistance to seniors whose limited income may run low toward the end of the month, forcing some to make tough choices between buying food or medicine. Donations help keep the Brown Bag Program going.

"If I'm out, Louie can handle the whole show," says Brown Bag Program Manager Justin Jordan.

Born and raised in Lowell, Melo has deep roots in that community and robust pride in being a local. For example, he has been a member of its Portuguese American Center for 42 years. He became a Brown Bag volunteer when a club member who helped out fell ill and asked him to cover his shift. When a Brown Bag recipient can't make it to the Senior Center pickup site, Melo doesn't hesitate to make special deliveries to individuals' homes, particularly when the weather turns bad.

"I can get to the store, and some other people can't. I love helping," he says.

The Brown Bag Program is a collaboration between Elder Services and the Greater Boston Food Bank. Any older adult receiving Medicaid, Veteran's Aid, food stamps, or fuel assistance is eligible for the program.

Interested in volunteering for the Brown Bag Program? [Click here to learn more.](#)



Elder Services of the Merrimack Valley
and North Shore

2020 Annual Report



Our 2020 Annual Report is now available

We are pleased to share our 2020 Annual Report, a reflection of a taxing yet transformative year for our agency. We want to give special thanks to our dedicated staff, volunteers, donors, and partners, who helped us rise to the challenges posed by COVID-19. [View or download the annual report.](#)

UPCOMING EVENTS

Starts Today! April 21 - June 16: Become a **Certified SHINE Volunteer Counselor**. Zoom training is Wednesdays and Fridays from 8:30 a.m. to 12 noon. For more information, contact Lisa Rose, Regional SHINE Director, at 978-946-1374 or lrose@esmv.org.

May 7: [**Massachusetts Senior Medicare Patrol Program**](#) presents **Engagement & Inclusion: Health Equity & Quality**, a one-day virtual conference featuring Dr. Donald Berwick, one of the nation's leading experts on healthcare quality and improvement. [Register here.](#)

*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

Website: esmv.org

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