

The Shoreline

September 2021

Elder Services of the Merrimack Valley, Inc.
Choices for a life-long journey



Celebrating 25 years of great golf & good times

Elder Services' 25th Anniversary Golf Classic was a smashing, sold-out success!

We are grateful for all the golfers, volunteers, board members, community partners and staff who turned out to support this vital fundraising event for our DiStefano Family Care Fund that supports older adults with unique needs or in emergency situations.

Special thanks to our 2021 Tournament Sponsor, [Enterprise Bank](#). In addition, we would like to thank our other sponsors, including [TRIO Community Meals](#), [Eastern Bank](#), [Multicultural Home Care](#), [VRI + NEERS](#), [United Healthcare](#), [Marsh McLennan Agency](#), [Element Care](#), [Thrive](#), [ABC Home Healthcare](#), [Nextiva](#), [Senior Whole Health](#), [Mi Casa Adult Day Health Center](#), [Natale Company & SafetyCare](#), [Right at Home](#), [Guardian Angel Senior Services](#), [Fallon Health](#), [Salem Five](#), [Care Dimensions](#), [Associated Home Care](#), [Charm Medical Supply](#), [All Care](#), and [Pentucket Bank](#) for their support and the many individuals and businesses who were hole sponsors.

Learn how to prevent falls and stay safer at home

Did you know 1 in 4 Americans aged 65 and over falls each year?

Falls are the leading cause of fatal injuries and the most common cause of nonfatal trauma-related hospital admissions among older adults, costing more than \$50 billion each year.

But falls don't have to be a normal part of aging. During this year's **Falls Prevention Awareness Week**, September 19-25, our [Healthy Living Center of Excellence](#) is offering a FREE webinar, "Responding to (F)ALL," to help individuals, families, providers, and caregivers learn how to work together to prevent falls.

The webinar is Monday, September 20 from 12 to 12:30 p.m. State Rep. Tram T. Nguyen and others will discuss fall prevention strategies, demonstrations of the [Matter of Balance](#) class, and much more.

Register now at: <http://ow.ly/Mcag50G3Lli>



**Falls Prevention
Is A Team Effort**

Family & Friends

Ask family and friends to help check and rid your home of falls hazards.



nco | FallsFree
national council on aging

Elder Services' teamwork helps a woman in need

Everyone has days when nothing seems to go right – when we are overwhelmed and frustrated. For people with mental health issues, those days can be especially difficult so it's good to know Elder Services has help available.



Anna, who lives alone, has a history of trauma and post-traumatic stress disorder. She was feeling alone and having one of those days that just got worse. On top of everything else, she was overwhelmed by technology, trying to get information from her doctor while dealing with a broken phone. She couldn't seem to find anyone to talk to who could help.

Finally, Anna reached out to Molly Gerbutavich (at left), a project manager whom she had been working with in our EnhanceWellness program. Molly set aside time and really listened to Anna, who by then was feeling hopeless.

Molly, who is trained in Healthy IDEAS, a depression management program, was concerned about Anna's safety and reached out to coworker Diane Powell (at right), a Protective Services program supervisor.

Together, they talked to Anna and assessed her for safety then put a plan in place to help her find ways to cope until her therapy appointment later that day. Molly followed up with Anna to make sure she was okay and continued to check in with her over the next few days. Diane also called Anna, who told her how grateful she was for their support.

It often takes teamwork to help someone, and this is just one of many examples of how Elder Services works across the agency to join resources and support for those in need every day.

If you or someone you love is having difficulty locating resources, call us at 1-800-892-0890 or email info@esmv.org.

Need help paying bills? Free assistance is available

The [Massachusetts Money Management Program](#), now in its 30th year, is a free program that helps income-eligible individuals over age 60 maintain their independence by assisting them with budgeting and bill paying.

Our agency has trained, insured, and supervised volunteers who work with seniors who need help making decisions regarding their finances.

If someone you know might benefit from this program, please contact Elder Services' Matthew Ryan at 978-946-1462

or mryan@esmv.org for more information. For general information about the Massachusetts Money Management Program, visit their new website at massmmp.org.



Come work with us & make a difference every day

Do you want a job that makes a difference in your community? Elder Services of the Merrimack Valley and North Shore is hiring.

Come join our innovative, mission-driven team. We're hiring for a variety of positions and bilingual Spanish and Khmer-speaking candidates are encouraged to apply.

Contact us today and learn how you can make an impact in someone else's life. Visit www.esmv.org or call 800-892-0890 and ask for Human Resources.



Nutrition services featured in Merrimack Valley mag



Our nutrition program was featured in the latest print edition of [Merrimack Valley Magazine](#). In the article, Leigh Hartwell, left, one of our registered dietitians, talked about the variety of nutrition programs we offer to individuals, local senior centers and councils on aging. Leigh also talked about our recent partnership with [Merrimack Valley YMCA](#) to produce a limited series on food and exercise called “Forever Fit,” which can be

seen on [North Andover Community Access Media](#).

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

Community outreach in action in Peabody

Care Manager Dawn Karolides, left, and Community Relations Coordinator Bonnie Sisson recently hosted an information table at the [Peabody Chamber of Commerce Health & Wellness](#) event.

If you are interested in having our agency at one of your events, contact our Development Office at development@esmv.org or 978-946-1433.



UPCOMING EVENTS

Now through November 4: [A Matter of Balance Workshop](#), 1-3 p.m. - Designed to help older adults at risk of falling. Participants learn techniques to increase strength, balance, and flexibility and gain the confidence they need to stay active. For more information, contact Molly at 978-651-3033 or mgerbutavich@esmv.org. To register, call 978-946-1211 or [register online](#)

September 15 - December 29: Are you turning 65? Over 65 and considering retirement? Explore your Medicare options during one of [SHINE's virtual Introduction to Medicare Informational Sessions](#) and learn about your options from trained SHINE volunteers. Sessions are Mondays at 10-11:30 a.m. and Wednesday from 6-7:30 p.m. Registration is required.

September 20-24: Falls Prevention Awareness Week.

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
800-892-0890 or communications@esmv.org

