

The Shoreline



To better reflect
the agency we
have become,



COMMUNITY SERVICES & PROGRAMS

Honoring family caregivers during November

November is the month when we focus on two vital and related issues: family caregivers and Alzheimer's disease.

All too often, we see caregivers with a mindset of having to "go-it-alone." They focus on their immediate caregiving obligations and how they alone can fulfill them. But this is exhausting, and, ultimately, doesn't help their loved ones either.



In a [recent column from our Chief Executive Officer Joan Hatem-Roy](#), first published in the *Eagle-Tribune*, she talks about the many resources our agency offers to help caregivers in their unique roles. As we honor family caregivers and raise awareness about Alzheimer's disease, it's a great time to reach out to Elder Services and learn about the variety of programs that support caregivers.

Visit us [online](#) or call 800-892-0890 for caregiver information.

Salute to our Information & Referral staffers



Lawrence Team l-r: Caren Connor, Shely Rodriquez, Millie Torres, Andrew McGinty and Debra Giordano (unavailable for photo: Dimayra Aponte, Melissa Goglia, Lillyana Talavera and Judy Wetmore)



Danvers Team l-r: Jennifer Maclellan and Lise Blumberg

Every day, our hardworking information and referral staff are making a difference in the lives of others. These employees answer thousands of calls and spend time answering questions, providing an overview of critical resources, and helping people make connections with the programs, services, and partners they need.

In honor of the annual Information & Referral Day, we take this time to say thank you and express our gratitude to our awesome colleagues.

Receive help with Medicare enrollment at no cost

Are you turning 65? Over 65 and considering retirement? Sign up now for a free Medicare information session, and explore your healthcare options and learn what you need to know about Medicare.

Zoom sessions are still available. You will learn about:

- The enrollment process and the timeline for Medicare-related plans
- Navigating your way through the complex Medicare health insurance system
- Medicare options and what may be best for you
- How to compare your costs and benefit options
- Medicare Savings Programs to assist with Medicare costs and premiums

A SHINE counselor will be available for a Q & A session immediately following the seminar. [Registration is required by following this link.](#) You will receive a confirmation email with a link to join the meeting.



Make a difference every day, join our team

We are hiring! Are you interested in work that makes a difference? Why not work for an innovative agency committed to helping your community?

Find out about a variety of specific positions available right now in human services, social work, nursing, administration, and more. Applicants who are bilingual in Spanish or Khmer are encouraged to apply.

Visit our [website](#) or call 800-892-0890.



Many thanks for donated backpacks, supplies



Many thanks to the [Community Giving Tree](#) for their generous gift of 27 backpacks to our Family Caregiver Support Program for Grandparents Raising Grandchildren. Each backpack was filled with school supplies, so kids can be better equipped for this first term of the year.

[Click here](#) to learn more about our Family Caregiver Support Programs, including those that assist grandparents, or call 800-892-0890.

UPCOMING EVENTS

November-December: There is still time to register! If clutter is affecting your home, work, or relationships, we can help. **The DeClutterer's Group**, run by the North Shore Center for

Hoarding and Cluttering, is holding two 8-week sessions, beginning Tuesdays, on November 2, and Wednesdays, on November 3. For more information, contact Karen Sullivan, 978-624-2257 or ksullivan@nselder.org

Our offices will be closed on **Thursday, November 25** for the Thanksgiving holiday.

Now through 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 Wednesdays from 6-7:30 p.m. Registration is required.

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

