

Celebrate and support our family caregivers



Erin, 52, of West Newbury, was trying everything to help her mother, but nothing was working.

Her mother, Anne, 80, was diagnosed with Alzheimer's disease two years ago. Erin and her husband, Jeff, were working full-time and caring for two school-age children when they found themselves among the more than 50 million people who provide care to an adult.

Erin was forced to leave her job because her mother's care demanded more time: "My job was to take care of my mother," she says.

The family found support through our Family Caregiver Support Program (FCSP). Anne received two days of adult health care per week at the Andover senior center.

November is National Family Caregivers Month - a time to recognize the hard work and sacrifices of caregivers like Erin, which often go unnoticed. AgeSpan offers caregivers counseling and advice, habilitation therapy, grandparent campership scholarships, family meeting facilitation, Alzheimer's disease and related dementias education and support, and relaxation events.

We are happy to explore the [Family Caregivers Support services](#) you may need. You may also call us at 800-892-0890.

Annual Appeal: Your gift can change a life

We all depend on everyday necessities like food, transportation, and a safe place to live. But many older adults go hungry or must choose between paying rent or buying groceries.

This holiday season, your generosity is needed more than ever. With your support, people across the Merrimack Valley and North Shore will have nutritious food, in-home services, and a safe place to live.

People like Frances, 87, who is a paraplegic and unable to grocery shop on her own, depend on our home-delivered, medically tailored meals. Thousands of people like Frances are served through our nutrition, in-home services, and other support programs every year.

Please consider a gift to help us reach our goal of \$25,000 by December 31. We can't do this crucial work without you.

2022 AgeSpan ANNUAL APPEAL

PLEASE HELP US REACH OUR GOAL OF \$25,000

Text AgeSpan to 50155

NEW Text-to-Give donation

Donate online

Donate by mail

please share & like us on social media

WAYS TO GIVE

**DONATE
ONLINE**

TEXT:
AgeSpan to 50155

MAIL:
AgeSpan
Attn: Development Office
280 Merrimack Street, Suite
400, Lawrence, MA 01843

Energy assistance: Resources to keep the heat on



Do you or someone you know need help with winter heating bills? You may be able to find assistance through the [Home Energy Assistance Programs](#), which help eligible households pay a portion of their seasonal heating bills. People enrolled may also receive discounts on their telephone service and electric bills.

Eligibility is based on household size and the gross annual income of all household members

over the age of 18. Your household income cannot exceed 60 percent of the estimated Massachusetts state median income, which is \$55,461 for two people.

The [MA heating help program](#) is open through April 30. You may call the Massachusetts Association for Community Action at 617-357-6086. There may be help even if you don't qualify for fuel assistance.

Note: Your electricity or gas cannot be shut off without permission from the Department of Public Utilities if everyone in the household is 65 and older. Get more information about [energy assistance programs in this column](#) by our CEO Joan Hatem-Roy.

Essex Co. EBT cardholders warned about scam

The Massachusetts Department of Transitional Assistance (DTA) is warning residents in Essex County about [EBT card skimming scams](#).

As a precaution, DTA strongly recommends that clients change the PIN on their EBT cards. They are notifying cardholders and providing special outreach to residents with a disability, older adults, immigrants, and survivors of domestic violence. Clients do not need a new card to safely access their benefits.

To assist clients with pinning their cards, DTA's Lawrence office will be open on Saturday, November 19 from 9 a.m. to 1 p.m. The DTA Assistance Line is 877-382-2363.

The cities and towns served by the Lawrence DTA Office include Amesbury, Andover, Boxford, Bradford, Byfield, Georgetown, Groveland, Haverhill, Lawrence, Merrimac, Methuen, Newbury, Newburyport, North Andover, Rowley, Salisbury, Salisbury Beach, Ward Hill, West Boxford, and West Newbury.



Steps to Change Your EBT Card PIN

- 1

Call 800-997-2555
- 2

Choose your language
- 3

Enter the number on the front of your card
- 4

Press 2
- 5

Enter last 4 digits of your SSN (Social Security Number)
If you do not have an SSN, enter the last 4 digits of your 99 number assigned by DTA
- 6

Enter your Date of Birth
Birth (XX/XX/XXXX)
E.g., 12 01 1989 for December 1, 1989
- 7

Enter your NEW 4-digit PIN
Then enter it again



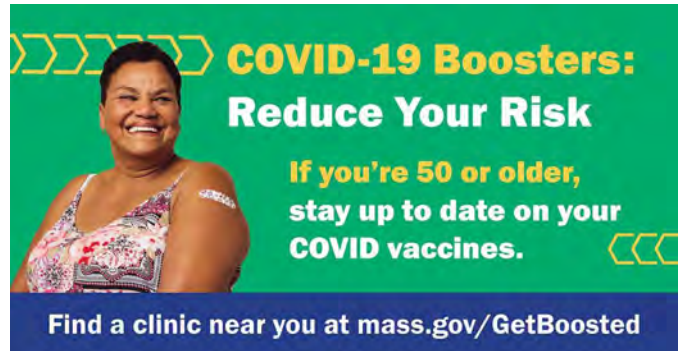
Mass.gov/ProtectYourEBT



Get boosted: Reduce your risk with vaccinations

Updated COVID-19 boosters are available in MA for everyone, ages 5 and up! Boosters are free, safe, and effective. A \$75 gift card per vaccination is available at select clinics while supplies last.

[Find a clinic near you](#) and get boosted!



Golf Classic raised \$100,000 for DiStefano Fund!

This fall, our Annual Classic united 134 golfers, along with volunteers, board members and staff for a day of golf, networking, and camaraderie. However, it is the money raised that benefits our DiStefano Family Care Fund that counts the most, making a huge impact for older adults who need help with extra food, fuel, medicine, simply fixing a pair of glasses, or purchasing basic staples.

AgeSpan depends on the generosity of our supporters, and we are enormously grateful to our Tournament Sponsors [Enterprise Bank](#) and [Guardian Healthcare](#), and to all our other sponsors who helped push us over the top to reach our goal of \$100,000.

Upcoming Events

DECEMBER

Virtual Memory Café: December 6, at 11 a.m.: The [Memory Café](#) is a welcoming, judgment-free zone for individuals with Alzheimer's disease or any form of dementia or other brain disorders. The Café includes the participation of the care partner as well, for a shared experience. To register, contact Lyn Brennan, Family Caregiver Support Program Specialist, at lbrennan@agespan.org or 978-946-1368.

AgeSpan Free Mobile Food Market: December 20, from 10 a.m. to 12 noon: Held the third Tuesday of every month at the Boys & Girls Club of Lawrence, 136 Water Street. Open to Merrimack Valley residents of all ages. Volunteers are needed. For more information, contact AgeSpan Program Manager Ruth Ortiz at rortiz@agespan.org or 978-946-1279.

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.

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

agespan.org

CAREER OPPORTUNITIES

VOLUNTEER INFORMATION

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

Please consider making an online donation to support our programs.

DONATE

