

The Importance of Age-Friendly, Dementia-Friendly, and Socially Connected Initiatives with the Secretary of the Executive Office of Elder Affairs, Robin Lipson



We had an inspiring annual meeting centered on the important work of fostering Age-Friendly, Dementia-Friendly, and Socially Connected Communities. It was an honor to have Robin Lipson, Secretary of the Executive Office of Elder Affairs, join us and share valuable insights on Age-Friendly Massachusetts—a statewide initiative dedicated to creating more livable, inclusive, and supportive environments for people of all ages across the Commonwealth.

By working together, we are driving positive change and building communities that prioritize connection, accessibility, and well-being for everyone, regardless of age or ability.

One Million Meals in One Year: Celebrating Our Commitment to Fighting Food Insecurity for Older Adults in the Merrimack Valley and North Shore

We're excited to share that in just one year, we've delivered an amazing one million meals through our programs!

This milestone shows our commitment to fighting food insecurity in the Merrimack Valley and North Shore, where many older adults face challenges accessing nutritious food.

With programs like Meals on Wheels, community dining, and more, we're doing more than just serving meals—we're creating connections and providing the support needed to help older adults stay independent.

Watch the video below for more information!



This year we've provided

ONE MILLION MEALS

To the Merrimack Valley & North Shore



AgeSpan is Excited to Participate in Subaru's Share the Love campaign!



SUBARU **share the love**® EVENT

AgeSpan is participating in Subaru's Share the Love campaign, running now until January 2nd, with [AutoFair Subaru](#) of Haverhill and [Ira Subaru of Danvers](#).

Through this initiative, Subaru donates \$250 for every new vehicle purchased or leased, with the buyer selecting a charity to receive the donation.

We are excited that Meals on Wheels is one of the organizations benefiting this year.

Support provided through the campaign helps us continue to provide nutritious meals and much-needed companionship to older adults in our community.

We are grateful for Subaru's commitment to making a positive impact.

Thank you to everyone who chooses to Share the Love and support Meals on Wheels!

The Holiday Wishlist Project Celebrates 10 Years: Employees at Pfizer and AgeSpan Bring Holiday Cheer to Families in Need



The Holiday Wishlist Project, a heartfelt collaboration between AgeSpan and Pfizer employees, started 10 years ago with a simple mission: to give back during the holiday season. Thanks to the generosity of over 130 Pfizer employees, AgeSpan will deliver gifts to 146 older adults and 24 children in the Merrimack Valley & North Shore, spreading warmth and joy to those who might otherwise have gone without a gift this season.

Over the past decade, 604 participants have come together to bring gifts to 692 older adults and 102 grandchildren.

Jamie Perkins, the Pfizer employee who leads the project each year, expressed: *"The best gift I get every year is receiving the feedback from this program. Hearing the stories and seeing the pictures of the amazement, joy, and gratitude on your consumers' faces because a stranger took a few minutes to acknowledge them and cared that they weren't forgotten during the holiday season."*

Jamie, and all the volunteers involved, we are deeply moved by your kindness and generosity that make this project possible.

Here's to 10 unforgettable years—and many more to come!

Help AgeSpan Keep Older Adults Safe, Warm, and Connected: Your Support Makes a Life Changing Difference



As cold weather approaches, many older adults struggle to stay connected. Your support of AgeSpan helps provide the resources they need to stay safe and independent at home.

Take Agnes, a widow on a fixed income, who turned to AgeSpan for help when her hot water heater broke. Thanks to AgeSpan's DiStefano Fund, and help from our staff, she was able to place a down payment on a new heater and create a payment plan.

She said, "The first time I did my dishes with hot water, I cried. It has made a world of difference."

This year, we aim to raise \$250,000 to support older adults and caregivers.

Every gift matters. Please consider donating today!

[Make your year-end gift today](#)

*Thank you to everyone who has made a donation.
Your generosity is deeply appreciated and truly makes an impact.*

Discover how AgeSpan is transforming lives

and communities in our 2024 Impact Report



Dive into the cornerstones of healthy aging—Independence, Social Wellness, Equity, and Community—and explore the data that showcases the impact of our programs and services in 2024. Click [here](#) to read the full report!

Ask Joan: Gratitude Makes Life A Lot Easier

Gratitude isn't just for the holidays—it's a habit that can improve both your mental and physical health year-round. In our recent Ask Joan column, Joan explores how regularly practicing gratitude can reduce depression, ease anxiety, lower stress, and even boost heart health.

By focusing on the positive, gratitude helps reshape your mindset and enhances your overall well-being.

Click [here](#) to read the article!



Employee Spotlight: Gerald Kayo

Employee **Spotlight**

Gerald Kayo

Care Manager

Coordinates care and connects older adults with resources to support their health and independence.



Get to know AgeSpan Care Manager, Gerald Kayo! Check out his full employee spotlight [here](#).

Looking for Volunteer Opportunities?

We have a variety of opportunities for you to get involved and give back to your communities. From assistance with running errands to bringing meals to peoples' homes to providing companionship for older adults, every volunteer opportunity makes a real difference to the people we serve—and to the volunteers who make it possible.

[Click here to learn more about our volunteer opportunities](#)



agespan.org

CAREER OPPORTUNITIES

VOLUNTEER INFORMATION

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

Please consider making an online donation to support our programs.

DONATE



AgeSpan | 280 Merrimack Street Suite 400 | Lawrence, MA 01843 US