

The Shoreline

October 2020

Senior Transportation Pilot Wins National Recognition

Transportation is a vital need for many older adults.

Last year, we launched CareRide, a pilot program for those age 60 and older in the Greater Lowell area for non-emergency medical transportation.

We recently received a national 2020 Aging Achievement Award from The National Association of Area Agencies on Aging (n4a) for CareRide, the on-demand service that gives subsidized rides to medical appointments.

Read more about [CareRide and the award.](#)



Years of Service Event Honors our Employees

Last month, we took time to celebrate and thank our staff during a remote version of our annual Years of Service ceremony.

CEO Joan Hatem-Roy and members of our leadership team gave tribute to those employees achieving milestone anniversaries.

"We know all of you have worked hard for this accomplishment, and we truly appreciate your dedication," said Hatem-Roy. "We applaud the determination and effort each of you has demonstrated, especially during a time of many changes. The pandemic has challenged all of us to find new and different ways to continue to provide excellent service and programming."

[Read more about those that were honored.](#)



Events & Volunteer Opportunities

Bid Online During T.E.A.M 2020 Auction and Help Local Nonprofits

Start your holiday shopping early by bidding during the T.E.A.M. 2020 Autumn Action! The Greater Lowell Chamber of Commerce and Jeanne D'Arc Credit Union are hosting an online auction to benefit ESMV-NS and 15 other nonprofits in the Merrimack Valley.

[Preview all the items up for bid now.](#) **LIVE** bidding starts Thursday, October 22 and runs through Thursday, October 29. Donations to each nonprofit are also accepted through the auction link.



TEAM 2020 Fundraiser

Together, Everyone Achieves More



JEANNE D'ARC
CREDIT UNION



GREATER
LOWELL
CHAMBER OF COMMERCE



Register for This Magic Moment Memory Cafe

Register today for this fun and engaging virtual series and make new friends. Memory Cafes are a judgement free zone for those with memory loss and their caregivers.

[Click here to learn more](#)

Meals On Wheels Drivers Needed

You can make a difference in someone's life when you become a **Meals On Wheels driver**.

There is a critical need for volunteers to deliver these nutritious meals to home-bound seniors. This is a great way to give back and help isolated adults stay healthy.

Interested? Email nutrition@esmv.org or call 978-686-1422.



Community Outreach & Services

"All Things Aging" Community TV Show Now Airing

We have launched a new TV show that highlights the local people, programs and services available to make the aging journey easier.



"All Things Aging" is created and presented by employees Nandi Munson, community outreach coordinator, and Katie Houle, resident service coordinator.

In each episode, you'll meet people living and working in the Merrimack Valley and North Shore who provide a variety of programs and services that benefit older adults. Each guest has a connection to older adults in our community, and you'll also meet guests who share their own experience of aging.

The show is now airing on community tv channels in Billerica, Boxford, Haverhill, Lowell, Merrimac, Methuen and Westford.

The [latest episode](#) highlights the remote programs and workshops from the Healthy Living Center of Excellence. Employees Crystal Polizzotti and Molly Gerbutavich talk about the remote Matter of Balance falls prevention program and other evidence-based workshops.



Experts Recommend Getting Your Annual Flu Vaccine

After months of staying at home, you may wonder if it is worth the risk to get a seasonal flu vaccine.

This year, it is extremely important for everyone, especially older adults, to talk to their health-care provider about getting vaccinated for seasonal flu. COVID and flu have similar

symptoms so it may require additional tests to confirm the diagnosis if someone becomes ill. It is also possible to have COVID and the flu at the same time.

Most health experts recommend getting the vaccination between now and early November. Learn more about the importance of a [seasonal flu vaccine](#).

Free Help is Available During Medicare Open Enrollment

Medicare plans can change every year, but you can get free help to review your Medicare plan to ensure it is the best for you and your needs.

Certified SHINE counselors help you navigate the complex Medicare insurance system. This program is free to Massachusetts residents with Medicare or who are about to enroll in Medicare or their families.

The SHINE Program is administered by the Massachusetts Executive Office of Elder Affairs in partnership with our agency along with other elder service agencies, councils on aging or public and private community-based organizations.



Medicare Open Enrollment is now through December 7.

[Click here](#) for more information on SHINE counselors or call 1-800-892-0890.



Staff Spotlight: Bonnie Sisson

Bonnie Sisson, our Community Relations and Development Coordinator, was among the employees recently honored at our Years of Service event. Bonnie has the special honor of being our longest serving employee.

How long you have been at the agency? I started in 1979, so 41 years in different departments. By far, however, Community Relations and Development has been the most exciting.

What is a typical day like for you? My job does not really have a typical day and that is what I love about it. I get to work with and meet great people who are passionate and caring. Every day, I'm given the gift of a new experience. Sometimes it can be challenging, but that's what continues to spark my enthusiasm and curiosity.

What is the best part of your job? The best part of my job is that I don't see it as one. For me, it's been more of a life-long adventure. It was my Aunt Anne, who was 81 when I spent a summer with her, taught me that life at any age is what you make of it. She was one of the reasons I applied to work at Elder Services – to try and make a difference for older people, just like her.

What do you do to #AgeStrong? I am aging strong by enjoying the freedom and delight of owning my age which opens limitless possibilities. I try to laugh a lot, read a lot and garden. I love my Monday yoga class that helps set the tone for my week. And, when possible, I treasure a motorcycle ride up the beautiful New England coast with no intended destination.

Elder Services helps more than 38,000 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
www.esmv.org
800-892-0890 or info@esmv.org

