



Senior Connections

A note from the Director of Andover Elder Services

Wishing you a joyous season

There are many new and reinvigorated programs happening.....

This month we will be having some of our participants enjoying the Walk the Gym Program at the Cormier Youth Center on Tuesdays and Thursdays from 9-10:30am. We will also be enjoying poetry weekly this month. If you have an idea of activities that you would like to see occur please let us know!

We will be running a crockpot daily with fresh scents of the season to stimulate the brain and bring healthy moisture into the air. This is a way to bring about a means of reminiscing– remember a favorite scent of yours when you were kids - clove, cinnamon, curry.... Mine is balsam fir.

The season’s music and shows will be on this month as we enjoy and recognize your loved ones traditions. We will be reminiscing of those traditions they grew up with and how new traditions have emerged.

We ask that if you need help with support in other areas of your life you let us know. We maybe able to connect you with the support you need. As a caregiver, we recognize how dedicated you are to your loved ones and at times other areas tend to slip. We want to support you and aid in any manner we can. Just ask.

Memory café will resume here on site in January, check out the January newsletter for more details.

Enjoy your holidays and your traditions.

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Special points of interest

- Special outing this month
- FREE trial day for new people
- New programs

Monthly Inserts:

- Calendar
- Permission slip

Contact

Director

Annmary I. Connor, LICSW

Staff

Linda Lambert

Nurse

Sharon Thomson, RN

Outreach

Kristine Arakelian, LCSW

Intern

Flescania Piverger

Support Groups

Parkinson's Support Group,

Thursday, December 8th, from 1:30 -3 p.m. "Health

Communication: Regaining a Sense of Control During Times of Uncertainty", Andrew C. Tollison, PhD., Assistant Professor of Communication Arts & Sciences, Merrimack College

For further information, contact Kristine Arakelian, LCSW, MPH

"Coping with Holidays and Special Days"

Thursday, December 15; 1:30; please call the front desk to put your name on the list. Join others in this support program designed to provide help coping with the loss of a loved one. Learn new ways together to carry on traditional ways of doing things and figure out how to commemorate these days that can trigger a lot of emotion. Starting January 5 at 1:30 Lois Marra, of Home Health VNA Hospice, will facilitate a monthly support group.

Reminder

Rates are \$40 full-day/\$31 half-day for Andover residents; and \$42 full-day/\$33 half-day for non-residents.

Important :

When Andover public schools are closed for snow– Senior Connections & Senior Center are closed

Caregiver Support Group: Third Wednesday 12/21 at 9:30am. This group will be facilitated by Annmary I. Connor, LICSW and Flescania Piverger, BSW Intern. We ask that you RSVP to Annmary Connor

Monthly Special Events

- Mon, Dec 5th, 8:30 am, Sounds of the Season Breakfast & concert.
- Nutcracker; Thursday, Dec 8th, 10 am - 12 pm**
- Fri, Dec 16th 11:45 am Birthday party. Entertainment Diane Dexter.
- Mon, Dec 12th 1:30 pm Alzheimer's Disease presentation.
- Wed, Dec 21st, 11:45 am Christmas Lunch, Roast beef & fixings
- Fri, Dec 23rd, 11:30 am, **Holiday Happenings Concert**
- Fri, Dec 30th 11:45 am , Chinese luncheon

READING IS FOR EVERYONE-THE TALKING BOOK

Wednesday, **December 21** at 9:30 am.

The Perkins Braille and Talking Book Library provides audio and large print books as well as access to over 350 newspapers over the phone and audio as well as DVDs of movies and TV shows.

Gayle Yarnall will demonstrate the free, easy to use digital player and explain how all these services can be delivered to your home at no cost.



Special programs

LEAF RAKING

This program is an income (not assets) based program. This program is designed to aid individuals on a fixed income to be able to obtain basic leaf removal. We ask that you either have a wooded area that the leaves can be tarped and dumped or please provide leaf bags.

SNOW SHOVELING

This program is an income (not assets) based program. This program is designed to aid individuals on a fixed income to be able to obtain basic snow removal for pathways only. Our goal is to ensure your home has two safe egresses. If your vent for the furnace needs to be shoveled out, please inform the staff supervising the youth, they will assess to see if this can safely be accessed.

The youth will not be there right when the snow falls, rather when they can safely get to your home, they are not in school or away. You will be placed on a list, we will do our best to match you up with a youth in your neighborhood. There is access to sand provided for light sanding. Please advise us if you do not want sanding.

These youth are volunteering their time and the staff from the Cormier Youth Center are supervising them through a grant from Andover Home for the Aged. In order to develop sustainability, there is a suggested donation.

Call Kristine or Annmary for more details or to sign up for this program.

ALZHEIMER'S DISEASE: KNOW THE 10 WARNING SIGNS: EARLY DETENTION MATTERS:

Monday, **December 12**; 1:30 pm

As we age, there can be changes to our memory. Yet, memory loss or behavior changes severe enough to disrupt daily life are not a typical part of aging. Knowing the 10 Warning Signs can help determine if it's important to speak to your doctor and get a diagnosis for yourself or someone you care about. Join us to learn the "10 Signs" because early detection matters! Presented by trained Alzheimer's Association staff and volunteers. Program is free of charge.

Call outs

Reminder: If your loved one is sick, please do not send them in as we do not want to infect other seniors. If your loved one shows symptoms while here, we will contact you to come and gather them so they may go home and rest, as well as not infect others. Thank you.

RESIDENTIAL

LOCK BOX

FREE OF CHARGE! If you would like a lock box placed on your home, please contact Annmary, Kristine or the Fire Department for applications. This is in the event emergency services needs to access your home to aide you.

Andover Elder Services

- ⇒ Get your shovels & ice scrapers out and fill your windshield washer fluid
- ⇒ Order your holiday pies or cookies from Chef Frank
- ⇒ Some new volunteers are joining us!

Senior Connections . . . Growing together

- We invite new interested individuals and families to take advantage of our FREE trial Day for Senior Connections. This is open to all NEW people who are considering services from our engaging program.
- A full intake packet must be done prior to the start of the FREE trial day.
- Senior Connections accepts private pay and is part of the Elder Services of the Merrimack Valley contract.
- We are open Monday-Friday 8am to 4pm and invite you to stop by for a tour. You may also schedule a tour in advance by calling and asking for Linda, Kristine or Annmary.

Annual Christmas Craft Fair Saturday December 3rd: 9am-3pm

Andover Elder Services

30 Whittier Court
Andover, Ma 01810

Phone: 978-623-8320

E-mail:

annmary.connor@andoverma.us



PLEASE
PLACE
STAMP
HERE

Holiday Fair

Andover Senior Center @ Punchard
30 Whittier Court in Andover

Saturday, December 3
9 am - 3 pm &
Monday, December 5
9 am - 1 pm

Select hand-made crafts : Exquisite knitted items
Beautiful live plants and garden club arrangements
Gently worn and vintage jewelry : Baked goods
Breakfast, chili, chowder and homemade apple crisp
Dec. 5 at 8:30 Concert & breakfast \$4
includes a 25% off coupon for fair!

A Family
Event