



Edward J. Flynn, Jr.
Executive Director

Elder Abuse and Neglect is an uncomfortable subject to talk about but, unfortunately, it is a reality and the number of elders who are abused continues to rise. Every day in Massachusetts, 54 reports of abuse and neglect are filed with an Aging Services Access Point (ASAP) such as South Shore Elder Services. The ASAPs, under contract with the Executive Office of Elder Affairs, are the organizations charged with investigating those reports to determine if the abuse is happening and then working with the elder to resolve the situation. While the ASAP involvement focuses on mitigating the problem with services to the elder, there is also regular involvement with the police, district attorneys and the court system.

On the national level, a hearing was held recently by the U.S. Senate Select Committee on Aging to focus on the issue of abuse of the Elderly in America. The hearing, called “Justice for All: Ending Elder Abuse, Neglect and Financial Exploitation”, included testimony from many people. The lead off witness was Mickey Rooney, the child film star, who is now 91 years old and he testified about being the victim of financial exploitation. He reported that his resources were

(Cont. on Page 2)

Sixth Annual “Aging is Everyone’s Future” Conference Finding Time For Yourself as a Caregiver Was a Great Success!!

The main focus of the conference is to let people know what resources are available so they can make informed choices if they are faced with a health crisis or are approaching retirement age.

Over 60 different services and programs were represented at the conference to share information with over 200 people that were in attendance. The evening started with guest’s visits to the informational tables followed by dinner, fantastic raffle prizes and a wonderful guest speaker.



Left to Right: Amy Carlson (SSES),
Diane Sargent (SSES), Jane B. Ford (The Joy Path),
Edward J. Flynn, Jr. (Executive Director SSES)

Guest Speaker, Jane B. Ford M.Ed., The Joy Path shared with the audience some of her experiences as a caregiver. She also talked about ways that caregivers can take care of themselves while caring for others. Jane also stressed that you have to ask for what you need. Do not assume that people are aware of what you are going through and that you need help. Remember that taking time for yourself will make you a healthier, happier and better Caregiver.

(Cont. on page 3)

Thank you Visiting Angels For Another Fantastic Fundraiser!

On Saturday, April 2nd Visiting Angels of the South Shore held their second annual “Dancing with the Angels” fundraising event. More than 200 guests had a fun filled evening dancing to live music by the White Heat Swing Orchestra. The event raised **\$15,500** for South Shore Elder Services and Old Colony Elder Services Special Needs Fund. The Special Needs Fund helps elders in the 34 communities they serve on the South Shore with everyday necessities of life, such as food, fuel, medicine and shelter.



Nate Murray (Managing Partner
Visiting Angels & Kim Griffin

Nate Murray President of Visiting Angels said “In addition to raising money for the Special Needs Fund, we hope to raise awareness of the elders who need more help during this challenging economic time.”

(Cont. on page 2)

UPCOMING EVENTS

August Moon Festival
Sunday, August 21, 2011
10:30 am—4:00 pm

**Asian Culture &
 Living Traditions**

**Location: Hancock Street,
 Quincy Center**

SSES is a Sponsor of this event
English & Chinese
Information available

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LGBT Senior Brunch
**Usually the last Saturday of
 the month**

Next Brunch is June 25th
Location:

Unitarian Church (All Souls)
196 Elm St., Braintree, MA
Contact:

Maryanne Ryan @
781-848-3939 ext. 325 or
E-mail:

lgbtseniors@sselder.org
For more information

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**COMING
 SOON!**

Watch for more information
on our upcoming event:

**Walk for
 Meals on Wheels**

Scheduled for November.

**If you are interested in being a
 Sponsor for this event please
 contact Susan Lambropoulos
 at 781-848-3939 ext. 362**

(Cont. from page 1)

Murray added “The dance grew out of our desire to give back to the community we serve every day. We are very grateful to the sponsors and guests who joined us to make this year’s event so memorable and successful.”

And we at South Shore Elder Services are very grateful to the wonderful staff at Visiting Angels, for all the hard work they did on behalf of elders in SSES and OCES service area.



Left to Right: Diana DiGiorgi (Executive Director, OCES), Louis Schippers Ph.D. (Managing Partner Visiting Angels), Edward J. Flynn, Jr. (Executive Director, SSES), Nate Murray (President, Managing Partner Visiting Angels)

“COOKIES FOR A CAUSE” SUPPORTS SSES NUTRITION PROGRAM

South Shore Elder Services, Inc. (SSES) appreciates the wonderful efforts of **Comfort Keepers of Quincy** for their dedication to combat senior hunger.

Comfort Keepers organized the First Annual Cookies for a Cause campaign to benefit SSES Nutrition Program. Mary Jo Cicchetti, owner of Comfort Keepers of Quincy said, “One of the first things we do when we go into a client’s home is look in their refrigerator and cupboards to be sure they have nutritious and ample food. Many seniors living alone avoid eating or make the wrong food choices, which can have obvious long term effects like malnutrition, but also have short term effects like drug interactions and malaise.”

For every \$10 donation, contributors received a package of cookies as a thank you. Through the efforts of Comfort Keepers and the generosity of the community a check for \$2000. was presented to Edward J. Flynn, Jr. Executive Director of South Shore Elder Services to be used towards the nutrition program, which includes meals on wheels and the distribution of hot meals at various sites in the community. According to Ed Flynn, “The primary source of funding our programs has been through state funding. But because we have had to face cuts in funding, it becomes even more important to count on private giving, and community businesses like Comfort Keepers help us fulfill our goal of keeping seniors healthy and active in the community for as long as possible.”

(From the Executive Director: Cont. from Page 1)

“stolen from someone close, a family member”. He stated that he wanted to tell his story because he knew that many elders are hesitant to report when they have been abused or exploited. I mentioned above that there are 54 reports every day in Massachusetts but a recent Cornell University study estimates that for every report that is filed, another 24 go unreported!

As this issue of NEWSNOTES was going to press, SSES was preparing to commemorate “World Elder Abuse Day 2011”. That day is June 15th and SSES has scheduled a presentation on Adult Protective Services as part of its Open House celebration scheduled for June 21st. While we celebrate the move to our new space at 1515 Washington St. Braintree, we also want to continue our efforts to educate the community about Elder Abuse and to continually remind people to report any instances of possible abuse.

While increased funding to support the Protective Services program remains a tremendous need, I am very appreciative of the members of our legislative delegation who supported an effort to restore \$1 million to the PS line item to bring it back to close to the funding level of last year. In a difficult budget year, we understand that there are limits to how much can be done but the need continues to grow and more assistance will be needed in the future. For perspective, in the month of May, 2011, SSES received 81 reports of potential elder abuse and 60 of them needed direct attention, many immediately. Only 21 of those reports were screened out. The staff at SSES and the other ASAPs are working diligently to help elders in need and that work must continue. There is no question that additional resources will be necessary.

(Cont. from Page 1)

Jane gave the audience an exercise to complete, reflect on and take home with them. How would you answer the questions??

Exercise One: Assume that you have the perfect person willing to take on your Caregiving responsibilities for a short period of time. What would you do?

- If you had a morning all to yourself?
- If you could have the whole day to yourself?
- If you could get away for a weekend?

Exercise Two: Choose one of the things you listed above. Assume that you still have that substitute caregiver and that you have the money to do one of those activities.

- What are you going to do?
- When are you going to do it?
- How are you going to feel while you are doing it?

We should all think about these questions and make sure that we are caring for ourselves.

Jane suggested the following reading:

- Sheehy, Gail. Passages in Caregiving: Turning Chaos into Confidence
- Rechtshaffen, Stephen, M.C. Time Shifting.
- Borysenko, Joan, It's Not the End of the World, subtitled "Developing Resilience in Times of Change".

There was also a Legal check-up workshop by Elder Law Attorney Judith Flynn. Judy is an expert in elder law and provided attendees with the information they need to protect their resources and what legal forms they need to have in place. Those that attended found the workshop very helpful and informative.



Vendors and Sponsors also donated wonderful raffle prizes with the proceeds from the sale of raffle tickets going to SSES Special Needs Fund. The fund assists elders by purchasing goods or services that can help them stay in the community safely and with dignity.

Although South Shore Elder Services hosts this event it is the generosity of our community partners who Sponsor it. Our sincere thanks to the following:

Affinity Home Care, Arbella Insurance Group Charitable Foundation, Atrius Health & Harvard Vanguard Medical Associates, Bayada Nurses, Braintree Rehabilitation Hospital, Caregiver Homes of MA, Evercare, Home Care Division of South Shore Hospital, Image Resolutions, Mount Vernon Mortgage, Corp., Norwell Visiting Nurse Assoc. & Hospice, Inc. Renaissance Gardens at Linden Ponds, River Bay Club, Senior Whole Health, South Shore Senior News, Welch Healthcare & Retirement Group, Weymouth Health Care.



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South Shore Elder Services, Inc. (SSES) is a private non-profit corporation serving older citizens in eleven South Shore Communities.

Our mission is to promote and maintain an optimal level of elder independence through the coordination of resources, advocacy and caregiver support.

SSES programs are supported in part by the Executive Office of Elder Affairs.

Aging Services Access Point



Area Agency on Aging



South Shore Elder Services, Inc.

is excited to Announce we have moved our office!

Our new Address is:

1515 Washington Street Braintree, MA 02184

(please note our telephone and fax numbers remain the same)

We would also like to invite you to visit our
Newly Renovated Website!!

www.sselder.org

