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GREATER LYNN SENIOR SERVICES – GIVING BACK TO A DESERVING POPULATION

Greater Lynn Senior Services (GLSS) provides a wide range of social services to help those 60 and older in the Greater Lynn area (comprised of Lynn, Lynnfield, Nahant, Swampscott, and Saugus). This all encompassing non profit agency was created in 1975 as a federal Area Agency of Aging.

It comprises many different services to help the senior population including: **Information, Transportation, Advocacy, Homecare, Housing & Meals.**

The information and referral process for GLSS is very easy to navigate. All it takes is a simple phone call to speak to a very friendly staff member. They can help the caller or a loved one connect to a needed service, figure out Medicaid or Medicare benefits, access resources, find solutions for a wide variety of elder problems,

staying independent longer, and many many more ways to assist.

There are currently multiple transportation options available. There is a GLSS van available to transport individuals to doctor's appointments. If one needs a ride anywhere, and has a doctor-certified disability they are eligible for MBTA's "The Ride", an affordable door-to-door service available every day of the year. GLSS has travel counseling staff that can assist anyone in exploring their transportation options.

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GLSS recently celebrated its 40th anniversary with a photo outside the agency's Silsbee Street office.

NORTHEAST ANIMAL SHELTER- HELPING PETS FIND FOREVER HOMES



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Founded in 1976, Northeast Animal Shelter (NEAS) is one of New England's largest no-kill animal shelters. Since opening its doors, the shelter has successfully placed 133,000 dogs and cats! While waiting for a forever family, the shelter does an incredible job of caring for the dogs and cats that come in. In 2017 NEAS adopted out 5,214 pets, which was the most they have placed in a single year.

Programs to Help Animals in Need

Innovative in its field, the shelter has developed some extraordinary programs that help animals all over the country. There is a rescue program, **Saving Pets Across America**, in which abandoned dogs, cats, puppies and kittens are brought to the shelter from all over. Just last year alone, the shelter transported more than 4300 pets to their shelter from across the United States.

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GREATER LYNN SENIOR SERVICES - GIVING BACK TO A DESERVING POPULATION

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Every year, Greater Lynn Senior Services provides **advocacy** and protection for elders in the community through different programs that they maintain. There is a protective services team that investigates reports of elder abuse and/or neglect. GLSS runs an Elder Legal Service program that provides legal assistance to those who may need it. They also provide a **long-term care ombudsman program** that routinely sends trained volunteers to long term care facilities to speak with residents and make sure their rights are respected. GLSS runs an **Older Battered Women's Program**, that provides help to women 50 years or older throughout the North Shore who are victims of domestic abuse by providing counseling and connections to other relevant services.

A wonderful and helpful program GLSS provides is Homecare. Through this program, everyday, in the greater Lynn area they are in the houses of over 3,000 seniors and people with disabilities. The goal of the program is to hold onto their ability to live independently. There is a great deal of services through this program and they include:

- Homemaking (such as cleaning, laundry)
- Personal care (bathing dressing, getting in and out of bed)
- Grocery shopping
- Companionship
- Transportation
- Respite for adult caregivers
- And much, much more!

The program can match virtually every need, and also offers staff who speak a wide variety of languages. Marilyn Long, Director of Community Programs, Senior Manager as well as liaison to the Lynn Council of Aging, expands on the strength of the program's homecare service, "With more than 40 years of experience, GLSS is one the area's most trusted human service providers. Our expert case management and nursing staff provide oversight of a person's care plan, visit consumers at least twice a year in their homes to check in, and make additional referrals for services as needs change. We work with only the best home care agencies in our area, reviewing contracts each year and ask our staff and consumers—to tell us what they think as part of an annual consumer satisfaction survey. Services are provided on a sliding scale based on people's individual income level. You can get more information by calling our Information & Referral staff at 781-599-0110 or visiting www.glss.net."

GLSS also helps seniors find suitable housing that they can afford. Their housing coordinator works with eligible seniors to help find subsidized housing, relocate displaced elders, or help those in danger of losing their homes.

When it comes to keeping the elderly nourished, GLSS does an exemplary job with providing meals. Through it's Meals on Wheels program, GLSS delivers meals to people who are over 60 and homebound or unable to prepare their own meals.



GLSS Outreach: Marilyn Long (second to last in line) with colleagues at the GLSS resource table at a recent event at the Lynn Museum

They provide a balanced, nutritious meal consisting of an entree, two sides, dessert, milk, bread and margarine. They also offer modified meals for those with health problems. A small donation is requested, but the program will never deny service if one is unable to pay. There are also small community cafes throughout the service area at senior centers or housing center. It is a great opportunity for the elderly to get out, get social and have a hot meal.

There are also new initiatives that GLSS is rolling out. Long says, "The Kiosk for Living Well has been operating at places like senior centers and housing sites since 2012 and is central to GLSS' major commitment to building healthier, more livable communities for all. We sometimes refer to it as a "health center without walls." People can drop in to check their blood pressure with a nurse, work with a falls prevention specialist to improve balance, play games to strengthen cognitive skills, or watch "e-Tools for Health, short videos that educate people about a variety of health and wellness topics, and much more."

To learn about locations and hours of operation, call toll-free at 1-844-990-4500 or visit www.thekioskforlivingwell.org.

Although many of the programs are funded in whole or in part by the Massachusetts Executive Office of Elder Affairs and the United States Administration on Aging, GLSS still welcomes donation to help meet the needs of the local elderly population. Also welcome are volunteers to help with Meals on Wheels, serving in the community cafes, being an ombudsman and more. If one is interested in either volunteering or donating, please visit the Greater Lynn Senior Services website at <http://www.glss.net> or call (781) 599-0110.

NORTHEAST ANIMAL SHELTER- HELPING PETS FIND FOREVER HOMES *(continued from Page 1)*



The shelter provides **spay/neuter assistance** for puppies or kittens who are unable to be altered prior to adoption. NEAS will provide the adopter with a spay/neuter certificate that is honored by a network of local veterinarians, who perform the surgeries at a reduced cost.

There are also some **Feline Programs**. Our area has an overpopulation of cats. NEAS works with other animal rescue organizations to take in their cats and kittens from feline organizations that may be overwhelmed with a large amount them. NEAS has a larger space and extended hours, so that more cats can find loving homes! Because older cats make wonderful companions for older adults, there is a **Senior Cats for Senior Laps program**. The shelter offers a reduced adoption fee for adults over 65 to adopt cats seven years or older.

Solimine Funeral Homes Wishes to Thank the Facebook Community for Supporting the Northeast Animal Shelter

During the month of October, Solimine Funeral Homes pledged to donate \$1 for every like they received on Facebook. Thanks to the overwhelming support of the Facebook community, Solimine Funeral Homes has donated \$500 to the Northeast Animal Shelter.



Joel Solimine presents donation to Jamie Garabedian of NEAS

There is also a **Feline Enrichment Program** to keep cats active and happy in the shelter's care. Volunteers and Staff come up with ways to keep the cats busy, whether it be with playtime, grooming or time spent socializing in a community room.

It is important to teach children the proper way to love and respect all living beings. Through the **Boo Rich Humane Education Program**, the shelter teaches children how to be responsible and caring pet owners by both visiting schools and offering small guided tours of the facility.

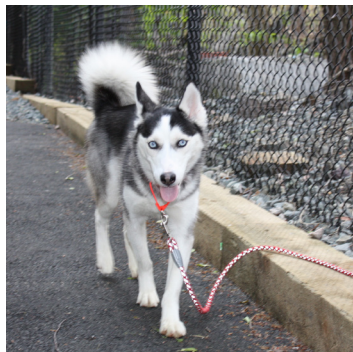
Another program NEAS is in need of volunteers for is the **Foster Care Program**. Through this, volunteers open up their homes to shelter animals who are not quite ready to be put up for adoption, and give the cat or dog the one on one attention they deserve. It also it also opens up space in the shelter to take on other rescues. Director Laurie McCannon says the shelter needs more foster homes. "Being a no-kill shelter, foster parents maximize the amount of lives that can be saved. It's a big commitment, but a rewarding one."

How to help

There are many ways to help the shelter. NEAS is always in need of volunteers to take care of the animals. There is also an option to volunteer for community outreach to take a carefully selected dog or cat on a nursing home visit, or teach children the importance of responsible pet ownership. Donations are always welcome. The shelter could use trash bags, cat litter, durable dog toys, towels, sheets, and more; a list of requested items are available on their website. Monetary donations are also useful. They can be made by going to the shelter's website, <http://www.neas.org>. According to McCannon, "You can make a memorial gift in honor of someone who has passed away, you can have bricks engraved, make a monthly contribution, among other ways to donate, all which can be found on our website." For more information about Northeast Animal Shelter, to volunteer, or to donate please call (978) 745-9888, or visit the website at <http://www.neas.org>.



BARB



SKY



LITTLE BEAR



TATER



SPOTLIGHT ON NORTHEAST ANIMAL RESCUE EMPLOYEE: JAMIE GARABEDIAN

Jamie Garabedian is a dedicated employee of the Northeast Animal Rescue shelter. As the associate of Donor Relations and Communications, she has the very important role of being the liaison between the donors, the public, the community and Northeast Animal Shelter! Always an animal lover, Jamie says she got her start in California, “I had been working in the music industry as a publicist, and had lived in LA for about 10 years, and upon relocating to MA with my husband took

it as an opportunity to change career paths and work in a field I was more passionate about. Animal Welfare has always been near and dear to my heart.”

Jamie started volunteering at the local animal shelter at the age of 12 with her mother. While in Los Angeles, she served on the board of Home Dog LA, an intervention program that helps keeps pets in homes and out of the city shelters. At Home Dog, Jamie was on the fundraising board, helping to plan events and fundraisers. The stars aligned and NEAS happened to be in need of a Donor Relations/Communications specialist, so Jamie came to New England.

One fact she feels is important about NEAS is that it’s annual operating budget is covered entirely by people’s donations. Support from the community is how many animals are rescued and cared for, and for that she’s very grateful!

Working at NEAS, Jamie loves being a part of helping all of the animals that come into the shelter and finding forever homes for thousands of them. “I am in awe of all of the animals we help,” she says. “It’s heartwarming!”

FAQ

“HOW CAN I COPE WITH GRIEF DURING THE HOLIDAYS?”

Typically, we think of the holidays as a busy, joyous time, but when you are grieving the loss of a loved one, there is nothing ‘typical’ about it. Holidays are filled with warm memories of happy times so you may feel as if your pain and grief is intensified against the backdrop of the holiday season. Grief is a universal feeling and there is no right way to grieve. However, there are strategies you may find helpful in dealing with your feelings.

- 1) **Start a new tradition.** Whether it’s lighting a candle, leaving an empty chair at the table or saying a few words about your departed loved one, it can help with your feelings of sadness by feeling like you are including them in your holiday celebration. It can also open the possibility for others to talk about their loss as well.
- 2) **Do what feels right for you.** Try to remind yourself that this year is going to be different. Decide if you can handle the same responsibilities you’ve had in the past. A store bought pie is easier and can be just as delicious as a homemade pie. Order presents online instead of going to stores. Take it easy.
- 3) **Allow yourself to feel joy, sadness, anger - allow yourself to grieve.** Experiencing happiness is not disrespectful to your loved one. It is also ok to be sad and cry, crying may help make you feel better. People experience grief in different ways, it is OK to let yourself feel different emotions.



- 4) **Take care of yourself.** Try not to get caught up in the hectic hustle and bustle of the holidays. Physical exercise can often be a good antidote for depression. Writing in a journal can provide a healthy outlet for you to vent your feelings. Take a spa day. Buy yourself something you’ve always wanted.

- 5) **Get support when you need it.** Connect with other loved ones and friends. Talk about your loss with other people who may be going through the same thing.

The most important thing to remember is that there is no right or wrong way to celebrate the holiday season after a death of a loved one. Plan ahead, get support from others and take it easy.