



JRReynolds, Director/Outreach Coordinator: (978) 468-5529

Monday - Friday 9:00 am - 4:00 pm

THE WENHAMITE

OCTOBER 2015

WENHAM COA
10 SCHOOL STREET
978-468-5534
COA@WENHAMMA.GOV

Volume 2, Issue 10



**THIS FALL
WE'LL PLAY
BOCCÉ IN THE
MORNINGS
10:00 am ON
TUES AND
THURS.**

**ON FRIDAY'S
BRING YOUR
LUNCH @
HIGH NOON!**



Bocce, a game with roots that go back to ancient times, has taken its place alongside our new patio and vegetable gardens here at the C.O.A. Not only is it fun, the benefits of playing bocce include healthy social interaction, light activity, strategic planning, and friendly competition.

Bocce can be played by two people or by two teams of two to four people and the rules of the game are simple. One player (or team) begins by rolling a smaller ball, known as the "palino" onto the court. Turns are then taken as each player (or team) attempts to bowl his or her balls closest to the palino. As with many similar activities, the game play is easy to learn, but developing strategies and skillful throwing takes time and practice.

One of the reasons bocce has become such a popular pastime is it can be played by those of nearly any age, or skill level. In fact, bocce is an official sport of the National Disability Sports Alliance (NDSA) and the Special Olympics International (SOI). yet, it is equally engaging for players who are in perfect health.

While bocce ball appears to be a simple game, players learn to develop techniques and strategies for scoring the most points. This makes the game mentally interesting as well as an exercise in fine-tuning hand-eye coordination. Since most courts (like ours) are outside, players can enjoy the fresh air and sunshine while competing. It's especially nice now that the humidity is fading!

If bocce sounds like a game for you, come check out our court, anyone at the COA can teach you how to play.

Happiness is when what you think, what you say, and what you do are in harmony.

Mahatma Gandhi

October is a busy month with many new programs and tons of activities underway all around town. We are working with the high school who is excited about a pilot community service project linking students to Seniors needing help with things at home. If you are interested in being part of this new endeavor please inquire at the Wenham COA.

In November, we will host a lunch to introduce the Aging Mastery Program (AMP). In this program, participants take core and elective courses that combine evidence-informed materials, expert speakers, and group discussion. All of the courses are designed to provide the skills and tools needed to achieve measurable improvements in managing health, remaining economically secure, and contributing actively in the community. The 10 topics of the core curriculum include: Navigating Longer Lives: The Basics of Aging Mastery; Exercise and You; Sleep; Healthy Eating and Hydration; Financial Fitness; Medication Management; Advance Planning; Healthy Relationships; Falls Prevention; and Community Engagement. We need a group of about ten people to partake in this program. The benefits of having a group from our community participate will lead us to a more progressive way thinking about aging.

J.R.

Day Trips to popular shows and fall outings...call now!

◇ **Fall Foliage Day Trip**

A Tour of the Cathedral in the Pines, Lunch at JP Stephens, a Visit to Smith's Country Cheese, and a Stop at the Red Apple Farm.

Location: Rindge, NH

Date: Thursday, October 1, 2015

Price: \$79.95 p/p includes bus, lunch and show

◇ **New Hampshire's Turkey Train**

Guided bus tour featuring Fall Foliage Train Ride, Hart's Turkey Farm, Lunch, a Mystery Stop and Sightseeing.

Location: Meredith, NH

Date: Wednesday, October 7, 2015

Price: \$89.95 p/p includes bus, lunch and show

◇ **Italian Festival 2015**

Italian Festival with a Great Show and Special Menu from Dai

Location: Danversport Yacht Club

Date: Wednesday, October 21, 2015

Price: \$59 p/p includes Luncheon and Show

Wenham COA transportation available



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MEDICARE OPEN ENROLLMENT

October 15th - December 7th

- ◆ **New rates for Medicare supplement and prescription programs**
- ◆ **You must sign up for Part B when eligible and have “creditable prescription drug coverage” or Part D, or you will get a lifetime financial penalty**
- ◆ **Go to www.medicare.gov or contact us for a SHINE appointment (see below)**

SHINE - Serving the Health Information Needs of Everyone - CALL 468-5529

- ◇ **New to Medicare and need information on enrollment and options?**
- ◇ **Need to understand Medicare to help your parents?**
- ◇ **Want to know what benefit programs are available to save you money?**
- ◇ **Need help with your prescription medications and Medicare?**
- ◇ **Need help understanding your Medicare mailings?**

If you answered yes to any of these questions, call any SHINE Counselor!

CALL ME (JIM) AT (978) 468-5529 TO

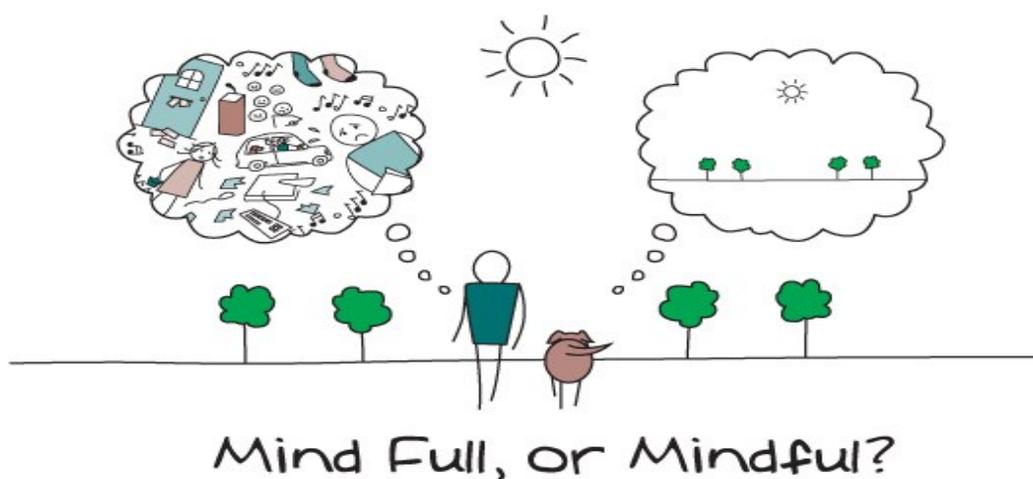
SET UP AN APPOINTMENT AT THE WENHAM COA

7 Ways Meditation Can Actually Change The Brain

The meditation-and-the-brain research has been rolling in steadily for a number of years now, with new studies coming out just about every week to illustrate some new benefit of meditation. Or, rather, some ancient benefit that is just now being confirmed with fMRI or EEG. The practice appears to have an amazing variety of neurological benefits – from changes in grey matter volume to reduced activity in the “me” centers of the brain to enhanced connectivity between brain regions. Below are some of the most exciting studies to come out in the last few years and show that meditation really does produce measurable changes in our most important organ. Skeptics, of course, may ask what good are a few brain changes if the psychological effects aren’t simultaneously being illustrated? Luckily, there’s good evidence for those as well, with studies reporting that meditation helps relieve our subjective levels of anxiety and depression, and improve attention, concentration, and overall psychological well-being.

Meditation Helps Preserve the Aging Brain

A [study](#) from UCLA found that long-term meditators had better-preserved brains than non-meditators as they aged. Participants who’d been meditating for an average of 20 years had more grey matter volume throughout the brain — although older meditators still had some volume loss compared to younger meditators, it wasn’t as pronounced as the non-meditators. “We expected rather small and distinct effects located in some of the regions that had previously been associated with meditating,” said study author Florian Kurth. “Instead, what we actually observed was a widespread effect of meditation that encompassed regions throughout the entire brain.”



Its Effects Rival Antidepressants for Depression, Anxiety

A review [study](#) last year at Johns Hopkins looked at the relationship between mindfulness meditation and its ability to reduce symptoms of depression, anxiety, and pain. Researcher Madhav Goyal and his team found that the effect size of meditation was moderate, at 0.3. If this sounds low, keep in mind that the effect size for antidepressants is also 0.3, which makes the effect of meditation sound pretty good. Meditation is, after all an active form of brain training. “A lot of people have this idea that meditation means sitting down and doing nothing,” says Goyal. “But that’s not true. Meditation is an active training of the mind to increase awareness, and different meditation programs approach this in different ways.” Meditation isn’t a magic bullet for depression, as no treatment is, but it’s one of the tools that may help manage symptoms.

[Part two, coming in November newsletter](#)

Alice G. Walton, Contributor, Forbes Magazine, February 9, 2105

THE WENHAMITE OCTOBER 2015 CALENDAR

H: Hamilton Council on Aging
W: Wenham Council on Aging
LH: Lamson Hall

HWL: Hamilton Wenham Library
HWCH: Hamilton Wenham Community House
ENON: Enon Village

HWR: Hamilton Wenham Recreation Dept.
WM: Wenham Museum
LEG: Hamilton Legion Hall

Monday	Tuesday	Wednesday	Thursday	Friday
<p>* = RSVP 468-5534</p>			<p>1 *Balance+ W Regina 10:30pm - 11:30pm *Market Basket *KUE Knitting Group W - 2pm - 4:00pm *TRIP - Fall Foliage Newly Bereaved Kaplan House 6 - 8pm</p>	<p>2 The Incred. Mae West HWL - 10:30am *Benefits Checkup W - 12pm - 2pm Bridge - HWL 1pm - 4:30pm.</p>
<p>5 *SHINE W 9am - 12p *Chair Yoga W - Lisa 1pm - 2pm Knitting - HWL 12 pm - 2 pm Bridge - W 6:30pm</p>	<p>6 * Sen Tarr Rep W 10:30am Bocce W 10 - 12p *Theatre Group kick off meeting- W</p>	<p>7 Bridge - HWL - 10am Blood Pressure Clinic H - 9am-12pm *TRIP - Turkey Train Library Book Club HWL - 7pm - 8pm. SPARE PARTS</p>	<p>8*Market Basket *Balance+ W Regina 10:30pm - 11:30pm RIFF Book Club W - 2-4pm <i>Euphoria</i> by Lily King A&J King Artisan Bakers - HWL 7pm</p>	<p>9 <i>Mystery Trip</i> *Benefits Checkup W - 12pm - 2pm Bridge - HWL 1pm - 4:30pm.</p>
<p>12 *SHINE W - 9am - 12p Knitting - HWL 12 pm - 2 pm *Audiology - W 12pm *Chair Yoga W - Lisa 1pm - 2pm Bridge - W 6:30pm</p>	<p>13 *MOVIE Psycho - W 10am Bocce W 10 - 12p *JC Phillips 1pm </p>	<p>14 Bridge - HWL - 10am *Low Vision - H - 10:30am Muttville Comix Rec Gym - 3:30pm</p>	<p>15 *Market Basket *Balance+ W Regina 10:30pm - 11:30pm *KUE Knitting Group W - 2pm - 4:00pm* Alzheimer's Journey of a Caregiver HWL 6:30 pm</p>	<p>16 *COPING WITH GRIEF & LOSS Peabody COA - 10:30a *Benefits Checkup 12 -2 Bridge - HWL 1pm - 4:30pm. <hr/>SATURDAY 17 Sagamore Masconomet Jack Hauck HWL 1pm</p>
<p>19 *SHINE W - 9am - 12p Knitting - HWL 12 pm - 2 pm *Chair Yoga W - Lisa 1pm - 2pm Bridge - W 6:30pm</p>	<p>20 Bocce W 10 - 12p Literary Luncheon HWL 11:30 am <i>Kaffir Boy</i></p>	<p>21 Bridge - HWL - 10am *ITALIAN FESTIVAL Blood Pressure Clinic H - 9am-12pm *PODIATRIST H 9am-12pm *Paint Times Aleah W 2pm - 4pm</p>	<p>22 *Market Basket *Balance+ W Regina 10:30pm - 11:30pm CARNIVALE 12:30pm - 2pm Food & Entertainment</p>	<p>23 *COPING WITH GRIEF & LOSS Peabody COA - 10:30a *Benefits Checkup W - 12pm - 2pm *Appleton Farms 1pm </p>
<p>26 *SHINE W - 9am - 12p Knitting - HWL 12 pm - 2 pm *Chair Yoga W - Lisa 1pm - 2p Bridge - W 6:30pm</p>	<p>27 Bocce W 10 - 12p *PEM Guided Tour "Strandbeast" 10am *MOVIE The Sixth <i>Sense - W - 2pm</i></p>	<p>28 Bridge - HWL - 10am *Bradley Palmer 1pm Call </p>	<p>29 *Market Basket *Balance+ W Regina 10:30pm - 11:30pm Transformation through Grief HWL 7pm</p>	<p>30 *COPING WITH GRIEF & LOSS Peabody COA - 10:30a * <i>Benefits Checkup</i> W - 12pm - 2pm LOTTERY DRAWING!</p>

Wenham Transport Services

****Park at the Wenham COA, be green and enjoy the company of your friends****

GIVE US YOUR IDEAS ON HELPFUL WEEKLY DESTINATIONS



Call 978-468-5534

**Service hours: Mon - Fri: 8 am - 3:30 pm
24 Hr. Advance Notice Preferred**



Outreach Service Programs

Charlie Card - No trip to Boston required. Call the Ipswich Senior Center for a (65+) pass which can be used on all MBTA transportation services. Ask to sign up for an appointment to complete the application for the Charlie Card at (978) 356-6650. They collect 15 applications after which they will schedule you to come in for a Charlie Card. If you haven't seen the Ipswich COA you should go see it! It is downstairs in the Town Hall, 25 Green Street in Ipswich. Please bring a photo id and your current Charlie Card to Ipswich, if you have one!

Used Medical Equipment The Wenham COA loans used medical equipment such as walkers, toilet seats, canes, shower chairs, and wheelchairs. Call Jim Reynolds at 978-468-5529 or the Wenham COA Van line at 978-468-5534 to use or donate items.

Benefits Check-up - Every Friday, October 2, 9, 16, 23, 30 from 12 - 2pm at the **Wenham COA**. Call Jim at (978) 468-5529 for more details. One-on-one counseling with Jim Reynolds. **Benefits Checkup** is a free service of the National Council on Aging (NCOA), a non-profit service and advocacy organization in Washington, DC. Benefits Checkup asks a series of questions to help identify benefits that could save you money and cover the costs of everyday expenses like: medications, food utilities, legal costs, health care, housing, in-home services, taxes, transportation and employment training. You can access this tool yourself and/or review it with me. (<https://www.benefitscheckup.org>)

Podiatrist - Dr. Van Ess will be at the Hamilton COA on October 21st, and the Wenham COA on November 18th. Appointments are 15 minutes apart. Call 978-468-5534 to schedule. Bring you Medicare/insurance card, there are no copays.



LIFELONG EDUCATION
AT GORDON COLLEGE

Class: Wisdom Literature

Dr. Elaine Phillips
distinguished faculty
at Gordon College



REGISTER NOW:
www.gordon.edu/lifelong

Wednesdays at 7 PM

Jenks Library

Discover the joy of learning again through Gordon College's Lifelong Education Program. Featuring not-for-credit courses taught by Gordon's top-flight faculty, Lifelong Education offers the opportunity for local community members to continue learning in a non-degree seeking setting.

Auditing a 1-2 credit course at Gordon College normally costs \$1,200. However, Lifelong Education reduces these costs for community members to only \$200 per class. Classes feature discussion-based learning, and are offered in six-week segments to allow you short and exciting introductions to topics of your choice.

Questions?

Please contact co-founder Nathanael Lee at lifelongeducation@gordon.edu

Health and Wellness

STRETCH yourself on Mondays* this fall

CHAIR YOGA WITH LISA

STARTING SEPTEMBER 14TH

1:00-2:00

\$5.00 donation appreciated

**STRENGTH BALANCE FLEXIBILITY
MEDITATION OF MIND, BODY, & SPIRIT**



**note: class has changed from Tuesday to Monday*



BALANCE+ WITH REGINA

THURSDAYS 10:30-11:30

IMPROVE BALANCE~ENDURANCE~STRETCHING~STRENGTH

\$5.00 donation appreciated

TAI CHI FOR HEALTHY AGING

Wellness, Balance, Relaxation. Tai Chi is a graceful form of exercise. This program is offered to aging bodies and works to improve strength, balance, reduce fall-risk, stress reduction and joint mobility. A simplified version of 8 movements performed in a slow, focused manner, increasing your ability to sense your body as you move. Seated version and warm up exercises included.

Relieve symptoms of arthritis, improve blood pressure, strengthen immune system, shorter recovery from strokes, and better quality of sleep.

For more information contact the H-W Rec. dept.

978-468-2178



Health and Wellness

Low Vision Group: 12:00 Wednesday, October 21st “Lunch and Low Vision” 12:30 Presentation by Chrys Peralta, Occupational Therapist with the Massachusetts Association for the Visually Impaired (MABVI). This is an excellent program for those who have recently been diagnosed with low vision. Come join us and exchange ideas!

Why Won't They Get Hearing Aids?

By Susan Seliger, New York Times April 5, 2012

Why so much resistance to getting hearing impairment diagnosed and treated? First, denial. Many older adults just don't think they have a problem. “The average person has been having trouble hearing for 7 to 10 years before they come in — they say it's only been a few months, but we've found it's years,” said Dr. Eric Hagberg, an audiologist in Youngstown, Ohio, and president of the Academy of Doctors of Audiology. Of the 26.7 million people over age 50 with a hearing impairment, only one in seven, a meager 14 percent, use a hearing aid, said Dr. Frank Lin, assistant professor of otolaryngology and epidemiology at Johns Hopkins University. “If you think you have a hearing loss, you probably do,” he said.

“The No. 1 thing I get from patients is ‘I hear what I want to hear,’ ” said Dr. Linda S. Remensnyder, an audiologist in Libertyville, Ill. “What they don't understand is that in order to be fully engaged in life, you have to be fully engaged *everywhere*.”

The person with a hearing problem is often the last to notice it, because the change comes on gradually over years and starts subtly. Adults with hearing loss typically say, “I can hear just fine if people would just stop mumbling.” They're half right. It isn't that they can't hear — they can. The problem is that they can't understand. The first clue to a hearing impairment is mixing up consonants. Age-related hearing loss often occurs in the high-frequency ranges that, in English, tend to carry the consonants.

And many older adults think it's normal to lose some hearing ability. If a majority of older people have hearing loss — and 55 percent of those over age 70 do — then it can't be that harmful, right? *Wrong*. Because the ear plays a role in balance, hearing loss can lead to falls. “Even mild hearing loss can triple the risk of falling,” said Dr. Lin, citing his own research as well as a study of Finnish twins.

Primary care doctors often fail to test for hearing loss. Your best starting point is to call us for a test by a certified audiologist.



Hearing screenings are available *FREE* at the Wenham COA with Mass Audiology hearing specialist Heidi Anderson.

CARNIVALE

at the Wenham COA



Thursday
October 22nd
12:00-2:00pm



Featuring "Two Cousins" with a New Orleans style ~ musical comedy act!

New in October... "COME AWHN DOWN"

The COA Drawing!!!

Here's how it works: Come to any event at the COA, fill out a slip of paper with your name and phone number, drop it in our drawing box. You may fill out a slip EVERY time you come to an event at the COA during the month of October. The more you come, the better your chances of winning. At the end of the month, one slip will be randomly drawn. If it has your name on it, you win! We'll call you to pick up your gift certificate to one of your favorite restaurants!

"COME IN TO WIN"

Library and other News



iPad training - 1:1 sessions call 468-5577 for time with Sarah, Rob, Amy or Dede.

Bridge Group - Mondays & Wednesdays from 10am -12pm and Fridays 1pm - 4:30pm.

Knitting Group Mondays - 12:00 – 2:30 PM at the H-W Library. For beginners or experienced knitters. Need help to get over that tricky hurdle or keep on track with that lagging project? Drop in once or become a regular, everyone is welcome

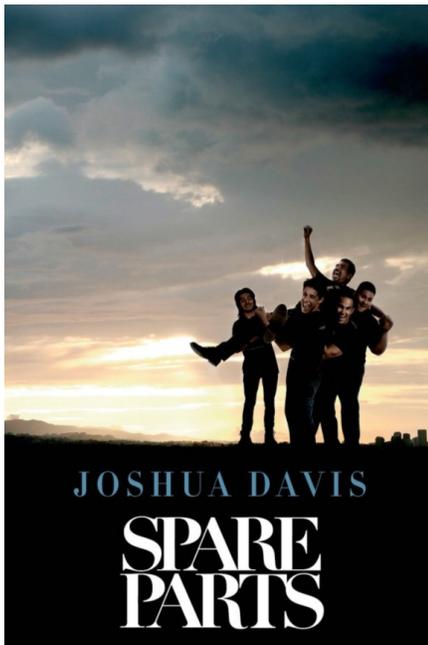
Cribbage - Thursdays – 10 AM – 12:00 PM at the H-W Library
Contact: Rebecca Shea (978) 468-5577. Play this unique card game with a lively group of fun-loving people. All are welcome!

Literary Luncheon Tuesday, October 20th, 11:30-12:30

Awards Club Read and discuss award winning books with library director Jan Dempsey. Meetings are held once a month. For more information, contact the library director at 978-468-**5577**

Wednesday Night Book Club

Led by Dede McManus. New faces always welcome!



October 7th 7:00:

Spare Parts

by Joshua Davis

Nonfiction. “Four Hispanic high school students organize a robotics club. With no experience, 800 bucks, used car parts and big dreams, this rag tag team goes up against the country's reigning robotics champion, MIT.”

-library catalog 2014. Available in hardcover and audio. Also available as a movie.



Friday, Oct. 2, 10:30 AM. Delvena Theatre Co. presents: *The Incredible Mae West*

Meet Hollywood legend blond bombshell, “Mae West” as portrayed by actress Lynne Moulton. Famous for her comedic one-liners, “Mae” will keep the audience entertained with an insight into her fascinating 80-year show business career, her philosophy of life and, of course, her singing. A humorous, yet informative production.

Wednesday, Oct. 7, 7:00 PM. Wednesday Night Bookclub: *Spare Parts*

A nonfiction account of four undocumented teens who form a robotics club with minimal funding and spare car parts, yet they manage to topple the reigning MIT team in a challenge.

Thursday, Oct. 8, 7:00 PM. A&J King Artisan Bakers

The authors of *Baking by Hand* stop by to show us a trick or two.

Wednesday, Oct. 14, 3:30 PM. Library Patron Appreciation Day

Takes place in the **Rec Center Gym:**

Muttville Comix: Straight man ~ Johnny Peers is at the mercy of his pack of artfully trained rescue dogs.



Thursday, Oct. 15, 6:30 PM. Alzheimer's: *Journey of a Caregiver.*

Jorgelina Zeoli introduces her autobiographical book series *Journey of a Caregiver*. As the only caregiver of her mother with Alzheimer's disease, Jorgelina writes about the heartbreak, the anxiety, the exhaustion and other challenges she faced through the last twelve years of her mother's life, as well as the evolution of the disease and the unfolding and closure of their mother-daughter relationship.

Saturday, Oct. 17, 1:00 PM Sagamore Masconomet: *A New Look*

Recent research shows we may have many misconceptions. Was his name really Masconomet?

Was he an Agawam?

Was he a tribal chief?

Where did he live?

Delve into the legend with local historian Jack Hauck, presented in partnership with the Hamilton Historical Society.



Tuesday, Oct. 20, 11:30 Literary Luncheon discusses *Kaffir Boy*

Stop by for your copy of this memoir about apartheid Africa and escape to America. Bring your lunch!

Thursday, Oct. 29, 7:00 PM *Transformation Through Grief*

Being humans, we are regularly experiencing loss. The grief that arrives with the death of a loved one can render us helpless and hopeless. And yet, there is an opportunity for transformation in this situation as well as great challenge. The evening will include a talk by the speaker, followed by a brilliantly tender film called: “The Gifts of Grief”. There will be time for reflection, and discussion.

LOCAL MUSEUM EXHIBITS

Animal Tales: Sculpture at Wenham Museum



by Nancy Schön
September 19—January 3



Nancy prides herself in having work that is totally interactive. Her sculptures are available for people to touch, sit on, hug and interact with . Nancy Schön's major works include *Make Way for Ducklings* which is located in the Boston Public Garden in Boston, Massachusetts and the *Tortoise and Hare* which is a metaphor for the [Boston Marathon](#) and is at the finish line in [Copley Square](#). Don't miss this opportunity to see and feel her sculptures right here at the Wenham Museum.

COA transportation available 978-468-5534

Strandbeest: The Dream Machines of Theo Jansen

September 19-January 3



The Peabody Essex Museum ~ PEM presents the first major American exhibition of Theo Jansen's famed kinetic sculptures. Dynamic and interdisciplinary, Jansen's Strandbeests ("beach animals") blur the lines between art and science, sculpture and performance. The exhibition celebrates the thrill of the Strandbeests' unique locomotion as well as the processes that have driven their evolutionary development on the Dutch seacoast. The kinetic sculptures are accompanied by artist sketches, facilitated demonstrations of the creatures' complex ambulatory systems, a hall of "fossils" as well as photography by Lena Herzog.



Postage is paid by The Friends of the Wenham Council on Aging

Wenham COA Aging Services and Resource Center

10 School Street, Wenham, MA 01984

(978) 468-5534

NON-PROFIT

ORGANIZATION

U.S. Postage Paid Bulk
Permit No. 111

WENHAM, MA 01984

Wenham Council on Aging is looking for volunteer help with hospitality. Call (978) 469-5529

Wenham Issues of Social Service Help
WISSH Confidential temporary financial and social service assistance. (978) 468-5520 x9

Perscription Advantage - This is a state-sponsored program that supplements your Medicare drug plan and fills the gap when your Medicare prescription drug plan run out. Call them today! (800) AGE-INFO and press 2 to learn more.

The Ride - Anyone who has recently lost their license for medical reasons and needs rides from Wenham to Boston or anywhere in between should contact me to help expedite the process. It is an amazing service! Contact - JR

Deliver to addressee or current resident

“October sunshine bathed the park with such a melting light that it had the dimmed impressive look of a landscape by an old master.” *Elizabeth Enright*

Wenham Board Members

- Chairman - Lucy Sprague Frederiksen
- Roseann Brozenske - Vice Chair
- Juliana Dodge - Secretary
- Penelope Wingate
- Peggy Gauthier
- Diana Lang
- Elizabeth Colt

Friends of Wenham COA

- Jim Howard - President
- Ann Geikie - Vice President
- Bob Wilkes - Treasurer

Adult Swim Programs

Lap Swimming and Water Exercise
Cost: 20 Visits for \$65 (\$3.25 per visit)
Register through the **HW RECREATION**

(978) 468-2178
Location: Gordon College
Bennett Center

Plan for Weekly Exercise with US!

MON 1-2 PM and THURS 10:30 - 11:30 PM

Wenham COA Building

In October, we challenge you to TRY our balanced exercise classes which will have you feeling much better this fall! Two classes for 2 weeks and you win 2 movie tickets.



L to R; Town Administrator, Peter Lombardi; Selectman, Catherine Harrison; Fire Chief, Bob Blanchard; State Rep Brad Hill; Senator, Bruce Tarr

Wenham Fire Chief Robert Blanchard was recognized by *Seniorcare, Inc* in late September for his many years of community service. The Myra L. Herrick Outstanding Older American Award is given annually to an individual who has made a significant contribution to the welfare of elders in an innovative, creative, or dedicated way, and who is a role model for continuing to live an active, healthy, and purposeful lifestyle.

SeniorCare, Inc. a nonprofit, provides services for elders that allow them to live independently at home or wherever they choose to live.