



Welcome

The LGBT Senior Social Connection seeks to improve the quality of social engagement, reduce anxiety and isolation as we age. We offer support, education and resources available to LGBT older adults in the Merrimack Valley and surrounding communities.

The Connection welcomes all LGBT seniors and their caregivers! We host a monthly, no cost, buffet-style dinner to encourage social interaction and group discussions, facilitated by a peer. When possible, guest speakers are asked to present on topics of interest.

LGBT seniors who want to make new friends, find local community connections and share their positive ideas about how to successfully age healthy are encouraged to join.

About Us

Elder Services of the Merrimack Valley, Inc.

A private non-profit agency established in 1974. Our mission supports an individual's desire to make their own decisions, secure their independence, and remain living safely at home.

Merrimac Council on Aging

Advocates for older adults, manages the resources needed to develop services, provides education for seniors and their families regarding choices in their care and community services available to them.

Join Us

Every 3rd Thursday, 6:30 - 8:00 pm
Merrimac Senior Center
100 East Main Street, Merrimac, MA

Drop-ins are always welcome!

We welcome **sponsorships** to help with the cost of dinners, guest speakers and to facilitate social outings. For sponsorship opportunities, please contact us.

Contact Us

Ron Bourque
978-946-1476

RBourque@esmv.org

Laura Dillingham-Mailman
978-346-9549
LDMailman@townofmerrimac.com



LGBT

Senior Social Connection

Network and connect with older adult in the Aging LGBT Community across the Merrimack Valley.

A partnership by

Elder Services of the Merrimack Valley, Inc.
Choices for a life-long journey

Merrimac Council on Aging

What is the LGBT Senior Social Connection?

The LGBT Senior Social Connection is a group of like-minded individuals who want to meet, support and address the specific needs of LGBT seniors. It was established in 2013, as a collaborative effort between Elder Services of the Merrimack Valley, Inc. and the Merrimac Council on Aging. This group, a first of its kind in this area, seeks to support the unique needs and experiences of lesbian, gay, bisexual and transgender seniors as they age.

Monthly meetings provide older LGBT adults with a positive, collegial and safe setting to gather. We share meals and speak openly in an atmosphere of trust to encourage discussions that explore important issues like fear of discrimination when the need for housing, long term care or home care services of LGBT seniors arise.

Benefits of Joining

Everyone needs to know they will have the support necessary for healthy aging. This unique, local group helps provide a pathway for LGBT seniors by raising awareness of service providers and guiding them to the right resource, activity or service when help is needed to cope with age related issues.

As a participant you will have opportunity to:

- Reach out to a new community of friends who will listen, support and encourage you;
- Information about resources on programs and/or services you may need; and
- An advocate when their rights and safety are in jeopardy.

Why the need for LGBT Elder Support?

LGBT seniors need a distinctive type of support to reduce isolation and foster social engagement. Joining the **LGBT Senior Social Connection** is a step towards safeguarding your independence in the community. Another benefit may be establishing relationships with other LGBT seniors who can lend support and that sense of community everyone wants and needs that is so vital to health aging.

Sources:

National Resource Center on LGBT Aging
www.lgbtagingcenter.org

LGBT Aging Project (Boston, MA)
www.lgbtagingproject.org



“Before this, there was nothing for us in the Merrimack Valley. We had to travel to the Boston Area. Now we have a place in our own back yard.” C.Y. -Participant