

## **HEALTH & WELLNESS COMMITTEE**

Mission Statement: "Building a community network of wellness through education and shared resources for body, mind and spirit."



**IN NOVEMBER 2021 WE FOCUS ON**

## **FAMILY CAREGIVERS & ALZHEIMER'S AWARENESS MONTH**

Celebrated every November, National Family Caregivers Month (NFCM) is a time to recognize and honor family caregivers across the country. It offers an opportunity to raise awareness of caregiving issues, educate communities, and increase support for caregivers. Also celebrated in November, is National Alzheimer's Awareness Month. National Alzheimer's Disease Awareness Month is a call for Americans to pay attention to the epidemic that is raging throughout the country. Affecting nearly 15 million people, including caregivers and people living with the disease.

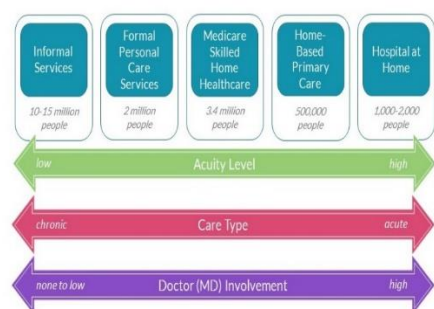
The Greater Cape Ann Chamber's Health & Wellness Committee has come together as part of Family Caregivers & Alzheimer's Awareness Month to share resources, programming and information on services throughout the Greater Cape Ann region.



## Visit [NeedyMeds.org](https://www.NeedyMeds.org) for Alzheimer Resources

NeedyMeds, a national nonprofit based in Gloucester, MA, connects people with resources that will help them afford their medications and healthcare costs. Visit our website at [NeedyMeds.org](https://www.NeedyMeds.org) to find Alzheimer's Resources on our Diagnosis Information Pages.

[Learn More](#)



## A Radical Shift in the Provision of Healthcare Is Occurring

Within the past decade, advances in medical technology, changes in reimbursement structures, the desires and complex care needs of an aging population, and innovative care delivery models have initiated a shift from providing care in hospitals to outpatient settings. And more recently, the acceleration and amplification of these factors is pushing healthcare options even further from the traditional inpatient and outpatient settings towards acute and subacute care in the home.

[Learn More](#)



## Hearing Wellness and Alzheimer's Prevention

Treating hearing loss early in life lowers risk of Alzheimer's Disease later. Moreover, hearing wellness is important for care-givers and their loved ones coping with Alzheimer's Disease symptoms. Beauport Hearing Care offers Personal Hearing Trainer home visiting support services. These evidence-based aural rehabilitation services are shown to improve hearing, communication and short-term memory. Moreover, Personal Hearing Trainer services may also help care-givers in several ways.

[Learn More](#)

The Alzheimer's Association logo, featuring a stylized interlocking knot symbol.

alzheimer's association®

Massachusetts/ New Hampshire

### **Alzheimer's Association Honors National Family Caregiver Month by Providing Programs for Caregivers**

In honor of National Family Caregiver Month, the **Alzheimer's Association MA/NH Chapter** has planned a month full of informative and practical education programs for our valued caregivers. All programs are presented live and at no cost. Some of the topics include, The Journey of Dementia: What are the Family Members Experiencing; Alzheimer's Treatment Options: Pharmacological & Non-Pharmacological Approaches; Dementia Conversations with Caregiver Panel Discussion. If you have any questions about these programs – or about anything related to Alzheimer's and other dementias – the Alzheimer's Association 24/7 Helpline is always available at 800-272-3900.

[Learn More](#)

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### **Practice Positivity: Wednesdays 2 – 3 PM via Zoom Until November 17, 2021**

In a special collaboration with Endicott College Honors Students and Age & Dementia Friendly Cape Ann, we invite you to practice skills that lead to a happier and more meaningful life as advocated within the field of Positive Psychology. During five weekly drop in sessions, participants will reflect on their perceived happiness and well-being. Participants will practice skills such as happiness, mindfulness, optimism, connection, and kindness. All of these evidence-based skills enhance a positive lifestyle. You can attend any or all of the classes as they do not have to be taken in any order. Classes will be offered online, Zoom information will be shared upon registration.

[Learn More](#)



## Support Family Caregivers

The Recognize, Assist, Include, Support, & Engage (RAISE) Family Caregiving Advisory Council delivered its initial report to Congress in September. The culmination of a two-year, multi-faceted effort that gathered input from family caregivers across the country, the report provides an overview of many of the issues faced by family caregivers nationwide and provides recommendations for addressing them.

[Learn More](#)

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***The Health & Wellness Committee meets the 3<sup>rd</sup> Wednesday of each month at 8am. Members represent various sections of the health and wellness industry and share in the common goal of improving the lives of the individuals and families of Cape Ann. Contact [Olivia@capeannchamber.com](mailto:Olivia@capeannchamber.com) to join!***

### **Health & Wellness Committee Members:**

Addison Gilbert Hospital / Beth Israel Lahey Health

Backyard Growers

Beauport Hearing Care

Bonneville Design

Cape Ann Botanicals

Cape Ann Cannabis

Cape Ann Mass in Motion

Cape Ann YMCA

City of Gloucester Board of Health

Children's Friend & Family Services

Emily DeBenedictis, Art Therapy

Needy Meds

The Open Door

SeniorCare Inc.

Sound Living Therapy Services

Spaulding Outpatient Care