



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



The Health & Wellness Committee now meets the third Wednesday of the month at 8am. The committee members represent various sectors of the health and wellness industry. Some of the committee members include the City of Gloucester's Board of Health, Backyard Growers, SeniorCare Inc., Cape Ann Botanicals and Cape Ann Cannabis, Spaulding Outpatient Care, Bonneville Designs, Children's Friend & Family Services, The Open Door, Cape Ann YMCA, Beauport Hearing Care, Sound Living Therapy Services and more.

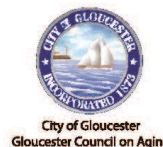
# Upcoming Cape Ann Wellness Events

## Gloucester – Join the Rally Against Elder Abuse

Tuesday, June 15, 2021  
1:00 pm



**Decorate your car with signs, bring your noise makers,  
and meet at the old Friendly's parking lot at the  
rotary (224 Washington Street, Gloucester).  
Road rally participants will be escorted through  
the city by the Gloucester Police Dept.**



**Information/RSVP: 978-281-1750 x-553 or [renee.carr@seniorcareinc.org](mailto:renee.carr@seniorcareinc.org)**

RAFFLE PRIZES  
INCLUDING \$100  
AMAZON GIFT  
CARDS



REGIONAL YOUTH COALITION  
#THE IMPORTANCE OF YOU

# North Shore Teen Mental Health Day

CUSTOMIZE

PERSONAL  
MENTAL  
HEALTH KIT

FLIP  
THE BIRD  
& MORE



SATURDAY JUNE 19

12:00-3:00 PM

OBEAR PARK, 145 LIVINGSTONE AVE, BEVERLY  
MA

OPEN TO ANY HIGH SCHOOL AGED  
YOUTH FROM

IPSWICH, BEVERLY, DANVERS,  
ROCKPORT, GLOUCESTER, ESSEX, AND  
MANCHESTER

PLATE  
SMASHING  
WATER GUNS  
PHOTO BOOTH  
COTTON CANDY  
& POPCORN  
PAINTING



CONTACT • [AEPSTEIN@GLOUCESTER-MA.GOV](mailto:AEPSTEIN@GLOUCESTER-MA.GOV)

## NOTICE OF NONDISCRIMINATION

ALL EDUCATIONAL AND NON-ACADEMIC PROGRAMS, ACTIVITIES AND EMPLOYMENT OPPORTUNITIES AT BEVERLY PUBLIC SCHOOLS ARE OFFERED WITHOUT REGARD TO RACE, COLOR, SEX, RELIGION, NATIONAL ORIGIN, ETHNICITY, SEXUAL ORIENTATION, GENDER IDENTITY, HOMELESSNESS, AGE AND/OR, DISABILITY, AND ANY OTHER CLASS OR CHARACTERISTIC PROTECTED BY LAW.

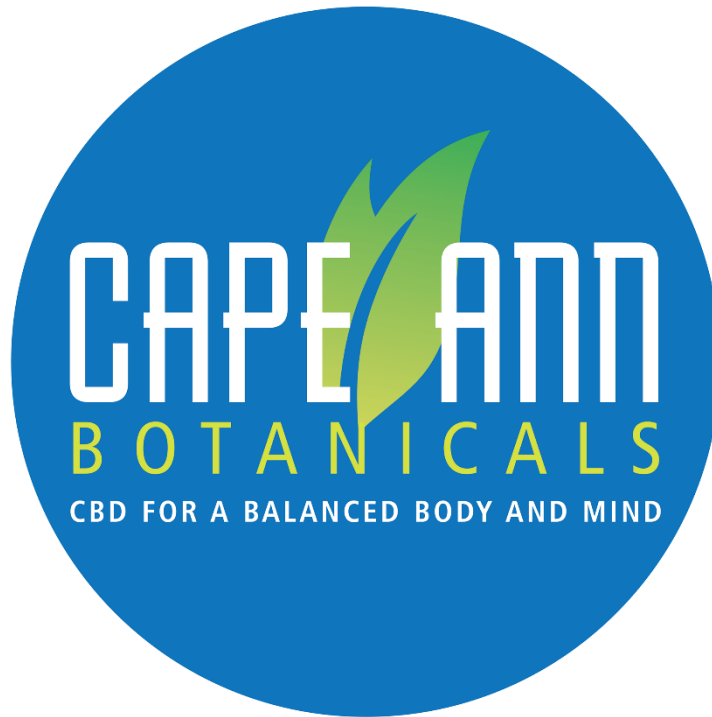
FREE SWAG:  
BUCKET HATS,  
BAGS  
SUNGLASSES...



AIRBRUSH TATTOOS  
+  
CREATE YOUR  
OWN CRYSTAL RING







**Cape Ann Botanicals and Cape Ann Cannabis Host the Riverside Romp  
Sunday, June 20 Noon - 4 PM**

Celebrate their business anniversary by joining Cape Ann Botanicals and Cannabis at the Riverside Romp event in Ipswich. Enjoy Live Music with Deep Blue and Labor In Vain. Food by Riverview Pizza and Beer from True North Ales. Ipswich River Watershed Association will be there to teach about rain barrels and give everyone a chance to build fish puppets.



**The Savvy Caregiver 6-Week Free Workshop With SeniorCare Inc.  
Thursdays, June 3 - June 24 | 10 AM – Noon**

The Savvy Caregiver Training is a free six-week program for family and friends who are active caregivers, caring for those living with Alzheimer's or related dementias.

Taking care of a person living with Alzheimer's or a related dementia is specialized work. To do it successfully, caregivers need special skills, knowledge, and a positive attitude that helps them to care for themselves.

Become an expert in caregiving for someone with Alzheimer's or related dementias. Savvy Caregiver will help you:

- Understand the impact of dementia on both you and the person you are caring for
- Learn the skills you need to manage daily life
- Take control and set goals
- Communicate more effectively
- Strengthen family resources
- Feel better about your caregiving

For more information or to register for the training, contact Deborah Schwendiman at SeniorCare Inc. 978-281-1750 x-525 or [deborah.schwendiman@seniorcareinc.org](mailto:deborah.schwendiman@seniorcareinc.org).

Once registered, a private online chat room link will be sent to participants.

# Cape Ann Wellness News



## **Backyard Growers Launch Agri-Culture Project Thanks to Funding from the Essex County Community Foundation**

Agri-Culture is a project that will use storytelling, multimedia arts, and a participatory design process to create dynamic spaces in and around the community garden managed by Backyard Growers at Willowood Park, a Gloucester Housing Authority development on Maplewood Avenue in Gloucester. [Click here](#) to learn more.

- **About Backyard Growers**

Backyard Growers is a grassroots organization that connects people and communities through access to healthy food. Founded in 2010, its community programs and award-winning school programs have connected thousands of people to the resources to grow their own food. Learn more about Backyard Growers and its work in schools, public parks, and housing developments at [www.backyardgrowers.org](http://www.backyardgrowers.org).

- **About ECCF**

The mission of Essex County Community Foundation is to inspire philanthropy that strengthens the communities of Essex County. We do this by managing charitable assets, strengthening and supporting nonprofits and engaging in strategic community leadership. *Since 1998, ECCF and its family of 250 charitable funds have granted \$85 million to nonprofits, schools and students in Essex County and beyond. Our ultimate goal is to have 34 thriving cities and towns in Essex County and to improve the quality of life for the region's nearly 800,000 residents. Learn more at [eccf.org](http://eccf.org).*