



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

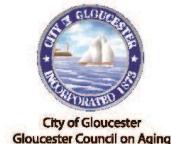


**Gloucester – Join the
Rally Against
Elder Abuse**
Tuesday, June 15, 2021
1:00 pm



**WORLD ELDER ABUSE
AWARENESS DAY**
Building Strong Support for Elders

**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



RAFFLE PRIZES
INCLUDING \$100
AMAZON GIFT
CARDS



FLIP
THE BIRD
& MORE



REGIONAL YOUTH COALITION
#THE IMPORTANCE OF YOU

North Shore Teen Mental Health Day

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



CUSTOMIZE

PERSONAL
MENTAL
HEALTH KIT

PLATE
SMASHING
WATER GUNS
PHOTO BOOTH
COTTON CANDY
& POPCORN
PAINTING



FREE SWAG:
BUCKET HATS,
BAGS
SUNGASSES...



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

FREE 6-WEEK WORKSHOP

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.

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.

- **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.*