

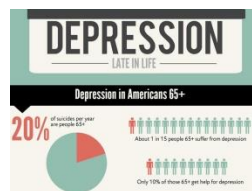


What older Americans are advised

The CDC suggests that older Americans stay at home and stock up on foods and medications. Older Americans are advised to limit contact with anyone outside of their immediate household whenever possible.

Are the physical risks all there is to worry about?

We see elders at a higher rate of depression than their younger counterparts when they have conditions that limit them. This does not bode well for the population who is on high alert and told to isolate as the primary precaution from COVID-19.



The mental & emotional effects on the aging population

Loneliness is dangerous, sometimes more so than a visible illness. According to research from the American Psychological Association in 2017, elders who had greater social connections had a 50% reduced risk of dying early than those who had minimal interactions. Social isolation and loneliness plays a significant role in premature death.

Staying safe and away from large gatherings during the coronavirus is imperative; however concern about loved ones and additional steps to keep the aging population involved and comfortable during this stressful time is monumental.



What to do:

Create a household plan- be certain to coordinate with the local resources prepared to aid during this time. Scituate Senior Services assists in many ways- I urge you to reach out.

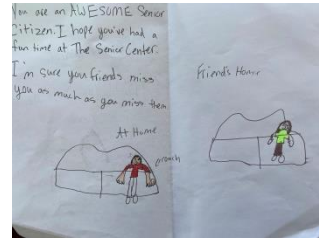
Create a strategy to continue communication throughout the ensuing weeks. Technology is a key component to the well-being of the elders we love. Facetime, Zoom and many other apps are available at a touch of a button and often go unknown to this population. Families and neighbors can help their older counterparts by setting up telephone apps, tablets or streaming services to ensure older adults are

able to feel involved and entertained. Remember, if these options are not available- a regular phone call will do.

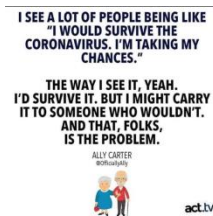
→Currently, we are delivery meals to elders each day. Please contact the senior services department should you or someone you know be in need of this service.

→Currently, we are making critical wellness checks on elders each day. Please contact the senior services department should you or someone you know be in need of this service.

→Currently, we are reaching out to the youth in town who may be interested in “touching” the elderly population through kind words from the heart. Please contact senior services should you be interested in



***Elders are losing valuable contact as an unintended consequence of distancing efforts:**
Please call the HOPE LINE for an open ear or friendly conversation
401-757-9405



Community Collaboration:



Market Curbside → Delivery Procedure

1. Call the service desk at Brigidos 401-934-2283
2. Request Curbside → Delivery
3. Include your name, telephone number, address and source of payment (\$ or CC)
4. Place your shopping list

That’s all you have to do! Scituate Senior Services will coordinate with the market to shop and deliver your groceries!



Restaurant- Carry Out

All Restaurants listed below have generously offered a senior discount during this time. Should the restaurant not provide delivery, please contact the senior services department and we will do our best to accommodate.

- ❖ Farmstand Café- 647- single, double or family size comfort food (DELIVERY PROVIDED)
- ❖ Cindy's Diner- 934-2449
- ❖ Granite Farms-647-7774

In an effort to keep our elders and all town residents healthy and safe, Scituate Senior Services along with the Town as a whole have joined forces. Your ability to communicate to town leaders and department heads remains a priority. Please communicate through email or mobile phone with any and all concerns/questions directed towards the senior services department at the number or email below.

Stay Safe,

Dina Elhelw, Director of Scituate Senior Services
401-757-9405 or Generationsdirector1@gmail.com