



November 2016

Dear Friends,

Our colleagues in the healthcare and medical field are beginning to recognize something that we at Minuteman have known for some time—that the health of our aging population extends beyond visits to the doctor, the hospital, and the pharmacy, and that critical components to health include lifestyle, nutrition, exercise, socialization, and home safety.

Sally participated in Matter of Balance, a fall prevention class sponsored by Minuteman. She exercises a few times a week and now walks her dog again without fear of falling. She writes "As I descended a stairway on a recent walk with my dog, I could hear the instructor in my head, reminding me to grab the railing. Thank goodness I did, because I kept stable when my dog took off after a squirrel."

Here at Minuteman, we understand the intersection between medical care and the supports that people need to live safely at home, and we have been addressing these complex needs for over 40 years.

John fell in his yard and couldn't get up. He dragged himself into his home and spent all night on the floor. Our Meals on Wheels volunteer found him during his daily meal delivery and called 9-1-1. When John returned home after a brief hospital stay, our Care Manager set up a home safety evaluation by an occupational therapist and a medical alert bracelet to prevent any future delays in getting help.



Fall prevention is just one of the many areas addressed in the 20+ programs we provide. We offer education and support for family caregivers or those with mental health issues or dealing with elder abuse. We guide people through the complexities of Medicare so they can get the coverage they need. We work together with families as their loved ones successfully transition home from a hospital stay by getting them appropriate help, such as personal care, home delivered meals, or assistance with medication management. **But public funding does not stretch far enough to meet the needs, so your financial support is crucial.**

I've been the new Executive Director at Minuteman since Joan Butler's retirement in June, and I am humbled every day by the depth and breadth of the work we do and the dedication and compassion of our staff. We can do this thanks to your vision, your commitment and your generosity. Thank you for enclosing your donation in the envelope provided.

Best,

Kelly Magee Wright

P. S. Become a Sustainer! Set up a monthly donation on our website at
www.minutemansenior.org/support-us