



Minuteman

SENIOR SERVICES

26 Crosby Drive
Bedford, MA 01730

888-222-6171
www.MinutemanSenior.org

November 2022

Dear Friends,

Social isolation is real.

Among older adults, it is linked to a higher risk for depression, anxiety, high blood pressure, heart disease, and Alzheimer's disease. And the pandemic has only exacerbated this situation for our homebound neighbors.

But we are doing things that make a difference.

In addition to addressing the social determinants of health (such as access to nutritious food, safe housing, and quality medical care), we are using creative ways to help people become more connected and less lonely.

Our **Social Connections** program, launched last year, matches homebound seniors with a friend for conversation, card-playing, or just good old-fashioned company.

We are piloting the distribution of **smart, failure-free tablets**, to give people the confidence to engage online with family, friends, and neighbors. Tablets simplify the online experience, make video calling easier, and are pre-set with links to a person's interests, such as the local library or Council on Aging, games, or email.

We have distributed dozens of **robotic interactive pets** to high-risk consumers, including those who live with dementia.

And you can help, too.

Donations from people like you help us fund these and other valuable programs, avoid waiting lists for services like Meals on Wheels, and pilot new ways of offering support and compassion to those we serve.

Your gift—whatever its size—will truly make a difference to many of your neighbors this year.

Please make a donation to Minuteman Senior Services today, by using the enclosed reply envelope or securely online at www.MinutemanSenior.org.

Sincerely,

Kelly Magee Wright
Executive Director



P.S. Joining our Sustainers Circle is easy to do and has a tremendous impact on our organization. Visit us at www.MinutemanSenior.org and click on the circle graphic to learn more.

Please turn this page over for more ways to help.



"Snowball reminds me of my cat that I had years ago. My cat's name was CeCe. I think about CeCe every day and it is nice to have Snowball here. Snowball is calming because she talks like a real cat!"

