

Worcester County District Attorney's Office Joseph D. Early, Jr. World Elder Abuse Awareness Day (WEAAD)

June 15 is National World Elder Abuse Awareness Day. Elder Abuse is defined by the National Center of Elder Abuse (NCEA) as any knowing, intentional or negligent act by a caregiver or any other person that causes harm or a serious risk of harm to an older adult. The National Council on Aging (NCOA) estimates approximately one in 10 Americans aged 60 or older has experienced some form of elder abuse. Furthermore, it is suspected that elder abuse is under-reported with only 1 in 24 cases being reported to authorities. Types of Elder Abuse The NCOA recognized that elder abuse can occur in many forms including the following:

- ☐ Physical abuse: inflicting physical pain or injury upon an older adult.
- ☐ Sexual abuse: touching, fondling, intercourse, or any other sexual activity with an older adult, when the older adult is unable to understand, unwilling to consent, threatened, or physically forced.
- ☐ Emotional abuse: verbal assaults, threats of abuse, harassment, or intimidation.
- ☐ Confinement: restraining or isolating an older adult, other than for medical reasons.
- ☐ Passive neglect: a caregiver's failure to provide an older adult with life's necessities.
- ☐ Willful deprivation: purposefully denying an older adult life essentials and physical assistances while knowingly exposing that person to the risk of physical, mental, or emotional harm.
- ☐ Financial exploitation: the misuse or withholding of an older adult's resources by another.

In almost 60 percent of elder abuse and neglect incidents, the perpetrator is a family member. Two-thirds of perpetrators are adult children or spouses. All 50 states have passed legislation regarding elder abuse. Anyone who suspects that an older adult is being mistreated should contact a local Adult Protective Services office, Long-Term Care Ombudsman, or the police. NCEA describes various scenarios and ways to get help, and more information is available from the Eldercare Locator online or by calling 1-800-677-1116 or 1-800-922-2275. If an older adult is in immediate, life-threatening danger, call 911.

FIVE WARNING SIGNS OF DEPRESSION

1. Unexplained Pain Depression does not only affect a person's mental health. It can also have a negative impact on a person's physical well-being. For example, common warning signs of depression are the physical symptoms of unexplained aches and pains. A recent study on symptoms of depression shows that 69% of people who meet the criteria for a depression diagnosis first visit their doctors for unexplained aches and pains. The most common complaints include joint pain, bloating, and backaches.

2. Inability to Concentrate Almost everyone experiences some brain fog and forgetfulness. However, people who live with depression often experience an extreme lack of focus. The lack of focus is often so bad that the person becomes unable to perform their everyday duties at work and home. There may be periods when the person makes more mistakes than usual or has trouble making decisions.

3. Too Much or Too Little Sleep Another warning sign of depression is not getting enough sleep or getting too much sleep. It is important to note that sleep disorders, such as insomnia, do not cause depression. However, sleep disorders can play a significant role in mood fluctuations and instability.

4. Changes in Appetite Depression can have a significant impact on a person's appetite. For some people, depression can cause them to eat more, while for other people, depression may cause a significant decrease in their appetites. Regardless of how depression affects a person's appetite, a change in appetite is a symptom that can have a negative impact on a person's physical well-being. Even if someone manages to lose weight during a period of depression, this occurrence is not a healthy form of weight loss. Note that some people may experience an increase in appetite and weight gain as a result of depression.

5. Moodiness and Irritability Just because someone has a snappy attitude does not mean that they are depressed. However, heightened or unexplained irritability is another sign of possible depression. If little things set off a person or the person gets agitated more often than usual, the person may suffer from depression.

A person's moodiness and irritability can lead to thoughts of self-harm, suicidal thoughts, or the desire to cause harm to another person. If a person experiences any of those feelings, they should get immediate help from a health professional. If a person is in immediate danger, one should always call 911.

There is a SIGN UP SHEET
at the Senior Center for

Sutton Saunters
Historical Walking Group



Wednesday, June 1 at 10am

FreeGrace Marble Farm
80 Burbank Road Sutton

Wednesday, June 15 at 10am

Wilkinsonville

Park/Meet at Holy Spirit Church
3 Pleasant Street Sutton

Please sign up in case that we need to
cancel or change plans.



**Blue Cross Blue Shield of
Massachusetts
Medicare Seminar**

Wednesday, June 1 11am

Plan for Medicare/The Countdown to 65

*Explanation of Medicare Parts A, B and C.
Medicare enrollment timeline.*

*Medigap plans that help supplement Medicare
Medicare Advantage plans, such as HMO
and PPO.*

*Medicare Part D prescription drug plan.
Plans and programs available to early retirees
such as COBRA.*

***This seminar is being held off site at the
Sutton Police Station located on
489 Central Tpke Sutton***



Monday	Tuesday	Wednesday	Thursday	Friday
	<div>JUNE</div>	<div>1</div> <div>10am Muscular Strength cancelled</div> <div>10am Sutton Saunters sign up at desk</div> <div>11am Blue Cross Blue Shield of MA Workshop Planning for Medicare</div> <div>Held off site Sutton Police Department</div>	<div>2</div> <div>9am Tai Chi</div> <div>9am Computer Club</div> <div>10am Pitch</div> <div>1pm Chair Yoga</div>	<div>3</div> <div>9:30am I’m Sorry</div> <div>10 Quilters Club</div> <div>1pm Bingo</div>
<div>6</div> <div>10am BP Clinic</div> <div>10am Chair Yoga</div> <div>11am Knit/Crochet</div> <div>12:30pm Gentle Mat Yoga</div>	<div>7</div> <div>10:30am Darts</div> <div>1:30pm Cardio Barre</div>	<div>8</div> <div>10am Muscular Strength</div> <div>11am Bridge Club</div>	<div>9</div> <div>9am Tai Chi</div> <div>9am Computer Club</div> <div>10am Pitch</div> <div>1pm Chair Yoga</div> <div>6pm—7pm Educational Presentation CBD & Medical Cannabis</div>	<div>10</div> <div>9:30am I’m Sorry</div> <div>10am Quilters Club</div> <div>1pm Bingo</div> <div>Veggie Cheese Bake Lunch</div>
<div>13</div> <div>10am BP Clinic</div> <div>10am Chair Yoga</div> <div>11am Knit/Crochet</div> <div>12:30pm Gentle Mat Yoga</div>	<div>14</div> <div>10:30am Darts</div> <div>1:30pm Cardio Barre</div>	<div>15</div> <div>10am Muscular Strength</div> <div>10am Sutton Saunters</div> <div>11am Bridge Club</div>	<div>16</div> <div>9am Tai Chi</div> <div>9am Computer Club</div> <div>10am Pitch</div> <div>1pm Chair Yoga</div> <div>Father’s Day Luncheon</div>	<div>17</div> <div>9:30am I’m Sorry</div> <div>10am Quilters Club</div> <div>1pm Bingo</div>
<div>20</div> <div>CLOSED</div>	<div>21</div> <div>10:30am Darts</div> <div>1:30pm Cardio Barre</div>	<div>22</div> <div>10am Muscular Strength</div> <div>11am Bridge Club</div> <div>1pm Movie Operation Mincemeat</div>	<div>23</div> <div>9am Tai Chi</div> <div>9am Computer Club</div> <div>10am Pitch</div> <div>1pm Chair Yoga</div>	<div>24</div> <div>9:30am I’m Sorry</div> <div>10am Quilters Club</div> <div>1pm Bingo</div> <div>Ham Salad Lunch</div>
<div>27</div> <div>10am BP Clinic</div> <div>10am Chair Yoga</div> <div>11am Knit/Crochet</div> <div>12:30pm Gentle Mat Yoga</div>	<div>28</div> <div>10:30am Darts</div> <div>1:30pm Cardio Barre</div> <div>Mac and Cheese Lunch</div>	<div>29</div> <div>10am Muscular Strength</div> <div>11am Bridge Club</div>	<div>30</div> <div>9am Tai Chi</div> <div>9am Computer Club</div> <div>10am Pitch</div> <div>1pm Chair Yoga</div>	

JUNE 2022



Educational Presentation

How Can You Benefit From CBD & Medical Cannabis

Monday, June 9 6pm-7pm

Held at the Sutton Senior Center

You are invited to participate in a lively presentation by two area experts exploring what cannabis can do for you.

Followed by a Q&A to answer all your questions.

The presentation will be hosted by Resinate Inc., along with local healthcare professionals.

TRANSPORTATION

SCM Elderbus provides transportation services for Sutton residents age sixty and over, as well as residents with disabilities are eligible for the service. If you are traveling with a Personal Care Attendant, that individual rides for free.

In-town transportation is available Monday—Friday 8:30am to 4pm.

Out of town medical transportation is Wednesday, Thursday, Friday 8:30am to 4pm

Please call 1-800-321-0243



NOW SERVING LUNCH

RSVP to Michelle Saucier, Meal Site Director 508-234-0703 We need 48 notice \$3/pp

Friday, June 10 NOON

Veggie Cheese Bake

Seasoned Potatoes

Green Beans / Chocolate Mousse

Thursday, June 16 NOON

Father’s Day Luncheon

Chicken Deluxe Sandwich

Steak Fries

Green Beans / Cream Puff

Friday, June 24 NOON

Ham Salad

Potato Salad

Tomato & Cucumber Salad

Melon

Tuesday, June 28 NOON

Macaroni & Cheese

Stewed Tomatoes

Green Beans & Oreos

Monday, June 22 1pm

Operation Mincemeat

Operation Mincemeat is set in 1943 as the Allies are determined to launch an all-out assault on Fortress Europe. But they face an impossible challenge - to protect a massive invasion force from entrenched German firepower and avert a potential massacre

