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Elder Services of the Merrimack Valley Receives \$223,000 Grant from Harvard Pilgrim Health Care Foundation to Support Matter of Balance and Savvy Caregiver Trainings in Massachusetts, Maine and New Hampshire

Lawrence, Mass. – [Elder Services of the Merrimack Valley](#), through its Healthy Living Center of Excellence, received a \$223,000 grant from the [Harvard Pilgrim Health Care Foundation](#). The grant will support Savvy Caregiver and Matter of Balance trainings and workshops throughout Mass., Maine, and New Hampshire. The grant is renewable for a second year.

The project will include trainings, workshop implementation, technical assistance and collaboration with health care partners.

“This grant from Harvard Pilgrim Health Care Foundation will enable us to bring two of our strongest, evidence-based programs to support older adults in the region – in both fall prevention and management and caregiver support,” said Jennifer Raymond, Chief Strategy Officer, Director of the Healthy Living Center of Excellence. “In the first year of this grant, we expect to train 40 Master Trainers, who in turn will train community-based coaches to implement workshops for close to 750 program participants.”

A Matter of Balance program is a community based, small group program that helps older adults reduce their fear of falling and increase activity levels. Coaches work in pairs to lead small group community classes which consist of eight two-hour sessions. The Savvy Caregiver program is designed to train family caregivers in the basic knowledge and skills needed to handle the challenges of caring for a family member with Alzheimer’s disease or related dementia. This program consists of a 12-hour training course delivered in two-hour sessions over a six-week period.

“As a direct result of the support of the Harvard Pilgrim Health Care Foundation, Savvy Caregiver and Matter of Balance trainings will expand into New Hampshire, Maine and on the Cape, where family caregivers and older adults will now have improved access to free resources in their community,” said Joan Hatem Roy, Chief Executive Officer of Elder Services of the Merrimack Valley.

Delivery partners include area agencies on aging, senior centers, YMCAs, faith-based organizations, housing sites and other community partners.

“By providing these educational programs, we hope to promote independence among older adults and empower caregivers to get the emotional support they need as they care for their loved ones,” said William Graham, Senior Vice President of Medicare Business for Harvard Pilgrim Health Care. “Harvard Pilgrim is proud to partner with Elder Services of Merrimack Valley to bring these opportunities to older adults throughout the region.”

To find a Savvy Caregiver or Matter of Balance program near you, visit the Healthy Living Center of Excellence’s Workshop Schedule at: <http://www.healthyliving4me.org/workshop-schedule/>.

CURRENT UPCOMING TRAININGS:

Maine

A Matter of Balance

4/15-4/17, Monday-Wednesday, 1-4 PM: Spectrum Generation, **Augusta** (Leader Training)

6/3-7/22, Mondays, 1 – 3 PM: St. Mary’s Residences, **Lewiston**

8/5-9/30, Mondays, 1:30 – 3:30 PM: People Plus, **Brunswick**

Massachusetts

A Matter of Balance

3/22-5/10, Fridays, 10:30-12:30 PM: Seniority House, **Springfield**

4/3-5/22, Wednesdays, 1-3 PM: Winchester Council on Aging, Jenks Center, **Winchester**

4/26-6/14, Fridays, 9:30-11:30 AM: North Reading Town Hall, **North Reading**

5/3-7/5, Fridays, 9:30-11:30 AM: Bedford Senior Center, **Bedford**

5/6-7/1, Mondays, 1:30-3:30 PM: Bourne Council on Aging, **Buzzards Bay**

Savvy Caregiver

3/28-5/2, Thursdays, 2-4 PM: BCYF Roche Family Community Center, **W. Roxbury**

4/10-5/15, Wednesdays, 1:30-3:30 PM: Dartmouth Council on Aging, **S. Dartmouth**

4/22-6/3, Mondays, 10-12 PM: Wellfleet Council on Aging, **Wellfleet**

4/23-5/28, Tuesdays, 10-12 PM: Harwich Council on Aging, **Harwich**

4/25-5/30, Thursdays, 1-3 PM: Webster Library, **Webster**

4/25-5/30, Thursdays, 1-3 PM: Sandwich Council on Aging, **Sandwich**

5/7-6/11, Tuesdays, 10-12 PM: Home Instead Senior Care, **Pittsfield**

5/22-6/26, Wednesdays, 1:30-3:30 PM: Avon Council on Aging, **Avon**

New Hampshire

Savvy Caregiver

3/19-4/30, Tuesdays, 2-4 PM: Kingston Community Library, **Kingston**

5/3-6/14, Fridays, 1-3 PM: Frisbie Memorial Hospital, **Rochester**

About the Harvard Pilgrim Health Care Foundation

Created in 1980, The Harvard Pilgrim Health Care Foundation supports Harvard Pilgrim's mission to improve the quality and value of health care for the people and communities we serve. The Foundation provides the tools, training and leadership to help build healthy communities throughout Connecticut, Maine, Massachusetts, and New Hampshire. In 2018, the Harvard Pilgrim Foundation awarded more than \$1.25 million in grants to 855 nonprofit organizations in the region. Since its inception in 1980, the Foundation has awarded \$150 million in funds and resources throughout the four states. For more information, please visit

www.harvardpilgrim.org/foundation

About Elder Services of the Merrimack Valley

ESMV is a private nonprofit organization established in 1974. Since then Elder Services has been the first choice and call for eldercare in the Merrimack Valley. ESMV is federally designated as an Area Agency on Aging and a state designation as an Aging Service Access Point and Protective Service Agency, serving 23 cities and towns in the Merrimack Valley. Learn more about ESMV at the website www.esmv.org. ESMV's Healthy Living Center of Excellence (HLCE) is collaboration between ESMV and Hebrew Senior Life and represents a 90-member provider network, offering more than 14 wellness, prevention, and disease management programs all aimed at improved health outcomes and increased social engagement. More information about the HLCE can be found at www.healthyliving4.me.org

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