

# TSRA Update



## Loneliness

As seniors age, so does everyone else around them. Distance, disease, and death can all contribute to a smaller social circle. Older age can often be accompanied by isolation, causing seniors to have concerns and feelings of loneliness.



Seniors may have families who have moved away or started families of their own. Older adults may also move to retirement homes, assisted living facilities, or nursing homes for long-term care. Distance, coupled with the hustle and bustle of life, can create a greater divide between older adults and their loved ones.

Many of us live alone and/or find it difficult to drive and thus are apt to feel even more disconnected. One way some of our members have dealt with this feeling of separation is by finding a "call partner" with whom you agree to contact once each day "just to keep in touch." If it is of mutual interest, that daily phone call can also serve assurance that both of you are all right.

### Finding a Welcoming Place is another strategy

**I'm here to help!**

As we age, those words become ever more welcomed....and needed. Unfortunately, too often, "help is there" but we can't find it. Googling can lead to dead ends, poor matches, and frustration. Sites are misleading and uneven.

However, this month we would like to make sure that you are aware of one terrific program that was started some 40 years ago in the state of Massachusetts, entitled Council On Aging or COA. Virtually every one of the 351 cities and towns in MA is funded to provide a range of programs and services of high quality, many of them totally free for seniors (60+). Often, there exists a related non-profit organization that supports a wider range of programming and funding. What is fortunate for most TSRA members (who are MA residents) is that you can quickly locate your town's COA website and learn about your local Senior Center and a sampling of the month's offerings. Simply google: (Your town's name /Council on Aging) to find their local website.

Town Senior Centers have many activities such as dancing, exercise, games, hobbies, trips and lectures. Most states have some kind of special senior programs. Check your local and nearby senior center calendars to find activities that interest you.

TSRA is doing what we can to keep folks together. Our **next luncheon** is planned for **May 14th at Danversport**. We regularly hold "**Town Hall Meetings**" via Zoom. The next one is scheduled for **April 22<sup>nd</sup>**. Even if you no longer live in the area, you can join our discussions and share your interests. Watch our flyers and webpage for future activities.

### In Memoriam

Shahood, Thomas	02/15/2026
Puzzo, Patrick	01/28/2026
Ruffatto, Donald	01/25/2026
Kingley, Robert	01/19/2026
Houle, Lisa Jocelyn	01/19/2026
Lemay, Robert	01/12/2026
Nastasia, Robert	01/05/2026
Colby, Barbara (wife of George)	10/16/2025
Durling, Arthur	08/20/2025