



May 20, 2010

Dear Friend of Mystic Valley Elder Services (MVES):

You may have heard the saying, “growing old ain’t for sissies.” This common expression rings true for many of us who have experienced the typical aches and pains of getting older. Yet, there is a very real and serious illness that many mistake for a normal part of aging. Depression can be severe and cause tremendous pain and suffering. It’s common, too, especially among those who are isolated or have experienced multiple losses. Depression shouldn’t be dismissed as an ordinary “side effect” of growing older.

I ask you to support Mystic Valley Elder Services (MVES) in our efforts to reach elders who are struggling with depression and other mental illnesses to live safely and with dignity at home for as long as possible. Your gift will support MVES’ Mobile Mental Health Program, an invaluable program that brings home-based mental health counseling and supportive services to elders in need. **Sadly, this important MVES resource is in jeopardy due to state funding cuts, so we need your support today.**

Even though over 15% of older adults suffer from it at some point in their lives, depression is **not** a normal part of growing older. The illness is treatable and most often calls for professional treatment outside of the home. But, what if the person suffering with depression is homebound? How do we treat elders who are reluctant, physically unable, or even afraid to leave their homes? With your help, we can provide older adults who suffer from depression and other mental illnesses with the home-based assistance they need to have a better tomorrow.

We have lost our government funding for this program so it is essential to raise private community funds to ensure the continuation of MVES’ Mobile Mental Health Program. In these days of cutbacks of all kinds, we need your support more than ever to continue to provide essential home and community care that will help elders take the necessary first step toward mental wellness.

You can make a difference for elders trying to cope, too often alone, with serious, debilitating mental illness by sending your gift to MVES now. Your donation will be used to provide community-based mental health support that is not covered by insurance or other mental health programs to older adults in Everett, Malden, Medford, Melrose, North Reading, Reading, Stoneham, and Wakefield.

Your gift of \$30, \$50, or any chosen amount will make it possible for MVES to continue to provide individualized support and counseling in the privacy and safety of elders’ own homes. The clinical case worker often provides an important bridge of support, arranging home-based

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Serving the communities of Everett, Malden, Medford, Melrose, North Reading, Stoneham, and Wakefield since 1975

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Joseph is a 75-year-old man who lives alone in Malden. He describes his life as “a flat tire unable to fill with air” and shares that his days “go in and out with the tide” and that “waking up in the morning is very hard to do.” Last year, Joseph attempted suicide by taking too many prescription pills and spent time in the hospital. Now that he’s back home, he needs and benefits from the assistance provided by MVES’ Mobile Mental Health clinical case worker.

Margaret is a 77-year-old woman from Reading who is anxious and depressed. Her favorite son, one of eight children, died unexpectedly a few years ago and she continues to mourn this unbearable loss. She calls her sister and daughter almost every day crying, extremely worried about her health and medical conditions that make it difficult to climb the stairs to get in and out of her apartment. Even with a large extended family, she feels isolated and alone. She needs our Mobile Mental Health clinical case worker to help her cope with ongoing emotional pain and adjust to severe loss.

On behalf of the people in our communities who need in-home mental health assistance, I urge you to make a gift to MVES today. Please make your check payable to MVES or go to our web site www.mves.org to make your gift securely online.

I recently received a thank you note from an elder who referenced our Mobile Mental Health clinical case worker. The writer shared, “she makes a difference by making people feel like they’re worth something.” **Please help us continue to make people feel that they are worth something.**

Sincerely,



Daniel J. O’Leary
Executive Director

PS: If you, your family, friends, or neighbors need aging information or assistance, please call MVES at 781-324-7705. We are here for you! Remember, your support helps make our agency a vibrant community resource in the Mystic Valley region!