



Putnam Family
and
Community Services

Take Note ✓

WINTER 2009: EXCERPT

Spotlight On... Senior Services

Life doesn't end at 65. But how do you find joy in life when you can't work anymore, when your spouse has passed away, when fear and loneliness keep you from doing the things you love?

Many older adults in our community are experiencing these and other issues that come with aging... and **they have nowhere to turn.** When you live alone with limited transportation, it is easy for isolation and despair to set in.

Fortunately, PFCS offers **Mobile Senior Services**, a team of individuals who travel to support older adults out in the community. Our social workers and case managers seek out seniors in their own environment and help them cope with the challenges and changes of aging. We improve their access to mental health services and medical care, and teach them how to adjust to the new roles that come in later life. From **socializing and staying active** in retirement, to **strengthening family relationships** and passing wisdom to the next generation, we help people enjoy their later years and understand that many **rewarding experiences are yet to come.**