



LGBT FRIENDLY COMMUNITY CAFES



CAFES

Out4Supper

1st Tuesday of each month 5:30-8:30p
Mount Pleasant Home, 301 S. Huntington Ave.
Jamaica Plain, MA 02130

Out2Brunch for Women & Friends

First Saturday, 11:00-1:00p
Roslindale House, 120 Poplar Street
Roslindale, MA 02131

Third Saturday, 11:00-1:00p
Goddard House, 165 Chestnut Street
Brookline, MA 02445

Café Emmanuel

Every Thursday, 11:00-1:00p
Emmanuel Episcopal Church, 15 Newbury Street
Boston, MA 02116

Ethos is proud to announce the opening of **Café Pride**, a monthly supper club for older LGBT people of color and their friends!

When: The 2nd Wednesday of each month, 5pm to 7 pm, with a social time from 4 to 5 pm

Where: Whittier Street Health Center, 1290 Tremont St, Roxbury, MA 02120

For more information about LGBT Friendly Cafes to RSVP for any Café please contact the Ethos Nutrition Department : 617-522-6700 x306

ETHOS IS A BOSTON BASED NOT-FOR-PROFIT AGENCY *that has served the elderly and disabled since 1973. We help elders stay at home as long as possible by ensuring that they– and their caregivers– have access to continuum of life-enhancing support services. Each service we provide makes a real difference in the every day lives of our clients.*





LGBT FRIENDLY VOLUNTEER COMPANION



FRIENDLY VISITOR

Find companionship, relieve loneliness, and share common interests with an LGBT Friendly Volunteer Companion who will visit you in your home one hour each week, for a minimum of six months.

What can an Ethos Volunteer Companion do?

- Visit with you in your home and provide weekly companionship
- Escort you to medical appointments, if pre-arranged with Volunteer Coordinator
- Read your mail, books, newspapers, magazines
- Prepare a light meal or snack
- Accompany you on a walk or to a social activity
- Share a hobby such as knitting, stamp collecting, etc.
- Play cards or other games with you

To learn more, or to be matched with an LGBT Friendly Volunteer Companion, please contact:
Miriam Michelson, Volunteer Coordinator
617-522-6700 x540
mmichelson@ethocare.org

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LGBT FRIENDLY HEALTHY IDEAS

Identifying Depression, Empowering Activities for Seniors



HEALTHY IDEAS

Ethos has a new, **FREE** program that can help you feel happier! If you have felt down, low, or blue in the past few weeks or months, we want to help!

Healthy IDEAS is an evidence-based program that offers face-to-face, in-home counseling services to elders. An Ethos staff member will work with you to find meaningful and positive activities to enhance your mood.

Each Ethos staff member is trained by the LGBT Aging Project in Lesbian, Gay, Bisexual, Transgender cultural competency.

Program benefits:

- Fewer symptoms of depressive symptoms
- Decreased physical pain
- Better ability to recognize and self-treat symptoms
- Improved well-being through achievement of personal goals

If you are interested in learning more about the Healthy IDEAS Program or have a friend who may benefit, please contact:
Claribette Del Rosario, Mental Health Services Program Manager
617-522-6700 x344
cdelrosario@ethocare.org
www.ethocare.org

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