

QUARTERLY ISSUES/PROGRAMS LIST

3rd QUARTER 2021

Below is a list of some of the significant issues responded to by Station WBOQ, Gloucester, MA, along with the most significant programming treatment of those issues for the period July 1, 2021 thru Sept 30, 2021. This list is by no means exhaustive. The order in which the issues appear does not reflect any priority or significance. This list is by no means exhaustive. The order in which the issues appear does not reflect any priority or significance.

Description of Issue	Program/Segment	Date	Time	Duration	Narration of Type and Description of Program/Segment
Finding Meaning in Life	Caring Voice - Aberdeen Health Care -Strategies to care for the seniors in our lives.	7/11/2021	Sunday 7:30a-8:00a	30 min	This episode of caring voice stresses the importance of finding meaning in life. We are able to find meaning in life either with others or by ourselves. The COVID-19 Pandemic has forced many people to find meaning in their lives on their own, which can be extremely difficult for many. Humans strive to be together and find meaning in being a part of groups/gatherings and the pandemic has cut off the connection for many people. People also find meaning through tradition. Tradition gives us a sense of stability and regularity. Even though they provide stability, traditions are subject to change over time. Many traditions reflect the ideas and behavior of our elder loved ones, and as those loved ones age and eventually pass on, the traditions may be hard to keep up with. This is why traditions can change. The guest on this installment of Caring Voice offers up solutions to alter traditions after the death of a loved one. He mentions that in order to come to terms with the death, a family can host a memorial meal where recipes from the deceased loved one are made and the family members share memories about them. This can form into a new tradition that carries on the legacy of deceased family members. Traditions help give meaning to family events and can be used as a tool to preserve the legacy of our loved ones.
Hospice - Care Dimensions Walk	Caring Voice - Aberdeen Health Care -Strategies to care for the seniors in our lives.	7/18/2021	Sunday 7:30a-8:00a	30min	This episode of Caring Voice revolves around Hospice. Care Dimensions is a Hospice service in Danvers that raises money through its "Walk for Hospice" every year. Due to the pandemic, they have been unable to hold their annual walk for two years, but have found a way to continue to fundraise through a virtual walk. This is an important event not only for the fundraising but also for the awareness it raises to foster volunteer work and donations throughout the year. Also, the walk allows people to honor and preserve the memory of loved ones that they have lost. This is very important in the grief and healing process, which Care Dimensions works extensively in. They have grief support to help people cope with loss. The service is complimentary, even for individuals who have lost someone who had no connection to Care Dimensions. They have begun to ramp up their grief support program, as the pandemic has made it very difficult for people to come to terms with their losses. They have added both music and pet therapy professionals that use the powers of music and animals to heal people who are hurting due to the loss of a loved one.
How Covid has changed us	Caring Voice - Aberdeen Health Care -Strategies to care for the seniors in our lives.	8/1/2021	Sunday 7:30a-8:00a	30min	How Covid has changed us? Gains and Losses during this time. Gains: Renewed look at what matters for us and the preciousness of interactions and socializing. We see our relationships more clearly. It has also taught us to slow down and we've discovered strengths we though we didn't have. Families are together and keeping healthy. Losses: being suspicious of people or loved ones. We have developed unhealthy suspicious which could hurt a relationship in the long run. It made us more vulnerable and feeling like we have lost control.

Covid Immunizations	Caring Voice - Aberdeen Health Care -Strategies to care for the seniors in our lives.	8/29/2021	Sunday 7:30a-8:00a	30min	Guest MaryAnn Moore, in charge of Immunization project for the town of Danvers. Vaccination reduces prevention and death. In the state of MA, we are 60% vaccinated which reduces transmission rate. Right now dealing with the Delta variant, this variant is 5+ or greater in transmitting to other people. As we see more variants we'll see how the vaccines hold up. In places around the country with lower %age of people vaccinated we are seeing higher hospitalizatons and death. Right now the MNRA vaccine is 85% effective to the Delta variant.
Moving a relative into a facility during Covid	Caring Voice - Aberdeen Health Care -Strategies to care for the seniors in our lives.	9/5/2021	Sunday 7:30a - 8:00a	30 min	How to move a relative in another state from a facility there to a facility in Mass? This used to be easier but during Covid this process is more difficult, usually about an 8 month waiting period. Need to take inventory of the elderly person and gather information so know how to proceed and make a good decision. Assess, Plan, Implement and Evaluate - Aberdeens nursing structure. Aberdeen can help you maneuver through the process with a better outcome.