



NEWBURY Council on Aging Est. 1976

F. Ryeburn Lynch Senior Center
Newbury Elementary School

Email: coa@townofnewbury.org
Office hours: Monday – Thursday 9Am-3PM
63 Hanover Street, Newbury, MA 01951

978-462-8114

www.townofnewbury.org

January/February 2016

MISSION STATEMENT

The Newbury Council on Aging will identify, develop, implement, and advocate for programs and services designed to enhance the quality of life and independence of elders in the community and will assist all people with questions relating to aging issues.

Winter is a tough season for most of us ~ too cold, too dark, too much effort needed to get things done. But the days are already getting longer and though it is true that "as days lengthen, winter strengthens" most of us will get through this winter just as we have all the others before. Here are some well-being tips that might be helpful.

Stay Safe in Snow and Ice, being especially careful if you do your own shoveling. Try to stay indoors when the weather is bad, but if you must drive, make sure your car's emergency kit is up-to-date and keep your gas tank at least half-full.

Stock Up For Snowy Days, including your medications, first aide supplies, at least three days of non-perishable foods and drinks, battery operated flashlight and radio, plenty of paper products, and clean warm clothes and extra blankets.

Stay Healthy during the flu season ~ it is never too late to get vaccinated and February is when the flu season is at its height.

Keep in Touch with family and neighbors making phone contact and letting someone know where an extra key is located. If you have special needs (such as oxygen), let the police know

you may need assistance if there is a power failure.

Nutritional Tip: eating fruits and vegetables is easy in summer when everything is fresh and flavorful. What to do in winter? Dried fruit may contain more calories than fresh, but it also provides the same fiber, vitamins A and C, potassium, and folate as fresh. Add to a salad or your morning bowl of cereal.

There is a winter moratorium in place every year from November 15 to March 15, during which gas and electric companies cannot shut off service to elders because of inability to pay. The C.O.A. is available to assist with applications for fuel assistance, volunteers for grocery shopping, and telephone reassurance calls. Call 978.462.8114.



Winter!

TAX TIME

Remember there are several property tax reduction programs available to Newbury elders: Exemptions (70 years and older of very limited income), Deferrals (a debt is placed on your deed), and other programs for veterans, the legally blind and surviving spouses. Visit the Assessor's Office in Town Hall for up-to-date details.

Here are two of our favorites.

For the **Circuit Breaker** (you must be 65), the home evaluation cannot exceed \$688,000. The income limit is \$70,000 for a single head of household, \$84,000 for a couple filing jointly, and \$56,000 for a not head of household filing singly. The maximum credit for 2015 (2016 figures were not available for our Newsletter deadline) is \$1,050. The 10% rule is this: for homeowners, the amount by which property tax (plus 50% of water and sewer fees) exceeds 10% of income, up to the maximum (\$1,050) and for renters (subsidized renters are not eligible): the amount by which 25% of annual rental payments exceeds 10% of total income. If you have not previously applied for the Circuit Breaker, it can be retroactive for three years. You must file a Massachusetts tax return to claim this refund.

The **Tax Credit for Seniors Work Off program** allows qualified seniors (over 60) to work in positions defined by participating Town departments for a \$1,000 credit on property taxes (your name must be on the tax bill); this credit does not affect the Circuit Breaker. At minimum wage the yearly commitment is about one hundred hours which is completed in accordance with the Department Manager's needs. Call the Council on Aging for an application and for more information on

positions for which you may be qualified.

Leaving a Fair Will. The consensus among financial planners is that leaving one of your adult children more money than another is a bad idea. Equal inheritances help maintain family harmony after you are gone. There may be good reasons to discriminate ~ a child with special needs, for instance. This child receiving a larger inheritance may relieve the siblings from a possible financial burden in the future. Sometimes there is wide disparity in the financial successes of your children; this may be due to circumstance, choices made, bad luck. But you do not know the future and today's more wealthy offspring may face an illness, divorce, or other calamity you cannot possibly foresee. Perhaps one of your children is an actively involved caregiver for you. In this case, it might be wiser to for you to give monetary gifts now, allowing the inheritance to still be equally divided. The key, experts say, is to share your intentions with your children and if this conversation simply is not possible for you, then plan to leave a letter with your will, explaining your decisions in hopes of answering their questions and alleviating their disappointments. Do not leave a family war behind. (Thanks to AARP Magazine.)

Maggie Malley who has been with us since June has taken over the role of Director. She is known to most of you and we are so pleased that she has accepted this new responsibility. Please stop by and wish Maggie the best in her new role. Congratulations Maggie! Thanks to all who attended the Christmas Luncheon to wish Tom and I farewell for the winter. Happy New Year! Fondly, Martie

VOLUNTEER CORNER

As we begin the New Year, we would like to thank those who helped to make the holiday a joyous one. We held our annual Holiday Luncheon on December 9th at the Newbury Fire Hall. We'd like to thank the following people: **The Newbury COA Friends – Deb Kennedy, Kate Benashski and John Spellman**, for sponsoring the luncheon and helping out in every way they could....**David Greco from Starboard Galley, and his assistant**, for catering our delicious meals.... **Marie Casey from Merrimack Health Center (formerly Amesbury Village)** who donated and served our dessert....**our luncheon helpers who helped to set up, serve, and clean up....We couldn't have done it without you!** Also, thanks to **Alice Rogers** for raffling off a beautiful, hand-knit throw she donated and to **Brigham Health & Rehab** for donating a raffle item. At the luncheon, we had a donation jar by the entrance and we collected enough money to give a young boy a very Merry Christmas. The COA adopted this boy through the Community Service's "Red Stocking Program"...so we are thankful to those who donated. A good time was had by all!

We are also thankful for our wonderful year-round volunteers: COA Board of Directors, Friends Board of Directors, Receptionists, Friendly Visitors, NEET drivers, Kitchen Helpers, Guest Chefs, Monitors (Bingo, Cribbage, Knitting, and Shopping Van), Newsletter Preparation, Office Workers, Telephone Reassurance, Outreach, Elder Pet Fund, and our SHINE Counselor.

We would like to thank the following people for their recent donations to our senior center: **Linda Buckley, Simone Dur, Marge Emerson, Nancy Noel, Diane Sawyer and Tom Sullivan.**

Thank you to October's Guest Chef, **Alice Rogers**, and to November's Guest Chefs, **Barbara Murray and Linda Geary Keenan** for preparing wonderful food for all to enjoy! **Happy New Year! Gail**

Volunteer Opportunities

We're always looking for Guest Chefs to cook a meal for 20 to 25 people. Donations are given back to the chef. Call Gail if you are interested – 978-462-8114.

We are in need of **Volunteer Grocery Shoppers** who will grocery shop and pick up prescriptions for homebound seniors. You need an automobile, a pleasant personality and are able to lift small grocery bundles. Please consider helping out your neighbor.

We are in need of **Volunteer Receptionist's** for Monday 12-3 and Wednesdays from 9-Noon and 12-3. Duties are answering phones and greeting anyone who enters the Senior Center.

Northern Essex Elder Transport (N.E.E.T.) drivers are volunteers who use their own cars to bring clients to medical appointments. We ask that you give 48 hours' notice to secure a driver. Clients are asked to make a donation based on .43 cents per mile. This is a curb-to- curb transport service and you must be ambulatory, or if not, bring a companion to assist you. The driver is not required to assist.

JANUARY 2016




Monday


Tuesday

Wednesday

Thursday

Friday




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4 12:45 Bridge	5 9:00 Van /Shopping 1:00 Cribbage	6	7 12:30 Knitting	8 SENIOR CENTER CLOSED
11 12:45 Bridge	12 9:00 Van /Shopping <i>12:00 Guest Chef Luncheon</i> 1:00 Cribbage	13 SHINE - MUST CALL TO MAKE AN APPT. 1:00 Knitting	14 1:00 Birthday Bingo 	15 SENIOR CENTER CLOSED
18 COA CLOSED 	19 9:00 Van/Shopping 12:30 Cribbage	20	21 12:30 Knitting	22 SENIOR CENTER CLOSED
25 12:45 Bridge	26 9:00 Van/Shopping 12:30 Cribbage	27 SHINE - MUST CALL TO MAKE AN APPT.	28 12:30 Knitting	29 SENIOR CENTER CLOSED



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Margot G. Birke, Attorney at Law

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MAKING SENSE OF INVESTING

Caregiver's Page

Long Distance Caregiving

Perhaps you visited your parents over the holidays and maybe this time there is no denying that they need help and that you must become more involved. But how is this possible when you live miles, hours, states, even countries away? It's time to get to work accumulating as much information as possible ahead of time will greatly enhance the likelihood of making a smooth transition to what's next when the time comes.

- First, stay in touch by calling every week. Casually inquire about things you observed that concerned you: eating properly, taking medications correctly, and staying active.
- When you do visit, make a safety inspection ~ smoke detectors, scatter rugs, adequate lighting.
- Are safety features needed in the bathroom ~ grab bars, a shower chair, a raised toilet seat?
- Is there a neighbor or special friend you might talk to, even exchange phone numbers with?
- Call your parents' local C.O.A. or Senior Center to inquire about appropriate services that might be available ~ transportation, daily Wellness Calls, Meals on Wheels, Friendly Visitors.
- Do you know where your parent's important documents are? Is there a durable power of attorney and health care proxy? If not, put these two on your "To Do" list next time you are with them.
- On your next visit, ask if you might accompany them to their doctor's appointments
- Learn all you can about home care services through your local area Agency on Aging, Elder Locator. In this region, Elder Services of the Merrimack Valley is our resource. There is a wealth of information on services available, much of which you can become familiar with on your computer.
- Learn as much as you can beforehand so that if a change becomes necessary for them, you know what option exist.

Tips for Visiting a Person with Alzheimer's Disease

(This article originally appeared on MariaShriver.com; her father, Robert Sargent Shriver, who died of Alzheimer's Was head of the Peace Corps under his Brother in law, President John F. Kennedy).



- Make eye contact as you approach
- Be at their level; sit or stoop, but do not stand over them.
- Tell them what you are going to do before you do it.
- Speak slowly and in short sentences and ask only one question at a time.
- Do not correct, argue, or talk down and do not use the word 'remember.'
- Do not visit if they already have a visitor.
- If they repeatedly ask the same question or tell the same story, let them. Answer as though it is the first time, because for them, it is.
- Do not tell them if a loved one has passed away, even if they ask for that person; deflect your answer to suggest a minor illness or being away. Stay away from any topics that may upset them.
- Conversations may not work ~ bring something to do: pictures, a CD, any appropriate props.
- Validate their feelings of anxiety, anger or confusion; do not chide them to cheer up.
- Touching can be reassuring, be careful with this; asking permission is a good idea.
- Keep visiting even if you think the person no longer knows you; very possibly they recognize you as a friendly face and that is enough

Plan For A Healthy Year

With an exciting new year ahead, it's wise to map out your health goals early. Focus on staying active, following a healthy diet and getting the rest, relaxation, tests and screenings your body needs. Just as important, look on the bright side of life. Making healthful changes is more possible when your attitude is positive. Remember, good health can add zest to each day and years to your life!



FEBRUARY 2016

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15 COA CLOSED <i>Presidents' Day</i> 	16 9:00 Van /Shopping 12:30 Cribbage	17	18 12:00 Guest Chef Luncheon 1:00 Knitting	19 SENIOR CENTER CLOSED
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Happy Birthday to all Volunteers
Born in January & February

January 3	LuAnn Kuder
January 7	Donna Callahan
January 10	Jack Rybicki
January 19	Joyce Machiros
January 28	Evelyn Noyes
January 30	Eunice Campbell
	Joyce Davis
January 31	Florence Lyon
February 12	Mary Finneran
February 19	Don Delorey
February 20	Muriel Knight
February 27	Gretel Miller

THINGS TO DO

Newbury Town Library – 0 Lunt Street,
Byfield
Tong Ren Healing – Tuesdays starting at
5:30 PM
Tai Chi – Fridays from 9:00 AM to 10:15
AM

Newburyport Library

Free Movie Matinee every Wednesday
afternoon at 2:30 PM:

January 13	"Mr. Holmes" (PG)
January 20	"Age of Adaline" (PG-13)
January 27	"Chicago" (PG-13)
February 3	"Endless Love" (PG-13)
February 10	"Valentine's Day" (PG-13)
February 17	"Love Rosie" (R)
February 24	"About a Boy" (PG-13)