

NEWBURY

Council on Aging Est. 1976

July / August 2016

F. Ryeburn Lynch Senior Center
Newbury Elementary School
63 Hanover St., Newbury, MA 01951

Email: coa@townofnewbury.org
Office hours: Mon. – Thurs. 9AM-3PM
www.townofnewbury.org
Phone #978-462-8114

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.

DIRECTOR'S NOTE

The arrival of Summer has also welcomed new arrivals at the Council on Aging. Yael Seligman joined the COA staff in mid-June and will serve as the Community Relations Coordinator (you will see Yael's personal introduction elsewhere in this newsletter). In addition to making connections with seniors in the community, Yael will coordinate with local agencies and programs in an effort to bring valuable resources to Newbury senior residents. She brings years of experience in joining groups of people together, and in helping them to explore the many facets of community engagement and fellowship. When you are in the COA neighborhood, please stop by to meet Yael.

June also marked the year anniversary of my arrival at the Newbury COA. I am thoroughly enjoying this wonderful town, and would like to thank you for making me feel welcomed. I continue to be heartened by the generosity of residents in caring for each other, both neighbors and newcomers. Your kindness and humanity is inspiring, and I feel fortunate to have been given the chance to serve and to become acquainted with this lovely community and with the residents of Newbury.

My Best,

Maggie

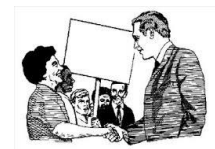
S.H.I.N.E.

(Serving Health Information Needs of Elders)

Mark Sullivan, the COA SHINE counselor, will help you to understand your health insurance coverage and questions. Check our newsletter calendar for dates that Mark will be available at the Senior Center. Please call 978-462-8114 to schedule an appointment.

COA VAN

By the time you receive this newsletter, the new COA Ford E350 passenger van will be on the road. We would like to encourage and increase use of the COA van. In this effort, we welcome your ideas and suggestions for trips, locally and to destinations beyond greater Newbury. This is your van, and should be utilized for your practical and recreational needs. We look forward to hearing from you, and to many wonderful trips in the future!



REP. FOR SENATOR BRUCE TARR

Dick Curran, from Senator Bruce Tarr's office, will be at the Senior Center from 9:00- 10:00 a.m. on Thursday, August 11, 2016. He will be on hand to answer questions and hear your comments on behalf of Senator Tarr.



BLOOD PRESSURE CLINIC



The Summer Blood Pressure Clinics will be held at the Senior Center on Wednesday, July 6th and Wednesday, August 3rd from 11:30 a.m. to 12:30 p.m.. Public Health Nurse, Pam Lara, will check blood pressure, and discuss any medical concerns you may have. If you need a ride to this drop-in-clinic, please call the COA at 978-462-8114.



GROCERY SHOPPING

The COA van makes weekly trips to Market Basket in Newburyport on Tuesdays mornings. Please call 978-462-8114 to schedule a ride.



ELDER PET FOOD FUND

The Newbury COA supports Animal Control Officer Carol Larocque's **Elder Pet Food Fund** in assisting elders with pet food needs. If you would like to sign-up for this program, please call the COA at 978-462-8114. Carol will deliver pet food to your door. Donations are always welcome!

CHOCOLATE TOUR DONATION TO THE COA!

We wish to thank the organizers of the "Chocolate Tour" who presented the COA with a generous gift in June at an event hosted at the Central Congregational Church in Newburyport

The Chocolate Tour of Newburyport is an annual supporter of the COA.



VAN TRIPS

We greatly appreciate your call (978-462-8114) to reserve a seat on the van. All trips depart from the Senior Center at 63 Hanover Street in Newbury.

July 14: "Meal & a Movie" (depart 11:00 am).

July 28: Lunch at the Village Restaurant in Essex, MA (depart 10:45 am).

August 25: Essex River Cruise (depart 10:30am).



Meals on Wheels: Available to eligible seniors by calling Elder Services of Merrimack Valley at 1-800-892-0890.

PROGRAMS AND TRIPS

Our programs are for you! If you see a trip or program in this newsletter that interests you, please call us at 978-462-8114 to make a reservation. Most activities require a minimum number of participants. Guest Chefs are always appreciative of a few days notice to plan the wonderful meals that we all enjoy. We hope that more of you will join us for these fun and stimulating outings.

VETERANS

We are working with Karen Tyler, our local Veteran's Agent, to coordinate a get-together for our vets. She has offered to join us for a Veteran's Coffee Hour at the Senior Center. Karen is a dedicated advocate for veterans, and she wants to hear what you have to say. If you are a veteran, or have a veteran in your life, please give us a call at 978-462-8114. The COA van will be available to give rides to and from the Senior Center for this coffee hour...just let us know!

NORTH SHORE MUSIC THEATER

Singing in the Rain is coming to the NSMT August 16th to September 4th. There are evening and matinee performances available. If enough folks would like to see this classic musical, please call 978-462-8114 and we will make all of the arrangements.

SHARE YOUR TIPS

Last winter, this Newsletter included Wol Downey's ingenious way of managing in public a resting walker by neither taking up too much space nor crashing over with the merest touch. It occurs to us that many of you may have devised solutions to other aging issues and we would like to share them here with your friends and neighbors. For instance, a fabric wine bottle gift bag can be made into a nifty shoulder carrier for a small oxygen tank. Let us know either by mail, phone call, or email. In the meantime, here's another from Mr. Downey, this one about decision making.

The Downey Theorem

When making decisions, we often have difficulty choosing between two actions where there isn't a sound logical case that one is infinitely better than the other. We often worry and struggle for the answer. When I was in upper management, I discovered the Downey Theorem which states that the harder it is to choose, the less important it is to make the right choice. The most difficult decisions are those where two or more choices are equally good. Don't waste time and, more importantly, emotional well being on the choice. Flip a coin or go with your gut feeling or intuition ~ or what your spouse/coworker wants, which has several extra benefits: you make points for cooperation, it builds confidence in the other, the other owes you one, and if it turns out to be a disaster, you are in a better defensive position and can spread the blame!

JULY AND AUGUST IN HISTORY

July 3, 1775 - During the American Revolution, George Washington took command of the Continental Army at Cambridge, Massachusetts.

July 4, 1804 - Novelist and short-story writer Nathaniel Hawthorne (1804-1864) was born in Salem, Massachusetts. His works included; *The Scarlet Letter*, *The House of the Seven Gables* and *The Blithedale Romance*.

July 6, 1885 - Louis Pasteur gave the first successful anti-rabies inoculation to a boy who had been bitten by an infected dog.

July 14, 1789 - The fall of the Bastille occurred at the beginning of the French Revolution.

July 19-20, 1848 - A women's rights convention was held at Seneca Falls, New York. Topics discussed included voting rights, property rights and divorce. The convention marked the beginning of an organized women's rights movement in the U.S.

August 2, 1776 - In Philadelphia, most of the 55 members of the Continental Congress signed the parchment copy of the Declaration of Independence.

August 16, 1896 - Gold was discovered in Rabbit Creek, beginning the Great Klondike Gold Rush.

August 18, 1920 - The 19th Amendment to the U.S. Constitution was ratified, granting women the right to vote.

August 25, 1918 - American conductor and composer Leonard Bernstein (1918-1990) was born in Lawrence, MA. Considered one of the finest conductors in American history, his works included *West Side Story*, and *On the Town*.

(Data compiled from www.historyplace.com)

WELCOME Yael SELIGMAN!

My name is Yael Seligman, and I have recently been offered the part time position of Community Relations Coordinator for the Newbury Council on Aging.

I am delighted to have been offered this position!

I moved to Newbury a few years ago, and am grateful for the opportunity to work in my town, with lovely people, in a context that I believe is vitally important to the community. My professional background has been in education, retail, hospitality, and in nonprofit organizations, all of which might come into play here at the Council on Aging.

I also enjoy driving, writing, and planning in collaborative contexts, and cherish hearing the stories of long time New Englanders.

The role of Community Relations Coordinator will encompass several aspects to further the mission of the NCOA. We envision this will include public and municipal outreach, developing relationships with agencies and individuals working with elder services and senior advocacy, helping to strengthen existing relationships within the local community, and initiating further areas of cooperation with local institutions.

I would love to hear your ideas about outreach opportunities and local communications.

I'll generally be at the NCOA headquarters from Monday -Thursday, mid-days and early afternoons.

With wishes for a pleasant summer,

Yael

VOLUNTEER CORNER

Donations: We would like to thank the following people for their recent donations to our senior center: Isabelle Champoux, Simone Dur, Priscilla Morse, Joe Murphy, and Pam Walker.

Guest Chefs: Thank you to our May guest chef, Patty Keys, who cooked a traditional homemade New England bean supper. Patty's colleagues from the Sons and Daughters of the First Settlers, Barbara Rogers, Ed Mair, Marsha Pease, and Sue Gagnon, served and cleaned the COA kitchen.

The COA Board of Directors, Geri Dorr, Joyce Machiros, Chaz Rudich, Alba Gouldthorpe and Evelyn Noyes provided and served the delicious June luncheon. They prepared wonderful food for all to enjoy!

PRESCRIPTION TO RIDE!

If you have MassHealth, do you know that your doctor can write you a **prescription for transportation** to and from his or her office? This can include wheelchair transportation, something the volunteers driving for the Northern Essex Elder Transportation (NEET) program cannot provide. A one-page form (PT-1) must be signed by each doctor you wish authorized by MassHealth. The C.O.A. Office has copies and some advice for how best to proceed.

CAREGIVERS PAGE

On Being the Care Recipient

The other side of the Care Giving time of life is being the Cared For and it is not an easy job either. Asking for help after a lifetime of doing for yourself and for others seems way harder than it should be. You no longer can do things whenever you want, the results of jobs others do for you are not to your liking, response times seem so slow. Patience is not granted, it is earned as the saying goes, but what else can you do to minimize the stress on your Care Givers?

- If you can afford to hire help do so; save your friends and family for the pleasures only they can provide. Find out if you are eligible for a Medicare-paid health aid or a low cost personal care homemaker from Elder Services of the Merrimack Valley. If you qualify, Meals on Wheels offer a hot fully balanced noontime meal and a check in from the friendly driver.
- Are you eligible for money-saving programs such as fuel assistance and food stamps? Remain as financially independent as you can by accessing programs available to you.
- Are you still able to use the telephone? Are your friends? Try not to depend solely on your Care Givers for socialization. It feels good to bring your news to the conversation.
- Beyond doing as much as you can for yourself, are there household chores you are able to perform? Cooking, laundry, anything you can take off the Care Givers To Do list.
- Despite your limitations and your frustrations with them, can you show gratitude and appreciation for what is being done daily to keep you safe and where you want to be? Never under value the effect of saying a simple thank you.

If the C.O.A. can help ~ either the Care Giver or the Care Recipient ~ please call and ask for information and perhaps an Outreach visit in your home.

Each year as we **enter the hurricane season** we repeat this advice on being prepared. A Hurricane Watch is posted first; if a Hurricane Warning follows and you are directed by authorities to evacuate, **the first rule is to leave when asked.**

- Do you have a "Go Kit" of essential items (medications, cash, insurance cards, addresses, phone numbers, etc.)?
- If you have time, turn off the gas, electricity, water, and disconnect appliances.
- Make sure your automobile's emergency kit is also ready (maps, emergency flares, a first aid kit, fire extinguisher, a blanket).
- Follow designated evacuation routes and expect heavy traffic.
- Before a warning is issued, familiarize yourself with Newbury's emergency plans. Be aware that emergency shelters cannot accept pets, so have a safety plan for them, too. Your important papers (will, insurance policies, licenses, etc.) should be in a water tight and flame resistant container. Keep emergency numbers by your phone (and ICE on your cell phone).
- Here are the 2016 Atlantic Tropical Storm names: Alex, Bonnie (both already come and gone), Colin, Danielle, Earl, Fiona, Gaston, Hermine, Ian, Julia, Karl, Lisa, Matthew, Nicole, Otto, Paula, Richard, Shary, Tobias, Virginie, and Walter.

Do you need legal help? **Northeast Legal Aid** (formerly Merrimack Valley-North Shore Legal Services) is a legal aid program providing free advice and representation in civil legal cases to low income and elderly people. They cannot help with criminal or fee generating (law suit) cases. Some areas of coverage include Social Security and pension benefits, housing and landlord/tenant issues, nursing home discharges or evictions, counsel and advice regarding immigration options, and advice in debt collection cases. The telephone number is 800.336.2262. If you have legal issues regarding real estate or business affairs, family and probate, creating a will, or other areas not within the purview of Northeast Legal Aid, contact the **Massachusetts Bar Association Lawyer Referral Service** in Boston a 617.338-0556 or lrs@massbar.org.

BOOK REVIEW

Travels with Epicurus by Daniel Klein.

It is not the young man who should be considered fortunate but the old man who has lived well, because the young man in his prime wanders much by chance vacillating in his beliefs, while the old man has docked in the harbor, having safeguarded his true happiness.

The idea presented in this sweet little book is that life has natural, discreet stages and between prime time and old old age there is what is perhaps the very best time of life ~ Good Old Age, what Epicurus thought to be the pinnacle of life. This thoughtful and very funny book may help us achieve being authentically and contentedly old, the last stage of life in which we can be fully conscious and a time that is limited and constantly diminishing. What exactly makes a good and gratifying old age?

Out on a walk on the island of Hydra, a vacationing Greek American comes upon an old Greek man sitting on a rock, sipping a glass of ouzo, and lazily staring at the sun setting into the sea. The wealthy American notices there are olive trees growing on the hills behind the old Greek but that they are untended with olives just dropping here and there onto the ground. He asks the old man who owns the trees. "They're mine," he replies. "Don't you gather the olives?" the American asks. "I just pick one when I want one," the old man says. "But don't you realize that if you pruned the trees and picked the olives at their peak, you could sell them? In America everybody is crazy about virgin olive oil and they pay a damned good price for it." "What would I do with the money?" the old Greek asks. "Why you would build yourself a big house and hire servants to do everything for you." "And then what would I do?" "You could do anything you want." "You mean, like sit outside and sip ouzo at sunset?"

Have you heard of a **"Life After Me" Document?** It is not legally binding in any way, but is designed to help tell your executor and your loved ones where to find what they need easily and quickly: the location of documents, keys to safety deposit boxes, passwords and user names for online accounts.

Here's what you might include:

- A list of people to notify of your death and the location of your contact book.
- Burial arrangements including the cemetery deed and prepaid funeral arrangements (include receipts).
- Location of personal identification such as your birth and marriage certificates, driver's license, passport, veteran's card. You may wish to include any medical history your family may not be aware of.
- Location of your will, POA, life insurance, property deed, vehicle title, and retirement accounts (IRA, 401K, pension, annuity, trust documents).
- Usernames and websites for electronic banking, credit card accounts, on line bill paying, email, social media accounts, and access to personal photographs.

Keep an electronic copy on your computer, labeling the document Open Upon My Death and a paper copy in a sealed envelope in your desk or bureau (same label and include your name). Make sure your family knows the document exists, where to find it, and also instruct them to open it only upon your death. Anyone who has been involved in after-death obligations knows how difficult that time can be. By making a Life After Me document you ease some of that stress and show respect for those caring for your estate, a nice final remembrance for them.

COUNCIL ON AGING
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Newbury, MA 01951

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Yael Seligman	<i>Community Relations Coordinator</i>
Karen Everett	<i>Meals on Wheels Driver</i>
Alix McArdle	<i>Outreach Worker</i>
Choo Whyte	<i>Van Driver</i>

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THINGS TO DO

NEWBURYPORT LIBRARY: Free movie matinee every Wednesday afternoon at 2:30 PM:

NEWBURY TOWN LIBRARY:

Coloring for Adults – Tuesdays from 2:00 to 3:00 pm. Relax & Revive! Discover the meditative and relaxing effects of coloring. All supplies provided.

Tong Ren Healing – Tuesdays starting at 5:30 PM. Tong Ren combines western knowledge of anatomy and physiology with the ancient principle of "chi," or life force energy, to create what many consider to be a powerful new healing modality.

Tai Chi – Fridays from 9:00 - 10:15 AM - Tai Chi is a type of martial art very well known for its defense techniques and health benefits. This martial art has evolved over the years into an effective means of alleviating stress and anxiety. It has been considered to be a form of 'meditation in motion' which promotes serenity and inner peace.



To all Volunteers born in July and August

<i>July 4</i>	Bob Brown
<i>July 8</i>	Marie Lojek
<i>July 12</i>	Anne Hatheway
	Gail Kehoe
<i>July 26</i>	Jane McNeal
<i>August 13</i>	Andrea Bursaw
<i>August 24</i>	Alba Gouldthorpe
<i>August 31</i>	Sheila Schofield
	Marge Emerson