



Newbury

News from the Council on Aging

Important information:

Dates to Remember:

- **Patriot's Day: 4/18 (office is closed)**
- **Town Meeting: 4/26**
- **Town Election: 5/10**
- **Memorial Day: 5/30 (office is closed)**

Council on Aging Hours:

Monday, Wednesday & Thursday

9am-3pm

Tuesday

9am-7pm

Our Mission:

***Together we empower,
enhance, and enrich the lives
of our seniors.***

How to reach us:

p. 978-462-8114

e. coa@townofnewbury.org

a. 63 Hanover Street

w. www.townofnewbury.org

From the Director

By Cindy Carrier

Guess what?! Construction has begun at our new space at 12 Kent Way! We are excited to report that things are moving along and the space is being transformed into a great place for our seniors to gather. Stay tuned for news about our move-in date and open houses!



I also wanted to remind everyone to be vigilant about scams that are out there. Have you have received telephone calls, emails, or text messages from people you do not know claiming they have or need personal information about you? Do not become a victim of fraud by providing any information to people you do not know! We just heard from two different Newbury seniors that they were contacted by someone claiming to be from Medicare, stating they needed to send the senior a new Medicare card. The caller asked for the ID number on the senior's Medicare card. This is a scam! Medicare would never call individuals to tell them that a new card is being issued. Nor would they ask for your number. If you receive a call like this, just hang up. Do NOT give any personal details out to anyone who calls you asking for you to confirm your information.

Finally, you will see inside that we have lots of things planned over the next two months. The photo above is me and Gerry Dimaio playing Jenga at Game Night. We had a blast and would love to have more folks join us! If you have an idea for a program or a trip you would like us to coordinate, please reach out to our awesome Program Coordinator, Kathy Zarembo. See you soon!



Senior SAFE Grant

As stated on www.mass.gov, Senior SAFE is a grant program that supports fire and safety education for seniors. Fire and burns risks for seniors include: cooking, smoking, home oxygen use, and electrical and heating dangers. Education is key to improving the safety of seniors at home. Senior SAFE creates partnerships between agencies that serve seniors and fire departments. Together, these agencies collaborate on local fire and life safety education programs. The Newbury Fire Department has applied for this grant this year and the funds are to be used to replace smoke and carbon monoxide detectors in seniors' homes. Do you need help replacing your detectors? **Call us at the Council on Aging at 978-462-8114 to reserve your appointment** for members of the Newbury Fire Department to come to your home, inspect your current detectors, and make upgrades to your old equipment. This is available on a first come, first served basis, so call us today!

Many thanks to Newbury Council on Aging Board Vice Chair Bill DiMaio for researching this opportunity and suggesting the idea, and to Fire Chief Doug Janvrin for applying for the grant and providing this important service to our seniors.

Do you have an idea for a grant application that can help our seniors? Let us know!

Special Thanks to A-OK! Students

A big "Thank you!" to the students of the Theater Workshop A-OK! Program. These creative and caring students have collaborated with the Newbury Council on Aging for several programs. Most recently, they made handmade Valentines for us to distribute to 40 seniors in our monthly Grab and Go meals in February. In March, they dressed as leprechauns, served our seniors their corned beef and cabbage meal on St. Patrick's Day, and told some very funny jokes to entertain them during lunch. Our seniors are always thrilled to see these kids, and the kids enjoy the interactions as much as the adults do. This collaboration is a great example of how important intergenerational relationships are - for all of us!



A-OK! leprechauns



Stretch & Strength with Eunice James
Mondays at 10:30am

Exercise Classes
at
Central Street Playing Fields
Field House
81 Central Street
Byfield



Gentle Yoga with Chris Howe
Wednesdays at 10am

Inside Outreach

Janet
DeMare

Outreach
Coordinator



Contact Info:

Phone:

978-462-8114, ext. 11

Email:

coa.outreach@townofnewbury.org

Hours:

Monday through
Thursday 9am-1pm

.....

Common Resources:

AgeSpan (formerly Elder
Services of the Merrimack
Valley & North Shore
Phone: 978-683-7747

Newbury Food Pantry
Phone: 978-358-1077

Our Neighbor's Table
Phone: 978-388-1907
Emergency Hotline:
978-835-3016

Newbury Police Department
Business phone:
978-462-4440
Emergency: 911

Outreach Services Through the Newbury Council on Aging

I wanted to take this month's column to remind everyone that I am the Outreach Coordinator here at the Newbury Council on Aging and I am here to help.

We serve the senior population of Newbury, which is defined as those individuals who are 60+ years old. We also serve as a resource to seniors' families, friends, neighbors, etc. The role of the Outreach Department is to offer information and referral services, home assessments, family support, trainings, and more. Seniors, families, neighbors, and community organizations all contact us about our services and how we may be able to help. We also collaborate with the Newbury Police and Fire Departments as well as the Board of Health when there is a Newbury senior in need of assistance.

While not all Councils on Aging have an Outreach Department, we are very fortunate to be able to offer this service to our seniors here in Newbury. There are no mandates in place (at the local or federal level) for anyone to participate in Council on Aging activities or services. If you are concerned about a relative/friend/neighbor, or if you feel they need services and/or information, please call us at 978-462-8114 or email us at coa.outreach@townofnewbury.org. You will need to provide us with your name and telephone number, as well as the name, address, and telephone number of the person you are contacting us about. We are happy to reach out to offer resources and suggest solutions.

Please note that the Newbury Council on Aging is not an emergency service. Our business hours are Monday, Wednesday, and Thursday from 9am-3pm and Tuesday from 9am-7pm. If you feel a situation is of an urgent nature, if you are concerned about a person's well-being, or if you feel someone is a danger to themselves or others, you should call 911 immediately.

Unless a person is an imminent danger to themselves or others, or has legally been declared to have diminished capacity to make their own decisions, they are entitled to self-determination, meaning they have the right to manage their own life, make their own decisions, make bad or unwise choices, and the right to fail. This also means that we cannot force anyone to accept or return our telephone calls, accept services that we offer, or participate in any of our programs or activities. We may not make the same choices they are making, and this can be a very difficult concept for many people to understand, especially if the situation involves someone we love.

I am here to help and would be happy to answer any questions. But we will not know there is a need for support or services unless someone calls us. My office hours are **Monday through Thursday, 9am-1pm**. If I can be of assistance, please do not hesitate to contact me.

Be well,
Janet

Transportation Information



Spring is Here! Volunteer!

Become a volunteer driver and help seniors in your community.

You decide when and where to drive.
Mileage reimbursement provided.

Call NEET at 978-388-7474 or visit
www.driveforneet.org/volunteer to learn more.



Are you concerned about our seniors? Looking for a way to be involved in the solution to the limited transportation options in Newbury? Becoming a volunteer NEET driver is a great way to help our seniors stay mobile, allow them to maintain some independence, and get them where they need to go. **Ready to volunteer? Call NEET today!**

Need a Ride? NEET Drivers Can Help!

NEET (Northern Essex Elder Transport) is a non-profit volunteer program. Volunteers drive seniors to medical appointments and other local errands. You must register with NEET as a rider in order to access this convenient service. Most drivers offer local rides, but we do have a couple of volunteer drivers who will take seniors further, including into Boston. This is a volunteer service and rides cannot be guaranteed, but we do our best to match a volunteer driver with our seniors. Contact us at The Newbury Council on Aging at 978-462-8114 to request your registration packet and to schedule your ride. **Registered riders need to provide at least three business days' notice prior to their requested ride; a week is required for rides into Boston.** Just a reminder: the Council on Aging is closed on Fridays.

Please note that you will need to provide the following information in order to schedule a ride: date and time of your appointment; duration of your appointment; physician's name, address and telephone #. **MASKS ARE REQUIRED FOR ALL NEET RIDES.**



Van Services Through The Newbury Council on Aging

The Newbury Council on Aging van is making weekly trips to the grocery store, other shopping locations, and fun excursions as well. Do you want to join us for one of these trips? All van riders must be registered and **you must reserve your spot on the van each week.** Give us a call at 978-462-8114 to request your registration form and reserve your spot. See page 9 for a schedule of where we are headed and when.

Note: Due to space limits, we ask that riders keep their purchases to four (4) bags. Our Van Drivers can assist seniors with their purchases to their door, but it is the policy of the Newbury Council on Aging that Van Drivers cannot enter the senior's home. **MASKS ARE REQUIRED ON THE VAN.**

Game Night



One Tuesday evening each month the Newbury Council on Aging is offering a Game Night. Come join us for dinner and dessert, play some fun card or board games, and make some new friends! Game nights are held from 5-7pm and are scheduled for: **Monday, April 19th and Monday, May 24th** at the Council on Aging, 63 Hanover Street. Please let us know if you plan to attend so we can plan accordingly.



Trust & Estate Planning Workshop

Want to learn what legal documents you should have in place to be able to have peace of mind that your affairs are in order? Join us at the Newbury Council on Aging at 63 Hanover Street on **Tuesday, April 26th from 5-6:30pm** as an attorney from Gilmore & Gilmore of Danvers and Newburyport share with us the most important documents needed so that your loved ones will know your wishes. Amy Leary and Amanda Kelcourse from Newburyport Bank will also be on hand to review banking needs. There will be time for questions after the presentation. Don't wait! Be prepared so you do not have to make these major decisions when you are in a crisis.

A light dinner and dessert will be served. Registration is required for this event and space is limited to 25 people. Call us today at 978-462-8114 to reserve your spot. The first five registrants will receive a free gift!

Mother's Day Tea Thursday, May 5th at 11:30am



Come celebrate Mother's Day with us at the Council on Aging at 63 Hanover Street with finger sandwiches, dessert, and tea on **Thursday, May 5th at 11:30am**.

Registration for this event is required. We have **25 spots available**. Call the Council on Aging at 978-462-8114 to reserve your seat.

Need a ride? No problem! Our van will be running that afternoon to provide door to door transportation to our seniors who cannot make it on their own. Call us to reserve a seat on the van. **MASKS ARE REQUIRED ON THE VAN.**



Veterans Breakfast

We would like to invite Newbury's Veterans to a light breakfast at the Newbury Council on Aging, 63 Hanover Street, on **Thursday, May 26th at 10am.**

Join us for some breakfast fare, a little conversation, and good company. Let us know if you can make it!



SAVE THE DATE! Delvena Theatre Production of *Louisa's Girls*

Delvena Theatre Group will be presenting a production of *Louisa's Girls*, an artistic interpretation on Louisa May Alcott's beloved story, *Little Women*.

This live, one-woman, multi-character "edutainment" production offers a truly challenging and creative take on the classic.

The audience will be mesmerized as Lynne Moulton, the actress, transforms herself from Marmee, to Jo, to Meg with a sudden voice change, a twist of her body or simple wave of a fan. The book wrapped up in a magnificent performance!

Ms. Moulton will open up for discussion with the audience after the performance.

This production is sponsored by the Newbury Cultural Council. The first ten people to register will receive a free gift! **This event is scheduled to be held at the *new* Newbury Council on Aging at 12 Kent Way, Suite 101, in Byfield on Thursday, June 16th at 1pm.** Please call us to register at 978-462-8114.

Bill Duke's Watercolor Class



Join instructor Bill Duke for his monthly watercolor class. With Bill's patient instruction, you can paint a beautiful watercolor landscape scene. All you need for this class is the desire for some creative fun. No previous painting experience is required. The lesson is \$20, paid directly to Bill. All materials are provided. This class is limited to 10 participants. Please call the Newbury Council on Aging at 978-462-8114 to register. Classes are:

**Wednesday, April 20th and Tuesday, May 24th
from 10am-1pm
at the Newbury Council on Aging, 63 Hanover Street**

Mass Audubon Society Joppa Flats

Join us at the Newbury Council on Aging, 63 Hanover Street for two great presentations about local wildlife by the Joppa Flats Education Center staff!

**Tuesday, April 12th at 1pm: Salt Marshes
and
Tuesday, May 17th at 1pm: Birds of Prey**



Bingo!

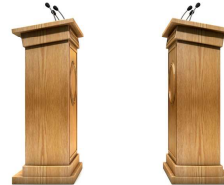


Join us for some rowdy games of Bingo two Mondays per month at the Newbury Council on Aging, 63 Hanover Street! Games are 10¢ per card to play. **Schedule: Monday, 4/4, Monday, 4/25, Monday, 5/9, and Monday, 5/23.**

Once a month the Newbury Council on Aging is offering Bingo at Quaker Hill (115 Main Street, Byfield). There is no cost to play and we provide some fun prizes for the winners! **Schedule: Thursday, 4/14 and Thursday, 5/12.** Refreshments will be served!



Candidate Forum



The Newbury Council on Aging is co-sponsoring a Candidate Forum with the Newburyport Daily News for the candidates of contested races of this year's Newbury Town Election. This forum will be held on **Tuesday, April 12th at 11am in the Second Floor Hearing Room at Town Hall, 12 Kent Way in Byfield.** If you cannot join us in person, this forum will be recorded so it can be viewed on Cable Access Channel 9 or Newbury's YouTube channel at your leisure.

Newburyport Daily News Editor Lisa Connell will act as moderator. The format for the forum will allow for each candidate to make an opening statement, have a question and answer period conducted by the moderator, and closing statements by each candidate.

While this forum is not interactive for the public, the Newbury Council on Aging will accept questions for the candidates to be delivered to Lisa Connell prior to the event. Call us at 978-462-8114 or email coa.director@townofnewbury.org with your questions.



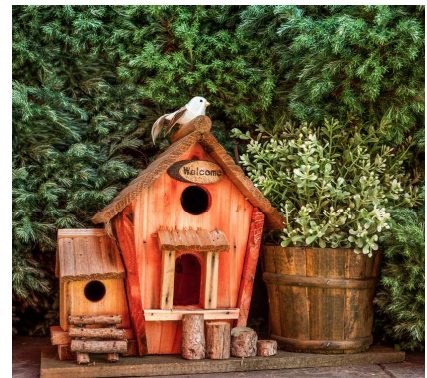
St. Patrick's Day Luncheon at PITA Hall

TAKE-HOME ACTIVITY KITS

Our Take-Home Activity Kits, which can be picked up at the Newbury Council on Aging, are a way for us to offer fun activities for our seniors to do at home. **Supplies are limited and these kits go fast**, so call us at 978-462-8114 to reserve yours today! Did you get our voicemail? Leave us a message including your name and phone# letting us know you are interested in one of these fun kits. We will call you back! **Limit of one kit per household.**



Call us at the Newbury Council on Aging to find out about this month's **Spring-themed activity kits!**



Van Trips

Every Tuesday the Council on Aging van goes to local grocery stores (Market Basket or Shaw's). Once a week we offer trips to other shopping locations (Walmart, The Dollar Store, etc.). We are also offering day trips to local restaurants and other fun locations. Please call us at 978-462-8114 to register for all trips as space is limited on the van. Masks must be worn while on the van. The scheduled trips for April and May are as follows:

April:

4/7 - Village Pancake House
4/14 - Seabrook Commons
4/20 - The 99 Restaurant
4/28 - Seabrook Commons

May:

5/4 - The Clam Box
5/12 - Seabrook Commons
5/19 - Cider Hill Farm and Lena's Seafood
5/26 - Seabrook Commons

We are also working to schedule a **mystery trip** in collaboration with folks from the Newburyport Council on Aging. This trip will be on **Wednesday, May 25th**. Call us if you are interested in this trip...we are planning to go somewhere great! Space is limited on our van, so call today to let us know if you want to reserve your spot!



Town Meeting & Election Info

The **Annual Town Meeting** for the Town of Newbury is scheduled for **Tuesday April 26, 2022 at 7 PM** and will be held at the **Newbury Elementary School, 63 Hanover Street**.

The Town of Newbury **Annual Town Election** is scheduled for **Tuesday May 10, 2022** and will vote for the following offices:

Select Board - (1) three yr. term
Board of Assessors - (1) three yr. term
Board of Health - (1) three yr. term
Constable - (1) four yr. term
Fish Commissioner - (1) three yr. term
Library Trustee - (1) three yr. term
Planning Board - (1) five yr. term
Trustee of the First Settlers Burial Ground - (1) three yr. term
Triton Regional School Committee - (1) three yr. term (Newbury)
Triton Regional School Committee - (1) three yr. term (Rowley)
Triton Regional School Committee - (1) three yr. term (Salisbury)

The **deadline to register to vote** at the Annual Town Meeting (April 26) and the Annual Town Election (May 10) is **Wednesday April 6th**.

To register online or check your registration status go to: www.sec.state.ma.us/OVR/

Absentee ballots will be mailed to eligible voters approximately April 14th. To apply for an absentee ballot go to:

www.townofnewbury.org/sites/g/files/vyhlf951/f/pages/absentee_ballot_application.pdf

If you have any questions please call the Town Clerk at 978-465-0862 Ext. 314/315

Meet & Greet with Tracy Blais, Town Administrator



Do you know what the Annual Town Meeting is all about? Do you know what positions are up for election this year in Newbury? Be an informed voter and come to the Newbury Council on Aging at 63 Hanover Street on **Tuesday, April 5th at 11:30am** to meet with Newbury Town Administrator Tracy Blais. Tracy will be on hand to answer any questions our seniors may have about the Town Meeting process, what is on the warrant this year, and be able to explain what positions in town are on the ballot at this year's election.



Need a ride to the polls to vote? The Newbury Council on Aging van will be available to drive voters to both polling locations on Tuesday, May 10th from 12-2pm. Please call us at 978-462-8114 to reserve your ride.

Newbury Council on Aging
63 Hanover Street
Newbury, MA 01951

Return Service Requested

PRST STD
U.S. Postage
PAID
Permit#74
Newburyport, MA
01950

Newbury Council on Aging

Board of Directors

Joyce Machiros	Chair
William DiMaio	Vice Chair
Damon Jespersen	Secretary
Chuck Bear	Member
Susan Grillo	Member
Christina Howe	Member

Staff

Cindy Currier	Director
Janet DelMare	Outreach Coordinator
Kathy Zaremba	Program Coordinator
Karen Everett	Meals on Wheels Driver
Otto Kinzel	Van Driver
Joyce Crary	Van Driver



Please recycle this newsletter when you have finished reading it.



The printing of this newsletter is prepared by LPI.
The postage is paid for by a grant from the
Executive Office of Elder Affairs.

Call Us to Reserve Your April & May Grab and Go Traveling Chef Meals!



Grab and Go Meals are **free** meals provided by the Newbury Council on Aging in collaboration with AgeSpan's (formerly Elder Services of the Merrimack Valley & North Shore) Traveling Chef Program.

We are offering Grab and Go Meals on **Wednesday, April 27th and Wednesday, May 18th**. April's menu: Baked ham, cherry and pineapple glaze, scalloped potatoes, peas, a snowflake roll, and coconut cake for dessert. May's menu: chicken fajitas, peppers and onions, Spanish rice, corn, black beans, a tortilla, salsa, and Tres Leches cake for dessert. Please note that some menu items may change depending on availability. **40 free meals have been ordered** and they are going quickly, so **please call the Council on Aging at 978-462-8114 to reserve yours**. Grab and Go Meals will be available for pick up after 12pm on Wednesday, April 27th and Wednesday, May 18th at 63 Hanover Street. Call upon your arrival and a staff member will deliver your meal to you in your car or come inside to pick up. We are able to offer home delivery for some of these meals. If you are a homebound senior, call us to reserve your delivery spot. *Bon Appetit!*