



# Newbury

*News from the Council on Aging*

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## Important information:

### Dates to Remember:

- Patriots' Day: Monday, 4/15  
(office is closed)
- Memorial Day: Monday, 5/27  
(office is closed)

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### Council on Aging Office Hours:

Monday, Wednesday & Thursday  
8am-4pm  
Tuesday  
8am-7pm

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### Our Mission:

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

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### Contact Us:

p. 978-462-8114, option 3  
e. [coa@townofnewbury.org](mailto:coa@townofnewbury.org)  
a. 12 Kent Way Suite 100  
Byfield, MA 01922  
w. [www.townofnewbury.org](http://www.townofnewbury.org)

## From the Director

Cindy Currier

Spring is quickly approaching and we have so many things planned. Check out this issue of our newsletter to see all the fun things we are doing. Hope to see you soon!



We have several new members who have joined our Friends group and we wanted to review with you who our Friends are and what they do. The Friends of the Newbury Council on Aging is a non-profit 501(c)(3) organization established in 1996 whose mission is to raise funds to supplement the program budget of the Newbury Council on Aging. They have sponsored the special catered events at PITA Hall (Thanksgiving Luncheon, Holiday Luncheon, St. Patrick's Day Party, and the Senior Prom Dinner Dance), the Veterans Breakfast, and the annual Volunteer Appreciation Luncheon. They contributed funds toward the purchase of our new van with a ramp for ease of entry, as well as funds toward the purchase of new tables and chairs for the Council on Aging space at 12 Kent Way in Byfield.

There has been so much growth with the COA programs and the need is greater than ever. Our Friends group relies on the generosity of friends of all ages to support the COA and its programs. You can help the Friends of the Newbury Council on Aging by volunteering to serve on the board, donating funds, or assisting with upcoming fundraising activities. For more information, please send them an email to [info@friendsofthenewburycoa.org](mailto:info@friendsofthenewburycoa.org). They look forward to hearing from you!

See page four in this issue of our newsletter for more information about an upcoming Friends' giveaway!



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## Exercise Classes

**Central Street Field House**  
**81 Central Street, Byfield**

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

**Gentle Yoga with Chris Howe**  
**Wednesdays at 10am**

Class dates are on the calendar insert



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## Tech Class With Kevin



Kevin Figueroa of KevTech Services is coming back with two new classes:

**Wednesday, April 3rd at 1:30pm: Editing Photos on iPhone and iPad.** This class explores features in the iPhone for editing photos. We discuss different ways to organize our photos, then select a photo to practice editing with. We learn about filters, adjusting colors and lighting, and cropping/resizing our photos.

**Wednesday, May 1st at 1:30pm: Exploring Outdoor Photography.** Following an introduction where we discuss photography concepts, we walk to a preselected location to learn about different photography techniques like portrait mode, panoramic photos, and more. We get hands-on practice with different features of the camera, then return to the classroom for a slideshow of favorite photos.

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## Salty Shell Art with Johanna Lynch

You may recognize Johanna's name from the article in the Spring 2024 issue of *Newburyport Magazine*. Johanna makes items out of oyster shells with decoupage - the art of decorating objects with paper cut-outs. Johanna uses colorful paper napkins, some gold leaf trim, and finishes with coats of varnish or lacquer.

For this class, you will choose to make either a trinket dish or magnet. Space is limited, so please call the Council on Aging to reserve your spot. Our first class will be **Thursday, April 25th at 1pm.**



## Knitting Group

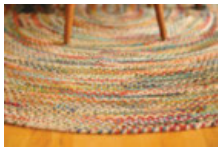
Join us on **Thursdays at 10am** at the Council on Aging for a drop-in group! Bring your own projects or we have some knitting supplies. Any fiber crafters are welcome to join us!



## Blood Pressure Clinic



**Monday, April 1st**  
&  
**Monday, May 6th**  
**12-1pm**  
Stop in to see  
Kim Arsenault RN



## Rug Braiding

Instructor Laura Short is leading our rug braiding class. We have a couple of open spots available. The cost of a 4 week session is \$100, which includes all materials and instruction. The finished rug will be 2' x 3'. Total time to complete is individual, but takes at least 2-3 sessions. **Class meetings are on the calendar insert.**

## Drawing Class

Our Drawing Class with Jan Ledoux meets weekly on Tuesdays. Want to join us? Give us a call to learn more.



## Constituent Services



Mary Ann Nay, District Director for Sen. Bruce Tarr, and Christina Eckert, Legislative Aide for Rep. Kristin Kassner, hold monthly office hours at the Newbury Council on Aging. Stop by to meet them or to bring concerns to their attention. **Check our calendar for dates.**

## Mahjong



We're playing Mahjong on **Tuesdays at 1pm!** Check the calendar insert for dates we are playing. New to Mahjong? Not to worry...we have experienced players here to teach you. Come join the fun! Give us a call to let us know you will be coming.



## News from the Friends of the Newbury Council on Aging



The Friends group has a great idea! Beginning April 1st, EACH time you visit the Newbury Council on Aging, you will receive a ticket to place in our monthly drawing box for a special prize. The winner will be drawn at the end of every month and notified by phone. The more you visit, the better your chances to WIN!



# Transportation

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**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](http://www.driveforneet.org/volunteer) to learn more.



Northern Essex Elder Transport, Inc.

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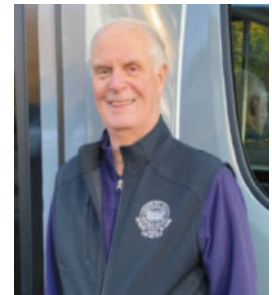
## Need a ride? NEET May Be Able to Help!

NEET (Northern Essex Elder Transport) is a non-profit volunteer program. Volunteers drive seniors to medical appointments Monday through Friday (earliest ride pick up is 7am). **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 ONE WEEK'S NOTICE prior to their requested ride; TWO WEEKS' NOTICE 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 #.

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**Let's Go For A  
Ride On The  
Council on Aging  
Van!**



As the weather turns warmer, it is time to get out and enjoy our community. Come take a ride in our new van and enjoy the quiet, energy efficient pleasant ride. We travel weekly to Market Basket in Newburyport on Tuesdays, Seabrook Commons on Thursdays, and we also offer rides to the Traveling Chef lunches and a monthly lunch out at a local restaurant. We look forward to some fantastic spring trips to local businesses such as Cider Hill Farm in Amesbury or a local ice cream stand. If you want to request a ride to a certain location, please call us to share your ideas! Check the calendar insert for our scheduled trips. You **MUST** call us to reserve your spot on the van for each trip. We are also available on a limited basis for rides to medical appointments. Call the COA at least two weeks prior to your appointment to secure your ride. Our Van Volunteer, Dennis Kondracki, can assist seniors with their purchases to their door, but it is the policy of the Newbury Council on Aging that Van staff/volunteers cannot enter a senior's home or physically assist a rider on or off the vehicle (with the exception of securing a wheelchair). If you need assistance, you may bring a companion on the van. All riders **MUST** sign a waiver to ride the van.

# Game Night

**Tuesday, April 9th (Red Sox Opening Day at Fenway!) & Tuesday, May 21st at 4:30pm.**

Dinner and dessert will be served. **Please call to let us know if you plan to attend** so we can plan accordingly.



## Bingo!

Join us for some fun and social games of Bingo on designated Mondays at 1pm! Games are 10¢ per card to play. Scheduled Bingo games are listed on our calendar insert. Once a month we will be serving lunch at 12:30pm prior to playing. The next **Bingo lunch dates** are:

- **Monday, April 29th**
- **Monday, May 20th**

Please call us to register for Bingo Lunch so we can plan accordingly.



## Ping Pong

Come play Ping Pong at the Central Street Field House every **Tuesday and Thursday from 10am-12pm**. This is a drop-in group...registration is not required. You must sign a waiver form and the sign-in sheet to participate.

## Basic CPR and First Aid with Curtis

Join us and our instructor, Newbury Fire Fighter and EMS Coordinator Curtis Walton, for a basic review of CPR, AED, and first aid on **Wednesday, May 15th at 10am**. Registration is required!



## Mothers' Day Tea

We are celebrating Mothers' Day on **Thursday, May 9th at 12pm** at the Newbury Council on Aging with a tea at the Newbury Council on Aging. Join us for finger sandwiches, desserts, and tea/coffee. You do not need to be a mom to attend! Space is limited, so please call us to save your spot.

## Veterans' Breakfast

We invite Newbury's veterans and their spouses to a breakfast in honor of Memorial Day on **Wednesday, May 22nd at 10am** at PITA Hall, 8 Plum Island Turnpike. Please call us to register for this event as space is limited.



Steven Bohn, VSO, will be present to speak about new benefits and to answer any questions.

## Poetry Workshop

Come join us as we delve into poetry! You may be entering this workshop with pages of your own poems. Or you may be carrying one blank sheet. Anything can be an appropriate start in this workshop. We will begin with chatting about what we call poetry. Sorting out what poetry is, what makes a poem, will be part of our task. Everyone will have their own opinions...and that is ok! Some things to think about before our first meeting: What is poetry? How does it differ from other forms of communication or art? And why? This workshop is creative and will be filled with discussion and exploration. You can share your writing or simply listen to the others in the group.

First meeting: **Wednesday, April 24th at 10am:** Bring a favorite poem, a poem you wish you had written, or a poem you can barely get through. We'll discuss "why these?"

Second meeting: **Wednesday, May 1st at 10am:** Choose two subjects that are opposites of a single idea, object or identity. Write a one-stanza poem for each in free verse or form.

Third and fourth meetings: **Wednesday, May 8th and Wednesday, May 15th at 10am.**

Pencils and poetry notebooks will be provided by the Council on Aging. We have dedicated two hours to each workshop session, but the time we are together is flexible. Let these classes travel you to where you would like to go: short trips of exploration or discussion or questioning. There is no wrong answer!

Our instructor, Nancy Esposito, has published four books of poems and two chapbooks. She is the recipient of the Discovery Award, a Poetry Society of America Award, a Massachusetts Arts Lottery Grant as well as a Fullbright, NEH, and several grants to the Far East. . She has taught writing at Harvard, Tufts, and Bentley Universities.



### Breakfast with the Chiefs



Come to the Newbury Council on Aging and have breakfast with Newbury Fire Chief Dave Evans and Newbury Police Chief Patty Fisher on **Tuesday, April 30th at 10:30am**. Please call us to register for this event.

### Coffee with a Cop

Join us on **Tuesday, May 7th at 10:30am** at the **Newbury Police Department, 7 Morgan Avenue**. You must register for this event! Call us at the Council on Aging to reserve your spot.



**Seen Your Feet**

Barbara Ullman is a Registered Nurse and licensed medical pedicurist who provides medical pedicures at the Newbury Council on Aging the last Wednesday of every month. Each pedicure is approximately 20-25 minutes. The charge is \$30 (cash or check paid directly to Barbara). Our next clinics are: **Wednesday, April 24th and Wednesday, May 29th. REGISTRATION IS REQUIRED!** Call us today to schedule your appointment.



## Important Tips from Outreach

**Jannine Vaciliou, Outreach Coordinator**

**Phone: 978-462-8114, ext. 332**

**Email: [coa.outreach@townofnewbury.org](mailto:coa.outreach@townofnewbury.org)**

As the Outreach Coordinator, part of my job is to match seniors with resources in our area. After a quick survey of my most frequent phone calls and email inquiries over the past six months, the following are the top five services that have been most requested:

**1. Transportation:** In our newsletter we provide all needed information for our COA Van services. Another transportation service available to Newbury seniors is NEET, a Volunteer Ride program specifically for medical appointments. See page five of this newsletter for more info about NEET. It is very important to know that IF you NEED a companion to go with you to a doctor's appointment, they also need to be registered with NEET. Another transportation service is Mini MeVa Ring & Ride. Ring & Ride (now mini MeVa) is a curb-to-curb transportation service provided by the Merrimack Valley Regional Transit Authority (MeVa) for the community of Newbury. All mini MeVa vans have wheelchair lifts and are handicapped accessible. This service allows residents to travel anywhere within the MeVa service area. The service also allows you to connect to any of the MeVa fixed route bus systems. For reservations call 978-469-6878, press option 3 between 8 am and 4:30 pm Monday through Friday at least two days in advance.

**2. SHINE:** Serving Health Insurance Needs of Everyone on or eligible for Medicare. Our Certified SHINE councilor, Max, provides updated information and can answer your questions about Medicare. Please call the Council on Aging if you need to speak with Max. Give us your name, address, and phone # and we will reach out to him and ask him to call you!

**3. Lawn care and snow shoveling:** We can provide names and numbers of local vendors for these services but we CANNOT make any recommendations. Please call the Newbury COA Outreach Coordinator for more info.

**4. Housing:** Oak Ridge, Quaker Hill, Newbury Village are the only housing options in Newbury. Many surrounding towns have housing authorities that are another option. All housing requires an application to be filled out in order to go on the wait list. For more information, please call the Newbury COA Outreach Coordinator.

**5. Caregiver Support:** Resources are available in our area for Caregiver's experiencing burn out, loss or just need support. All of these groups you are required to call and register. For instance, these groups are available in our area:  
Merrimac- Monthly "Talk to your Peers" and or a "Women's Chat" group.  
Salisbury- Monthly "Memory Café" for loved ones with dementia.

Please feel free to reach out to me anytime with any questions. We are here to help!





## OASIS

### "Opening Avenues for Sharing, Insight, and Socialization"

**We're glad you're here!**

Looking for meaning in the transitional time between diagnosis and the death of a loved one? Are you caregiving for your spouse, partner, child or close friend who has received a terminal diagnosis? Are you looking for a positive, healing place to recharge your spirits? Then come to OASIS.

What is OASIS? Simply put, OASIS is a gathering of folks with the aim of "Opening Avenues for Sharing, Insight, and Socialization." The goal is to provide a safe, non-judgmental, confidential place for sharing. Caregiving at this stage or a loss of life under these circumstances can be draining on our finances, our health and our spirits. There are so many subtle, daily losses that can add up and become overwhelming, even for the strongest among us. If OASIS sounds right for you or someone you know, please come to our first gatherings at the Newbury Council on Aging on **Wednesday, April 10th and Wednesday, May 8th from 3-4pm**. This gathering will be facilitated by Jannine Vaciliou, Outreach Coordinator for the Newbury Council on Aging and Martha Leahy, Chaplain for the Newbury Police Department. Please call Jannine at 978-462-8114, ext.322 to register. OASIS is free and provided as a community service to you. Refreshments will be served.

About our facilitators:

Martha Leahy has lived in Newbury for 33 years. She earned her Master of Divinity degree from Andover Newton Theological School and was an ordained church pastor until her retirement in 2018. She has served the Newbury Police Department since 2020 as the Administrative Assistant and Chaplain.

Jannine Vaciliou is the Outreach Coordinator for the Newbury Council on Aging. She earned her Bachelor's Degree in Health Care Services and combines her years of experience working in Hospice and Homecare in the work she does for the COA.



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## Watercolor Class with Bill Duke

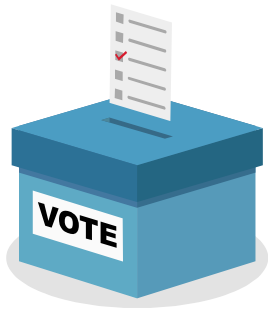
Join instructor Bill Duke for his monthly watercolor class. With Bill's patient instruction, you can create a beautiful watercolor painting. No previous painting experience is required. The lesson is \$20, paid directly to Bill (you must give your \$20 to the COA staff in advance of the class to hold your spot). All materials are provided. **This class is limited to 10 participants.** Please call the Newbury Council on Aging at 978-462-8114 to register. Next classes: **Tuesday April 16th and Tuesday, May 14th 10am-1pm.**

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## Exploring Creativity in Watercolor



The dates for our next session of this watercolor class with Peggy Poppe are: **Wednesdays, May 1st, May 8th, May 15th, and May 22nd at 1:30pm.** Space is limited to eight participants. The cost is \$48 for all four classes, paid in cash or by check to Peggy. Payment must be received at the COA prior to the first class meeting. Call for more info and to register for this class!



## Town Meeting & Town Election Info

Town Meeting **April 30, 2024 7:00 pm**  
Triton High School Auditorium, 112 Elm Street

Town Election **May 14, 2024 7:00 am - 8:00 pm**  
Pct. 1 votes at Firefighter's Memorial Hall, 3 Morgan Ave.  
Pct. 2 votes at Newbury Town Library, 0 Lunt St.

Voter Registration Deadline to vote at the Town Meeting and Town Election is April 19, 2024. For more information about how to register to vote, change party affiliation, check registration status, or to apply for a Vote By Mail Ballot, you can visit the town website at [www.townofnewbury.org](http://www.townofnewbury.org) and click the "Elections and Town Meeting" tab on the homepage. For any questions, please stop by the Town Clerk's office and speak with Gretchen Girard. You can also reach Gretchen by phone at 978-465-0862, ext. 315 or by email at [townclerk@townofnewbury.org](mailto:townclerk@townofnewbury.org).

### Ballot Drop Box Information:

A secure Ballot Drop Box for Vote-by-Mail ballots is located at 12 Kent Way on the right hand side of the driveway next to the 1st parking lot.

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## Candidate Forum

**Monday, May 6, 2024 at 11am**  
Second Floor Hearing Room  
12 Kent Way, Byfield



The Newbury Council on Aging is co-sponsoring a Candidate Forum with the Newburyport Daily News for the candidates of contested races in this year's Town Election. This forum will be held on **Monday, May 6, 2024 at 11am** in the Second Floor Hearing Room at the Town Offices, 12 Kent Way, Byfield. If you cannot join us in person, this forum will be recorded so it can be viewed at your leisure on Cable Access Channel 9 and the Town's YouTube Channel.

Newburyport Daily News Editor Dave Rogers will act as moderator. While this forum is not interactive with the audience, please feel free to submit questions directly to Dave at [drogers@newburyportnews.com](mailto:drogers@newburyportnews.com) for his consideration.

The deadline for this newsletter is prior to the deadline for nomination papers to be submitted, so we only know of one contested race at this time: Select Board. Please reach out to the Town Clerk's office at 978-465-0862, ext. 315 for more info on contested races.



### Repair Cafe

Saturday, April 27th 10am-2pm  
Newburyport COA  
[www.repaircafenbpt.org](http://www.repaircafenbpt.org)

### Senior Tea at Triton

Wednesday, April 10th 10-11am  
Triton High Library  
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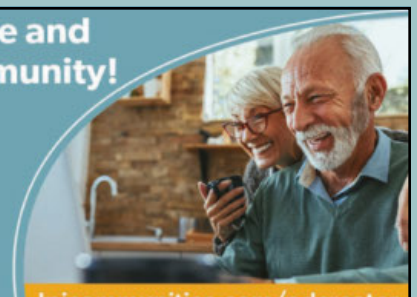
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## Newbury Council on Aging

### Council on Aging

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Chuck Bear, Member  
John Ferrara, Member  
Christina Howe, Member  
Geraldine DiMaio, Member  
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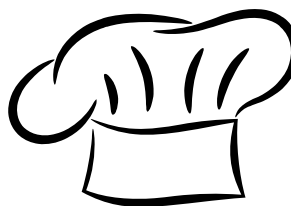
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### Staff

Cindy Currier, Director  
Kathy Zaremba, Program Coordinator  
Jannine Vaciliou, Outreach Coordinator  
Otto Kinzel, Van Driver  
Emily Lampert, Meals on Wheels Driver

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

## Join Us for Lunch with The Traveling Chef



Traveling Chef meals are **free** meals provided by the Newbury Council on Aging in collaboration with AgeSpan's Traveling Chef Program.

Join us for our next Traveling Chef meals on **Thursday, April 4th and Thursday, May 2nd at 12pm**. April's menu: Taco Bar (tomato soup; soft shell beef and chicken tacos; Tres Leche cake for dessert). May's menu: Carving Station (turkey and roast beef; mashed potatoes; butternut squash and green beans with chocolate mousse for dessert). We have limited seats available, so please call us **AT LEAST ONE WEEK PRIOR TO THE MEAL** to reserve your seat. We also celebrate that month's birthdays with a special dessert. If you reserve a spot and cannot make it, please give us a call to cancel your reservation. Our van is available for transportation for both of these meals...call us today to reserve your seat!