



Newbury

News from the Council on Aging

Important information:

Dates to Remember:

- **Labor Day: Monday, 9/4 (office closed)**

Council on Aging Office Hours:
Monday, Wednesday & Thursday
8am-4pm
Tuesday
8am-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. 12 Kent Way Suite 100

Byfield, MA 01922

w. www.townofnewbury.org

From the Director

By Cindy Currier

Have you experienced difficulty getting through to the Council on Aging? We apologize! If you cannot reach us through our direct line (978-462-8114), please call the town office # at 978-465-0862 and dial extension 484 when you hear the automated message.



Do you or someone you know need assistance connecting with local resources? Do you need help securing food? Fuel assistance? Applying for Mass Health (also known as Medicaid)? We can help! Give us a call and ask to speak with either Cindy or Kathy. We can provide contact information to local resources that are available.

Be sure to read through this edition of the newsletter to learn about upcoming events and programs. Call us to register for these programs, or give us a call to let us know of something new you would like to see us offer. We love to bring new programs or events to our seniors!

The annual Newburyport Chocolate Tour will be here again this Fall. Each year the Newbury Council on Aging is a grateful recipient of funds from the proceeds of this tour, which are used to provide medical transportation for our seniors. This year's tour is in need of volunteers to help run this event. If you are interested, please email newburyportchocolatetour@gmail.com.

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Exercise Classes

Central Street Playing Fields

Field House

81 Central Street, Byfield

Stretch & Strength with Eunice James

Mondays at 10:30am

Gentle Yoga with Chris Howe

Wednesdays at 10am

(excluding holidays)

Check out the calendar insert for scheduled classes. Registration is not required, but first-time students will need to sign a waiver form upon arrival to class.



Coffee With a Cop



Coffee With a Cop is back at the Council on Aging on **Tuesday, September 12th at 10am.**

This is a great time to ask questions of the Chief or Deputy Chief, or simply to meet them and put faces with their names and roles. Community policing is an important component of the Newbury Police Department and this event is an opportunity for our seniors to get to know our Police Officers in a non-emergency setting. Coffee and pastries will be served.

Please call us at 978-462-8114 to register!

Card Making



We are making handmade cards again! Join us as we make Autumn and Halloween-themed greeting cards on **Thursday, September 14th at 1pm.**

We will have blank cards, stamps, ink pads, and other embellishments to make seasonal cards for you to send to friends and family.

Please call us at 978-462-8114 to register for this event so we can plan accordingly.



Veterans Brunch

Did you know that the Purple Heart is America's oldest military award? Initially created as the Badge of Military Merit by General George Washington on August 7, 1782, it was a heart-shaped purple cloth with the word "merit" stitched across it in white. The badge recognized heroic acts by Washington's troops. It was revived on February 22, 1932 (Washington's 200th birthday) by the War Department as the Purple Heart. The medal is an enamel heart purple in color showing a profile of George Washington in Continental Army uniform within a bronze border. Above the heart is Washington's family coat of arms between two sprays of leaves. On the reverse side, below the shield and leaves, is a raised bronze heart without enamel bearing the inscription "For Military Merit." The medal is suspended by a purple cloth. The Purple Heart is awarded to service members who have been wounded or killed as a result of enemy action while serving in the U.S military.

Purple Heart Day is observed annually on August 7th. The Town of Newbury became a Purple Heart Community in 2022, honoring the service and sacrifice of those in our community who were awarded the Purple Heart while serving in our nation's wars.

We cordially invite all Newbury Veterans and their spouses to a brunch to recognize Purple Heart Day. We will be celebrating on **Tuesday, August 8th at 10:30am at PITA Hall, 8 Plum Island Turnpike**. Please call us at 978-462-8114 to reserve your spot. Space is limited so call us today!



Rug Braiding

Instructor Laura Short is leading our hand-made rug braiding class. Classes have already begun, but if you are interested in learning this amazing craft please call us at 978-462-8114 to see if we can fit you in! The cost for each class is \$25 (which includes all materials as well as one-on-one instruction from Laura), which is paid up front for four classes at a time. Participants will finish with a 2' x 3' braided rug. Classes are 4:30-6:30pm. Registration is required, so give us a call today to save your spot and confirm dates of upcoming classes.

Transportation Options



Dig in and Volunteer

Make a difference in someone's life!
Volunteer to drive older adults.
Drive when and where you want.
Mileage reimbursement provided.

Visit www.driveformeet.org/volunteer or call
978-388-7474 to learn more about volunteering.



NEET
Northern Essex Elder Transport, Inc.

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 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 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 #.



Van Services Through The Newbury Council on Aging

The Newbury Council on Aging van is making weekly shopping trips every **Tuesday morning** at 9:30am. **Tuesday afternoons** between 12-3pm, our van is available to transport seniors to local medical appointments. We are also fitting in some Thursday shopping and restaurant trips. 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.** For Tuesday afternoon appointments, please call at least **ONE WEEK AHEAD** to secure transportation. Rides are on a **first come, first served** basis. Call us at 978-462-8114 to reserve your spot. Check the calendar insert for upcoming trip dates!

Note: We 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 the senior's home.



Pickleball

Pickleball is going strong! Three temporary pickleball courts will be set up on the basketball court behind the Field House at the Central Street Playing Fields (81 Central Street, Byfield) on Tuesdays and Thursdays from **8:30-11am** through September. This is set up as a Round Robin. **Experienced players are scheduled for Tuesdays** and **Beginners are scheduled for Thursdays**. There are no formal lessons, but experienced players will be on hand most Thursdays to offer some tips to new players. All equipment will be provided: nets, paddles, and balls. Registration is not required...just drop-in and play! Are you new to playing with us? You will need to sign a waiver when you arrive. Parking is available in front of the courts and restrooms are available inside the Field House. Be sure to wear appropriate footwear; dress for the weather; and bring sunblock and water to stay hydrated. Many thanks to the Newbury Recreation Committee for collaborating with us to offer this program! We are working to coordinate a one-day Beginner class for those who have never played...call us for details!

Game Night



One Tuesday evening each month the Newbury Council on Aging is offering a Game Night. Come join us and play some fun card or board games (or just have some good conversation), and make some new friends (or play with old ones)! Game Nights are held from **4:30-6:30pm** and are scheduled for: **Tuesday, August 29th (which will be a desserts-only night)** and **Tuesday, September 12th (dinner and dessert will be served)**. Please **call to let us know if you plan to attend** so we can plan accordingly. Games include: Gin Rummy, Uno, Scrabble, Bananagrams, Jenga, Sorry, Trouble, Left Center Right, Cribbage, and more...or bring your own game!



Bingo!

Join us for some serious Bingo on designated Mondays at the Newbury Council on Aging! Games are 10¢ per card to play. **Schedule: August 7th @ 2pm**
August 21st @ 1pm
September 11th @ 1pm
September 25th @ 12:30pm (join us for a pizza lunch before we play!)



50s Sock Hop and BBQ Lunch



We are hosting a fifties-inspired sock hop! A barbecue lunch of hot dogs & burgers will be served and Josef Nocera of the GemsTones will provide some nostalgic music for us to enjoy and dance to. This event will be held on **Tuesday, August 22nd at 12pm at PITA Hall, 8 Plum Island Turnpike**. Our van will be available to provide transportation service. Seats are limited for this event as well as on the van. Registration is required...call us today at 978-462-8114 to reserve your spot! Don't miss out on the fun!



Confused about Medicare? Considering enrollment? Are you already enrolled in a plan that is not in your best interest? Our SHINE counselor can help! He can review your coverage and help to determine if you are qualified to make a change during Open Enrollment.

Call us at the Newbury Council on Aging at 978-462-8114 and let us know you would like to speak with our SHINE counselor, Max Aloviseti. We will reach out to Max who will then call you and provide you with free, unbiased, confidential counseling and help you understand Medicare and your options.

Mark your calendar to review your Medicare plan (even if you have the BEST plan right now) during **Open Enrollment: October 15th to December 7th**. Don't wait until the last minute! Call us the first week of October to ensure you can secure an appointment.

Back to Basics with iPhone & iPad



For many users, smartphones can be sources of frustration. Well, not anymore! This beginner class will guide you through the basics of using the Apple iPhone or iPad. Learn where the buttons are and what they do, how to navigate to the most important areas of the phone, and, of course, how to call and send messages.

Join us on **Wednesday, September 13th at 2pm** when Kevin Figueroa of KevTech Services will teach us the basics of using our iPhones and iPads.

Space is limited for this event. Please call us at 978-462-8114 to reserve your spot.

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. 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. The next class is scheduled for:

**Wednesday, August 16th & Wednesday, September 13th
from 10am-1pm
at the Newbury Council on Aging**

Please note: to be fair to our outside vendor and because of the waitlist generated for this program, pre-payment of \$20 (cash) for this class is required.

Mahjong



We're playing Mahjong on **Tuesdays at 1pm!** Check the calendar insert for dates we are playing.

New to Mahjong? Not to worry...Barb Mann is here to teach you how to play. Come join the fun! Give us a call at 978-462-8114 to let us know you are coming.

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!

Limit of ONE KIT PER HOUSEHOLD. Kits will be held for **ONE WEEK**; if kits are not picked up within one week, they will be made available for another senior.

This month we are offering bar soap and lotion kits from Plum Island Soap Company and Oriole birdfeeder kits from Bird Watcher's Supply and Gift. Call for more details and to reserve one today!

**Plum Island
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Knitting and Crocheting Group

Join us on **Thursdays at 10am** at the Council on Aging for a drop-in group! Bring your own projects that you have already been working on, or we have some knitting supplies. This is not limited to knitting and crocheting...any fiber crafters are welcome to join us!



Coffee and...

Join Kathy for an hour of coffee, snacks, & some fun conversation! This program is held on **Wednesdays at 10:30am**. We have some great ideas to get the conversation started:

Coffee & Trivia: August 2nd & September 6th

Coffee & Crossword Puzzle: August 16th

Coffee & UB The Judge: August 30th & September 20th





We have invited Rhea Becker, aka The Clutter Queen, to talk with us about Swedish Death Cleaning. From The Clutter Queen's website:

If you are of a certain age and you haven't yet tried Swedish Death Cleaning, it's time you did. Following is an excerpt from a recent story at How Stuff Works:

Cleaning out the home of a loved one who has recently died or entered a nursing home is something most people dread, especially if they have no idea what to do with the all the items their loved one has accumulated. Enter the Swedish death clean. It may sound morbid, but it can actually lighten the burden of grieving loved ones. Popularized in the book "The Gentle Art of Swedish Death Cleaning," by 80-something artist Margareta Magnusson, Swedish death cleaning is basically decluttering in your later years so that someone else doesn't have to do it for you.

Boston-based professional organizer Rhea Becker, aka, "The Clutter Queen," added Swedish death cleaning to her list of services after reading Magnusson's book. "I have worked with so many relatives of people who never streamlined their belongings through Swedish Death Cleaning, only to leave a massive amount of stuff to the unfortunate next generation," she says in an email.

Although it may seem like an awkward conversation to have, the irony is that streamlining personal belongings during those golden years actually improves the quality of life. "Some people feel squeamish about the idea that they are essentially preparing their personal environment for their eventual death. But it makes so much sense. And once completed, the person who chooses to do Swedish Death Cleaning can enjoy a simpler life, surrounded only by the things they truly need or love," Becker says.

Join us on **Tuesday, September 19th at 4:30pm** for a light dinner and then to hear from The Clutter Queen herself, Rhea Becker, at 5:30pm about The Gentle Art of Swedish Death Cleaning. Please call us at 978-462-8114 to register for this informative program.

Monthly Blood Pressure Clinic



**Monday, August 7th
&
Monday, September 11th
12-1pm**
Please call us
to reserve your time slot with
Kim Arsenault RN

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Newbury Council on Aging

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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.

The Traveling Chef program has returned to its original concept of serving a hot meal in-person at the Council on Aging. Join us for our next Traveling Chef meals on **Monday, August 7th and Tuesday, September 5th at 12pm**. August's menu: BBQ chicken breast, potato salad, mac & cheese, watermelon, and a brownie for dessert. September's menu: Chicken Saltimbocca, creamy risotto with broccoli and parmesan, garden salad, garlic roll, and Tiramisu for dessert. We have limited seats available, so please call us at 978-462-8114 **AT LEAST ONE WEEK PRIOR TO THE MEAL** to reserve your seat. We also celebrate birthdays of the month 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 on Tuesday, September 5th only...call us today to reserve your seat!