



Newbury Council on Aging

March/April 2020

F. Ryeburn Lynch Senior Center
Newbury Elementary School
63 Hanover St., Newbury, MA 01951
Phone: 978-462-8114

Email: coa@townofnewbury.org
Office hours: Mon.-Thurs. 9 AM-3 PM
Website: www.townofnewbury.org

OUR 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.

Delvena Theatre Company Presents



"Ann & Abby"

Thursday, April 23, 2020 at 1:00 p.m.
Newbury COA located at Newbury Elementary School (Door 29),
63 Hanover Street, Newbury

This is a free performance! Please call 978-462-8114 to reserve your seat as seating is limited.

Back by popular demand! We have frequently enjoyed Delvena Theatre Company's performances in the past. "Ann & Abby" will be new to us.

Celebrate the 100th birthday of the twins, Ann Landers (real name: Eppie Lederer) and Dear Abby (Abigail van Buren – real name: Pauline Phillips). How did two fifties-era lowan housewives, who performed songs by the Andrews Sisters and were married on the same day, become two of the most influential advice columnists of all time. *Ann and Abby* examines how chutzpah, hard work and a bit of luck propelled the twins into becoming two of the most beloved and respected women of the 20th century.

In 2003, Delvena Theatre Company, hearing the call of schools, colleges, libraries, historical societies, senior centers, housing and private organizations, decided to present productions in non-traditional spaces. The company creates "**edutainment**" - original shows designed to educate as well as entertain. Their plays are thought-provoking, often humorous and always enriching.

Please arrive at around 12:50 p.m. to get seated. If you need a ride to the Senior Center, call 978-462-8114 by noon on Wednesday, April 22nd to reserve your seat on the COA van and we will pick you up. Refreshments will be served. Hope to see you there!

The Newbury Council on Aging Board of Directors presents

Making Life Choices: Healthcare Decisions and Advance Planning

Tuesday, April 21, 2020 from 1:30-3pm at the Newbury Town Library

Please call the Newbury Council on Aging at 978-462-8114 to RSVP. Also, our COA van will be available to give rides to this presentation, so please notify us by Thursday, April 16th if you need a ride.

Kimberlie Flowers, MSW, LICSW is the Clinical Director at Elder Services of the Merrimack Valley (ESMV). She has worked at ESMV for over 15 years, providing in-home counseling services and program development. She holds a BS in psychology and an MSW from Salem State University, as well as a post-graduate certificate in Palliative and End of Life Care from Smith College. Kimberlie is also a fellow in the Zelda Foster Fellowship in Palliative and End of Life Care at NYU.

The person you have chosen to make decisions for you, should you become unable to make them, is also encouraged to attend.



**Town of Newbury
Election News & Information**

Presidential Primary – Tuesday, March 3rd – 7:00 a.m. to 8:00 p.m.

Registration deadline was February 12th

Pct. 1 voting location: Firefighter's Memorial Hall, 3 Morgan Ave.

Pct. 2 voting location: Newbury Town Library, 0 Lunt St. (Byfield)

PARKING WILL BE LIMITED AND THERE MAY BE A TRAFFIC FLOW CHANGE ON MORGAN AVE. ON ELECTION DAY DUE TO THE CONSTRUCTION OF THE NEW POLICE STATION.

Please consider voting ABSENTEE which is available until noon on Monday, March 2nd by mail or in person at the Town Clerk's office OR VOTE EARLY from Monday, Feb. 24th through Thursday, Feb. 27th at the Office of the Town Clerk during regular business hours: M, W, Th. 8-4 & Tues. 8-7.

- **What is my voter registration status? How can I change the party I am registered in?**
- **Am I eligible to vote Absentee?**
- **Will early voting be an option for a specific election? Can I get a ride to the polls?**

KNOW BEFORE YOU HEAD TO THE POLLS!

Save time at the polls by checking your status and reviewing your options in advance of any election at <https://www.sec.state.ma.us/ele/elevoterinfo.htm> - or call the Town Clerk at 978-465-0862 Ext. 315.

The Newbury Council on Aging van will be available on Tuesday, March 3rd for rides to the polls between 1:00 p.m. and 3:30 p.m. Call us at 978-462-8114 before 2:30 p.m. on Monday, March 2nd if you are in need of a ride. Also, a few residents have volunteered to give rides to the polls. Call the COA for more info.



**Come to the Monthly Visits of
State Rep., Lenny Mirra and Mary Ann Nay
from Sen. Bruce Tarr's Office**

Thursdays, March 19th and April 16th from 1:00-2:00 p.m.

They will be on hand on the 3rd Thursday of each month to listen to concerns or questions you may have, and to provide assistance. The public is welcome.

Fall Risk Assessment Dates

Tues., March 10th - 10:30 to 11:30 a.m. & Tues., April 14th - 10:30 to 11:30 a.m.
at the Newbury Town Library, 0 Lunt Street, Byfield

HOW IS YOUR BALANCE? - Courtesy of Gordon College's Center for Balance, Mobility and Wellness, learn whether you are at risk for falling and the factors that contribute to balance, stability and overall wellness. Learn how you can reduce your risk of falling, and how to become or remain independent throughout your daily life. **You will receive helpful handouts on: 1) Your fall risk screen results, 2) Safe and effective exercise, and 3) How to prevent falls at home and more!** Screening is performed on a first come, first served basis and takes approximately 8 minutes. Call the Newbury COA to sign up: 978-462-8114.



**Eastern Essex District - Department of Veterans Services Monthly Visits
to the Newbury COA Senior Center**
63 Hanover St., Door 29, Newbury
Tuesdays, March 17th & April 21st
from 10:30 a.m. – 12:00 p.m.

Karen Tyler, Director of Veterans' Services of Eastern Massachusetts visits the COA on the 3rd Tuesday of each month from 10:30 AM – 12:00 PM. She will assist people who served in the military, surviving spouses, and family members of those who served in the military. (Karen uses the term "served in the military" instead of "veterans" as some people do not think they are veterans if they didn't retire from the military or didn't deploy). Karen will answer questions, seek out and assist with applying for benefits.

The Friends of the Newbury Council on Aging Has a Seat for You!

The Friends is searching for new board members. We have an immediate need for members with accounting or finance experience. We also welcome residents who have experience in other areas or who would like to help their fellow seniors.

The Friends meets on the last Tuesday of each month at 7:15 AM for an hour at the Newbury Council on Aging. We do not meet in July and August. If you have some time to spare or have any questions, please contact Debra Kennedy at dakennedy@comcast.net or Maggie Malley at the COA office at coa@townofnewbury.org.



Guest Chef Luncheons

In January, we enjoyed a delicious lunch provided by **Joe Murphy**. Thanks Joe! Thanks to helpers **Barbara Murray** and **Greg Searles**. **Upcoming luncheons: Wednesday, March 18, 2020 and Wednesday, April 15, 2020 from 12:00 to 1:00 p.m. – Cost: \$3.00. Call for reservations.** If you'd like to volunteer as a kitchen helper or guest chef, give us a call. If you need a ride to the luncheon, call us and our COA van will pick you up.



Watercolor Art Class

"You Can Paint This" with Bill Duke
Wed., March 25th and Wed., April 22nd
from 9:30 am – 12:30 pm

You can learn how to paint a lovely watercolor scene with no previous painting experience. Come join us! Sign up by calling 978-462-8114. Cost: \$20.00 (materials are supplied).



Birthday Bingo

Thursdays, March 12th and April 9th

Come to Birthday Bingo at our Senior Center on the 2nd Thursday of every month at 1:00 pm. There will be cake and ice cream to celebrate whoever has a birthday that month and then we'll play Bingo! If you need a ride, call 978-462-8114.



VAN TRIPS

Thurs., March 5 – Shopping & Lunch/Seabrook

Wed., March 11 – Spuds Restaurant/Rowley

Thurs., March 26 – Agawam Diner/Rowley

Thurs., April 2 – 99 Restaurant & Dollar Store/Seabrook

Wed., April 22 – Roma Restaurant/Haverhill

Thurs., April 30 – Poet's Inn/Haverhill

Suggested donation: \$3.00 for local destinations and \$5.00 for long distances. Please call 978-462-8114 to reserve a seat on the van. All trips depart from the Senior Center at 63 Hanover St., Newbury. You can meet us here and hop on the van, or we will be more than happy to pick you up and drop you off at your home.

Message from Representative Lenny Mirra Second Essex District - Massachusetts

I've written quite a bit in the past about pollution in the Merrimack River and other environmental issues because I think it's important to notify residents about dangers, issues, and risks in our environment. But I think it's equally important to also report on the good news that often does not get reported on in the media, and there's lots of good news!

Massachusetts prides itself on being a leader in renewable energy and we've done a great job expanding the use of wind and solar. More rooftops than ever are now covered with solar panels giving us clean renewable energy and there is a lot more on the way. Wind is also starting to expand and we have plans for huge offshore wind projects that are currently waiting for federal approvals.

As we address improvements to transportation infrastructure, we are also looking into ways to reduce pollution at the same time. While repairing public transportation, we are also moving towards electrification of buses and trains for the MBTA and our regional transportation agencies. Improvement of public transportation would also help to reduce the number of cars on our roads which will reduce the amount of traffic and congestion, something all commuters would like to see, including this one!

Even more exciting is the new technology that we're looking into that I think could be game-changers for cleaner transportation, heating, cooling, and electricity generation. Among the new technologies is geothermal energy which uses the heat in the earth's crust for both heating and cooling. Even old technologies, like flywheels, are being looked into for reducing the amount of electricity used by the MBTA, the biggest user of electricity in the Commonwealth.

The result of all this is a gradual reduction in emissions over the past two decades, from about 95 million metric tons of CO₂ in 2000 to about 73 million in 2017. Our goal is to reduce it to 70.8 million by the end of this year, which would be something else that we can take a lot of pride in!

N.E.E.T. (Northern Essex Elder Transport)

This program provides rides for elders to medical appointments. Arrangements should be made **at least 3 business days in advance** by calling the COA office at 978-462-8114 (we are closed on Fridays). Once the ride is arranged, the volunteer NEET driver will call you the day before the ride. A donation of .43 cents per mile is suggested to help support the program, but no one is turned down due to an inability to pay. Reservations must be made through the COA and clients should not call the drivers directly. Also, we have been receiving many requests from clients for doctors' appointments going to Peabody, Danvers, Burlington and Boston. A lot of our drivers prefer not to travel that far, so we are in need of drivers willing to drive longer distances. Call us if you are interested in becoming a NEET driver.

For Laughs

1. Going to bed early.
2. Not leaving my house.
3. Not going to a party.

My childhood punishments have become my adult goals!



NEWBURY TOWN LIBRARY

0 Lunt Street, Byfield

978-465-0539

Tai Chi – Fridays from 9:00 – 10:15 a.m. - \$6.00 (Laura DiGregorio) - Tai Chi has been considered to be a form of "meditation in motion" which promotes serenity and inner peace.

Tong Ren – The following classes are free of charge: On Tuesdays: Tong Ren Meditation from 6:00 – 7:00 p.m. and Tong Ren Healing from 7:00 – 8:00 PM (Pamela Wai Lohie Bordieri). On Fridays: Tong Ren Healing from 5:30 PM – 6:30 p.m. (Laura DiGregorio) - 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.

"Aging With Ease" Yoga – 10:30 – 11:30 a.m. – the 1st and 3rd Tuesdays of March and April (Chris Howe).

Yoga for Mindful Movement – 7:00 p.m. – 8:00 p.m. – the 2nd and 4th Tuesdays of March and April (Chris Howe). Please note, there will be no class on 3/24/20.

Wed., March 11, 2020 – 6:00 – 7:00 PM - Suffragettes in Corsettes: The Evolution of Underwear & Our 19th Amendment

For centuries, women have allowed themselves to be squeezed, twisted, and squished to conform to desired shapes. The history of underwear reveals a lot about women's changing roles in society – how we perceive ourselves, and how we're viewed by others. This presentation is hands-on and participatory. Tight corseting exerted 22 pounds of pressure on internal organs – find out what that actually feels like! Experience the difficulty of completing everyday tasks while wearing a corset. Try on a bum roll, farthingale, and crinoline. Velya Jancz-Urban's gregarious personality and Ebris Urban's serene energy enable this mother/daughter duo to connect with audiences. Their delivery is funny and frank. Laugh, grimace, and honor our foremothers' journeys. **Registration is required.**

Tuesday, March 24, 2020 – 6:00 – 7:00 PM – Workshop: General Introduction to Sound Therapy Techniques with the Didgeridoo

- Joseph Carringer is an internationally-known didgeridoo musician and sound therapist. Didgeridoo sound therapy is a holistic health and healing modality used for adjunct, supportive and primary treatment of a wide range of health and wellness issues. The didgeridoo and the sounds it produces will be the primary demonstration instrument but the program will also include demonstrations of sound therapy tones produced by concert pitch contemporary Himalayan singing bowls. **Registration is required.**

Sat., March 28, 2020 – 10:30 AM to 12:30 PM – Ukrainian Egg Decorating Workshop - The NTL's own Kati Bourque will present a brief history on Ukrainian Easter Eggs and teach you how to create your own egg. All materials will be provided and you will go home with an egg that you made! This program is geared towards teens and adults, as you will be handling a raw egg, a lit candle, and permanent dyes. **Please register online to save your spot early - space is limited.**

Thurs., April 30, 2020 – 7:00 – 8:00 PM – An Evening with Eleanor Roosevelt - During this interactive program, "meet" Eleanor Roosevelt at her New York home called Val Kill. Learn about her role as a human rights activist, and inspect many primary sources that were very much a part of Eleanor Roosevelt's personal and professional life. **Registration is required.**



NEWBURYPORT PUBLIC LIBRARY

978-465-4428

Call to see if registration is required for these events

Sun., March 1, 2020 - 2:00 pm – 3:00 pm – History Lecture Series: Newburyport and the Triangle Trade - Susan Harvey is a direct descendant of the Morse family, first settlers of Newbury in 1635. Her interest in learning about the effects of the transatlantic slave trade on Newburyport and Massachusetts stems from her teaching United States History at Littleton High School in Littleton, MA, where she also resides. The research she conducted at the Newburyport Public Library Archival Center represents the core material used for her master's thesis in history from Fitchburg State University: Slavery in Massachusetts: A descendant of early settlers investigates the connections in Newburyport, Massachusetts.

Sun., March 8, 2020 - 2:00 to 3:00 pm – History Lecture Series: Wm. Bartlet – A Man of Iron Frame & Iron Nerve - Skip and Marge Motes are awarding winning authors. They have concentrated on Newburyport's maritime history since moving here in 1995. They are now writing a new book, a two volume biography of William Bartlet titled *A Man of Iron Frame and Iron Nerve: A Biography of William Bartlet, Esq., 1748 – 1841*.

In his ninety-three year lifetime, Bartlet rose from shoemaker to one of Newburyport's leading citizens and its wealthiest maritime merchant. Volume I, covering Bartlet's early maritime career and the important history of his fine Georgian brick mansion on lower Federal Street, is the subject of Skip's presentation. Century-old biographical essays covering Bartlet's early maritime career are wrong; the 1798 date for his fine Georgian mansion is wrong. Skip presents their work as if this were a century-old "cold case" trial, each error disproven by their primary source "evidence," ending with a surprise "fact witness," a future president of the United States.

Tues., March 10, 2020 - 7:00 to 8:00 PM – Calligraphy: How I Fell In, Out and In Love Again - Local artist Susan Kapuscinski Gaylord shares her sometimes all-consuming, always challenging, and ultimately freeing relationship with calligraphy over forty years. Her story is about more than how to hold a pen and form letters. It is about growing up and growing older, questioning, and slowly finding answers.

Sun., March 15, 2020 - 2:00 to 3:00 pm – History Lecture Series - The Clipper Heritage Trail – Volume 1 - Join author and historian Ghlee Woodworth for a presentation on her book *Newburyport's Clipper Heritage Trail*, which includes 15 self-guided tours, over 150 locations, 200 images, and 25 maps. *Newburyport's Clipper Heritage Trail*, which will be published in April 2020, is an American Association of State and Local History merit award winner.

Tuesday, March 31, 2020 - 7:00 pm to 8:30 pm – National Parks of the East Coast - National Park expert and adventurer, Steve Farrar, will provide an exciting and informative overview of one of our Nation's greatest treasures. This virtual tour will take us to eight East Coast locations stretching from Acadia National Park in Maine to Everglades National Park in southern Florida. Whether arranging for a day trip or planning a long weekend, you will learn how exciting and accessible these parks are – from the most-visited to some relatively unknown destinations. Farrar has visited 59 out of 61 of the National Parks. Learn about the history of The National Parks, tips and tricks, and more!

Tues., April 7, 2020 - 7:00 to 8:00 PM – Battling Coastal Erosion and Climate Change - Host Eric Roberts, Coastal Resilience Specialist at The Nature Conservancy, will be focusing on the impact of climate change and coastal erosion on the Newburyport/Newbury/Salisbury area, and the use of nature-based solutions such as green infrastructure and living shorelines to help us adapt to our changing environment.

Tues., April 14, 2020 - 7:00 to 8:00 pm – Gardening Program - Linda Zukas of Nunan Florist & Greenhouses will be here to talk about gardening.

Tues., April 21, 2020 - 7:00 to 8:00 pm – Fishing Presentation - USCG Captain Skip Montello will give a presentation on fishing.

S.H.I.N.E.

Serving Health Information Needs of Everyone

The SHINE Program (Serving Health Information Needs of Everyone) is a state health insurance assistance program that provides to Massachusetts residents of any age who have Medicare, free health insurance information, counseling and assistance to Massachusetts residents and their caregivers. The SHINE Program is administered by the Massachusetts Executive Office of Elder Affairs in partnership with elder service agencies, social service and community-based agencies and COA's. The program is funded by the Administration for Community Living. Max Aloviseti, our Newbury COA SHINE Counselor, will help you understand your health insurance needs. Check our newsletter calendar for the dates he will be available at the Newbury Senior Center. An appointment is required and may be made by calling 978-462-8114.



First Parish Community Food Pantry

The **all-volunteer, town-wide food pantry** currently housed at the **First Parish Church at 20 High Road in Newbury** offers a wide variety of foods; not only the non-perishables you would expect, but also meats, eggs, milk, fresh produce, and hygiene products. **The pantry is open on Friday afternoons from 2:30 to 5:00 (2:30 to 3:00 is for Newbury/Byfield residents only)** and there are volunteers from all parts of town available to assist you with selection and carrying bags to your car. Donations of both food and cash are welcomed and can be dropped off Friday afternoons. *If you are in need of a ride, call the Newbury COA at 978-462-8114 from 9:00 a.m. – 3:00 p.m. Monday through Thursday (the Council on Aging is closed on Fridays).*

COA Donations: Thanks to Nancy Burke, John Ferrara, Patty Keys, Priscilla Morse, Joe Murphy and Laura Smith for their donations of items to the Senior Center.

Newbury Council on Aging
63 Hanover Street
Newbury, MA 01951
Return Service Requested

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Newbury Council on Aging

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Maggie Malley	<i>Director</i>
Gail Kehoe	<i>Program Coordinator, Newsletter Editor</i>
Janet DelMare	<i>Outreach Case Mgr.</i>
Karen Everett	<i>Meals on Wheels Driver</i>
Alice Rogers	<i>Van Driver</i>

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SAVE THE DATE!

23rd Annual Volunteer Luncheon

The Newbury COA's 23rd Annual Volunteer Luncheon will be coming up on Wednesday, April 29, 2020 at 12:00 noon at Stephanie's Village Pancake House in Rowley. Invitations will be mailed out in April.



To all Volunteers born in March & April

<u>March 10</u>	Julia O'Connor	<u>April 5</u>	Barbara Murray
<u>March 15</u>	Alice Rogers	<u>April 22</u>	Hendrik Tans
<u>March 24</u>	Jeanne Thomas		



Home delivered meals are available to eligible seniors by calling Elder Services of Merrimack Valley at 800-892-0890.



Newbury Town Library Home Book Deliveries

The Newbury COA and the Newbury Town Library coordinate to deliver library materials (books, DVD's, etc.) to Newbury patrons who are physically unable to visit the library themselves. Residents may inquire about eligibility, and how to apply, by calling the Newbury Town Library at 978-465-0539.



**Move your clocks ahead 1 hour on Sunday,
March 8, 2020 at 2:00 a.m.**

The resetting of our clocks in the spring and the fall is a good time to make sure our safety equipment is in good working order.

- **Replace the batteries in your smoke and carbon monoxide detectors.**
- **Check your *File of Life* to update information that might no longer apply**, such as your emergency contacts, and especially important are any new medical conditions & drug prescriptions. If you do not have a *File of Life*, call the COA office and we will get one to you. EMT's look for it, should you need to call for help.
- **Test your Personal Emergency Response System (PERS)** - Your button should be tested twice a year to insure it is working properly. Call the provider first to let them know it is just a test; they will guide you on **how to proceed**.

Grocery Shopping

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

"No winter lasts forever; no spring skips its turn."

- Hal Borland -