



NEWBURY *Council on Aging*

Est. 1976

November and December 2017

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. 9AM-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.



ANNUAL NEWBURY COA HOLIDAY LUNCHEON

On Wednesday, December 6, 2017 at 12:00 noon, we will be celebrating the holiday season at our Annual Holiday Luncheon. It will be held at the Newburyport Council on Aging, 331 High Street, Newburyport (next to the Bresnahan School). All senior residents of Newbury/Plum Island/Byfield are invited and there is no cost for the meal. Reservations are required so please RSVP to the Newbury COA at 978-462-8114 by Thursday, November 30, 2017 so we can make certain to have enough food. Let us know if you need transportation to the luncheon.



VETERANS' COFFEE HOUR

Thursday, November 2, 2017 and Thursday, December 7, 2017 at 9:30 a.m.

Please join us for interesting conversation on issues of importance to veterans on the first Thursday of every month at 9:30 AM. Pastries, muffins and coffee will be served. We would love a call if you intend to join us so that we may plan accordingly. Call 978-462-8114 for more information.



GUEST CHEF LUNCHEONS

A big thank you to September's Guest Chefs, **Joyce Marlowe, Alix McArdle and Joyce Davis** and to October's Guest Chef, **Joe Murphy**, for providing us with delicious lunches! **Upcoming Guest Chef Luncheon: Tuesday, November 21, 2017 at 12:00 noon.** Cost \$3.00. Our menu will be hot turkey sandwiches, mashed potatoes, green beans and dessert. Call for reservations at 978-462-8114. If you need a ride, let us know. In place of December's Guest Chef Luncheon, we will be having our Annual Holiday Luncheon which will be held at the Newburyport Council on Aging on Wednesday, December 6, 2017 (RSVP only). Also, we are seeking volunteer Guest Chefs and servers. Please call 978-462-8114 for more information re: joining the Guest Chef team!



**Come & Celebrate the
Presentation of the Boston Post Cane to
Newbury Resident, Bill Plante**

Wednesday, November 15, 2017 from 10:00 a.m. to 11:00 a.m. - Newbury Fire Hall (Protection Fire Company #2), 3 Morgan Ave. (across from The Butchery), Newbury - Bill Plante will be receiving the Boston Post Cane in honor of being the oldest citizen in Town! There will be a presentation and refreshments will be served.

The origins of the Boston Post Cane - On August 2, 1909, Mr. Edwin A. Grozier, Publisher of the Boston Post, a newspaper, forwarded to the Board of Selectmen in 700 towns* (no cities included) in New England a gold-headed ebony cane with the request that it be presented with the compliments of the Boston Post to the oldest male citizen of the town, to be used by him as long as he lives (or moves from the town), and at his death handed down to the next oldest citizen of the town. The cane would belong to the town and not the man who received it. The canes were all made by J.F. Fradley and Co., a New York manufacturer, from ebony shipped in seven-foot lengths from the Congo in Africa. They were cut to cane lengths, seasoned for six months, turned on lathes to the right thickness, coated and polished. They had a 14-carat gold head, two inches long, decorated by hand, and a ferruled tip. The head was engraved with the inscription, — Presented by the Boston Post to the oldest citizen of (name of town) - "To Be Transmitted". The Board of Selectmen were to be the trustees of the cane and keep it always in the hands of the oldest citizen.

The custom of the Boston Post Cane took hold in those towns lucky enough to have canes. As years went by, some of the canes were lost, stolen, taken out of town and not returned to the Selectmen or destroyed by accident.

In 1930, after considerable controversy, eligibility for the cane was opened to women as well.

*** Some current day cities were towns in 1909.**

We hope to see you there!

ART CLASSES

Make Hand-Crafted, Holiday-Themed, Greeting Cards with Artist, Donna Callahan on Tuesday, November 14th from 10:00 to 12:00. All materials are supplied for use in class. No experience needed. **Cost \$8.00. Reservations are required** (class size maximum - 8 people), so call now at 978-462-8114.

"You Can Paint This" with Bill Duke - Artist, Bill Duke, will be at the Newbury COA Senior Center on **Wednesday, November 29, 2017 from 9:30 a.m. to 12:30 p.m.** **We are not holding a class in the month of December, but we will start up again in 2018!** You can learn how to paint a lovely watercolor scene with no previous painting experience. Come join us! **Call 978-462-8114 to sign up. Cost: \$20.00 (materials are supplied).**



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.



Telephone Reassurance

If you would like periodic check-in phone calls, there are volunteers available to connect with you. Call the COA to be added to the Telephone Reassurance List.



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



Blood Pressure Clinics

Blood Pressure Clinics at Newbury Village (30 Rolfes Lane) in the Community Room will be held on **Wednesdays: November 8 and December 13 from 1:15 to 2:00 PM.**

Blood Pressure Clinics at Oak Ridge (84 Main St., Byfield) in the Community Room will be held on **Tuesdays: November 14 and December 19 from 1:00 to 1:45 PM.**

Blood Pressure Clinics at Quaker Hill (115 Main St., Byfield) in the Community Room will be held on **Tuesdays: November 14 and December 19 from 2:00 to 2:45 PM.**



Baby Boomers are Skipping Needed Vaccinations Two-thirds of 65-plus haven't had shingles shot, feds say

Americans over age 60 are often not getting needed immunizations and that is creating a growing risk to the health care system, say federal disease prevention experts.

About two-thirds of those who are 65 and older have never had the shingles vaccine, and more than 4 out of 10 haven't had a tetanus shot in the past 10 years according to the Center for Disease Control and Prevention (CDC). As for the pneumococcal vaccine, nearly a third of older people haven't had this immunization.

Older Americans do better about getting flu shots. But nearly 1 in 3 between ages 65 and 74 skipped the shot during the last flu season.

The data is worrisome because older adults are at increased risk of complications that can be prevented by vaccines, the CDC says.

And, adults age 65-plus who skip immunizations drive up health care costs when they get sick, to the tune of 4.8 billion a year, according to researchers' estimates.

Most people should get a flu shot annually, get a tetanus booster every 10 years and keep their pneumococcal and shingles vaccines current, say federal health officials and leading medical experts.

The most neglected inoculation, the Shingles vaccine, reduces the risk of getting a viral disease that can cause skin to become painful and blistered, plus fever, headache, fatigue and sensitivity to light, according to the Mayo Clinic website. The vaccine is recommended for adults 60 and older. That includes those who have already had shingles. *From AARP Bulletin - Sept. 2017*



DON'T IGNORE YOUR MEDICARE MAIL

It's that time of year! If you have a **Medicare Prescription Drug Plan** or a **Medicare Advantage Plan** (HMO, PPO), you probably received information regarding your plan back in September. Please **understand** and **save** this information regarding **changes** in your plan for 2018.

During Medicare Open Enrollment (**October 15 - December 7**), you may change your insurance plan for next year. A SHINE counselor can help you understand your plan changes, as well as other options you may have. There will be group presentations and/or you may schedule a phone or in-person appointment.

Trained SHINE counselors offer free, confidential counseling on all aspects of Medicare and related health insurance programs. To schedule a SHINE appointment, call your senior center (**Newbury COA: 978-462-8114**) or 1-800-AGE-INFO (**1-800-243-4636**) ... then press or say **3**. If you get the SHINE answering machine, leave your name and number. A counselor will call you back, as soon as possible.

Call early to receive a pre-enrollment form **and make that appointment....**and bring your Medicare and insurance cards and a complete list of your medications. **DO NOT WAIT UNTIL IT'S TOO LATE!** *Courtesy of the Massachusetts Executive Office of Elder Affairs*

**"For every minute spent in organizing,
an hour is earned." - Benjamin Franklin**

S.H.I.N.E.

(Serving Health Information Needs of Elders)

The SHINE Program (Serving Health Information Needs of Elders) 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 with Medicare 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 Councils on Aging. The program is funded by the Administration for Community Living.

Mark Sullivan, 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.**

Warm Up to These Tips to Reduce Feelings of Coldness

As people age, many report feeling chilly even when the temperature outside is warm. Studies have shown that older people are more likely to have slightly colder body temperatures than their younger counterparts.

Feeling cold can be the result of the natural aging process, or it may be symptomatic of a medical condition. Understanding the reasons behind chilliness can help people take proper action.

Aging adults can feel cold for various reasons. As people age, their metabolisms slow down, leading to decreased energy. During times of low energy output, one can feel cold. The American Geriatric Society Foundation for Health suggests that individuals with slower metabolisms may not produce enough heat from their own bodies to stay warm.

Circulation issues also may be a concern. As people age, the walls of their blood vessels may lose their elasticity, negatively affecting circulation as a result.

Vasoreceptors also may no longer be as quick to direct blood vessels in order to constrict to keep body temperature up.

Inadequate fat storage may also be a contributor. Older people generally have less subcutaneous fat stores and muscle mass both of which can insulate their bodies from cold weather. As a result, they may have trouble regulating body temperature. Exercise and healthy eating may help remedy this situation.

Certain medical conditions or medication may be to blame, too. SUNY Upstate Medical University offers that some drugs, like beta blockers, can decrease heart rate, which can reduce circulation to the extremities. High cholesterol levels can impair blood flow. Hypo-thyroidism, or an underperforming thyroid, also can affect a person's ability to regulate body temperature. It's imperative that people speak with their doctors to rule out any medical conditions or medication issues that may be contributing to their feelings of being cold.

The following are some additional steps aging men and women can take to stay warm:

- **Make sure you are at a healthy weight for your gender and age.**
- **Get the cardiovascular system pumping by exercising more.**
- **Layer clothing until you feel comfortable so that you are not adjusting the thermostat as frequently.**
- **Wear a vest to keep your chest warm to prevent heat being drawn from the extremities. Often the body will sacrifice heat in the hands and feet to keep its core warm.**
- **Invest in wool socks and blankets, as wool will help wick away moisture from the body.**

Feeling cold is usually nothing out of the ordinary when a person gets older. Fortunately, there are ways that older men and women can stay warm.

From the North Shore Seniors insert of The Salem News – June 2017



Representative for Senator Bruce Tarr

Dick Curran from Sen. Bruce Tarr's office will be at the Senior Center from **9:30 to 10:30 AM on Thursday, November 9, 2017 and Thursday, December 14, 2017.** He'll be on hand to answer questions, hear comments or provide assistance. The public is welcome.

CHAIR YOGA



We introduced Chair Yoga to our Senior Center in September and October. We scheduled 4 classes as a trial to see if our seniors were interested or not. We are pleased to say, our participants wanted more so we are scheduling weekly classes for November and December. We will let you know in the next newsletter if we will hold classes in January and February. **The classes will take place from 1:00 to 2:00 PM on Wednesdays: November 1st, 8th, 15th and 29th (no class on Nov. 22 as it is the day before Thanksgiving) and December 13th, 20th and 27th (no class on December 6th as it is the day of our Holiday Luncheon). We are located at Newbury Elementary School (Door 29), 63 Hanover St., Newbury. The cost will be \$7.00 per class.**

Sharon Gordon, Yoga Instructor (from *Roots to Wings* in Newbury), will be teaching you one of the gentlest forms of yoga available. Chair Yoga is a unique yoga style that adapts yoga positions and poses through creative use of a chair.

We encourage you to come to every class to reap the benefits, but there is no commitment and you can come whenever you are available. **We hope you will try Chair Yoga to help you with your strength, flexibility, breathing and general well-being! So sign up by calling us at 978-462-8114.**

VAN TRIPS



Thurs., Nov. 2 – 11:00 am - Lunch @ China Blossom in N. Andover

Thurs., Nov. 16 - 10:00 am – Christmas Tree Shop & Lunch in Portsmouth

Thurs., Dec. 14 – 11:30 am - Lunch @ Village Pancake House/Rowley

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

INCLEMENT WEATHER POLICY

In the event of inclement weather, please call the COA (978-462-8114) before venturing out to the Senior Center for classes, activities and programs. If the COA is closed for weather-related reasons, a message will make callers aware of any closure.

Sea Festival of Trees



**Sat., November 18th thru Sun., December 3rd
Blue Ocean Event Center in Salisbury**

Here is a fun, local event to kick-off the holiday season! **The 5th Annual Sea Festival of Trees is open to the public from Sat., November 18th through Sun., December 3rd. The event will be held at the Blue Ocean Event Center at 4 Ocean Front N in Salisbury. Adults: \$5.00 and children are free.** They will have a giant maze of sparkling holiday trees, designer wreaths, holiday stage performances, Seaside Ice Rink and skate rentals, visits with Santa and other fun characters, a Giant Gingerbread Beach Castle display, North Pole Gift and Sweet Shop, and Festival Café. All the trees are generously donated by local individuals, businesses, and organizations and are beautifully decorated for your enjoyment. This event is presented by The Newburyport Five Cents Savings Bank. **For more information visit their website at seafestivaloftrees.com or call 978-462-2512.**



**VETERANS' DAY - Saturday, November 11, 2017
(Fri. Nov. 10 observed)**

On this day, we recognize the service and sacrifice of all the veterans and their families, both living and deceased, who have kept and continue to keep our country free. It is a day to be proud that we are citizens of a nation made great by the dedication of all our military personnel of all eras, both at home and abroad.



In the future, if you do not wish to receive the Newbury COA newsletter, call us at 978-462-8114 or email us at coa@townofnewbury.org. If you would like to continue to receive our newsletter, but would prefer to receive it via e-mail, please email us coa@townofnewbury.org and we will take you off of the mailing list and put you onto our email list. Thank you!



**Thanks to all of you who have volunteered in 2017.
We could not operate without you!**

And thanks to the following people for their recent donations to the COA: Joyce Davis, Muriel Knight, Joyce Marlowe, Alix McArdle, Joe Murphy, Gloria O'Connell, Alice Rogers, and Tom and Judi Sullivan.



Community Breakfast

Every Saturday morning from 8:00 to 10:00 AM, the Central Congregational Church (14 Titcomb St., Newburyport) sponsors a *Community Breakfast*, available for all. For more information, call Carol Larocque at 978-465-0533.



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 3:00 to 5:00** 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.

Info Tidbits

November used to be the 9th month, before Julius and Augustus added themselves.

November 5th is the end of Daylight Savings Time. Set your clock back one hour and update your File of Life. Do not have one? Call the C.O.A. Office.

December 7th - Open Enrollment deadline for making any insurance changes until the fall of 2018.

Holiday Gift Giving is Upon Us

What would you like to receive and what might you give to your older friends? Here are some ideas for gift baskets or bags:

For the kitchen, there are gadgets that make peeling, slicing, dicing, and can opening simpler; there are also tools (a "spork") that enable eating with one hand. Have you seen the shot glasses that measure teaspoons and tablespoons?

Food baskets could include canned meats and fish which are expensive, cheese, chocolate, sauces, and condiments. A grocery store gift card will be appreciated.

A clothing bag: rubber-soled slippers, fashionable compression socks, a weekly medication box; disposable underpants and pads are expensive and always welcomed.

A bag of tools that enable independence: button loopers, zipper pulls, and those twisty elastic shoe laces so you don't have to tie bows. Pill crushers for those who have trouble swallowing (you should never crush 'time release' capsules). Also, pill splitters.

Medical Equipment: a tub chair, raised toilet seat, "reachers" for those with limited range of motion; hand held showers are usually easy to install as are the lever handles that can replace door knobs for those with a weak grip.

A Low Vision bag could include a talking clock, wristwatch, or calculator. Telephones with large numbers are a good gift and while you are at it, help to program the phone for frequently called and emergency numbers.

Other ideas: postage stamps; grocery, pharmacy or gas station gift cards; newspaper subscriptions; a case of pet food; or pay ahead a utility or fuel bill so a credit balance exists.

Tablets, iPads, smart phones, even creating a talking photo album might all be good choices for those not allergic to electronic devices.

Often time spent, especially with the home bound, will present all kinds of opportunities to make a difference in someone's life. The holidays are the hardest and the easiest time of year to bring out our best.

Newbury Council on Aging
63 Hanover Street
Newbury, MA 01951
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Newbury Council on Aging

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THINGS TO DO

NEWBURY TOWN LIBRARY

Tai Chi – Wednesdays from 5:30-6:45 PM and 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.

Tong Ren Healing – Wednesdays from 7:00 - 8:00 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.

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

November 1	“Beauty and the Beast” (PG)
November 8	“A Street Cat Named Bob” (not rated)
November 15	“The Lost City of Z” (PG-13)
November 22	No movie
November 29	“Beatriz at Dinner” (R)
December 6	“Wonder Woman” (PG-13)
December 13	“The Beguiled” (R)
December 20	“Christmas in Connecticut” 1945 version
December 27	“When Harry Met Sally” (R)

Greater Newbury Elder Pet Fund



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



To all Volunteers born in November & December

November 26	David Stickney
	Sue Wolfendale
December 1	Martha Webb
December 7	Mary Paquin
December 8	Mary Gill
December 18	Debbie Morrison
December 26	Maxine Balkus
December 28	Kate Murray
December 30	Midge King

“Be strong enough to stand alone, be smart enough to know when you need help, and brave enough to ask for it”
Author Unknown
