

# *Newbury Council on Aging*

November/December 2019

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

Email: [coa@townofnewbury.org](mailto:coa@townofnewbury.org)  
Office hours: Mon.-Thurs. 9 AM-3 PM  
Website: [www.townofnewbury.org](http://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

*Wednesday, December 4, 2019 at 12:00 noon*

*Event location: Newburyport COA, 331 High Street, Newburyport*

*On Wednesday, December 4, 2019 at 12:00 noon, we will be celebrating the holiday season with 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/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 Monday, November 25, 2019 so we can make certain to have enough food. When you call to make a reservation, be sure to let us know if you need transportation to the Holiday Luncheon so we can pick you up using the Newbury COA Van.*



## VACCINE CLINIC

**(Flu, Pneumonia, Shingles, Tetanus, Whooping Cough)**

**At the Newbury COA Senior Center located at 63 Hanover St. (Newbury Elementary), Door 29  
Thursday, November 7, 2019 from 10:30 a.m. – 12:30 p.m.**

**We held one flu clinic in September and another in October. We have one more flu clinic in November!** Flu and both Pneumonia shots will be available at this year's Flu Clinic. Also available are the Tetanus & Whooping Cough shots. (Flu and Pneumonia may be given at the same time and Flu and Shingles may be given at the same time). These vaccines are covered 100% by Medicare, and please bring in your Medicare Card (red, white and blue card). People who have Medicaid (Mass Health blue card) and want the Shingles vaccine, please bring that card as well – Medicaid will pay 100% for the Shingles vaccine this year. People who have a Medicare Part D drug plan, and are interested in the Shingles Vaccine, please bring your card so that we can determine if coverage exists. **In the event that you are house bound, pharmacist Leslie Doyle is more than happy to make a home visit.**



## Fuel Assistance Applications

**Community Action, Inc. (CAI)** is accepting applications for new clients (previous recipients have received applications by mail). To set up an appointment, call or go to their website for more info:

**CAI Energy Programs main #: 978-373-1971**

**CAI Energy Prog. 24/7 Automated Line: 978-374-7660**

**CAI Energy Programs Toll Free #: 800-332-9004**

**Website:** [www.communityactioninc.org](http://www.communityactioninc.org)

**Fuel Assistance (LIHEAP)** - The Low-Income Home Energy Assistance Program (LIHEAP) has been available in Massachusetts to low-income households since 1977. Also known as Fuel Assistance, this program helps income-eligible households pay a portion of their heating bills or 30% of their rent if the heat is included between Nov. 1 and April 30. The benefit amount is based on income with a maximum yearly income for a single person household of \$35,510, \$46,437 for 2, \$57,363 for 3, \$68,289 for 4, \$79,215 for 5, & \$90,141 for 6.

**Heating System Assistance (HEARTWAP)** - The Heating Emergency Assistance Retrofit Task Weatherization Assistance Program (HEARTWAP) provides heating system repair and replacement services to eligible low-income homeowners. The program operates year round. The program serves as an emergency intervention service to provide assistance to low-income homeowners having problems with the operation of their primary heating system. HEARTWAP services vary depending on the specific needs of the housing unit.

**Weatherization (WAP)** - The Weatherization Assistance Program (WAP) provides up to \$7,500 in added insulation, and general plugging of air leaks to homes and apartments for those households eligible for LIHEAP. This program operates year round. WAP services vary depending on the specific needs of the housing unit.

**Apply for Fuel and Energy Programs** - Check the Heating Assistance Income Guidelines for eligibility. For Emergencies (72-hour notice of termination or less than 1/8 of a tank of oil), please call our main number 978-373-1971 ext. 218 and you will be instructed what required documents you must bring with you and when to come into the office.

**Applications for assistance can be completed at three locations: Call for office hours.**

- Community Action Inc. LIHEAP office in Haverhill, 3 Washington Square on the 2<sup>nd</sup> floor – 978-373-1971.
- Community Action Inc. Amesbury Center in Amesbury, 44 Friend Street – 978-388-2575.
- Newburyport Salvation Army Community Center in Newburyport, 40 Water Street – 978-465-0883.

To check application status 24/7 call: 978-374-7660.



## DON'T IGNORE YOUR MEDICARE MAIL

It's that time of year again! If you are enrolled in a **Medicare Prescription Drug Plan** or a **Medicare Advantage Plan** (HMO, PPO), you should have received an information packet from your plan by the end of September. It is important to **understand** and **save** this information: it explains the **changes in your plan for 2020**. Premiums, deductibles, co-pays, and the drugs covered by your plan can change significantly!

**During Medicare Open Enrollment (October 15, 2019 - December 7, 2019)**, you can adjust your plan for next year. A SHINE (Serving Health Information Needs of Everyone) counselor can help you understand your plan changes, as well as other options you may have. Call now at 978-462-8114 to schedule a **one-on-one appointment with the Newbury COA SHINE counselor, Max Aloviseti**. Our Senior Center is located at Newbury Elementary School, 63 Hanover Street (Door 29) in Newbury.



**Eastern Essex District - Department of Veterans Services to Begin Monthly Visits to the Newbury COA Senior Center**

**63 Hanover St., Door 29, Newbury**

**Tuesdays, November 19 & December 17**  
**from 10:30 a.m. – 12:00 p.m.**

Karen Tyler, Director of Veterans Services of Eastern Massachusetts has begun visiting the COA on the 3<sup>rd</sup> 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.



**Come to the Monthly Visits of**  
**State Rep., Lenny Mirra and Mary Ann Nay**  
**from Sen. Bruce Tarr's Office**  
**Thursdays, Nov. 21<sup>st</sup> & Dec. 19<sup>th</sup> from 1:00-2:00 p.m.**

They will be on hand to listen to concerns or questions you may have, and to provide assistance. The public is welcome.



**VETERANS' DAY - Monday, November 11, 2019**

**Thank you for your service!**



**Newbury Town Library****On Tuesdays, November 5th and December 3rd****10:30 a.m. to 11:30 a.m.**

**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:

- Your fall risk screen results
- Safe and effective exercise
- 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.

**Birthday Bingo****Thursdays, November 14th and December 12th**

**Come to Birthday Bingo at our Senior Center on the 2nd Thursday of every month at 1:00 pm.** There will be cake & ice cream to celebrate whoever has a birthday that month and then we'll play Bingo!

**Guest Chef Luncheons**

**In September, we enjoyed a delicious lunch provided by the COA Board of Directors (Chaz Rudich, Evelyn Noyes, Sandra Small, Joyce Machiros, Geri Dorr and Dede Heatwole). Thanks to helpers Gretel Miller, Barbara Murray, Carolyn Parker and Alice Rogers.**

**Upcoming luncheon: Wednesday, November 13th 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. **We will not be having a Guest Chef Luncheon in December as we are hosting a Christmas Luncheon on Wednesday, December 4th (see front page).**

**VAN TRIPS**

**Wed., Nov. 6 - Peabody Essex Museum/Salem (One of the current exhibits is "A Passion for American Art: Selections from the Carolyn and Peter Lynch Collection")**

**Thurs., Nov. 21 - Family Restaurant/Salisbury**

**Wed., Dec. 11 - Spuds Restaurant/Rowley**

**Wed., Dec. 18 - The 99 Restaurant/Seabrook**

**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.

**Watercolor Art Class*****"You Can Paint This" with Bill Duke******Wed., November 20, 2019 from 9:30 am - 12:30 pm***

Our watercolor art class usually takes place on the 4th Wednesday of the month, and in November that would end up being the day before Thanksgiving, which would be an inconvenient time for some people. So, we will have our November class on **Wednesday, November 20, 2019**. We will not be having a class in the month of December and we will start up again in January 2020. 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).

**Attention Knitters!**

**We have yarn that has been donated to our Senior Center if you'd like to come in and browse!**

**The Friends of the Newbury COA Needs You**

The Board of Directors of the Friends of the Newbury Council on Aging voted at their recent meeting in September to change the time of the board meetings. The FNCOA will now meet on the last Tuesday of the month from 7:15 AM to 8:15 AM. (Please call the COA at 978-462-8114 to confirm).

The FNCOA Board of Directors is seeking new members to fill open positions on the board, most urgent of which is Treasurer. If you are interested in helping the FNCOA, please contact Debra Kennedy, President, by email at [dakennedy@comcast.net](mailto:dakennedy@comcast.net). You may also contact the COA office at 978-462-8114 for additional information.



## A Note from the Newbury Council on Aging Board of Directors

The Town of Newbury Council on Aging Board of Directors, with support from The Friends of the Newbury COA, has been happy to facilitate three free informational presentations in 2019 related to senior needs, but available to all in our community. Presentations were held at the Newbury Town Library. Topics were:

**\*April 24, 2019: "Early Alzheimer's, Normal Aging, & the Neuroscience of Brain Health"** presented by Dr. Karen Postal.

**\*June 19, 2019: "Better Balance and Fall Prevention,"** presented by Ms. Marie Lucey, PT, GCSS & Mr. Andrew Walker, BS, ACE-CPT, Center for Balance, Mobility, and Wellness at Gordon College.

**\*September 19, 2019: "Nutrition and Healthy Aging"** presented by Ms. Leigh Hartwell, Registered Dietitian, Meals on Wheels Program, and Ms. Susan Poludniak, Healthy Living Program Manager & Registered Dietitian. Both speakers are with Elder Services of the Merrimack Valley. These speakers were joined by Ms. Susan Boccuzzo & Ms. Jane Merrow, founders of the Newbury Food Pantry at the First Parish Church of Newbury.

All programs can be viewed on the Town of Newbury Channel. We welcome feedback on these events and strongly urge you to submit suggestions/requests for future events by either phoning 978-462-8114, or by email to: [coa@townofnewbury.org](mailto:coa@townofnewbury.org).

### **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.

### **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 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 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.**





### **Newbury Town Library Home Book Deliveries**

The Newbury COA and the Newbury Town Library coordinate the delivery of 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.

### **Season Passes Available for Newbury Seniors for Triton Regional School District Athletic Home Games**

**We have a limited number of season passes** that are available for Newbury senior residents who would like to attend TRSD athletic home games. Fees for entry to football and basketball home games (held at Triton High School), and ice hockey home games (held at the Graf Arena in Newburyport), are waived with this season pass. Call 978-462-8114 if interested.



Monday	Tuesday	Wednesday	Thursday	Friday
				<b>1</b>  SENIOR CENTER CLOSED  <i>First Parish Church Community Food Pantry 3:00-5:00 PM</i>
<b>4</b>	<b>5</b>  9:00 – Van/Shopping  <b>10:30 – 11:30 “Fall Risk Assessment” @ Nby. Town Library</b>	<b>6</b>  <b>10:00 Van trip to Peabody Essex Museum/Salem</b>	<b>7</b>  <b>9:00 SHINE</b>  <b>10:30 – 12:30 FLU CLINIC</b>	<b>8</b>  SENIOR CENTER CLOSED  <i>First Parish Church Community Food Pantry 3:00-5:00 PM</i>
<b>11</b>    <b>Veterans’ Day</b>  <b>COA CLOSED</b>	<b>12</b>  9:00 Van/Shopping	<b>13</b>  <b>12:00 Guest Chef Luncheon</b>	<b>14</b>  <b>9:00 SHINE</b>  <b>1:00 Birthday Bingo</b> 	<b>15</b>  SENIOR CENTER CLOSED  <i>First Parish Church Community Food Pantry 3:00-5:00 PM</i>
<b>18</b>	<b>19</b>  9:00 Van/Shopping  <b>10:30-12:00 - Karen Tyler, Director of Veterans’ Services of Eastern Mass.</b>	<b>20</b>  <b>9:30–12:30 Bill Duke Watercolor Art Class RSVP</b>	<b>21</b>  <b>9:00 SHINE</b>  <b>11:00 Van trip Family Rest./Salisbury</b>  <b>1:00 – 2:00 – Rep. Lenny Mirra &amp; Mary Ann Nay from Sen. Tarr’s office</b>	<b>22</b>  SENIOR CENTER CLOSED  <i>First Parish Church Community Food Pantry 3:00-5:00 PM</i>
<b>25</b>	<b>26</b>  9:00 Van/Shopping	<b>27</b>	<b>28</b>    <b>Happy Thanksgiving</b>  <b>COA CLOSED</b>	<b>29</b>  SENIOR CENTER CLOSED  <i>First Parish Church Community Food Pantry 3:00-5:00 PM</i>

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# DECEMBER 2019

Monday	Tuesday	Wednesday	Thursday	Friday
<b>2</b>	<b>3</b> 9:00 Van/Shopping  10:30 – 11:30 “Fall Risk Assessment” @ Nby. Town Library	<b>4</b> 12:00 noon <i>Annual Newbury COA Holiday Luncheon @ the Newburyport COA (RSVP) (Newbury COA closed from 10:00-2:00 due to off-site Holiday Luncheon)</i>	<b>5</b> 9:00 SHINE	<b>6</b> SENIOR CENTER CLOSED  <i>First Parish Church Community Food Pantry 3:00-5:00 PM</i>
<b>9</b>	<b>10</b> 9:00 Van/Shopping	<b>11</b> 11:00 Van trip to <i>Spud’s Rest./Rowley</i>	<b>12</b> 9:00 SHINE  1:00 Birthday Bingo 	<b>13</b> SENIOR CENTER CLOSED  <i>First Parish Church Community Food Pantry 3:00-5:00 PM</i>
<b>16</b>	<b>17</b> 9:00 Van/Shopping  10:30-12:00 - Karen Tyler, Director of Veterans' Services of Eastern Mass.	<b>18</b> 11:00 Van trip to the <i>99 Restaurant - Seabrook</i>	<b>19</b> 9:00 SHINE  1:00 – 2:00 – Rep. Lenny Mirra & Mary Ann Nay from Sen. Tarr’s office	<b>20</b> SENIOR CENTER CLOSED  <i>First Parish Church Community Food Pantry 3:00-5:00 PM</i>
<b>23</b>	<b>24</b> 9:00 Van/Shopping	<b>25</b>  <b>COA CLOSED</b>	<b>26</b>	<b>27</b> SENIOR CENTER CLOSED  <i>First Parish Church Community Food Pantry 3:00-5:00 PM</i>
<b>30</b>	<b>31</b> 9:00 Van/Shopping			

## SPACE FOR SALE

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## PREPARE TO CARE

### A Planning Guide for Families

[https://assets.aarp.org/www.aarp.org/\\_articles/foundation/aa66r2\\_care.pdf](https://assets.aarp.org/www.aarp.org/_articles/foundation/aa66r2_care.pdf)

This is just a portion of the *Prepare to Care* info from AARP.org:

#### 10 Tips on How to Approach a Difficult Topic

The reality is that some conversations are just plain difficult— even with the people to whom you feel the closest. When preparing to discuss a difficult topic, it helps to follow the ground rules below to ensure that everyone's feelings are respected and viewpoints are heard. To help make the conversation as productive and positive as possible:

1. Try not to approach the conversation with preconceived ideas about what your loved ones might say or how they might react. "Dad, I just wanted to have a talk about what you want. Let's just start with what is important to you."
2. Approach the conversation with an attitude of listening not telling. "Dad, have you thought about what you want to do if you needed more help?" as opposed to "We really need to talk about a plan if you get sick."
3. Make references to yourself and your own thoughts about what you want for the future. Let them know that they are not alone; that everyone will have to make these decisions. "Look, I know this isn't fun to think about or talk about, but I really want to know what's important to you. I'm going to do the same thing for myself."
4. Be very straightforward with the facts. Do not hide negative information, but also be sure to acknowledge and build on family strengths. "As time goes on, it might be difficult to stay in this house because of all the stairs, but you have other options. Let's talk about what those might be."
5. Phrase your concerns as questions, letting your loved ones draw conclusions and make the choices. "Mom, do you think you might want a hand with some of the housekeeping or shopping?"
6. Give your loved ones room to get angry or upset, but address these feelings calmly. "I understand all this is really hard to talk about. It is upsetting for me, too. But it's important for all of us to discuss."
7. Leave the conversation open. It's okay to continue the conversation at another time.

"Dad, it's okay if we talk about this more later. I just wanted you to start thinking about how you would handle some of these things."

8. Make sure everyone is heard - especially those family members who might be afraid to tell you what they think. "Susan, I know this is really hard for you. What do you think about what we are suggesting?"
9. End the conversation on a positive note: "This is a hard conversation for both of us, but I really appreciate you having it."
10. Plan something relaxing or fun after the conversation to remind everyone why you enjoy being a family. Go out to dinner, attend services together, or watch a favorite TV program. These are just a few suggestions of things you, your loved ones, and other family members can do to unwind after a difficult conversation.

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#### **SHARPS DISPOSAL**

The Newburyport Council on Aging has a Sharps disposal for used needles (for diabetes, etc.). They are located at 331 High St., Newburyport (next to the Bresnahan School). Phone #: 978-462-0430.

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#### **COA DONATIONS**

Thanks to **John Ferrara, Priscilla Morse, Joe Murphy, Leslie Scanlon and Joan Taves** for donating items to our Senior Center.

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### **New PenPal Program Don't Let the Art of Letter Writing Disappear!**

***The Newbury Elementary school is looking for your help to make sure this doesn't happen!***

We are seeking 18 Senior volunteers to be matched with elementary school students. Once paired with an elementary student, you will be able to meet and share refreshments at a Meet & Greet. Throughout the remainder of the school year, you and your PenPal will write about one letter per month to each other. This is a great opportunity to connect with and support children in our community, while helping to build important skills and social development. If you can spare 10-15 minutes a month with this fun and important project, please contact the Newbury COA at 978-462-8114. Thank you for your time and consideration!

**Julie Romano, Community Resource Liaison  
Triton Regional School District**





**NEWBURY TOWN LIBRARY**  
978-465-0539

**Tai Chi – Fridays from 9:00 – 10:15 a.m. - \$6.00** – 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 p.m. On Fridays: Tong Ren Healing from 5:30 – 6:30 p.m.** – 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.

**Tues., November 12, 2019 – 6:00 – 7:00 p.m. – "Historic New England: A Tour of the Region's Top 100 National Landmarks" (Authors – Patricia Harris & David Lyon)** – The six New England states have nearly 400 such places. From Fairfield, Connecticut's Birdcraft Sanctuary to the Windjammers of Rockland, Maine, this book appeals to the historical enthusiast, the armchair traveler, and both local visitors and tourists alike. Registration is required for this event.



**NEWBURYPORT PUBLIC LIBRARY**  
978-465-4428

Call to see if registration is required for these events

**Tues., November 5, 2019 - 7:00 – 8:00 p.m. - "New England Pie: History Under a Crust"** – Author, Robert Cox, explores the origin and evolution of popular pie ingredients. He will be selling his book, which includes classic recipes and modern twists, featuring both savory and sweet selections one month at a time. Refreshments (pie, of course) will be provided. Registration is required.

**Wednesdays, November 6, 13, & 20, 2019 - 6:00 – 8:30 p.m. – NaNoWriMo (which stands for "National Novel Writing Month) Write-In** – National Novel Writing Month began in 1999 as a daunting but straightforward challenge: to write 50,000 words of a novel during the thirty days of November. Now, each year on November 1st, hundreds of thousands of people around the world begin to write, determined to end the month with a brand-new novel. Here at the library we have partnered with NaNoWriMo to be a registered write-in spot for those working on their novel or other literary works! Swing by the library on Wednesday evenings in November to work on whatever project you need motivation to finish. There will be coffee, tea and snacks. A quiet work space will be set-up in our Program Room, staffed by a mobile librarian for reference questions and editing assistance. Anyone participating can also print up to 50 pages of their work for free. This is a drop-in program and no registration required.

**Sat., November 9, 2019 – 3:00 – 4:30 pm - Powow River Poet's Reading Series: A Celebration of Edna St. Vincent Millay** – Join us for an afternoon of poetry with the Powow River Poets! Readings are free, accessible, and open to the public.

**Tues., November 12, 2019 – 7:00 – 8:00 p.m. - Hiking in New Hampshire's White Mountains** – Join local hiking enthusiast Steve Moore for a presentation on Hiking in New Hampshire's White Mountains. His presentation covers all four seasons and includes stories from his hikes, as well as pictures of scenic views, flora and fauna, waterfalls, and more.

**Thurs., November 14, 2019 - 7:00 – 8:30 p.m. – Cutting Cable** – Thinking of ditching your expensive cable bill?! Overwhelmed by the many streaming options available? Join us for a tech presentation on the various cable alternatives that will help you cut the cord and stream movies and TV at a fraction of the cost. Registration is required.

**Tues., November 19, 2019 - 7:00 – 8:00 p.m. – Amelia Earhart performed by Sheryl Faye** – Amelia Earhart's fearless, adventuresome spirit leads to hair-raising rides down her homemade roller coaster, and she is enthralled with the wonders of the new "flying machines" during a family vacation to the Iowa State Fair. Join living performer Sheryl Faye as she brings Amelia Earhart back to life.

**Tues., December 3, 2019 - 7:00 – 8:00 p.m. – A Veteran's Walk Across America** – On May 15th, Newburyport resident, William Shuttleworth, embarked on a journey to walk across America to heighten attention to the needs of veterans. His focus was on veteran suicide, veteran homelessness, veteran health care and urging more veterans to run for office at all levels. He also worked to raise \$100,000 for Disabled American Veterans. William arrived in San Diego on Sept 1, completing a 3,300 mile trek in 115 days.

**Tues., December 10, 2019 - 7:00 – 8:30 p.m. – "An Evening with Hank Phillippi Ryan - An Inside Look at Fiction, Journalism, and the Mysteries of Both!"** – How does an Emmy winning reporter become a best-selling author of fast-paced murder mysteries? And how does a just-the-facts journalist add mystery fiction to her resume – and juggle being a reporter, an author, a wife and a grandmother? Hank has managed to mix the worlds of fact and fiction – in an amazing career from radio reporter to Rolling Stone Magazine to undercover investigations at Boston's WHDH-TV.



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### **SNOW ANGELS PROGRAM**

**Students and Families from the Triton School District want to help you this winter!**

The Triton School District's Snow Angels Program matches you with a student/family that will come shovel your walkway, steps, etc.! **For more information and to sign up, please call the Newbury Council on Aging at 978-462-8114.**

### **November is National Caregivers Month**

**National PACE (Programs of All-Inclusive Care for the Elderly) Association - ([npaonline.org](http://npaonline.org))**

The annual observance is a time to honor family caregivers across the country. This year's theme is "Caregiving Around the Clock," recognizing the challenges that family caregivers face and how they manage them day and night.

This special observance enables us to do the following:

- Raise awareness of family caregiver issues
- Celebrate the efforts of family caregivers
- Educate family caregivers about self-identification &
- Increase support for family caregivers



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



**To all Volunteers born in November & December**

Nov. 26	Sue Wolfendale	Dec. 18	Debbie Morrison
Dec. 1	Martha Webb	Dec. 26	Maxine Balkus
Dec. 8	Mary Gill	Dec. 28	Kate Murray



**Daylight Savings Time ends on Sunday, November 3, 2019 at 2:00 a.m. At this time, we "fall back" by setting the clocks back one hour, thereby gaining one hour.**



### **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.

### **Life Quote**

**"The past is a place of reference, not a place of residence; the past is a place of learning, not a place of living."**

**- Roy T. Bennett -**