

# *Newbury Council on Aging*

**September & October 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.



## **VACCINE CLINICS**

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

**Two flu clinics will be held at the Newbury COA Senior Center located at the Newbury Elementary School, 63 Hanover Street (Door 29). Here are the upcoming dates:**

**Tuesday, September 10, 2019 – 10:30 a.m. – 12:30 p.m.**

**Tuesday, October 1, 2019 – 10:30 a.m. – 12:30 p.m.**

Flu and both Pneumonia shots will be available at this year's Flu Clinic. If you received the first Shingles shot from Leslie Doyle back in the winter, you will need the second shot during the September Clinic as it needs to be given within a certain period of time. 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 new 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, Leslie Doyle is more than happy to make a home visit.**



## **NUTRITION AND HEALTHY AGING**

**Thursday, September 19<sup>th</sup> at 1:00 p.m. at the Newbury Town Library**

**Please join Registered Dietitians, Leigh Hartwell and Susan Poludniak of Elder Services of the Merrimack Valley, and Jane Merrow, Coordinator of the Community Food Pantry located at the First Parish Church in Newbury, on Thursday, September 19<sup>th</sup> at 1:00 p.m. at the Newbury Town Library to discuss the benefits of good food for healthy living.** Whether you cook for one person or ten, learn about how your food choices can boost wellness, and about the wonderful food options that the Community Food Pantry provides. **Register by calling the Newbury Council on Aging at 978-462-8114, as seating is limited to 50 people.** Rides are available on the COA van for this event, so if you need a ride to the library, please let us know at least 24 hours in advance.



**Parker River National Wildlife Refuge "Behind the Scenes" Tour  
Wednesday, October 2, 2019 – 9:20 a.m.-12:30 p.m.**

**Join Newbury residents, Alix McArdle and Janet Hickey, Refuge Naturalists, for a "Behind the Scenes Tour" of the PRNWR.** This van-based tour opens areas of the Refuge otherwise closed to the public. The program begins at the Visitors Center with time to enjoy the interactive exhibits and to view a 12-minute Refuge video. We then board the PRNWR van (max. capacity 13) for the brief ride to the Refuge entrance on Sunset Blvd. Our itinerary will include a stop at Lot 7 (Emerson Rocks) where a short, fully-railing boardwalk leads to a platform that includes a viewing scope and benches and a panoramic view of the Atlantic from the Isle of Shoals to Halibut Point in Rockport. ***There is no charge for this tour! We will be departing from the Newbury Council on Aging's Senior Center at 9:20 a.m. and will return at around 12:30 p.m. The Senior Center is located at the Newbury Elementary School, 63 Hanover Street (Door 29), Newbury. Call the Newbury COA to reserve your seat on the van at 978-462-8114. If you need to be picked up at your home, please let us know ahead of time.***

## **Fuel Assistance Applications**

**Community Action, Inc. (CAI)** will soon be accepting applications for new clients (previous recipients will receive 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 Programs 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 November 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 two, \$57,363 for three, \$68,289 for four, \$79,215 for five and \$90,141 for six.

**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** - 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 also 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.**

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

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

## **WALK TO END ALZHEIMER'S DISEASE**



Again this fall, the **Walk to End Alzheimer's Disease** will happen. This is the world's largest event to raise awareness and funds for Alzheimer's care, support, and research. This year alone nearly half a million people over 65 (two thirds of them women) will develop this costliest disease to society: an estimated 18.5 billion hours of unpaid care costing families and friends \$290 billion. **Our closest walks are Sunday, September 15, 2019 in Andover, MA - Sunday, September 22, 2019 in Cambridge, MA - and Sunday, September 22, 2019 in Portsmouth, NH. For more information about times and locations, go to the following website: <https://act.alz.org>.**



## Two Volunteer Positions Open at the Newbury Council on Aging

**VAN MONITOR** - We are seeking a volunteer who is willing and able to accompany the weekly grocery trip on Tuesday mornings for approximately 3 hours. The van monitor assists shoppers on and off the van (with parcels on the return trip), and helps those who need assistance while in the grocery store. Interested volunteers should contact the COA at 978-462-8114 for more information.

**FRIENDLY VISITOR** - The COA has several senior residents who would benefit from friendly visits (one half hour to one hour) twice per month or even once every week. Whether conversation about a wide variety of topics, reading the newspaper to someone with vision challenges, or perhaps a round of gin rummy, the pleasure of your presence will be greatly appreciated.

If you feel that you can make a commitment for at least 6 months for either of the aforementioned volunteer positions, please call for more information. Volunteers will receive training prior to any volunteer engagements.

**These volunteer positions are eligible for the Newbury Senior Citizen Property Tax Work-Off program. The property tax abatement is \$1,100.00 for 100 hours of volunteer work in a 12-month period** (Program year is Nov. 1<sup>st</sup> through Oct. 31<sup>st</sup>. Credit is received for hours accrued by Oct. 31<sup>st</sup>, regardless of start date). Please call the COA at 978-462-8114 for more information.

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### FALL RISK ASSESSMENT

**Tuesday, September 17<sup>th</sup> and Tuesday, October 15<sup>th</sup>  
from 10:30 to 11:30 a.m.  
at the Newbury Town Library**

**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 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.



## 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), expect 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. SHINE (Serving Health Information Needs of Everyone) counselors can help you understand your plan changes, as well as other options you may have. Call now to discuss your insurance questions, schedule your SHINE phone or face-to-face appointment, or learn about group meetings during the Open Enrollment from October 15<sup>th</sup> thru December 7<sup>th</sup>.

You can call 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 volunteer will call you back as soon as possible. **Also, local Senior Centers offer one-on-one appointments with a SHINE counselor, including the Newbury Council on Aging. Our Senior Center is located at Newbury Elementary School, 63 Hanover Street (Door 29) in Newbury. Call 978-462-8114 to make an appointment.**

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### 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 Councils on Aging. 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.**





## Guest Chef Luncheons

We had a delicious, cold lunch for the month of July provided by the COA and we'd like to thank **Gretel Miller** and **Barbara Murray** for helping out in the kitchen! And thank you to August's guest chef, **Joe Murphy** and his wonderful assistant, **Greg Surels**, for volunteering to cook up such a terrific meal and to **Diane Sciola (Greg's wife)** for baking delicious apple pies. Also, thanks to kitchen helpers: **Barbara Murray**, **Carolyn Parker**, **Gretel Miller**, and **Alice Rogers**.

**Upcoming luncheons: Wednesday, September 18, 2019 and Wednesday, October 16, 2019, both at 12:00 noon. Cost: \$3.00. Call for reservations at 978-462-8114.** *If you need a ride, just let us know! If you'd be interested in being a guest chef or a kitchen helper in the future, call us at 978-462-8114.*



## Watercolor Art Class

**"You Can Paint This" with Bill Duke**

Artist, Bill Duke, will be at the Senior Center on **Wednesday, September 25, 2019 and Wednesday, October 23, 2019 from 9:30 a.m. to 12:30 p.m.** 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).



## VAN TRIPS

**Thurs., Sept. 5 – Shop & Lunch - Seabrook**  
**Wed., Sept. 11 – Village Pancake House - Rowley**  
**Thurs., Sept. 26 – Poet's Inn - Haverhill**  
**Wed., Oct. 9 – 99 Rest. & Dollar Store/ Seabrook**  
**Thurs., Oct. 24 – Village Restaurant – Essex, MA**  
**Wed., Oct. 30 – Olive Garden - Danvers**

Suggested donation: \$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.



## 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' appts. 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.

## Make a Difference in Someone's Life - NEET Has Flexible Volunteer Opportunities

Can you donate your time to offer two rides a month? The average ride is less than 30 miles round trip. You will receive mileage reimbursement and supplemental automobile liability insurance. NEET (Northern Essex Elder Transport, Inc.) is a non-profit organization providing non-emergency essential transportation for seniors with the support of volunteer drivers. Check with a staff member at your local Council on Aging or email Ginny Salem at [www.driveforneet.org](http://www.driveforneet.org) or call 978-388-7474 (NEET office in Amesbury).

## COA Outreach

If you, or a loved one, needs assistance or have questions regarding home care services, nursing homes, assisted living facilities, adult day health centers, filling out forms, etc., please contact our Outreach Case Manager, Janet DelMare, at the Newbury COA. Janet, having spent many years in social service work, is a valuable resource to senior residents over the age of 60. You may reach her at 978-462-8114.



## Birthday Bingo

**Thursdays, September 12<sup>th</sup> and October 10<sup>th</sup>**

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

## 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. Call Carol for more information: 978-465-8555. Donations are always welcome!


## October is Breast Cancer Awareness Month

Breast Cancer Awareness Month aims to raise awareness about the disease and raise funds for research into its cause, prevention, diagnosis, treatment and cure. **National Mammography Day for 2019 is October 18<sup>th</sup>.**





# September 2019

Monday	Tuesday	Wednesday	Thursday	Friday
2	3 9:00 – Van/Shopping	4	5 9:00 SHINE  10:00 Van trip - Shop & Lunch in Seabrook	6 SENIOR CENTER CLOSED  First Parish Church Community Food Pantry 3:00-5:00 PM
9	10 9:00 – Van/Shopping  10:30 – 12:30 – Flu Clinic	11 11:00 Van trip to Village Pancake House/Rowley	12 9:00 SHINE  1:00 Birthday Bingo 	13 SENIOR CENTER CLOSED  First Parish Church Community Food Pantry 3:00-5:00 PM
16	17 9:00 Van/Shopping  10:30 “Fall Risk Assessment @ Nby. Town Library	18 12:00 Guest Chef Luncheon	19 1:00 “Nutrition & Healthy Eating” @ Nby. Town Library  1:00 – 2:00 – Rep. from Sen. Tarr’s Office @ Senior Ctr.	20 SENIOR CENTER CLOSED  First Parish Church Community Food Pantry 3:00-5:00 PM
23	24 9:00 Van/Shopping	25 9:30–12:30 Bill Duke Watercolor Art Class RSVP	26 11:00 Van trip to Poet’s Inn - Haverhill	27 SENIOR CENTER CLOSED  First Parish Church Community Food Pantry 3:00-5:00 PM

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2019

Monday	Tuesday	Wednesday	Thursday	Friday
	<b>1</b> 9:00 Van/Shopping  <b>10:30 – 12:30 – Flu Clinic</b>	<b>2</b> <b>9:20 Parker River Wildlife Refuge "Behind the Scenes" Tour</b>	<b>3</b> <b>9:00 SHINE</b>	<b>4</b> SENIOR CENTER CLOSED  <i>First Parish Church Community Food Pantry 3:00-5:00 PM</i>
<b>7</b>	<b>8</b> 9:00 Van/Shopping	<b>9</b> <b>11:00 Van trip to 99 Restaurant &amp; Dollar Store/Seabrook</b>	<b>10</b> <b>1:00 Birthday Bingo</b> 	<b>11</b> SENIOR CENTER CLOSED  <i>First Parish Church Community Food Pantry 3:00-5:00 PM</i>
<b>14</b>	<b>15</b> 9:00 Van/Shopping  <b>10:30 "Fall Risk Assessment @ Nby. Town Library"</b>	<b>16</b> <b>12:00 Guest Chef Luncheon</b>	<b>17</b> <b>9:00 SHINE</b>  <b>1:00 – 2:00 – Rep. from Sen. Tarr's Office @ Senior Ctr.</b>	<b>18</b> SENIOR CENTER CLOSED  <i>First Parish Church Community Food Pantry 3:00-5:00 PM</i>
<b>21</b>	<b>22</b> 9:00 Van/Shopping	<b>23</b> <b>9:30–12:30 Bill Duke Watercolor Art Class RSVP</b>	<b>24</b> <b>9:00 SHINE</b>  <b>11:00 Van trip to Village Restaurant/Essex, MA</b>	<b>25</b> SENIOR CENTER CLOSED  <i>First Parish Church Community Food Pantry 3:00-5:00 PM</i>
<b>28</b>	<b>29</b> 9:00 Van/Shopping	<b>30</b> <b>11:00 Van trip to Olive Garden/Danvers</b>	<b>31</b> <b>9:00 SHINE</b>	



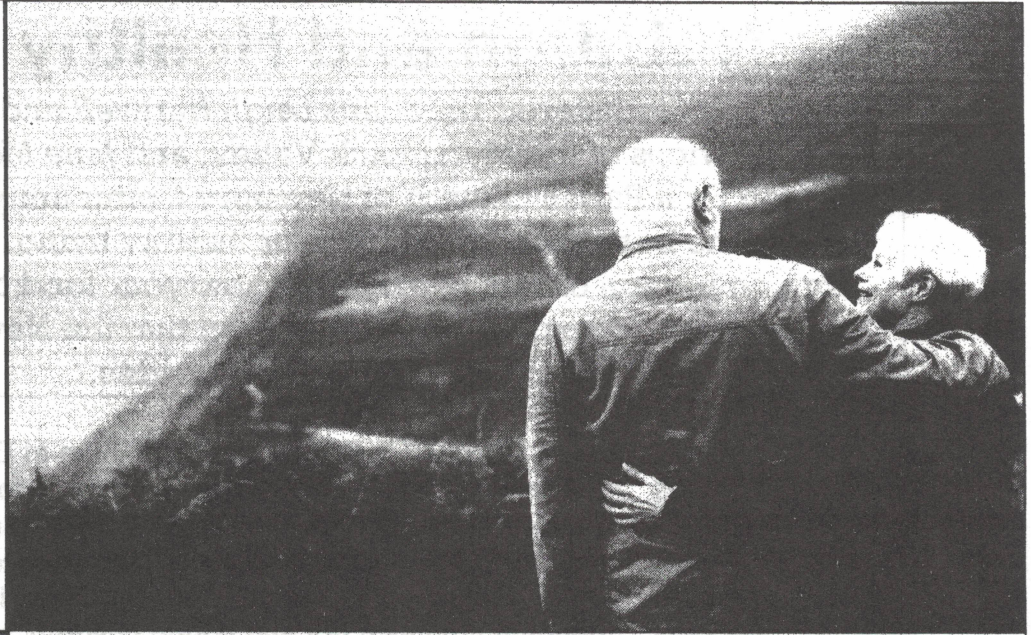
# I'VE SAVED FOR A LIFETIME AND NOW I COULD LOSE IT ALL?

## What If...

- I lose my house and life savings to a nursing-home stay?

- After my death, my adult child divorces or dies? Will my estate transfer to their spouse? What about my grandchildren?

- My adult child is battling creditors or drug addiction and inherits the estate?



Attorney  
Edward Beasley



Gregory Gagne,  
ChFC

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## Thursday, September 19th

### Newbury Town Library

0 Lunt St., Byfield, MA

6:00 – 7:30 p.m.

To reserve, go to <https://newburylibrary.org> and click on the  
“events” tab.

This seminar is free and open to the public. Registration strongly recommended.

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locations, please visit

[www.beasleyferber.com](http://www.beasleyferber.com)





# NEWBURY Council on Aging Event

## Nutrition and Healthy Aging

Please join Registered Dietitians *Leigh Hartwell* and *Susan Poludniak* of Elder Services of the Merrimack Valley, and *Jane Merrow*, Coordinator of the First Parish Church of Newbury Community Food Pantry, to discuss the benefits of good food for healthy living. Whether you cook for one person or ten, learn about how your food choices can boost wellness, and about the wonderful food that the Newbury Community Food Pantry provides.



**Leigh Hartwell** is a Registered Dietitian at Elder Services of the Merrimack Valley. She creates the menus for the Meals on Wheels program and conducts individual and group nutrition counseling sessions for participants in the ESMV service area. Her philosophy is "Food is Medicine". When she is not working at ESMV she enjoys spending time with her two young children, exploring the outside world and teaching yoga.



**Susan Poludniak** is the Healthy Living Program Manager and Registered Dietitian in the Healthy Living Center of Excellence Department at Elder Services of the Merrimack Valley. She has been with ESMV for over 10 years and a Registered Dietitian for over 25 years. Susan oversees a wide variety of healthy living, prevention and wellness programs offered by ESMV. Susan helps to implement these no cost to individuals who have an interest in better managing their overall health.

**Susan Boccuzzo** and **Jane Merrow** started the **Newbury Food Pantry** at the First Parish Church of Newbury on 12/11/15. We started with left over dry goods from the pantry that had closed at the Byfield Methodist Church. We served just one person the first month and now serve over 150 people each week. We offer fresh milk, cheese, eggs, frozen beef, pork, fish chicken and soups. We also have paper products, fresh produce weekly and during the summer months we have a free farmers market with the help from Nourishing the North Shore. We participate in the food recovery program from NBPT and NES schools during the school year. We are open every Friday 3-5 to all in need and are noted as a very friendly and welcoming pantry.



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http://www.newburyfoodpantry.org • www.firstparishnewbury.org

**WHEN: Thursday, September 19, 1:00 PM**

**WHERE: Newbury Town Library**

**0 Lunt Street**

**Byfield, MA. 01922**

Please RSVP to 978-462-8114; seating is limited to 50.

Rides are available to the library - please request 24 hours in advance



## **The Newbury COA Board of Directors is Seeking New Members**

The Board of Directors supports/assists the Director and staff of the Council on Aging with fulfilling its mission, provides guidance and sets policies and procedures for the Council on Aging. Obligations of members of the Board of Directors are to attend a monthly meeting (September - June), approximately 1 hour per month.

For more information, or if interested, please contact the Board Chair, Chaz Rudich via the COA Director Maggie Malley by calling 978-462-8114, or by email at [coa.director@townofnewbury.org](mailto:coa.director@townofnewbury.org). Interested applicants must submit an application (including a CORI form) to the COA, and a letter of intent to the Board of Selectmen. New Board members are appointed by the Board of Selectmen.

### **Friends of the Newbury COA are Seeking New Board Members**

The Board of Directors for the Friends of the Newbury Council on Aging has openings for new board members. We welcome residents from all backgrounds to work with us on serving the needs of the elders in Newbury, including Plum Island and Byfield. We are actively seeking new members with backgrounds in accounting, legal services, marketing, social media, social services and event planning. The Friends Board of Directors meets the last Tuesday of each month (except in July and August) at 5:15 PM in the COA office in the Newbury Elementary School at 63 Hanover Street in Newbury. Please contact Debra Kennedy, FNCOA President by email at [dakennedy@comcast.net](mailto:dakennedy@comcast.net), or, call her at 978-270-8993. Or, you may contact the Newbury COA office at 978-462-8114 for additional information.

### **50+ Job Seeker Networking Group Monday September 9, at 4:30 p.m. at Ipswich Town Hall**

Do you need help in a job search? Do you feel challenged by your age in seeking employment? Could you use the guidance of professional job coaches? **Join the 50+ Job Seeker Networking Group Program Launch on Monday September 9, at 4:30 p.m. at Ipswich Town Hall, Lower Level, 25 Green Street, Ipswich - 4:00 p.m. check in, 4:30 - 6:30 p.m. workshop. Registration required.** To reserve your space call Sheila Taylor at 978-356-6650 or visit: [www.mcoaonline.com/50plus](http://www.mcoaonline.com/50plus).

### **Newbury COA Donations**

**Thank you to Tim Lamprey, Joyce Mackey, Priscilla Morse, Joe Murphy and Janet Schoene** for donating items for our Senior Center.



### **Representative for Senator Bruce Tarr**

**Mary Ann Nay from Sen. Bruce Tarr's office**, will be at the Senior Center from **1:00 to 2:00 p.m. on Thursday, September 19, 2019 and Thursday, October 17, 2019**. She will be on hand to listen to concerns or questions you may have, and to provide assistance. The public is welcome.



### **RING & RIDE: Medical, Shopping & General Purpose Transportation & Medi-Ride**

**Ring & Ride** is a shared van service available to Newbury residents. It requires 24-hour notice with reservations made through MVRTA (Merrimack Valley Regional Transit Authority) at 978-469-6878, option #3. The van can be used for any purpose including medical and shopping in Amesbury, Boxford, Georgetown, Groveland, Haverhill, Lawrence, Methuen, Newbury, Newburyport, North Andover, West Newbury and Rowley Train Station and Rowley Market Basket. MVRTA also has a **Medi-Ride** service for medically-related appointments at Boston area hospitals.

### **For Laughs**

An elderly couple had dinner at another couple's house, and after eating, the wives left the table and went into the kitchen.

The two gentlemen were talking, and one said, "Last night we went out to a new restaurant and it was really great, I would recommend it very highly."

The other man said, "What is the name of the restaurant?"

The first man thought and thought and finally said, "What is the name of that flower you give to someone you love? You know, the one that's red and has thorns?"

"Do you mean a rose?"

"Yes, that's the one," replied the man.

He then turned toward the kitchen and yelled, "Rose, what's the name of that restaurant we went to last night?"



### **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.





# **NEWBURY TOWN LIBRARY**

978-465-0539

Our newsletter went to print in mid-August, so check for updated events at [www.newburylibrary.org](http://www.newburylibrary.org).

**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.

## **Events:**

**Tuesday, October 8, 2019 – 6:30 – 7:30 p.m. - Author Visit: Cheryl Suchors** - She's the author of "48 PEAKS, Hiking and Healing in the White Mountains", winner of a Silver Medal from Independent Publishers Book Awards. Kirkus Reviews called the book: "An inspiring yet relatable true story with exciting scenes and plenty of heart." BookBub listed 48 PEAKS as one of "10 Life-Changing Memoirs to Pick Up This Fall." Forty-eight year old Cheryl Suchors resolves that, despite a fear of heights, her mid-life success depends on hiking the highest of the grueling White Mountains in New Hampshire. All forty-eight of them!

**Thursday, October 10, 2019 – 6:30 – 7:30 p.m. - In the Groves: World Stories & Songs** - Master storyteller, Diane Edgecomb, along with Celtic harper, Margot Chamberlain, perform In the Groves: World Stories & Songs that Celebrate trees. Celebrate the deep spirit of trees with this exquisitely crafted collection of myths, folktales and songs from around the world. For Ages 8 - Adult.



# **NEWBURYPORT PUBLIC LIBRARY**

978-465-4428

Our newsletter went to print in mid-August, so check for updated events at [www.newburyportpl.org](http://www.newburyportpl.org).

**Best Films of the 1950's - Week of Monday, September 9<sup>th</sup> through Friday, September 13<sup>th</sup> at 2:30 p.m.** – Monday, 9/9 - "An American in Paris" (NR), Tuesday, 9/10 - "From Here to Eternity" (NR), Wednesday, 9/11 - "Roman Holiday" (NR), Thursday, 9/12 - "Some Like it Hot" (NR), Friday, 9/13 - "12 Angry Men" (NR).

**Tuesday, 9/10 – "Ask a Muslim Anything" – 6:30 – 8:00 p.m.** - Join photojournalist, columnist and public speaker Robert Azzi for this program on tolerance and faith. An Arab-American Muslim, Azzi welcomes questions on Islam, on being Muslim in America, on issues related to terrorism, and on the geopolitics of the Middle East as he has experienced and understands them.

Nothing is off the table.

**Tuesday, 9/17 – Peter Zheutlin Author Talk: "The Dog Went Over the Mountain: Travels with Albie – An American Journey" – 7:00 – 8:00 p.m.** - On the cusp of turning sixty-five, Peter Zheutlin and his beloved Albie, a rescue dog of similar vintage, take a poignant, often bemusing, and keenly observed journey across America and discover a big-hearted, welcoming country filled with memorable characters. They come away with a new-found appreciation for the life they temporarily left behind, and a determination to live more fully in the moment as old age looms.

**Wednesday, 9/25 – "Cutting Cable" – 7:00 – 8:30 p.m.** - 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. In this program you will learn about the different services currently available, what equipment is needed in order to stream, and the pros and cons of cutting the cord. Registration is required and space will be limited. You can sign-up in-person, by phone or online. Registration will open on September 4th.

**From 9/30 – 10/3 – Stephen King Movies – 6:00 – 8:00 p.m.** - Mon., 9/30 - "The Dead Zone" (R), Tues., 10/1 - "The Shining" (R), Wed., 10/2 - "Misery" (R), and Thursday, 10/3 - "It" (R).

**Tuesday, October 15 – "Rolling on the River: Life and Work on the Merrimack" – 7:00 – 8:00 p.m.** - Melissa Drake from the Buttonwoods Museum in Haverhill will be here discussing the Merrimack River's role in shaping industry in the Merrimack Valley. This lecture will cover the history of the river and the environmental effects of industry past and present.

**Tuesday, October 29 – "Haunted Cemeteries of New England" – 7:00 – 8:00 p.m.** - Paranormal researcher and *Ghosts of Salem* author Sam Baltrusis leaves no gravestone unturned in his search for the Bay State's most haunted cemeteries. He will discuss supernatural phenomenon such as the ghostly cries of the six Naramore children - murdered by their own mother in 1901- and the strange happenings at the Pierce Tomb at the Old Hill Burying Ground here in Newburyport. He will also touch on some of the gruesome history of the area, such as the blood-stained legacy of the Salem witch trials. Come celebrate Halloween with us as Baltrusis breathes new life into the long departed.



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



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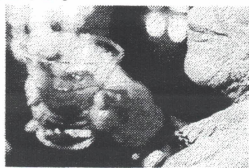
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## **Newbury Council on Aging**

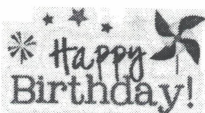
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The printing of this newsletter is prepared by Senior News Publications. The postage is paid by a grant by the Executive Office of Elder Affairs.



### **To all Volunteers born in September & October**

September 11	Geraldine Dorr, Patty Keys
September 13	Joe Murphy
September 27	Eloise Schoeppner
October 1	Chaz Rudich
October 11	Matt Freedman



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](mailto:coa@townofnewbury.org). If you would like to continue to receive our newsletter, but would prefer to receive it via e-mail, email us [coa@townofnewbury.org](mailto:coa@townofnewbury.org). Thanks!



### **First Parish Community Food Pantry**

The **all-volunteer, town-wide food pantry** 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 to assist you with selection, and carrying bags to your car. Donations of both food and cash are welcomed and can be dropped off on Friday afternoons. If you are in need of a ride, call the Newbury COA at 978-462-8114 Monday–Thursday. We are closed on Fridays.



### **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.

### **NEWBURY POLICE DEPARTMENT – Memory Disorders: Police Response to Dementia/Alzheimer's**

Caring for a loved one who is suffering from a memory disorder can be difficult and may require a specialized police response. **The Newbury Police Dept. encourages loved ones to register their family member living with memory disorders with the department so they have all the necessary information in the event of an emergency or crisis.** Come to the police station and request the paperwork, or go to the Newbury Police website ([www.newburypolicedept.com](http://www.newburypolicedept.com)) and print out the form from your computer. Once you're on the website, click on Helpful Links then scroll down to Elder Services and click on Alzheimer's Patient Fact Sheet.  
**Newbury Police Department: 978-462-4440.**



**Just before the death of flowers, and before  
they are buried in snow, there comes a  
festival season when nature is aglow.**

- Anonymous -