



Newbury

News from the Council on Aging

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How to reach us:

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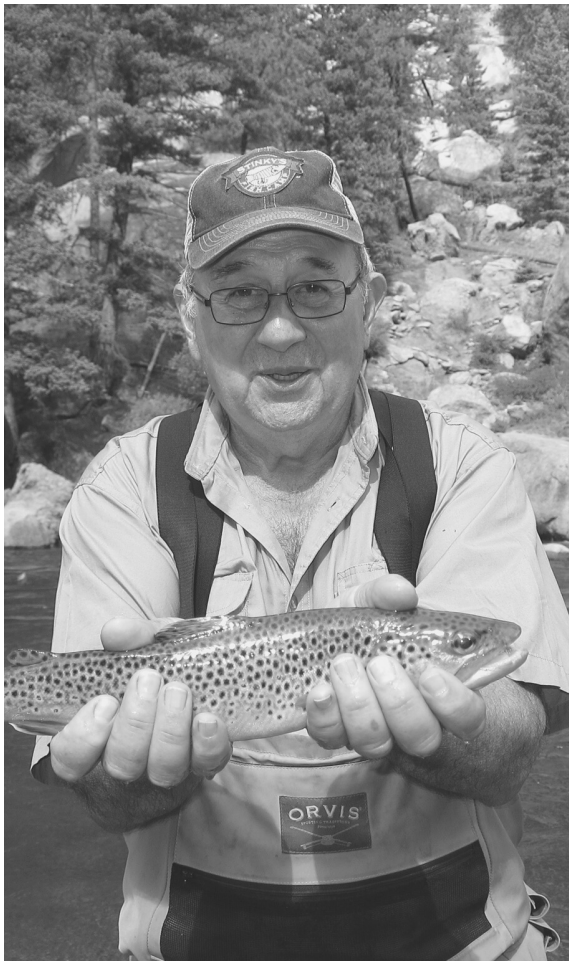
Greetings from the new Director of the Council on Aging!

Hello everyone! My name is Cindy Currier and I am the new Director for the Newbury Council on Aging. I come to the COA with over 20 years of experience in the healthcare industry and am looking forward to the opportunity to grow the COA and its program. We are working diligently to build a team that will bring fun, educational, and inclusive programming to our community.



Cindy Currier

Due to the Covid-19 pandemic, we have the added challenge of bringing programs to the community virtually. We will look to offer some programs online and others on the local cable access channel. Check out the articles in this edition of the newsletter for some great information. We would love to hear from you to get some feedback about what programs you would like us to offer. Call (978-462-8114) or email us (coa@townofnewbury.org) anytime!



Senior Citizen Property Tax Work Off Abatement Program

Did you know that the town of Newbury offers a tax abatement program to residents age 60 and over? Residents apply to participate in this program to reduce their property taxes by working in a town department. The program runs from November 1st to October 31st and the abatement is reflected on the third quarter (February) bill following the calendar year of employment. Want to learn more about this program and see if you qualify? Contact the Newbury Council on Aging. Below meet a resident who participates in this great program, Bill DiMaio.

Meet Bill DiMaio!

Senior Citizen Property Tax Work Off Abatement Program participant Bill DiMaio, pictured above, was drafted into the service after graduating from Boston University. He served in Vietnam for a year and was awarded the Bronze Star for his significant contributions while serving. After returning home, Bill worked for the General Electric Company for 39 years in the Aviation Department. He managed a plant that manufactured jet engine parts, retiring as a Manager of the Manufacturing Programs.

Bill moved to Byfield in 1978, raising four children with his wife, Geraldine. A few years ago he learned from friends in Boxford about the Senior Work Off Program, so he contacted the Newbury Council on Aging to learn more. Due to Bill's veteran status, he was connected with the Veterans Services Department and began tending to the American flag collection box to ensure the proper retirement of those flags. More recently Bill was appointed as the Newbury Veterans Grave Officer. In addition to his civic duties, Bill enjoys a morning walk with his dog, Gretchen, gardening, fishing, and exploring his ancestors' birthplace, Italy.

SHINE

Do you have or are you eligible for Medicare? Do you have questions? Our SHINE counselor can help! SHINE (Serving Health Insurance Needs of Everyone) provides free health insurance information, counseling and assistance to all Massachusetts residents with Medicare. People who have Medicare or who are about to become eligible for Medicare can meet (via telephone, due to the Covid-19 pandemic) with a counselor to learn about benefits and options available. Call the Council on Aging at 978-462-8114 to learn how to connect with our SHINE counselor!



Snow Angels



Have you heard about the Snow Angels? Students from the Triton Regional School District volunteer to assist senior citizens in Newbury, Salisbury, and Rowley to shovel snow throughout the winter. If you are interested in getting a Snow Angel to assist you this winter, call us at the Council on Aging at 978-462-8114 and we will connect you with Julie Romano, the Triton Community Liaison who oversees this helpful program.

Grocery Shopping in the COA van is back!

We are happy to report that the Council on Aging van is back in service for weekly trips to Market Basket! In order to ensure the safety of our passengers and driver, we have purchased a fogger to sanitize the van in between trips. It is also required that everyone on the van wear masks at all times. Hand sanitizer is available upon entry, and passengers are required to distance from one another. There is a maximum of four people on the van at one time, so call us to reserve your spot! Shopping trips are Tuesdays; first pick up is 9:30am.



Boston & Peabody Medi-Ride (MVRTA)

Do you have a medical appointment in Boston or at the Lahey Clinic in Peabody and need a ride? Medi-Ride is an advanced phone request service for Merrimack Valley Regional Transit Authority (MVRTA) Special Services passengers which provides Monday, Tuesday, and Thursday service from the Merrimack Valley Area to Boston Hospitals and the Lahey Clinic in Peabody. For more information, call 978-469-6878 or visit www.mvrta.com and click on Special Services.



Northern Essex Elder Transport (NEET)



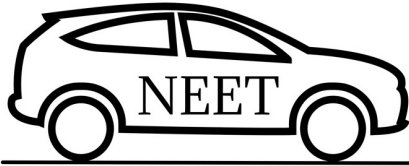
Northern Essex Elder Transport, Inc.

Great news! Newbury has a couple of NEET drivers who are ready to drive passengers to medical appointments. Availability is limited and due to the Covid-19 pandemic there is new paperwork to complete prior to being able to secure a ride. Please call us at 978-462-8114 to request your paperwork and schedule a ride with a NEET driver.

Are you interested in becoming a NEET driver? Call us and we will connect you with Ginny Salem of the NEET program to learn more!

How does aging affect your driving ability?

Provided by Ginny Salem, Administrator of Northern Essex Elder Transport, Inc.



In celebration of Older Driver Safety Awareness Week: December 7 – 11, please attend a 45-minute virtual presentation on Tuesday, December 8 at 2 PM offered by Northern Essex Elder Transport, Inc (NEET) your local volunteer driving program and lead by experts from Pathway Healthcare, a health care agency pioneering a new approach to provide exceptional care in the comfort and safety of your home.

The natural aging process does impact our driving ability but there is no arbitrary cut off for when someone should stop driving. This presentation will discuss the following:

- What aging physical changes can impact your driving ability?
- What assessments are available for you to determine your level of safety?
- How can you improve your strength, coordination and flexibility? A short hand out will be made available to all attendees.
- What is considered driving defensively?
- Q& A to your specific questions and concerns.
- What options are available for you when you stop driving.

Preregistration is required through Zoom. You can attend the virtual session on your computer, laptop, smart phone or simply call in and listen.

https://us02web.zoom.us/meeting/register/tZEqdequrzwuE9CGaJO6LvRfG_FgfLxqgzPq

After registering, you will receive a confirmation email containing information about joining the meeting.

Call NEET at 978-388-7474 or email info@driveforneet.org

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UNEMPLOYMENT FRAUD

By John R. Lucey Jr., Newbury Chief of Police

Over the past few months, police departments across the Commonwealth have seen a spike in unemployment fraud reports. Residents report receiving notification that a claim for unemployment benefits has been filed using their information with the Massachusetts Department of Unemployment Assistance (DUA). If you receive an unemployment notification, be aware, your social security number and other secure information may be compromised.

The Newbury Police Department requests victims of unemployment fraud contact the DUA, along with your financial institutes. Anyone can access the Unemployment Fraud Reporting form at <https://www.mass.gov/forms/unemployment-fraud-reporting-form>. You can file a police report by calling Newbury Police Department at 978-462-4440 x0 or by using our online reporting system at <https://www.newburypolice.org/make-request-a-report>.

The Commonwealth of Massachusetts recommends fraud victims take the following steps to protect themselves:

- File a police report. Get a copy of the report that you can provide to creditors and credit agencies;
- Change passwords on your email, banking, and other personal accounts;
- Make a list of credit card companies, banks, and other financial institutions where you do business. Tell them you are a victim of identity theft, and ask them to put a fraud alert on your account;
- Get a copy of your credit report and dispute any fraudulent transactions. You can request credit reports online from the 3 major credit reporting agencies (Equifax, Experian, and Transunion) or by calling (877) 322-8228;
- Place a credit freeze with each of the 3 major credit reporting agencies. Call each of the credit reporting agencies at these phone numbers or visit their websites to freeze your credit:
 - Equifax: 800-349-9960 or freeze your credit online
 - Experian: 888-397-3742 or freeze your credit online
 - TransUnion: 888-909-8872 or freeze your credit online
- Place a fraud alert on your credit file. You can do this by contacting just 1 of the credit agencies to add an alert with all 3 agencies;
- Take notes about all conversations and keep copies of all records.

If a caller asks for your personal information, such as social security number or account information, DO NOT share it. Take their phone number down and call the police so we can confirm the validity of the caller. For more information, visit <https://www.mass.gov/info-details/report-unemployment-benefits-fraud>

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Alice Rogers	Van Driver

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Grab and Go Meals!



Due to the Covid-19 pandemic, we are unable to offer meals to our community at the Council on Aging. But we have an alternative: Grab and Go Meals! These **free** meals are provided by the Newbury Council on Aging in collaboration with Elder Services of Merrimack Valley. How does it work? Call the Council on Aging to reserve your meal(s). On the date of the Grab and Go Meal, call the Council on Aging upon your arrival and a staff member will deliver your meal(s) to you in your car!

We are offering our first Grab and Go Meal on Tuesday, December 9th. Menu: Yankee Pot Roast with jardiniere gravy, candied yams, garlic green beans, and a roll with butter. A festive dessert will be included! Twenty free meals have been ordered, so please call the Council on Aging at 978-462-8114 to reserve yours! Grab and Go Meals will be available for pick up on December 9th outside the Council on Aging at 63 Hanover Street after 11:30am.