



# Newbury

*News from the Council on Aging*

## Important information:

### Dates to Remember:

- **Hanukkah - November 28 to December 6**
- **Christmas - December 25**
- **Kwanzaa - December 26**
- **New Year's Day - January 1**
- **Martin Luther King Jr. Day - January 17 (office is closed)**

**Council on Aging Hours:**  
**Monday through Thursday**  
**9am-3pm**

### Our Mission:

***Together we empower,  
 enhance, and enrich the lives  
 of our seniors.***

### How to reach us:

p. 978-462-8114

e. [coa@townofnewbury.org](mailto:coa@townofnewbury.org)

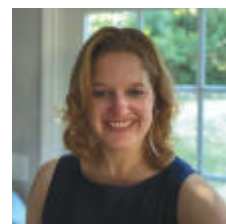
a. 63 Hanover Street

w. [www.townofnewbury.org](http://www.townofnewbury.org)

## From the Director

*By Cindy Currier*

We hope everyone is having a happy holiday season so far! We have lots of things happening at the Newbury Council on Aging. Be sure to check out all of our program options listed throughout this newsletter.



We are happy to report we have two new Van Drivers! Otto Kinzel and Joyce Crary have joined our team and will be bringing seniors on local shopping trips to Market Basket, Seabrook Commons, and Kohl's, as well as to local restaurants for lunch and other fun trips. Look at the enclosed calendar to see where we are headed and when, and call us to reserve your spot on the van. Want to go someplace we have not mentioned? Let us know!

You may have seen the Select Board Meeting in October or read about the plan for a temporary location for the Newbury Council on Aging. The Select Board voted to use ARPA (American Rescue Plan Act of 2021) funds to lease space at 12 Kent Way in Byfield as a temporary measure until a permanent home for us can be found. Once we have more information, we will certainly share that. For now, you can still find us at the Newbury Elementary School at 63 Hanover Street, Door 29.

Lastly, we love to hear from you to learn about what programs you like, what you would like to see offered, or if you would like to share a skill or hobby with other seniors in town. Call us or stop by...we look forward to hearing from or seeing you. Wishing everyone a Happy Holiday season!

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our Spring incentives!

## Butterfly Release Party

Help a butterfly find a home in our garden!

Wednesday, June 9

1:00 p.m. – 3:00 p.m.

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Haverhill, MA 01830

RSVP by Friday, 6/4 by calling 978.420.1570  
or emailing [drobinson@wingatehealthcare.com](mailto:drobinson@wingatehealthcare.com)

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# Understanding Fraud & Scams Lunch and Learn

Come join us for a presentation about how to prevent yourself from becoming a victim of fraud and scams. The Newbury Police will host this event in their Training Room on the second floor of the new **Police Station at 7 Morgan Avenue on Monday, December 13th at 12:00 pm.** This is a collaboration of the Newbury Council on Aging, The Newbury Police Department, Newburyport Bank, and Tom Howard of Howard Consulting. We will share information in an interactive format that allows for learning and participation from the audience. Learn how to identify scams and what to do if it happens to you. Lunch will be provided by the Newburyport Bank and a special fraud prevention gift will be given to all participants.

Registration is required for this event as space is limited. There are only 24 spots available. Call the Council on Aging at 978-462-8114 to save your spot!

Need a ride? Give us a call! Our van is available to pick seniors up and provide door-to-door transportation. When you arrive: park in the Police Station parking lot. Enter the building through the front entrance on Morgan Avenue. Stop at the window in the Lobby and let them know you are there for the fraud program and a Newbury Police Officer will buzz you into the elevator. Take the elevator to the second floor; Martha will direct you to the Training Room.

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## Covid-19 Booster Shots

To find locations of Covid-19 booster shots, visit [www.vaxfinder.mass.gov](http://www.vaxfinder.mass.gov) and enter your zip code and the manufacturer you would like, and a list of locations will pop up. Need help? No problem! Give us a call at 978-462-8114. We can help register you for an appointment to receive your booster shot.



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## Newbury Food Pantry



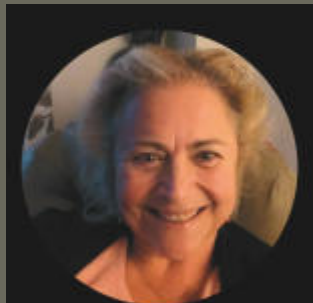
The Newbury Food Pantry provides healthy, fresh food with compassion and respect to all who are in need. You can place your order online at [www.newburyfoodpantry.org](http://www.newburyfoodpantry.org) or call 978-358-1077 and leave a message with your name and phone number. One of their dedicated volunteers will call you back to take your order. Orders are accepted all day Wednesdays and until 12pm on Thursdays. For those who do not have transportation or are immune-compromised, contact-free delivery can be arranged. Otherwise, orders can be picked up at 89 Hanover Street (on the right immediately after the railroad tracks when approaching from Route 1) by appointment on Fridays.



# Inside Outreach

Janet  
DelMare

Outreach  
Coordinator



## Contact Info:

Phone:

978-462-8114, ext. 11

Email:

coa.outreach@townofnewbury.org

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## Prescription Assistance

Through generous donations from the annual Chocolate Tour in Newburyport and additional generous donations from the Central Congregational Church in Newburyport, the Newbury Council on Aging has funds available to assist our seniors with filling prescriptions. Do you not fill a prescription because of the cost? Do you take less than the prescribed dose of a medication to avoid having to pay for a refill? Are you going through a difficult time and need some financial assistance with filling prescriptions? We are here to help you. Please call Janet DelMare at 978-462-8114 to learn more about how we can help.

## Seniors & Celebrating the Holidays

Navigating this time of year with your loved ones can be an emotional and stressful time. Forty-three percent of older adults report feeling lonely on a regular basis, according to the U.S. Department of Health and Human Services. During the holidays, those numbers may be amplified, thanks to the "holiday blues," which can cause irritability, fatigue, and sadness, according to the American Psychological Association. Knowing how to care for and support your family in small ways can help reduce some of that loneliness and help you connect on a deeper level. The following are a few suggestions from professionals that will help you enjoy the holidays:

### Try to:

- Prioritize making some of your favorite meals and treats.
- Include family members in planning meals, activities, etc.
- Look at family photo albums and reminisce about times past.
- Revive old family traditions.
- Keep loved ones involved.
- Enjoy the moment!

### Try not to:

- Make decisions for others.
- Expect just happy emotions.
- Force things.
- Overbook yourself.

Whatever your holiday season looks like, stop and relax into the holiday magic! Remember: your time and attention are priceless gifts.

## Digital Access Program

Want to get online but need a computer or related training? A new program provides individuals with a free tablet computer, training, and internet services through a partnership with Fidelity House of Haverhill.

The Digital Access Program is designed to bridge the digital divide between those who can access the online world and those who cannot. Participants receive a tablet computer, a data package if needed, and in-person training about using the computer and the internet - **free of charge**. This program is made possible with funding from the NiSource Charitable Foundation Fund for Merrimack Valley and the George C. Wadleigh Foundation, Inc.

The program is open to anyone, regardless of age or skill level, who wants digital training. Residents of Lawrence, Andover, and North Andover - the communities affected by the 2018 Columbia Gas explosion - are especially encouraged to apply.

Training is customized to fit individuals and their needs, varying from internet basics to social media or learning about advanced features of Zoom. If participants need a data plan/wi-fi access, the program pays those fees for up to one year. If, after six months, they are using the tablet to engage successfully online, it becomes theirs at no cost.

To learn more or apply for the program, contact Community Outreach Program Manager Nandi Munson at [nmunson@esmv.org](mailto:nmunson@esmv.org) or call 978-946-1380.

# Transportation Information

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*Give the  
Gift of a Lift*



Seniors need help with transportation.

Consider volunteering to drive.

Learn more at [www.driveforneet.org](http://www.driveforneet.org)

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## Need a Ride? NEET Drivers Can Help!

NEET (Northern Essex Elder Transport) is a non-profit volunteer program. Volunteers drive seniors to medical appointments and other local errands. You must register with NEET as a rider in order to access this convenient service. Most drivers offer local rides, but we do have a couple of volunteer drivers who will take seniors further, including into Boston. This is a volunteer service and rides cannot be guaranteed, but we do our best to match a volunteer driver with our seniors. Contact us at The Newbury Council on Aging at 978-462-8114 to request your registration packet and to schedule your ride. **Registered riders need to provide at least three business days' notice prior to their requested ride.** Just a reminder: the Council on Aging is closed on Fridays.

**Please note:** You will need to provide the following information in order to schedule a ride: date and time of your appointment; duration of your appointment; physician's name, address and telephone #.

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## Van Services Through The Newbury Council on Aging

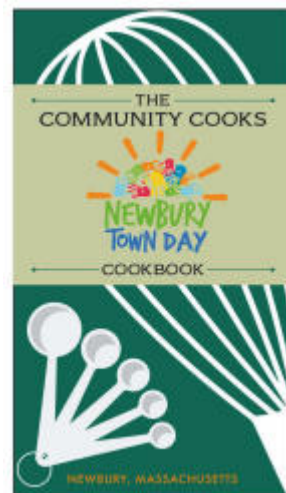
The Newbury Council on Aging van is making weekly trips to Market Basket, Seabrook Commons, other shopping locations, the Newbury Town Library, as well as special day trips to local restaurants. Do you want to join us for one of these trips? All van riders must be registered and **you must reserve your spot on the van each week.** Give us a call at 978-462-8114 to request your registration form and reserve your spot. See page 10 for a schedule of where we are headed and when.

**Please note:** Due to space limitations, we ask that riders limit their purchases to four (4) bags. Our Van Drivers can assist seniors with their purchases to their door, but it is the policy of the Newbury Council on Aging that they cannot enter the senior's home.

# Newbury Town Day Cookbook

Here's a wonderful opportunity to be a part of creating a lasting keepsake for the Newbury community and beyond: "The Community Cooks" cookbook. The idea is to weave the story of Newbury – past, present, and future – through treasured recipes and shared memories. "The Community Cooks" is one of many initiatives underway for Newbury Town Day, the town-wide, family-friendly day of fun being planned for June 18, 2022. The cookbook committee is collecting recipes and stories November 15, 2021 through January 9, 2022, with plans to have the cookbook in hand sometime next May for a price of about \$15.

Contributing your recipe is simple! Log into: <https://www.typensave.com/get-started/>  
**User Name: Newbury**  
**Password: tomato626**



Type in your recipe, and you're all set! A few important notes:

- All recipes included must have a name attribution. You may include your neighborhood when you enter your last name; for example, "Smith, Old Town." You are welcome to submit recipes of your own, or on behalf of a family member, neighbor, and so on. If you wish, you can add another name "On behalf of" in "Additional Contributor."
- Please do your best to verify the accuracy of submitted recipes. The cookbook committee will proofread, but will not be able to test all recipes.
- Think variety and originality to help fill out the menu and avoid duplication. How about your family's favorite vegetable stew or neighborhood Superbowl party meatloaf? Please note that the committee might not be able to print every contribution, but they will all be kept on file for possible future use.
- Recipes should be accompanied with a brief story of 65 words or less, entered in "Recipe Notes" at the bottom. For example:
  - PlumFest Punch – Matt Marsh, Plum Island, on behalf of the Marsh family. During PlumFest, we invite folks to stop by and serve them this island- and music-inspired cocktail.
- If you have any questions or are unable to enter your recipe, please email [newburytownday@gmail.com](mailto:newburytownday@gmail.com) with "cookbook" in the subject line.

Want to contribute but do not have a computer? No problem! Call us at the Council on Aging and we can help you. Thank you so much for participating in this great project!



## Constituent Services

Have a question or a concern that you would like to address with your state Senator or Representative? Come visit with Mary Ann Nay from Senator Tarr's office or Megan Desautels from Representative Mirra's office:

**When: Thursday, 12/16 at 12pm**  
**Where: Newbury Council on Aging,**  
63 Hanover Street, Newbury



## Thank you to Triton Middle School Students!

Thank you to Julie Romano, Community Resource and Special Programs Coordinator at Triton Regional, as well as the 17 Middle School students who baked homemade pumpkin pies for our seniors! Pies were included with November's Grab and Go meal and were delivered to our homebound seniors who receive Meals on Wheels. Thanks for helping to bring some sweetness to some of our seniors!

# TAKE-HOME ACTIVITY KITS

Our Take-Home Activity Kits, which can be picked up at the Council on Aging, are a way for us to offer fun activities for our seniors to do at home. Have an idea for a kit? Let us know! **Supplies are limited and these kits go fast**, so call us at 978-462-8114 to reserve yours today! Did you get our voicemail? Leave us a message including your name, phone #, and which kit you would like. Limit of one kit per person.

## STONEWALL KITCHEN DRINK KITS

Enjoy a cup of peppermint tea and some shortbread cookies or hot chocolate and a s'mores treat. 2 of each kit available.



## BELL-SHAPED BIRD FEEDERS

Offer your backyard birds a treat with this bell-shaped birdseed feeder! 12 kits available.



## STONEWALL KITCHEN COOKING KITS

Dinner's ready! Cook up this pasta and marinara sauce for an easy meal. Or make some delicious gingerbread cookies with this mix - just add an egg and butter. Yum! 4 of each kit available.



## CRAFT KITS: WOODEN NUTCRACKER

Get in the spirit of the holiday season by painting your own wooden Nutcracker. Kit includes Nutcracker soldier, paint and paintbrush, embellishments, and craft glue. 4 kits available.





# Programs

## Senior Stretch & Strength

**Mondays @ 10:30am**  
at the Central Street  
Playing Fields Field  
House (81 Central  
Street, Byfield).

*Join Instructor Eunice James as she guides you through an invigorating hour of stretching and strengthening exercises.*  
**NO CLASS MONDAY, 1/17.**



## Bingo

Come to the Council on Aging at 63 Hanover Street for Bingo twice a month! **Games start at 1pm. Monday, 12/6** is Holiday Bingo (wear your festive attire!) and **Monday, 12/20** is Birthday Bingo (join us for cupcakes and ice cream). **Monday, 1/3** is Bingo and **Monday, 1/24** is Birthday Bingo.



## Paint Your Own Holiday Ceramic Pieces

Paint your own ceramic Santa or Snowman! We have 6 ceramic pieces available. Call to reserve your spot!

*When: **Monday, 12/6 at 10am***  
*Where: Council on Aging, 63 Hanover Street, Newbury*



## Drawing Class with Jan Ledoux

Learn the basics of drawing shapes, how to shade, and creating contour lines in this four -week drawing class session. No experience necessary! **Class is limited to 6 students.** Our instructor, Jan, has a degree in Art Studio and has been teaching privately for several years.



*When: **Tuesdays: 12/14, 12/21, 12/28, and 1/4 at 10-11:30am***  
*Where: Council on Aging, 63 Hanover Street, Newbury*

*Call the Council on Aging to register for all programs. Seats may be limited...be sure to save your spot! Need a ride? Let us know!*

## Gentle Yoga

**Wednesdays @ 10am**  
at the Central Street  
Playing Fields Field House  
(81 Central Street,  
Byfield).

*Join Instructor Chris Howe for an hour of physical, mental, and spiritual exercise.*



## Delvena Theatre: A Christmas Carol

Visit with the spirits of Christmas past, present, and future in this production of *A Christmas Carol* by The Delvena Theatre group!



*When: **Tuesday, 12/7 at 2:00pm***  
*Where: Newbury Town Library, 0 Lunt Street, Byfield*

## Gingerbread House Decorating

Have some sweet fun decorating a gingerbread house! 6 houses are available to decorate. Call to reserve your spot.

**Thursday, 12/9 at 1pm** at the Council on Aging, 63 Hanover Street, Newbury



## Christmas Cookie Decorating

Join us at the Council on Aging at 63 Hanover Street on **Thursday, 12/16 at 11am** to decorate some yummy sugar cookies from Buttermilk Bakery! 10 spots available. Call to register!





# More Programs!

## Winter Backyard Birds

Lisa Hutchings from the Mass Audubon Joppa Flats Education Center on Plum Island will be sharing some facts and tips on Winter Birding in our area. Space is limited to 16 participants. Please call to register.

**When: Tuesday, 1/11 at 1pm**  
**Where: Council on Aging, 63 Hanover Street, Newbury**



## Getting Started with Genealogy

Interested in researching your family tree? Join Sally Ryan for some pointers on getting started in genealogy. Sally will help you with websites and other tools to start your research; the second meeting will be a hands-on session using the computers at the Library; the third meeting will be a chance to come together to share your findings.

3 sessions:

**Thursday, 1/6 @ 11am** at the Council on Aging, 63 Hanover Street, Newbury.

**Thursday, 1/13 @ 11am** at the Newbury Town Library, 0 Lunt Street, Byfield

**Thursday, 1/27 @ 11am** at the Newbury Town Library

Please call to register; we have 8 spots available.



## Best of Times Travel Show

Susan Bowser from Best of Times Travel will give us a presentation on all the great upcoming coach bus day trips we are planning through her travel company. Learn about the music and lunch shows at the Danversport Yacht Club, New Hampshire's Turkey Train, and Christmas at the Newport Mansions. Refreshments will be served. **Please register for this informative event by Tuesday, 2/15.**

**When: Wednesday, 2/23 at 1pm**  
**Where: Council on Aging, 63 Hanover Street, Newbury**



## Watercolor Class

Learn how to paint with watercolors with the guidance of Bill Duke on **Wednesday, 1/19 from 10am-1pm** at the Newbury Council on Aging, 63 Hanover Street, Newbury. 10 spots available. Call to register!



## Celtic Angels of Ireland

Join us for a day trip to the Danversport Yacht Club on **Wednesday, 3/9** as the Celtic Angels transport us to their homeland through music and dance. Lunch choices: corned beef and cabbage or baked scrod. **Registration required by Wednesday, 2/9.**

**Cost: \$50 per person**  
**Pick up: 10am at the Newbury Council on Aging, 63 Hanover Street, Newbury**



## Game Night!

Spend the evening playing games and making new friends! Games include card games, Trivial Pursuit, Scrabble, Cribbage, or BYOG (bring your own game!). Pizza and soft drinks will be served. Call us to let us know you will be coming.

**When: Tuesday, 1/25 from 5-7pm**

**Where: Newbury Council on Aging, 62 Hanover Street, Newbury**



# Van Trips

## December:

12/2 - Seabrook Commons  
12/9 - Dollar Tree & The 99 Restaurant & Pub  
12/14 - Holiday lights & coffee shop stop  
12/16 - Seabrook Commons  
12/23 - Marshalls (Newburyport)  
12/30 - Newbury Town Library

## January:

1/6 - Seabrook Commons  
1/13 - Newbury Town Library  
1/20 - Rowley Market Place & The Clam Box  
1/27 - Kohl's (Seabrook) & Dunkin

Every Tuesday - Market Basket

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## Virtual Programs



Be sure to check out Cable Access Channel 9 for some new programs! Selections are shown Monday through Friday @ 11am & 2pm; Fridays @ 1pm; and Saturdays & Sundays @ 8pm.

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## Holiday Party! Wednesday, December 15th at 12pm



Come celebrate the season with us on **Wednesday, December 15th at 12pm at PITA Hall, 8 Plum Island Turnpike**. Our menu from Starboard Galley includes: turkey, stuffing, potatoes, green beans, squash, gravy, cranberry sauce, and apple bread pudding. We will have a cart with an assortment of mini desserts as well. Join us for some delicious food, seasonal music, raffles, and cheer!

**Registration for this event is required by Wednesday, 12/8.** We have **48 spots available**. Call the Council on Aging at 978-462-8114 to reserve your seat.

Parking is limited, but we have reached out to businesses that surround PITA Hall to ask if they would be willing to let our seniors park at their locations for this event. Please call the Council on Aging to confirm parking options.

Need a ride? No problem! Our van will be running throughout the afternoon to provide door to door transportation to our seniors who cannot make it on their own. Call us to reserve a seat on the van.



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Joyce Crary	Van Driver



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The printing of this newsletter is prepared by LPi.  
The postage is paid for by a grant from the  
Executive Office of Elder Affairs.

## Call Us to Reserve Your December & January Grab and Go Traveling Chef Meals!



Grab and Go Meals are **free** meals provided by the Newbury Council on Aging in collaboration with Elder Services of the Merrimack Valley & North Shore's (ESMV&NS) Traveling Chef Program.

We are offering Grab and Go Meals on **Wednesday, December 22nd and Wednesday, January 19th**. December's menu: Chicken Parm with marinara sauce and cheese; elbow pasta; broccoli; garlic roll; mini cannoli for dessert. January's menu: General Tao's Chicken; fried rice; garlic green beans with soy sauce; dinner roll; Fortune Cookie for dessert. **40 free meals have been ordered** and they are going quickly, so **please call the Council on Aging at 978-462-8114 to reserve yours**. Grab and Go Meals will be available for pick up after 12pm on Wednesday, December 22nd and Wednesday, January 19th at 63 Hanover Street. Call upon your arrival and a staff member will deliver your meal to you in your car or come inside to pick up. We are able to offer home delivery for some of these meals. If you are a homebound senior, call us to reserve your delivery spot. *Bon Appetit!*