



Newbury

News from the Council on Aging

Important information:

Dates to Remember:

- **Christmas observed: Monday, 12/26 (office closed)**
 - **New Year's observed: Monday, 1/2 (office closed)**
 - **Martin Luther King Jr. Day: Monday, 1/16 (office closed)**
-

Council on Aging Office Hours:
Monday, Wednesday & Thursday
8am-4pm
Tuesday
8am-7pm

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

a. 12 Kent Way Byfield, MA 01922

w. www.townofnewbury.org

From the Director

By Cindy Carrier

The holiday season is upon us! We will be celebrating with a holiday luncheon at PITA Hall on Wednesday, December 14th. Be sure to call us to reserve your spot as space is limited.



We had a Breakfast with the Chiefs in October and were happy to have Police Chief John Lucey Jr., Deputy Chief Patty Fisher, Fire Chief Doug Janvrin and Deputy Chief Wally Ziehler Sr. join us (see the photo above). We lucked out and got this event scheduled before Chief Lucey's retirement in early December. And we look forward to hosting this again with our new Chief (Patty Fisher) and Deputy Chief (Aaron Wojtkowski) soon!

In order to ensure we have enough materials and refreshments for everyone who attends our programs, we are requesting that you call the Council on Aging at least one week prior to any events you would like to participate in so that we can plan accordingly.

Finally, our phone service has been restored so when you dial our phone number (978-462-8114), we will answer your call directly. You can also reach us by calling the Town Offices at 978-465-0862 and dialing extension 484.

From all of our staff here at the Newbury Council on Aging, we wish you and your families a happy and healthy holiday season!

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CNewbury, MA

036-5372

Holiday Luncheon at PITA Hall



Come Celebrate the Holidays With Us!

We are celebrating the holidays on **Wednesday, December 14th** at 12pm with a delicious luncheon at PITA Hall (8 Plum Island Blvd.). Dinner will include turkey with all the trimmings and a delicious seasonal dessert. Great food, good friends, live entertainment, door prizes, and maybe even a surprise guest!

This is an RSVP event and seats are limited, so call us at 978-462-8114 to reserve your spot. Our van will be available to provide transportation to and from PITA Hall. Parking is very limited, but overflow parking will be available at the Plum Island Grille (2 Plum Island Turnpike).

Exercise Classes

Central Street Playing Fields

Field House

81 Central Street, Byfield

Stretch & Strength with Eunice James
Mondays at 10:30am

Gentle Yoga with Chris Howe
Wednesdays at 10am
(excluding holidays)

**Check out the calendar insert for
class schedule and call us in the
event of inclement weather to
ensure classes will still meet.**



Have an idea for a program? Let us know! We are always looking for new programs to offer. Call us at 978-462-8114 and ask to speak with our Program Coordinator, Kathy Zarembo. We look forward to hearing from you!

Inside Outreach

Janet
DelMare

Outreach
Coordinator



Contact Info:

Phone:

978-462-8114

Email:

coa.outreach@townofnewbury.org

Hours:

Monday through
Thursday 9am-1pm

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For More
Info About
Senior Driver
Safety &
Mobility, you
can visit:

<https://exchange.aaa.com/safety/senior-driver-safety-mobility/>

What To Do When Things Go Wrong On The Road

Review these checklists so you're prepared for car trouble or a crash (better to have this info and not need it, than need it and not have it!):

Before a Breakdown or Crash:

- Plan ahead. Keep these items written down and kept in your glove compartment. We all can get rattled when an accident occurs.
- Your full legal name
- Your current address/email/phone number
- Your driver's license number and plate number
- Insurance carrier and policy number
- Your vehicle make, model and year; license plate number; VIN
- Your insurance carrier, their phone number and your policy number
- It's also a good idea to keep an emergency kit with first-aid and roadside visibility items (e.g. flashlight, flares) in your car.

After a Breakdown:

- If able, safely pull off the road. Turn on your hazard lights.
- Alert other motorists so they avoid you (turn on hazard lights, open hood, etc.).
- Make a written or mental note of your vehicle's location.
- Identify the problem or anything unusual (sounds, smells, etc.).
- Call for roadside assistance. If it's safe to do so, remain with your vehicle until the service technician arrives. Locations, traffic patterns and vehicle problems vary, so these are general suggestions, not rigid rules.

After a Crash:

- Take a few slow, deep breaths to calm yourself.
- Assess your own condition. If you're able, check on others involved in the collision to determine if anyone is hurt.
- Call 911.
- Don't refuse medical evaluation and attention at the scene.
- Remain at the scene. Turn on the hazard lights and safely move to a safe area. If your vehicle cannot be moved, turn on the hazard lights and you go to a safe spot.
- Don't agree to forget about the accident. You may have hidden damages or unknown injuries.
- Exchange the following information with the other driver:
 - Name
 - Address/email/phone number
 - Driver's license number
 - Insurance carrier and policy number
 - Vehicle make, model and year; license plate number; VIN.
 - Include witnesses' information if applicable.
- Once home, notify your insurance carrier.

Transportation Options

Give the Gift of a Lift



Assist older adults with transportation
to medical appointments.
Volunteer to drive when and where you want.

Learn more at www.driveforneet.org/volunteer
or call 978-388-7474.



Northern Essex Elder Transport, Inc.

Need a ride? NEET May Be Able to 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 ONE WEEK'S NOTICE prior to their requested ride; two weeks is required for rides into Boston.** Just a reminder: the Council on Aging is closed on Fridays.

Please note that 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 #. **MASKS ARE REQUIRED FOR ALL NEET RIDES.**



Van Services Through The Newbury Council on Aging

The Newbury Council on Aging van is making weekly shopping trips every **Tuesday morning** at 9:30am. **Tuesday afternoons** between 12-3pm, our van is available to transport seniors to local medical appointments. 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. For Tuesday afternoon appointments, please call on the previous Thursday to save your spot.** Call us at 978-462-8114 to request your registration forms and reserve your spot.

Note: We can assist seniors with their purchases to their door, but it is the policy of the Newbury Council on Aging that Van staff cannot enter the senior's home.

MORE Transportation Options!

Did you know that the Merrimack Valley Regional Transit Authority (MVRTA) has re-branded? They are now Merrimack Valley Transit...or MeVa for short! MeVa has several new buses that you may see around the Merrimack Valley that look like the bus below:



While we do not have any MeVa bus stops in Newbury, MeVa still has two great services that were also offered through the MVRTA:

Ring and Ride is a curb-to-curb transportation service using wheelchair lift-equipped vehicles. You can use this service in a variety of ways. Whether you are commuting to and from work, going shopping, visiting friends, or going to a medical appointment, this service might work for you! Call MeVa at **978-469-6878, option 3** to learn more about this service, hours of operation, how to register, or to reserve a seat.

Medi-Ride is an advanced phone request service which provides Monday, Tuesday, and Thursday service from the Merrimack Valley to Boston Hospitals and Lahey Clinic in Peabody. Call MeVa at **978-469-6878, option 3** to learn more about this service, hours of operation, how to register, or to reserve a seat.

Holiday Card Making

Want to make some homemade holiday cards?

Maybe some seasonal thank you notes?

Join us on **Tuesday, December 6th at 1pm!**

We will provide all of the supplies as well as some snacks...
you just bring your creativity!

Please let us know if you plan to attend by calling us
at 978-462-8114.



Game Night!



One Tuesday evening each month the Newbury Council on Aging is offering a Game Night. Come join us for dinner and dessert, play some fun card or board games (or just have some good conversation), and make some new friends! Game nights are held from **4:30-6:30pm** and are scheduled for: **Tuesday, December 6th and Tuesday, January 24th**. Please call to let us know if you plan to attend so we can plan accordingly. Games include: gin rummy, Uno, Scrabble, Bananagrams, Jenga, Sorry, Trouble, Left Center Right, cribbage, and more...or bring your own game! **WE ARE LOOKING FOR CRIBBAGE PLAYERS!**



Bingo!

Join us for some rowdy games of Bingo on designated Mondays at the Newbury Council on Aging! Games are 10¢ per card to play. **Schedule: Monday, December 5th; Monday, Monday, December 12th; Monday, January 9th; and Monday, January 23rd at 1pm.**

Watercolor Class with Bill Duke



Join instructor Bill Duke for his monthly watercolor class. With Bill's patient instruction, you can paint a beautiful watercolor landscape scene. All you need for this class is the desire for some creative fun. No previous painting experience is required. The lesson is \$20, paid directly to Bill. All materials are provided. This class is limited to 10 participants. Please call the Newbury Council on Aging at 978-462-8114 to register. The next classes are scheduled for:

**Tuesday, December 13th and Tuesday, January 17th from 10am-1pm
at the Newbury Council on Aging**

Please note: to be fair to our outside vendor and because of the waitlist generated for this program, pre-payment of \$20 (cash) for this class is required.



Delvena Theatre Company Presents: *A Christmas Carol*

The Christmas season comes alive with Delvena Theatre Company's production of the beloved story of *A Christmas Carol* by Charles Dickens on **Monday, December 19th at 1pm at the Council on Aging.**

Join us for a dramatic reading of *A Christmas Carol*, complete with period costumes, by three professional actors. Watch in fascination as Marley comes back from the dead to help Scrooge amend his miserly ways here on Earth and transform himself in a pleasant, giving old gentleman.

With the help of three ghosts the audience will be mesmerized as old Scrooge takes a long look at his life and reevaluates its path.

Classic Christmas music puts the finishing touch on this wonderful message of hope and love – so fitting for the Christmas season!

Please register for this event by calling us at the Council on Aging at 978-462-8114

Knitting and Crocheting Group

Join us on **Thursdays at 10am** at the Council on Aging for a drop-in group! Bring your own projects that you have already been working on, or we have some knitting supplies. This is not limited to knitting and crocheting...any fiber crafters are welcome to join us!



Christmas Craft Afternoon



We will have several small Christmas crafts to choose from...come get in the spirit of the season and make something festive! All supplies will be provided. Please call us at 978-462-8114 to register for this program.
Tuesday, December 20th @ 1pm

TAKE-HOME ACTIVITY KITS

Our Take-Home Activity Kits, which can be picked up at the Newbury Council on Aging, are a way for us to offer fun activities for our seniors to do at home. **Supplies are limited and these kits go fast**, so call us at 978-462-8114 to reserve yours today!

Limit of ONE KIT PER HOUSEHOLD. Kits will be held for ONE WEEK; if kits are not picked up within one week, they will be made available for another senior.



Amaryllis Kit



Birdseed Bell



Baking Kit



Hot Chocolate Kit

Movie Matinee

We're watching movies! Join us for:

The Grinch - Thursday, December 1st at 1pm

White Christmas - Thursday, December 8th at 1pm

It's a Wonderful Life - Wednesday, December 21st at 1pm

To celebrate the first day of Winter on December 21st, we are having a Hot Chocolate Social during the movie! This matinee/Hot Chocolate Social is limited to 10 people...be sure to call us at 978-462-8114 to reserve your seat!



Holiday Lights Van Trip

Go for a ride in the Council on Aging van around the Newburyport area to see holiday lights, then have some hot chocolate and treats with us back at the Council on Aging. **Tuesday, December 13th at 4pm.** Limited to 10 people, so call today to reserve your seat!



TaxAide Volunteer Opportunity!

Looking for a rewarding volunteer opportunity this winter? **TaxAide** is an AARP program providing free income tax services, primarily for seniors. **TaxAide has opportunities** for those with accounting or financial backgrounds to prepare simple tax returns using IRS-prescribed software. They also need volunteers with administrative skills who can run their sites/offices (no tax law knowledge required). Computer skills are needed for that work.



TaxAide provides training in January and ongoing mentoring. Your post-training commitment: 5-10 weekday hours/week, February through mid-April. There are openings at several sites in the area. TaxAide offers great teams and grateful clients! For more information, please email your name and phone number to:

MATAXAIDE.District4@gmail.com to set up a time to discuss this opportunity further.

TaxAide will be a resource that is available for Newbury residents this upcoming tax season...look for more information in the next newsletter.

Animal World Experience



Matt Gabriel will be back with his interactive and educational animal presentation on **Monday, January 30th at 1pm**. Last time Matt visited, he brought a turtle, a snake, an albino hedgehog, a lizard, and a ferret. Depending on the weather and who is up for a field trip that particular day dictates who Matt will bring to show us...but you don't want to miss it! Come meet Matt and his animal friends. Please give us a call at 978-462-8114 to let us know you will be coming.

Volunteer Training

Are you a volunteer with the Newbury Council on Aging? We are having a Volunteer Training to review policies and procedures of the Newbury Council on Aging volunteer program on **Thursday, January 12th at 10am**. You will hear from Janet DelMare or Cindy Currier with more information and to invite you to the training. Can't make it? No worries! Let us know and we will work together to ensure you receive the information needed for us to be in compliance.





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Newbury Council on Aging

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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.

Join Us for Lunch with The Traveling Chef



Traveling Chef Meals are **free** meals provided by the Newbury Council on Aging in collaboration with AgeSpan's Traveling Chef Program.

Unlike the pre-packaged take-home Grab and Go Meals, the Traveling Chef program is retuning to its original concept of serving a hot meal in-person at the Council on Aging. Join us for our next Traveling Chef meals on **Wednesday, December 7th and Wednesday, January 4th at 12pm**. December's menu: stuffed pepper, au gratin potatoes, Caesar salad, garlic bread, and Tiramisu; January's menu: Choice of corn or clam chowder in a bread bowl, garden salad, and a brownie. We have limited seats available, so please call us at 978-462-8114 to reserve your seat. *Bon Appetit!*