



Newbury

News from the Council on Aging

Important information:

Dates to Remember:

- Christmas Day: Monday, 12/25 (office closed)
- New Year's Day: Monday, 1/1 (office closed)
- Martin Luther King Jr. Day: Monday, 1/15 (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, option 3
e. coa@townofnewbury.org
a. 12 Kent Way Suite 100
Byfield, MA 01922
w. www.townofnewbury.org

From the Director

By Cindy Currier

Our phone lines are still forwarded to the town offices. When you dial our direct line (978-462-8114), you will hear a message thanking you for calling the Town of Newbury. When you hear that message, press "3" to reach the Council on Aging. We are working with IT to get our phones settled. We appreciate your patience.



We have added to our team! Jannine Vaciliou is our new Outreach Coordinator. Jannine started with us in September and has hit the ground running. She is available to talk or meet with our seniors and their loved ones to connect them with the services they may need from food insecurity to how to apply for housing to fuel assistance and more. She will also be an integral part of our team at many of our programs and events. Feel free to stop by and say hello. She is eager to meet all of our seniors and be a part of our team here at the Newbury Council on Aging!

Finally, the Snow Angels program through Triton has been unable to recruit enough volunteers to meet the demand for this invaluable service. If you or someone you know would be willing to take on a volunteer role to help a senior in need of shoveling their walkways and stairs to their homes (*not* shoveling driveways), please contact Sarah Houghton, Family & Community Engagement Coordinator for Triton, at 978-518-4255 or email her at sarah.houghton@tritonschools.org

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Exercise Classes

Central Street Field House
81 Central Street, Byfield

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

Gentle Yoga with Chris Howe
Wednesdays at 10am

**Be sure to check out the calendar
insert for scheduled classes.**
Registration is not required, but
first-time students will need to
sign a waiver form upon arrival
to class.



Foot Care Clinic with Barbara Ullman! Barbara is a Registered Nurse and licensed medical pedicurist who started her business after seeing nail neglect in the community. Barbara believes older adults deserve routine proper foot care. Consistent regular foot care improves circulation and boosts overall health and wellness. A lack of proper foot care leads to pain and discomfort which will affect a person's balance when walking. Better balance and improved foot function helps avoid more serious falls. *Seen Your Feet* is a unique pampering experience. Would you like to schedule an appointment with Barbara? She will be at the Newbury Council on Aging the last Wednesday of every month beginning in January 2024 from 10am-12pm. **Reservations are required.**

What's involved with a Medical Pedicure: wet the nails (NOT a foot soak); clean the nail beds; trim the nails close (but not too close); she can provide callous care and file them down; there is NO pushback of cuticles (as this can lead to infection); she finishes with a little reflexology and gentle massage with some mineral oil. NO POLISH applied. Timeframe is about 15-20 minutes and the charge is \$30 (cash or check paid directly to Barbara).

Our first clinics will be:
Wednesday, January 31st and February 28th
Call us to reserve your spot!

Knitting 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. Any fiber crafters are welcome to join us!



Blood Pressure Clinic

Monday, December 11th
&

Monday, January 8th
12-1pm

Call or stop by to see
Kim Arsenault RN



Rug Braiding

Instructor Laura Short is leading our rug braiding class. If you are interested, please call us to learn more and to register for classes. All materials as well as one-on-one instruction from Laura is included. **Class meetings are on the calendar insert.**

Holiday crafts

Spend an afternoon getting crafty! Learn to make a paper snowflake or choose from several other crafts.

Wednesday, December 20th at 10am.



Senior Tea

Triton Regional High School is hosting a Holiday Senior Tea in their Library on **Tuesday, December 12th from 10-11:30am** with musical performances by Triton's jazz band and choir. Snacks and beverages will be served. We would love to bring a group of seniors in our van to support our local students, who are looking to support our seniors with a festive holiday social gathering. Please let us know if you would like to attend. We can accommodate 14 seniors in our van. If you prefer to drive yourself, let us know if you plan to go and we can RSVP on your behalf so the Triton team can plan accordingly.



Delvena Theatre Company Presents: A Christmas Carol

Join us on **Monday, December 18th at 1pm** for Delvena Theatre Company's production of Charles Dickens' classic *A Christmas Carol*.

Watch in fascination as Marley comes back from the dead to help Scrooge amend his miserly ways here on Earth and transform himself to a pleasant, giving old gentleman. With the help of three ghosts – the Ghost of Christmas Past, the Ghost of Christmas Present, and the Ghost of Christmas Future – the audience will be mesmerized as old Scrooge takes a long look at his life and reevaluates its path. The show is being performed, complete with period costumes, by Lynne Moulton, Joseph Zamparelli, and Fran Baron.

Transportation

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or call 978-388-7474.



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' NOTICE 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 #.



Our New Council on Aging Van is Here!



Through grants from ARPA funds, the Executive Office of Elder Affairs, and The Executive Office of Health and Human Services, as well as a donation from the Friends of the Newbury Council on Aging, we have a brand new van for our seniors! The lowered floor chassis with ramp allows for easy entry into the vehicle for all passengers, as well as a quiet rattle-free ride with huge windows for outstanding visibility. Our van makes weekly shopping trips every **Tuesday** morning. We have limited availability to transport seniors to local medical appointments or other errands on **Wednesdays**. We also offer some **Thursday** shopping and restaurant trips. Do you want to join our Van Driver, Otto Kinzel, for one of these trips? All van riders must be registered and **you must reserve your spot on the van each week. For medical appointments or other errands, please call at least ONE WEEK AHEAD to secure transportation. Rides are on a first come, first served basis.** You can reach us at 978-462-8114. Check the calendar insert for scheduled trips. **Please note:** Our volunteer, Dennis Kondracki, can assist seniors with their purchases to their door, but it is the policy of the Newbury Council on Aging that Van staff/volunteers cannot enter a senior's home.



Ping Pong

Sadly, our outdoor pickleball season is over, but we have great news! We have collaborated with the Newbury Recreation Committee again for another great program...ping pong! Two tables, paddles, and balls have been purchased by the Recreation Committee for our use inside the Central Street Field House. The COA has reserved the Field House and ping pong tables for **Tuesdays and Thursdays from 9am-1pm beginning Tuesday, January 9th** through the month of May. Registration is not required...just drop-in and play! We will require a waiver to be signed prior to your participation and we ask you to sign in each time you play. Parking is available in front of the Field House and restrooms are available inside. This program will be cancelled only if a holiday falls on one of our scheduled days or if the weather makes the gravel parking lot too treacherous to walk across. Unsure if we are playing? Call us to confirm!

Game Night

**Tuesday, December 5th
& Tuesday, January 30th
from 4:30-6:30pm.**

Dinner and dessert will be served. **Please call to let us know if you plan to attend so we can plan accordingly.**



Bingo!

Join us for some fun games of Bingo on designated Mondays! Games are 10¢ per card to play. Scheduled Bingo games are listed on our calendar insert. Once a month we will be serving lunch prior to playing. The next **Bingo lunch** dates are:

- **Monday, December 4th**
- **Monday, January 22nd**

Please call us to register for Bingo Lunch so we can plan accordingly.

Mahjong



We're playing Mahjong on **Tuesdays at 1pm!** Check the calendar insert for dates we are playing. New to Mahjong? Not to worry...Barb Mann is here to teach you how to play. Come join the fun! Give us a call to let us know you will be coming.

Constituent Services



Mary Ann Nay, District Director for Sen. Bruce Tarr, and Christina Eckert, Legislative Aide for Rep. Kristin Kassner, hold monthly office hours at the Newbury Council on Aging. Stop by to meet them or to bring concerns to their attention. **Check our calendar for dates.**

Thank You to The Rusty Can!



We wanted to extend our thanks to Mike Mangone, one of the owners of The Rusty Can. We approached Mike again this year to cater our Veterans Lunch in honor of Veterans Day in November. Not only did he agree to cook for our Veterans here in town, but he and his partner would not allow us to pay for the meal. This is the second time they have donated the food for one of our Veterans events. The Rusty Can family are proud supporters of the Veterans in our community. We thank them for their generous gift and ask that you support their small business located in Pearson Plaza here in Byfield. Their food is delicious...you won't regret it!



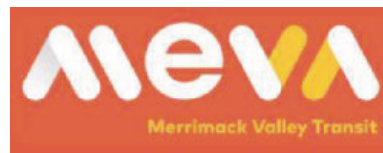
Welcome to our new Veterans Service Officer, Steve Bohn



Steve Bohn was born and raised in Salem, MA. He joined the Army after a friend, SPC Jared Raymond from Swampscott, was Killed in Action in 2006 fighting in Iraq. Steve was assigned to the 101st Airborne Division, 1/506th Infantry Regiment out of Ft. Campbell, KY. In 2008, Steve was deployed to a small combat outpost in Wardak Province, Afghanistan. On November 6th 2008, a suicide bomber in a dump truck packed with explosives drove up to Steve's outpost and detonated. The building he was in collapsed on him injuring his spinal cord and other major organs. He was also diagnosed with a traumatic brain injury (TBI). Steve spent quite some time at Walter/Reed Army Hospital in DC going through all his surgeries and physical therapy, and where he was awarded the Purple Heart. You will often see Steve accompanied by his service dog, Orion, an English Lab.

Steve will hold monthly office hours in the Second Floor Hearing Room at the Town Offices at 12 Kent Way. He has scheduled **Thursday, December 14th from 11:30am-12:30pm** for his first office hours. Please feel free to stop by and meet Steve. He is happy to meet with our Veterans or surviving spouses to be a resource for benefits, services, and to be a support. His mission is to not let any Veteran slip through the cracks. You can also call Steve in his office at 978-356-6699.

Medi MeVa



MeVa Transit is happy to announce starting in January 2024 their FREE VA Bedford mediMeVa van service to the VA Bedford Healthcare Systems. This new door-to-door service will be available on Wednesdays and Fridays to Veterans and their families seeking transportation to the VA Bedford location. Service is provided via MeVa lift-equipped vehicles and on occasion is supplemented with other vehicles that may be vans or sedans. This service is intended to safely and efficiently accommodate as many customers per trip as possible. For more information, you can speak with Steve Bohn or call the MiniMeVa office at 978-469-6878 (option 3) Monday through Friday 8am-5pm.



Tech Class with Kevin

Our next technology class with Kevin Figueroa of KevTech Services will be **Taking and Organizing Photos on iPhone & iPad**. In this class, we learn about different features of the camera on the iPhone and iPad, then go into Photos and learn to organize our pictures into Albums and Favorites.

Join us on **Wednesday, January 24th at 2pm** at the Council on Aging.

Please call us at 978-462-8114 to reserve your spot.

Watercolor Class with Bill Duke



Join instructor Bill Duke for his monthly watercolor class. With Bill's patient instruction, you can create a beautiful watercolor painting. 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. There will be no class in October. The next class is scheduled for:

**Wednesday, December 6th and January 24th
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.



Holiday Movie Matinee

We are watching *It's a Wonderful Life* on **Thursday, December 14th at 1pm**. Freshly popped popcorn and candy will be served!

Card Making

Join our instructor Donna Callahan to make homemade cards using rubber stamps, ink pads, colored pencils and other embellishments on **Thursday, December 7th at 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. These kits are intended for use by our seniors...not as gifts for friends and family. **Supplies are limited and these kits go fast**, so call us 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.

This month we are offering:
Soup kits from Stonewall Kitchen
&
Soap kits from Plum Island Soap Company



Plum Island
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Holiday Luncheon

Join us as we celebrate the holidays with good friends, great food (which includes a traditional turkey dinner with all the trimmings from Starboard Galley), and live piano music by Sergei Novikov.

Our luncheon will be held on **Wednesday, December 13th** (with a snow date of Thursday, December 14th) at PITA Hall (8 Plum Island Turnpike). **Doors will open at 11:45am** and dinner will be served at 12:30pm.

This is one of our biggest events of the year. You **MUST REGISTER** for yourself for this event as seats are limited. Due to high demand, you may not register a friend; they will need to RSVP for themselves. Newbury residents will be given priority, with those from outside of Newbury added to a waitlist. We will contact those on the waitlist a couple of days prior to the event to notify them if we have a seat available.

Our van will be available to give Newbury seniors a ride to and from PITA Hall, but you will need to reserve your seat early. Please call us to register today!

Meet our Outreach Coordinator, Jannine Vaciliou



Hello Everyone,

My name is Jannine Vaciliou and I am the Outreach Coordinator for the Newbury Council on Aging. I am very excited to be here! I hope to help Newbury's seniors by providing informational assistance to you or a loved one about services you may need now or in the future.

I have over 20 years' experience working with seniors in nursing/rehabilitation facilities, assisted living communities, and Alzheimer and Dementia units. I have also worked as a Home Health Aide and a Personnel Care Assistant for home health and hospice agencies. My experience also extends to the developmentally delayed and disability communities along with the adult alcohol and drug population. I received my Bachelor's Degree in Health Care Studies from Salem State University.

I am very happy to be working with Cindy and Kathy, who have been warm and welcoming. We all look forward as a team to bring fun activities and interesting programs to you here at the Newbury Council on Aging.

My job will be to match you with programs and services that may help improve your quality of life or to meet your basic needs, and to be a contact person for social services in our area if a need or an urgency arises.

My office hours are 8:30 am-4:00 pm Monday through Thursday, and my office is located in the Council on Aging space at 12 Kent Way, Suite 100, in Byfield. I can be reached directly at 978-462-8114, ext. 332 or via email at coa.outreach@townofnewbury.org

I have enjoyed meeting many of you at our programs here at the Council on Aging located in the same building as our Town offices, and will look forward to meeting more of you at our community events at PITA Hall.

How to contact Jannine:

Phone:
978-462-8114,
ext. 332

Email:
coa.outreach@townofnewbury.org

Office hours:
Monday through
Thursday
8:30am-4pm

Holiday Craft Fair at PITA Hall

PITA Hall (8 Plum Island Turnpike) is hosting their annual Craft Fair on **Saturday, December 2nd from 8am-3pm**. There will be crafts, trees, and wreaths for sale and even a visit from Santa Claus!



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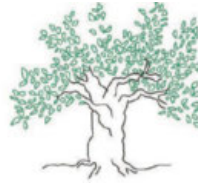


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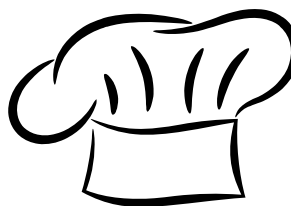


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The printing of this newsletter is prepared by LPI.
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Join Us for Lunch with The Traveling Chef



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

Join us for our next Traveling Chef meals on **Thursday, December 7th and Thursday, January 11th at 12pm**. December's menu: carving station with turkey & roast beef, mashed potato, butternut squash & green beans, and gingerbread for dessert. January's menu: clam or corn chowder in a bread bowl, garden salad, and a brownie for dessert. We have limited seats available, so please call us **AT LEAST ONE WEEK PRIOR TO THE MEAL** to reserve your seat. We also celebrate that month's birthdays with a special dessert. If you reserve a spot and cannot make it, please give us a call to cancel your reservation. Our van is available for transportation for both of these meals...call us today to reserve your seat!