



# Newbury

*News from the Council on Aging*

## Important information:

### Dates to Remember:

- **President's Day: 2/21**  
(office is closed)
- **Daylight Saving Time**  
**begins: 3/13** (spring ahead  
one hour!)

### Council on Aging Hours:

**Monday, Wednesday & Thursday**

**9am-3pm**

**Tuesday**

**9am-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](mailto:coa@townofnewbury.org)

a. 63 Hanover Street

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

## From the Director

*By Cindy Currier*

Great news...we have extended our hours to include one evening a week! We will begin offering programs on Tuesday evenings so those seniors who cannot participate during our daytime hours can join us. Check out our programs on pages 8 & 9 to see what's happening!



Our new temporary space at 12 Kent Way has been secured and construction will soon be underway to make the space more amenable to our program, including a reception area, a large gathering room, a small activity room, a private consultation room, a kitchen for us to prepare and serve meals, and office space for our staff. We look forward to the completion of this project so we can welcome all of Newbury to our new location. We will keep you posted once we are ready to move in!

In the meantime, we will be offering programs on-site at our location at the Newbury Elementary School (Door 29) as well as at the Field House at the Central Street Playing Fields (81 Central Street).

Finally, an update about Covid-19 protocols recently put in place in Newbury. All staff will be wearing masks when interacting with others inside and we strongly recommend that visitors to the Council on Aging wear masks, though there is no requirement at this time. Also, we have a limited supply of at-home Covid-19 test kits available (see page 6 for more info). If you have not already received your free kit, please call or stop by to pick one up (while supplies last!).

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or call **978-373-1971 ext. 218**



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

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## Nextdoor

What is Nextdoor? Nextdoor is an app for communities to come together, exchange recommendations, and welcome newcomers. It's where you can get local tips, buy and sell items, and more. Nextdoor connects neighbors with each other. Nextdoor is where you can connect to the neighborhoods that matter to you. Neighbors around the world turn to Nextdoor daily to receive trusted information, give and get help, get things done, and build real-world connections with those nearby: neighbors, businesses, and public services. This neighborhood network is used for trusted connections and the exchange of helpful information, goods, and services. Looking for recommendations for a local plumber, painter, handyman? Looking for someone to plow your driveway? Try checking in with Nextdoor! To join this network of neighbors, go to their website at [www.nextdoor.com](http://www.nextdoor.com) or for more information, call Janet at the Council on Aging.

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## SNAP Information



SNAP is money to be able to buy food at grocery stores, some convenience stores, and some farm stands and farmers' markets. If your application is approved, you will get an EBT card (which looks just like a debit or credit card) to use to pay for your groceries. The Department of Transitional Assistance (DTA) puts money on the card each month for food. All the major grocery chains accept EBT. Make an appointment with Tress Ricker at Our Neighbors' Table and she can find out if you are eligible within the first 5-10 minutes of talking on the phone with you! To make an appointment with Tress go to: [www.ourneighborstable.org/snap](http://www.ourneighborstable.org/snap) and scroll to the bottom and click on "Schedule your SNAP Appointment!" Or call Tress at 978-388-1907 Ext. 18.

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## Newbury Food Pantry



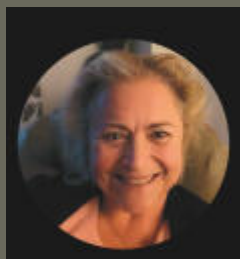
The Newbury Food Pantry provides healthy, fresh food with compassion and respect to all who are in need. You can place your order online at [www.newburyfoodpantry.org](http://www.newburyfoodpantry.org) or call 978-358-1077 and leave a message with your name and phone number. One of their dedicated volunteers 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@townof  
newbury.org

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## Beyond Treatment:

- Go easy on yourself
- Break up large tasks into small ones, and do what you can as you can
- Spend time with other people
- Discuss decisions with others who know you well
- Try to be active and exercise
- Eat a healthy balanced diet
- Get 7-9 hours of sleep each night
- Set realistic goals for yourself
- Let others help you.
- Expect your mood to improve gradually, not immediately

## Talking About Depression

As we get older, we may go through a lot of changes - death of loved ones, retirement, stressful life events, or medical problems. It's normal to feel uneasy, stressed, or sad about these changes. Depression is different. It is a medical condition that interferes with daily life and normal functioning. It is not a normal part of aging, a sign of weakness, or a character flaw. Depression has many symptoms, including physical ones.

If you have been experiencing several of the following symptoms for at least two weeks, you may be suffering from depression:

- Persistent sad, anxious, or "empty" mood
- Loss of interest/pleasure in many of the hobbies/activities you previously enjoyed
- Feelings of hopelessness, pessimism, hopelessness
- Feelings of guilt, worthlessness, helplessness
- Decreased energy, fatigue, being "slowed down"
- Difficulty concentrating, remembering, making decisions
- Difficulty sleeping, early-morning awakening, or oversleeping
- Appetite changes and/or unintended weight changes
- Thoughts of death or suicide, suicide attempts
- Restlessness, irritability
- Aches or pains, headaches, cramps, or digestive problems without a clear physical cause and/or that do not ease even with treatment

Certain people are at a higher risk for developing depression. If you are an older adult, you may be at a higher risk if you:

- Have personal or family history of depression
- Have certain physical illnesses and take certain medications
- Are female
- Have a chronic medical illness, such as cancer, diabetes or heart disease
- Have a disability
- Are lonely or socially isolated
- Suffer from a brain disease
- Misuse alcohol or drugs
- Have experienced stressful life events such as loss of a spouse, divorce, major life changes, trauma or taking care of someone with a chronic illness

How do I get help? If you think that you or a loved one may have depression, it is important to seek treatment. A person with depression cannot simply "snap out of it;" it is a medical condition you are more likely to develop a physical illness if you have depression.

Helpful hints when talking to your doctor during your appointment:

- Be as open and honest as possible
- Ask questions
- Make notes prior to and refer to the list during your appointment
- Understand the diagnosis process
- Bring someone with you

After your appointment:

- Follow through with treatment
- Follow up with your doctor
- Be patient

Consult your primary care physician if you have any questions. If you feel that you are in danger of harming yourself or someone else, please go to your nearest emergency room.

# Transportation Information

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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; a week 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.**

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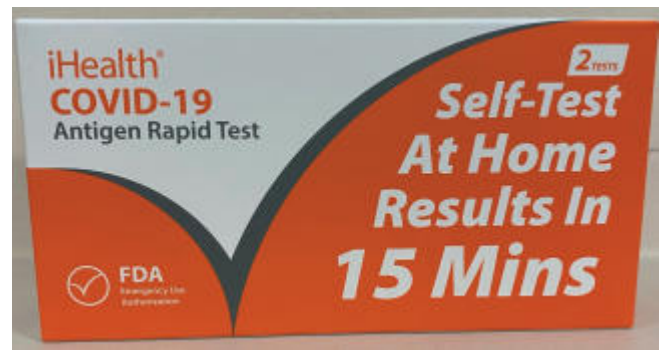


## Van Services Through The Newbury Council on Aging

The Newbury Council on Aging van is making weekly trips to Market Basket or Shaw's, Seabrook Commons, other shopping locations, 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.

**Note:** Due to space limits, we ask that riders keep 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 Van Drivers cannot enter the senior's home. **MASKS ARE REQUIRED ON THE VAN.**

# Covid-19 At-Home Test Kits Available (while supplies last!)



Massachusetts recently secured and distributed Covid-19 at-home test kits to over 100 communities in the Commonwealth, specifically to those with a larger proportion of families facing financial hardships. Newbury was one of those communities chosen. However, only about 1,000 test kits were provided for a community of over 7,000 people. Kits have been given to several seniors in town already, but if you have not received one please call or stop by the Council on Aging to get yours. These kits are in high demand and we are giving them out, free of charge, **while supplies last**. There are two tests in each kit and we can give one kit per person. Kits are also available at the Newbury Police Station (24 hours per day, 7 days per week).

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## Order Your FREE Covid-19 At-Home Test Kits

Every residential address in the United States is eligible to order 4 free individual at-home COVID-19 tests. These tests are FDA-authorized at-home rapid antigen tests. Orders will usually ship in 7-12 days via the U.S. Postal Service. **Order your tests now so you have them when you need them.** These test kits are available from the federal government and can be ordered using the following website: [www.covidtests.gov](http://www.covidtests.gov)

For those who have difficulty accessing the internet or need additional support placing an order, you can call 1-800-232-0233 (TTY 1-888-720-7489).

Or, call us at the Council on Aging at 978-462-8114 and we can help you place your order online. To promote broad access, there is a limit of **one order per household**.

### ABOUT THE AT-HOME COVID-19 TESTS:

- Are rapid antigen at-home tests, not PCR
- Can be taken anywhere
- Give results within 30 minutes (no lab drop-off required)
- Work whether or not you have COVID-19 symptoms
- Work whether or not you are up to date on your COVID-19 vaccines
- Are also referred to as self-tests or over-the-counter (OTC) tests

### WHEN SHOULD I USE MY TESTS?

The Centers for Disease Control and Prevention (CDC) recommends that you take an at-home test:

- If you begin having COVID-19 symptoms like fever, sore throat, runny nose, or loss of taste or smell, **or**
- At least 5 days after you come into close contact with someone with COVID-19, **or**
- When you're going to gather with a group of people, especially those who are at risk of severe disease or may not be up to date on their COVID-19 vaccines.

# TAKE-HOME ACTIVITY KITS

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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. **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.

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## STONEWALL KITCHEN HOT DRINK KITS

Enjoy a cup of tea and some cookies or hot chocolate and a treat. 6 of each kit available.



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## BEGINNER CROCHET OR KNITTING KITS

Learn to crochet or knit with these beginner kits! What's included: crochet hook or knitting needles; instruction booklet with patterns; two skeins of yarn. 3 of each kit available.



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## AMARYLLIS GROW KITS

Watch these amaryllis bulbs grow daily throughout the winter months! Kit includes bulb, grow mix, planter, and detailed instructions. 8 kits available.



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## STONEWALL KITCHEN FLAVORED PANCAKE KITS

Serve up a delicious breakfast with these flavored pancake mixes. Kit includes pancake mix, syrup, and a tea towel. 3 kits available (blueberry; gingerbread; or double chocolate)



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## MARY KAY PRODUCTS

Available through a generous donation! Several Mary Kay products have been purchased by a Newbury resident and donated to the Council on Aging for our seniors to enjoy. Items include skin care products and a limited number of fragrances. Looking for some self-care this winter season? Reserve one of these products to pamper yourself! 10 items 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, 2/21 (President's Day)**



## 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.*



## "Eating the Rainbow" Nutrition Program

Leigh Hartwell, Dietitian with AgeSpan, will present a program on improving your health by "Eating the Rainbow." Topics covered include: tips for eating healthy on a budget, benefits to eating a variety of fruits and vegetables, creative ways to incorporate fruits and veggies into every meal, and Q & A time with a Registered Dietitian. Healthy snacks will be served. The first 6 people to sign up will receive a free gift!



**When: Thursday, 2/17 at 11:00am**  
**Where: Council on Aging, 63 Hanover Street, Newbury**

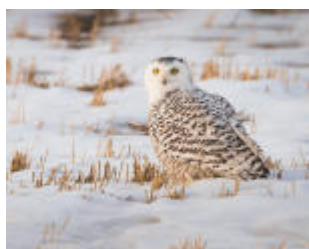
## Bingo

Come to the Council on Aging at 63 Hanover Street for Bingo twice a month! **Games start at 1pm on the following Mondays: February 7th and 14th; March 7th and 21st.** Games are 10¢ per card. Refreshments will be served. Call to register!



## Eagles, Owls & Hawks

Lisa Hutchings from the Mass Audubon Joppa Flats Education Center on Plum Island will be sharing some facts about eagles, owls, and hawks. Space is limited to 16 participants. Please call to register.



**When: Tuesday, 2/8 at 1pm**  
**Where: Council on Aging, 63 Hanover Street, Newbury**

## Watercolor Class

Learn how to paint using watercolors with the guidance of Bill Duke. 10 spots available; please call to register!



**When: Tuesday, 2/22 and Tuesday, 3/22 from 10am-1pm**  
**Where: Council on Aging, 63 Hanover Street, Newbury**

## 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, 2/17 11am-12pm and Wednesday, 3/16 10-11am**  
**Where: Council on Aging, 63 Hanover Street, Newbury**

## Cookie Decorating

Come decorate some Valentine's Day sugar cookies from Buttermilk Bakery! Limited spots available. Call to register.



**When: Monday, 2/14 at 11am**  
**Where: Council on Aging, 63 Hanover Street, Newbury**



# More Programs!

## 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. **Register for this informative event!**



*When: **Wednesday, 2/23 at 1pm***

*Where: Council on Aging, 63 Hanover Street, Newbury*

## 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, 2/16.**

*Cost: \$50 per person*

*Pick up: 10am at the Newbury Council on Aging, 63 Hanover Street, Newbury*



## Veterans Services

Karen Tyler, District Director of the Eastern Essex Veterans Service Office, is available to meet with Newbury's veterans or surviving spouses each month. Karen is happy to answer questions, help apply for benefits, and share resources. Coffee and pastries will be served. Upcoming dates:



*When: **Tuesday, 2/15 11am-12pm***

*and **Thursday, 3/10 11:30am-12:30pm***

*Where: Council on Aging, 63 Hanover Street, Newbury*

## Bingo @ Quaker Hill

The Council on Aging will be hosting a monthly Bingo game in the Quaker Hill Community Room. **Games start at 1pm on the following Thursdays: February 10th and March 10th.** Games are free; there will be prizes for game winners; and refreshments will be served. Join us for an afternoon of fun and a little friendly competition! Registration is requested, but drop-ins are welcome.



*When: **Thursday, 2/10 & Thursday, 3/10 at 1pm***

*Where: Quaker Hill Community Room, 115 Main Street, Byfield*

Interested in having a program hosted at your housing location? Call us and we will work with your management company to arrange it!

## We Are Looking For Feedback!

Do you have an idea for a program you would like to see offered by the Newbury Council on Aging? Would you like to share a skill or hobby with others by putting on a presentation or program? Let us know! We are open to hearing about what our seniors would like to learn about or participate in so we can offer programming that works for you. As Spring arrives we are hoping to offer more programs outside and hopefully more on-site field trips (museums, Joppa Flats, restaurants, etc.).

## 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.



## Van Trips

**Tuesdays:**

**Grocery shopping (Market Basket or Shaw's)**

**Thursdays:**

**February:**

2/3 - Seabrook Commons

2/10 - Rowley Marketplace

2/17 - Seabrook Commons

2/24 - Rowley Marketplace

**March:**

3/3 - Seabrook Commons

3/10 - Rowley Marketplace

3/17 - St. Patrick's Day Lunch

3/24 - Seabrook Commons

3/31 - Rowley Marketplace

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Do you have an idea for a field trip? Want to go to a different shopping center? Have a restaurant that you love and would like to take a trip there with a group? Want to go to a museum, historical site, or winery? We want to hear from our seniors to learn where you would like to go and we will arrange for our van to take a trip there. Call us at 978-462-8114!



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## St. Patrick's Day Luncheon Thursday, March 17th at 12pm



Come celebrate St. Patty's Day with a traditional corned beef and cabbage dinner on **Thursday, December 15th at 12pm at PITA Hall, 8 Plum Island Turnpike**. Our menu from Starboard Galley includes: corned beef and cabbage, carrots and potatoes, Irish soda bread, and a yummy Irish dessert. Join us for delicious fare, some Irish music, and good cheer!

**Registration for this event is required.** We have **50 spots available**. Call the Council on Aging at 978-462-8114 to reserve your seat.

Parking is limited, but there is parking available in The Plum Island Grille parking lot. **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. **MASKS ARE REQUIRED ON THE VAN.**



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## Newbury Council on Aging

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Otto Kinzel	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 February & March 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, February 16th and Wednesday, March 23rd**. February's menu: Beef Chili; side of cheese, diced onions and tomatoes; garden salad; corn bread; chocolate pudding parfait for dessert. March's menu: Vegetarian Lasagna with marinara sauce; zucchini and summer squash; dinner roll; and a brownie cookie for dessert. Please note that some menu items may change depending on availability. **35 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, February 16th and Wednesday, March 23rd 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!*