



Newbury

News from the Council on Aging

Important information:

Dates to Remember:

- **President's Day: Monday, 2/20**
(office closed)
- **Valentine's Day: Tuesday, 2/14**
(join us for lunch...details inside!)

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 Suite 100
 Byfield, MA 01922
 w. www.townofnewbury.org

From the Director

By Cindy Carrier

As we are all aware, COVID is still presenting a problem for many of us. Just a reminder that we have free at-home test kits available at the Council on Aging. Pick some up the next time visit us just in case!



You may have seen the articles in the local paper about grandparent scams. These scams target seniors and the scammers request urgent bail money be provided in cash or gift cards to be given to a person posing as a courier or bail bondsman, or that money be transferred via a wire service. Be on the lookout for scams like these! Government agencies will never contact the public demanding payment by wire transfer or prepaid cards when individuals are being held on bail. And the police will never advise you not to contact your family. If you are contacted with a scenario like this, hang up, call the Newbury Police Department immediately, and DO NOT send any money. Join us on February 8th at 10am for Coffee With a Cop when Deputy Chief Aaron Wojtkowski will have a discussion with seniors about these types of scams.

Finally, with the end of the public health emergency declaration, many people may lose their supplemental SNAP benefits. If you are affected by this, please contact our Outreach Coordinator, Janet DelMare. She can direct you to additional resources that may be available to you.

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Valentine's Day Luncheon



We are celebrating Valentine's Day at the Council on Aging on **Tuesday, February 14th at 12pm**. A hot lunch and yummy dessert will be served and we will play a couple of fun Valentine's-themed games! **This is an RSVP event** and seats are limited, so call us at 978-462-8114 by 2/7 to reserve your spot.

Exercise Classes

Central Street Playing Fields Field House

81 Central Street, Byfield

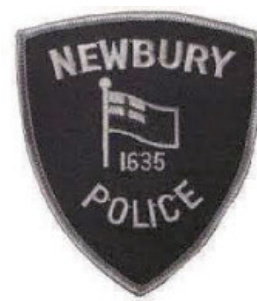
Stretch & Strength with Eunice James
Mondays at 10:30am

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

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



Coffee With a Cop

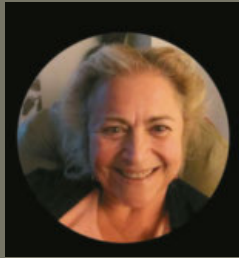


Starting in February, we will be hosting Coffee with a Cop the second Wednesday of every month. A member of the Newbury Police Department will be here to chat with seniors on an informal basis. This is a chance for our seniors to get to know our Police Officers in a non-emergency setting. Our first two dates will be **Wednesday, February 8th (discussion topic: elder scams)** and **Wednesday, March 8th at 10am**. Please call us at 978-462-8114 to register!

Inside Outreach

Janet
DelMare

Outreach
Coordinator



Contact Info:

Phone:

978-462-8114

Email:

coa.outreach@townofnewbury.org

Hours:

Monday through
Thursday 9am-1pm



Remember:

If you do choose to switch to another supplier, your current provider will continue to:

- deliver your energy
- respond to service and emergency needs
- provide storm restoration services

Rising Electricity Costs

As previously communicated from the utility companies, National Grid and Eversource rates will go up/have gone up this season. You may have already noticed a significant increase in your electric/gas bill. Some residents have seen increases as high as 60%. The reason for this increase is that energy costs are rising due to global conflict, inflation, and high demand as the winter heating season approaches, plus the rising costs for other goods and services.

Utility companies buy from the wholesale market and pass on those costs to customers without any markup or profit. Customers pay what the utility company pays for that energy. So the increase is not due to the utility companies increasing their profits.

Let's try to understand this confusing situation. Utility companies (like National Grid) provide both the product (electricity/gas/power) AND the delivery of the product (telephone poles, emergency response teams etc.). In Massachusetts, people can choose where they buy their energy/power. Another competitive electricity supplier may have a lower price than your current provider. This may potentially help lower your electricity costs.

The website <https://www.mass.gov/orgs/departments-of-public-utilities> provides a complete list of ALL energy/electric/gas suppliers in Massachusetts. This list is also available through the Massachusetts Department of Public Utilities phone: (617) 305-3500. These are the providers you may choose from.

WHAT YOU CAN DO TO LOWER YOUR ENERGY COSTS NOW

On your own, it is helpful to be aware of the things in your home that use the most energy. They are electric heaters, tumble dryers, washing machines, fridge freezers, and dishwashers. Contact your energy supplier (like National Grid) to get information and assistance with the following:

- Managing your bill
- Budget Plan
- Discount Rates
- More Time to Pay
- Shop for a Competitive Supplier

Easy Energy Saving Tips to conserve and save:

- No-cost Home Energy Assessments
- Energy Saving Programs
- Find Energy Saving Products

National Grid's Consumer Advocacy Team is also available for support and guidance. They can help you with:

- Customer Energy Savings Events
- Payment Assistance Programs
- Connect with a Consumer Advocate
- Forgiveness Program
- Help Making Payments
- Community Partners

We encourage you to consider all available energy supply options and determine which one will best meet your needs. If you are interested in changing energy suppliers, please call Janet at 978-462-8114 for additional information. You may also contact National Grid at 1-800-322-3223.

Transportation Options



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 one week ahead to secure transportation.** 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.



Many Thanks to Max Aloviseti!

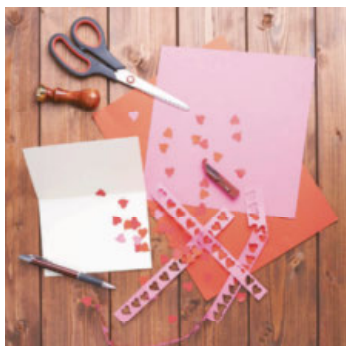
A very special thank you to our SHINE Counselor, Max Aloviseti, for his tireless efforts before and during Open Enrollment to assist folks with their Medicare questions. Max receives training through AgeSpan to ensure he has on the most updated information about Medicare so he will be able to help answer questions for those who already have Medicare and want to make a change, as well as for those who will be enrolling in Medicare..

Are you turning 65 soon and will be eligible for Medicare? Do you have questions about enrollment? Or medication coverage options? Or health savings accounts? Max can help! Give us a call at the Newbury Council on Aging at 978-462-8114. We can connect Max with you and he can explain the process.

Gordon College Center for Balance Seminar



There are many components to balance that impact our ability to navigate safely through our daily lives. Whether it is walking around the house, from our car to the store, or on the golf course, there are several key factors that determine how functionally stable we really are. Balance is a skill to be learned and honed, to be practiced and developed. Throughout this 45 minute presentation you will learn from an expert in the field of balance and healthy aging physical therapy and wellness as you become more familiar with key contributors to better balance. Discover ways that promote better balance and increased stability right at home. Learn tips to elude potential future falls in your home or in your community. This interactive talk will be presented by Gordon College Center for Balance's Wellness Director Andrew Walker, BS, ACE-CPT, SFS, FNS on **Thursday, March 23rd at 1pm at the Newbury Council on Aging**. Time will be set aside for Q&A at the end of the presentation. Please call us at 978-462-8114 by March 16th to reserve your spot!



Make Your Own Valentines

Join us on **Thursday, February 9th at 1pm** to make some homemade Valentines!

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!



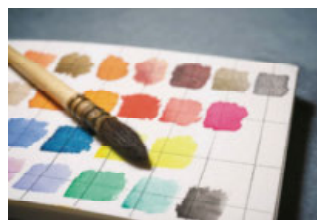
One Tuesday evening each month the Newbury Council on Aging is offering a Game Night. Come join us for dinner and dessert, play some fun card or board games (or just have some good conversation), and make some new friends! Game nights are held from **4:30-6:30pm** and are scheduled for: **Tuesday, February 28th and Tuesday, March 21st**. 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!



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, February 6th, and Monday, February 27th; Monday, March 6th, Monday, March 13th, and Monday, March 20th 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, February 21st and Tuesday, March 14th 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: *Meet Julia Child*

Join us for a live performance featuring Lynne Moulton as Julia Child doing what she did best.

Learn more about her life: from her privileged childhood in California when she had no interest in food, except for eating what the family's private chef prepared, to becoming one of the culinary legends of all time.

The audience will have the opportunity to view Julia on the set of The French Chef television show, an amusing and fun experience!

After the performance, the cast will open up for discussion regarding Julia Child.

The performance will be on **Monday, March 27th at 1pm** at the Newbury Council on Aging. **Please register for this event** by calling us 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!



Ice Cream Social



Come celebrate
Opening Day at Fenway
Park with an
ice cream social...don't
forget to wear your Red
Sox gear!
Please call us at
978-462-8114 to register.
**Thursday, March 30th
at 1pm**

Monthly Blood Pressure Clinic



1st Monday of each month:
**February 6th
&
March 6th
at 12-1pm**
Please call us
to reserve your time slot

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.



**Meatloaf Starter
Kit**



**Chili Starter
Kit**



Herb Grow Kit

Movie Matinee



We're watching movies! Join us for:

Frozen: Thursday, February 2nd at 1pm

Disney Nature - Polar Bears: Thursday, February 16th at 1pm

The Quiet Man: Thursday, March 2nd at 1pm

Please let us know if you plan to attend so we pop enough popcorn! You can reach us at 978-462-8114.

Coffee and...

Join Kathy for an hour of coffee, pastries, & some fun conversation! We have some great new conversation starters:

Coffee & Crossword Puzzle: Wednesday, 2/15 @ 10am

Coffee & Trivia: Wednesday, 2/22 @ 10am

Coffee & U B The Judge: Wednesday, 3/22 @ 10am

Coffee & Trivia: Wednesday, 3/29 @ 10am



AARP TaxAide Services

Great news! AARP Tax Aide Volunteers will be offering their free services at the Newbury Council on Aging on **Monday, March 27th**. They will prepare (and electronically file) Federal and Massachusetts tax returns for **low to moderate income taxpayers** who have no more than 5 sources of income (8 for couples filing a joint return) and generally do not itemize deductions. Your return must be relatively simple and straightforward.



You can call the Newbury Council on Aging at 978-462-8114 to schedule an appointment starting January 23rd. You will receive a confirmation letter specifying the time of your appointment and explaining what tax documents to bring with you to your appointment. At the time of your appointment, you will bring in your documents and **wait at the Council on Aging while your returns are prepared, reviewed, and printed** (you can plan on a 45-75 minute wait time). Once you approve, your returns will be electronically filed and your documents and copies returned to you.

If you are unable to schedule with us for March 27th (due to the high demand for this service, our limited appointments will fill up fast), or if you have more sources of income, itemized deductions, etc., please call the Newburyport (978-462-0430) or Georgetown (978-352-5726) Councils on Aging for appointment times.



St. Patrick's Day Luncheon

Come celebrate St. Patty's Day with a traditional corned beef and cabbage meal on **Wednesday, March 15th at 12pm at PITA Hall** (8 Plum Island Turnpike). Our menu from Starboard Galley includes: corned beef and cabbage, carrots, potatoes, Irish soda bread, and a delicious dessert. Join us for delicious fare, live Irish music, and good friends!

Seats are limited and you **must register by Wednesday, March 8th!** Call us at 978-462-8114 to reserve your spot. Due to the limited number of seats, guests are not allowed to RSVP on behalf of someone. If you would like to attend this event, please call us directly.

Parking is limited at PITA Hall, but there is parking available at Plum Island Grille. Need a ride? No problem! Call us at 978-462-8114 to reserve your spot on our van and enjoy door to door transportation with our Van Driver, Otto.

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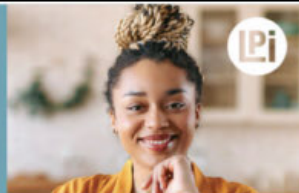
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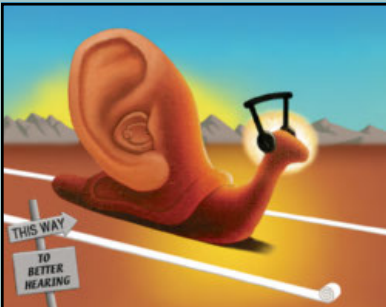
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Newbury Council on Aging

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The printing of this newsletter is prepared by LPI.
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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 has returned 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 **Thursday, February 23rd and Wednesday, March 1st at 12pm**. February's menu: linguini with alfredo sauce, broccoli, Caesar salad, garlic roll, and Tiramisu for dessert. March's menu: Shepard's pie, garden salad, and assorted pies for dessert. We have limited seats available, so please call us at 978-462-8114 **AT LEAST ONE WEEK PRIOR TO THE MEAL** to reserve your seat. Due to strict regulations through AgeSpan's catering partner, meals cannot be packed up and brought home. If you reserve a spot and cannot make it, please give us a call to cancel your reservation.