



Newbury

News from the Council on Aging

Important information:

Dates to Remember:

- President's Day: Monday, 2/19 (office is closed)
- Daylight Saving Time Begins: Sunday, 3/10 (don't forget to move your clocks ahead 1 hour!)

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.*

Contact 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 Cindy Currier

Winter is here...and it can be treacherous for some of us. Need to get to the grocery store but do not want the hassle of driving there, parking, and getting your purchases to your door? Check out the COA van schedule. We go to Market Basket every Tuesday, and most Thursdays we go to Seabrook Commons for Walmart, Ocean State Job Lot, and many other shops. Call us today to reserve your spot on the van. Riders must be able to independently enter and exit the vehicle. If assistance is required, the senior must have a companion to assist them. COA staff and volunteers cannot physically assist any riders into or out of the vehicle. All riders must sign a waiver form to ride the van. Call us today for more information.



This is a friendly reminder that it's a good time to check your pantry/cabinets/refrigerator/freezer and be sure to throw away any expired food. Do you need some assistance with food? Aside from our weekly shopping trips on the COA van, you can sign up for food deliveries from the Newbury Food Pantry. Call our Outreach Coordinator, Jannine Vaciliou, for more information.

Finally, in light of the storms we have been experiencing this winter, I think it is important to remind everyone of the Code Red Community Notification system. When you enroll in this system, our local emergency response team can notify you via reverse 911 calls in the event of emergency situations or critical community alerts (including evacuations, boil water alerts, missing children, etc.). Sign up for free online on the town's website (click the Code Red button in the lower left corner) or call us and we can help you enroll!

COMMUNITY LIVING AT ITS BEST

Be Independent for Life



One Nichols Way
Groveland, MA 01834
Nichols-Village.com

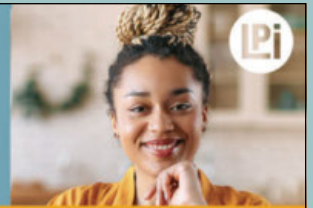
CALL 978-372-3930

WE'RE HIRING!

AD SALES EXECUTIVES

**BE YOURSELF.
BRING YOUR PASSION.
WORK WITH PURPOSE.**

- Paid training • Some travel
- Work-life balance
- Full-Time with benefits
- Serve your community



Contact us at
careers@4lpi.com or
www.4lpi.com/careers



*Independent, Assisted
& Memory Care Living*

978-356-1300
149 County Rd, Ipswich

Community Action, Inc.

Low Income Home Energy Assistance Program

Would you like to know how you could get a
32% discount on your monthly National Grid bills
and/or home heating oil at deep discounts?

Homeowners can also receive assistance
with heating system repairs,
replacements and free home energy audits.



Visit our website to apply:
www.communityactioninc.org
or call 978-373-1971 ext. 218

NEVER MISS OUR NEWSLETTER!

SUBSCRIBE

Have our newsletter
emailed to you.



VISIT **WWW.MYCOMMUNITYONLINE.COM**



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

Class dates are on the calendar insert



Better Balance and Fall Prevention Seminar

Join us on **Wednesday, March 20th at 10:30am** at the Council on Aging for a seminar by Andrew Walker, BS, ACE-CPT, SFS, FNS, Wellness Director of the Gordon College Center for Balance, Mobility, and Wellness.

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, healthy aging, physical therapy, and wellness as you become more familiar with the 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 is an interactive talk and there will be time set aside for Q & A at the end of Andrew's presentation. Please call to register for this informative program!

Animal World Experience is Back!



Matt Gabriel is bringing his animals back to the Newbury Council on Aging! Join us on **Thursday, February 22nd at 1pm** to meet several animals that Matt has rescued or adopted and cares for. Matt introduces us to each animal, gives some background on them and their habitats, lets us hold or pet them (if the animal is ok with it!), and answers questions. This event is being held during the local public school vacation week...invite your grandchildren to spend an afternoon with you learning about and meeting some fabulous animals! Call us to register for this fun interactive program! Light refreshments will be served after the program.

Knitting Group

Join us on **Thursdays at 10am** at the Council on Aging for a drop-in group! Bring your own projects or we have some knitting supplies. Any fiber crafters are welcome to join us!



Blood Pressure Clinic

**Monday, February 12th
&**

**Monday, March 11th
12-1pm**

Stop in to see
Kim Arsenault RN



Rug Braiding

Instructor Laura Short is leading our rug braiding class. We have a couple of open spots available. The cost of a 4 week session is \$100, which includes all materials and instruction. The finished rug will be 2' x 3'. Total time to complete is individual, but takes at least 2-3 sessions. **Class meetings are on the calendar insert.**

Movie & More

We are watching Roman Holiday with Gregory Peck & Audrey Hepburn on **Wednesday, February 14 at 1pm.**

We will be serving some Valentines-themed snacks 🍷



The Newbury Town Library

The Newbury Town Library offers delivery of books and other library materials to homebound seniors. Are you interested in this service? It's easy and free! Just contact the Newbury Town Library at 978-465-0539 and ask to speak with Katherine Szuplat, Circulation Librarian. She will get you registered and participating in this program in no time!

Drawing Class

We have spots available in our weekly Drawing Class with Jan Ledoux. Want to join us? Give us a call! Check the calendar insert for scheduled classes.

Foot Care Clinic with Barbara Ullman RN

Barbara is a Registered Nurse and licensed medical pedicurist who will be providing medical pedicures at the Newbury Council on Aging the last Wednesday of every month.

Registration is required!

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. Timeframe for a medical pedicure is about 15-20 minutes and the charge is \$30 (cash or check paid directly to Barbara).



Seen Your Feet



Next scheduled clinics:

**Wednesday, February 28th & Wednesday, March 27th
10am-1pm**

Transportation



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. **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 #.



The Council on Aging Van



The Council on Aging Van offers a lowered chassis with ramp that allows for easy entry into the vehicle for all passengers, as well as a quieter ride with huge windows for outstanding visibility. Our van makes weekly shopping trips every **Tuesday** morning to Market Basket. 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 call us to 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

Come play Ping Pong at the Central Street Field House every **Tuesday and Thursday from 9am-1pm**. This is a drop-in group; registration is not required. This program will be cancelled only if a holiday falls on one of our scheduled days or in the event of inclement weather. Unsure if we are playing? Call us to confirm. You must sign a waiver form and the sign-in sheet to participate.



Cheetahs with Paula Wright

Going on safari in Africa is the experience of a lifetime...almost. Doing volunteer work at a cheetah wildlife preserve is more exciting. Being up-close and personal with cheetahs, lions, tigers, warthogs, caracals, servals, and many other animals - and helping to preserve these endangered species - is an experience beyond compare. Come listen to a talk and see some photos from Paula's experience on **Wednesday, February 21st at 1pm**.

Game Night

Tuesday, February 13th & Tuesday, March 26th from 4-6pm.

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 at 12:30pm prior to playing. The next **Bingo lunch dates** are:

- **Monday, February 26th**
- **Monday, March 25th**

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...we have experienced players here to teach you. 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.**

St. Patrick's Day Luncheon



Join us for our annual event to celebrate St. Patrick's Day! Enjoy a traditional corned beef and cabbage meal, live Irish music, and good conversation with friends. Doors open at 12pm and dinner will be served at 12:30pm on **Tuesday, March 12th at PITA Hall** (8 Plum Island Blvd.). You **MUST** register for this event and Newbury residents will be given priority. Call us today to save your seat! Do you need a ride? No problem! Our Van Driver, Otto, will be providing door-to-door service. Call us today to reserve your seat on the van. For those who are driving, parking is available at the former Plum Island Grille parking lot as well as at the Beachcoma parking lot.

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. No previous painting experience is required. The lesson is \$20, paid directly to Bill (you must give your \$20 to the COA staff in advance of the class to hold your spot). All materials are provided. **This class is limited to 10 participants.** Please call the Newbury Council on Aging at 978-462-8114 to register. Next classes are scheduled for:

**Tuesday, February 20th and Tuesday, March 19th
from 10am-1pm
at the Newbury Council on Aging**

AARP Tax Aide

Tax Aide Volunteers will be offering their free services at the Newbury COA for Newbury residents on **Monday, March 18th BY APPOINTMENT ONLY**. 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.

Call us today to schedule an appointment. You will receive a confirmation letter, specifying the time of your appointment and explaining what tax documents to bring with you. You must also stop by the COA and pick up an Intake Packet with a form you must complete and bring with you to your appointment. Your tax returns cannot be prepared unless this form is completed.

At the time of your appointment, you'll bring in your documents, speak with a tax preparer, and wait at the COA while your returns are prepared, reviewed, and printed. Once you approve, your returns will be electronically filed and your documents and copies returned to you. If you're unable to schedule for March 18th, or if you have more sources of income, itemized deductions, etc., please call the Newburyport or Georgetown COA for appointment times.

Important Tips from Outreach



**Jannine Vaciliou,
Outreach Coordinator**

**Phone:
978-462-8114, ext. 332**

**Email:
coa.outreach@townofnewbury.org**

IS YOUR FOOD FRESH?

While we are all stuck indoors due to the weather, let's check our refrigerators and pantries for expired food. Expiration dates have more to do with the food's overall quality and texture instead of when it is safe or not safe to eat. As long as there are no signs of spoilage, you can eat it, but it might not taste as fresh as it once was. As a general rule we all should follow the following chart for freshness.

Refrigerated foods (once opened):

- Ground Meat and Stew Meat: 1-2 days.
- Fresh Meat (Beef, Veal, Lamb and Pork): 3-5 days.
- Fresh Poultry: 1-2 days.
- Lunch Meat: 2 weeks unopened, 3-5 days opened.
- Fresh Fish and Shellfish: 1-2 days.
- Eggs, fresh in shell: 3-5 weeks.
- Mayonnaise: 2 months.
- Milk: 1-2 weeks.

Now we have the fresh food organized, let's look at the expired food. The following is an explanation of food labels:

- "Best if Used By/Before" indicates when a product will be of the best flavor or quality
- "Sell-By" refers to how long the store should display the product for sale for inventory management (many items are still safe to eat after sell by date and might have simply lost their peak flavor or aesthetic appeal)
- "Use-By" is the last date recommended for the use of the product while at peak quality
- "Freeze-By" is when a product should be frozen to maintain quality


The first chart below will guide you through tossing out your expired refrigerated food items. The second chart shows how long food stays safe in your refrigerator and freezer after a power outage:

Meat & Seafood 	Bacon	7 days
	Chicken or turkey	1-2 days
	Fish or shellfish	1-2 days uncooked, 3-5 cooked
	Ground meats	1-2 days
	Hot dogs	2 weeks unopened, 1 week opened
	Lunch meats	2 weeks unopened, 3-5 days opened
	Roast	3-5 days
Dairy 	Butter	1-3 months
	Cheese, hard	6 months unopened, 3-4 weeks open
	Cheese, soft	1 week
	Eggs	3-5 weeks in shell, 2-4 days shelled
	Coffee cream	10 days
	Heavy cream	10 days
	Milk	1 week
	Sour cream	1-3 weeks
Condiments 	Yogurt	1-2 weeks
	Jams, Jellies	6 months after opening
	Ketchup	6 months
	Mayonnaise	2 months
	Mustard	1 year
Leftovers 	Salad Dressing	2 months
	Meat or poultry	3-4 days
	Casseroles	3-4 days
	Egg dishes	3-4 days
	Fish	3-4 days
	Hard-boiled eggs	1 week
	Pasta	1-2 days
	Pizza	3-4 days
	Salads	3-5 days
	Soups & stews	3-4 days
	Spaghetti Sauce	4 days
	Gravy	3-4 days

 /preparing4shtf

Eat Safe Food after a Power Outage

During a power outage, keep refrigerator & freezer doors closed

 If the doors stay closed, food will stay safe for up to:



4
Hours in a
Refrigerator



48
Hours in a
FULL
Freezer

24
Hours in a
HALF-FULL
Freezer



www.cdc.gov/foodsafety

CS10009-C



Exploring Creativity in Watercolor

In this class we will explore the unique qualities of the Watercolor medium through fun exercises. This is an opportunity to have fun while exploring your creativity. Each class begins with a guided warm up activity followed by a chance to use the skill we just learned, to create a unique painting of your own.

- **Class 1 (Thursday, 2/15):** Washes: We'll have fun trying a variety of washes one of the basic watercolor skills. You will then have a chance to use a wash in a painting of your own.
- **Class 2 (Thursday, 2/22):** Near, Far and in-between: Through a series of exercises we will explore how the thickness of the paint gives depth to a painting. You will see how the thickness of the paint either makes things fade into the distance or come forward in space. You will then have a chance to do a unique painting of your own.
- **Class 3 (Thursday, 3/7):** Mixing and Mingling: We'll have a chance to try out one of the unique qualities of water color by allowing the paints to mix and mingle on the paper. When we let watercolors do what they like to do some beautiful patterns and colors emerge. You will have a chance to paint a loose watercolor allowing the paints to mix and mingle. This is a fun class!
- **Class 4 (Thursday, 3/14):** Edges: After learning about mixing and mingling in the last class we'll learn how to paint loose and fuzzy edges as well as clear distinct and sharp object edges..

There will be reference photos for your use at each class and you are also free to bring photos of your own. You can also create your own paintings from imagination. This class is designed to help you get a feel for the watercolor medium while having fun creating and letting go a bit. All levels are welcome. This is a great class for beginners as well as painters who want to spend some time focusing on the basics which we sometimes neglect. Refocusing on basics can enhance your paintings! Basic supplies will be available. A materials list and suggested supplies will be provided so you can paint at home. The cost is \$48 for 4 sessions, paid directly to our instructor, Peggy (cash, PayPal, Venmo, or check **MUST BE PAID IN ADVANCE OF THE FIRST CLASS**). Please call today to reserve your spot. **Class begins at 9:30am on the following Thursdays: February 15th and 22nd and March 7th and 14th.**

Peggy Poppe is a Watercolor artist living in Newbury on Plum Island. She is the facilitator of the Watercolor Interest Group at Newburyport Art. is an award winner in juried shows and is a member of the Newton Watercolor Society, New England Watercolor Society, and Kittery Art Association. Her work is in private collections in New England and beyond.

THE LAW OFFICES OF
CONNOLLY & CONNOLLY

Wills • Trusts • Estate Planning • Probate & Estate
Administration • Elder Law • Guardianship

978-462-2231

Grace Gonzalez Connolly

21 Green Street, Newburyport

*Member of National Academy of Elder Law Attorneys

**Place Your Ad Here and
Support our Community!**

Instantly create and
purchase an ad with

**AD
CREATOR
STUDIO**



lpicommunities.com/adcreator



computer doctor

We make house calls

978-312-1261

PC • APPLE • ANDROID

FREE PICK-UP & DELIVERY

Support-Training-Repairs



UnitedHealthcare Senior Care Options
Is a proud sponsor of the Newbury
Senior Center Newsletter.

For more information on UnitedHealthcare
Senior Care options call

Hellen Moreira at 978-201-2603, TTY 711

UHCCP.com/MADual
CST25879



NEVER MISS OUR NEWSLETTER!

SUBSCRIBE

Have our
newsletter
emailed
to you.



Visit www.mycommunityonline.com

We remain true to our vision to positively improve
the lives of every person, business and organization
within the communities we serve.



INSTITUTION FOR SAVINGS

BUILDING STRONGER COMMUNITIES TOGETHER SINCE 1820.

978-462-3106 • institutionforsavings.com

**SUPPORT OUR
ADVERTISERS!**

**Are you overwhelmed by an
expense you can't afford?**



If you are a woman 60 or over, and
you live in Amesbury, Newburyport,
Newbury, or Salisbury

We're here to help!

for more information or to apply visit:

www.NSRAW.org/individuals



Please allow 30 days for
review of your application

**Newburyport Society for
the Relief of Aged Women**
A non-profit charitable
foundation since 1835

LET'S GROW YOUR BUSINESS

Advertise in our Newsletter!

CONTACT ME
Steve Persichetti

Spersichetti@lpicommunities.com

(800) 477-4574 x3403



AUDIOLOGY NETWORK SERVICES

If you think your hearing has changed, you're probably right.
If you think no one else has noticed, you're probably wrong.
Take your first step towards better hearing today!



Life sounds brilliant.

158 Bridge Rd., Salisbury, MA 01952 | 978-465-5321
audiologynetworkservices.com



Ad info. 1-800-477-4574 • Publication Support 1-800-888-4574 • www.lpiseniors.com

CNewbury, MA

036-5372

Newbury Council on Aging
12 Kent Way, Suite 100
Byfield, MA 01922

Return Service Requested

PRST STD
U.S. Postage
PAID
Permit#74
Newburyport, MA
01950

Newbury Council on Aging

Council on Aging

Damon Jespersen, Chair
Joyce Machiros, Vice Chair
Susan Grillo, Secretary
Chuck Bear, Member
John Ferrara, Member
Christina Howe, Member
Geraldine DiMaio, Member
Jeanine Cunningham, Member
Josephine Antico, Member



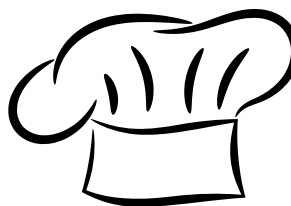
Please recycle!

Staff

Cindy Currier, Director
Kathy Zaremba, Program Coordinator
Jannine Vaciliou, Outreach Coordinator
Otto Kinzel, Van Driver
Emily Lampert, Meals on Wheels Driver

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.

Join us for our next Traveling Chef meals on **Thursday, February 29th and Thursday, March 21st at 12pm**. February's menu: Asian bowl (chicken, white rice, and veggies) and pineapple upside down cake for dessert. March's menu: breakfast for lunch (omelet bar, French toast sticks, bacon, roasted potatoes, and fruit salad). 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!