



Newbury

News from the Council on Aging

Important information:

**Daylight Saving Time
begins at 2am on Sunday,
March 14th. Spring forward!**

**We will be closed on
Monday, April 19th in
observance of Patriots' Day**

**Council on Aging Hours:
Monday through Thursday
9am-3pm**

How to reach us:

p. 978-462-8114

e. coa@townofnewbury.org

a. 63 Hanover Street

w. www.townofnewbury.org

Greetings from the Director!

By Cindy Currier

Included in this newsletter is a survey about the needs of the Council on Aging. Please help us by completing the survey and dropping it off at one of the locations listed on the back.



The Newbury Board of Health has been working in conjunction with eight other communities to schedule vaccine clinics, but the Commonwealth is diverting vaccine supply to the mass vaccination sites. Phase 2, Group 1 is now eligible (those individuals 75+) to receive their vaccine. Phase 2, Group 2 is also eligible (those individuals 65+, those with two eligible conditions, and residents & staff of low income and affordable senior housing). If you are interested in getting on a wait list for potential local clinics, please call the Council on Aging at 978-462-8114. Once we are notified of an available clinic, we will call you and help you register. Another option is to visit www.mass.gov/covidvaccine to find clinics throughout Massachusetts. The mass vaccination sites allow one trusted caregiver to register for a vaccine if they are accompanying an individual who is 75+ to their appointment. Finally, several CVS retail locations are holding clinics. To see if there is a location nearby, visit www.cvs.com/immunizations/covid-19-vaccine for more information.

COVID-19 NEWS



VACCINE CLINICS

Call the Council on Aging to get on the waitlist for local Covid-19 vaccine clinics. We will call you once we know there is a clinic scheduled and we will help you register for your appointment! There are currently no local clinics scheduled.

QUESTIONS?

You can call us at the Council on Aging with any questions. You can also visit www.mass.gov/covidvaccine and scroll through that page for links to the most up-to-date information from the Commonwealth.



MASS SITES

The mass vaccination sites continue to offer the largest # of appointments. These mass sites add vaccine appointments weekly on Thursdays. Once you are eligible, visit www.mass.gov/covidvaccine to schedule an appointment. No access to the internet? No problem! Call 2-1-1.

COVID-19 Vaccine Scam Alert

By John R. Lucey Jr., Newbury Chief of Police

As the COVID-19 vaccine becomes more readily available to the public, the potential for fraudulent schemes increases. The U.S. Department of Health and Human Services Office of Inspector General is alerting the public about fraud schemes related to the novel coronavirus (COVID-19). Scammers are using telemarketing calls, text messages, social media platforms, and door-to-door visits to perpetrate COVID-19-related scams.

If you are interested in receiving the COVID-19 vaccine, you should coordinate the appointment through valid medical sources, such as your primary healthcare provider, established medical facilities or the local Board of Health.

If you believe you've been the victim of a scam, please call the Newbury Police Department as soon as possible. For more information on COVID-19, visit <https://www.townofnewbury.org/home/urgent-alerts/covid-19-newburystate-information-when-can-you-get-covid-19-vaccine>



Protect Yourself

AVOID COVID-19 Vaccine Scams

As COVID-19 vaccine distribution begins, here are signs of potential scams:

- You are asked to pay out of pocket to get the vaccine.
- You are asked to pay to put your name on a vaccine waiting list or to get early access.
- Advertisements for vaccines through social media platforms, email, telephone calls, online, or from unsolicited/unknown sources.
- Marketers offering to sell or ship doses of the vaccine for payment.

✓ **Protect Yourself. Do not give out your personal information to unknown sources.**

! If you believe you have been the victim of COVID-19 fraud, immediately report it to:

- HHS-OIG Hotline: **1-800-HHS-TIPS** | tips.hhs.gov
- FBI Hotline: **1-800-CALL-FBI** | ic3.gov
- CMS/Medicare Hotline: **1-800-MEDICARE**



For accurate, up-to-date information about COVID-19, visit:

oig.hhs.gov/coronavirus
fbi.gov/coronavirus
justice.gov/coronavirus



RESOURCES

FOOD INSECURITY

FIRST PARISH CHURCH FOOD PANTRY

20 High Road, Newbury
To order, call: 781.223.2669 or
order online at:
www.nourishingthenorthshore.org
Orders must be placed between
Wednesday at 12pm until Thursday at
7pm. Pick up is Friday afternoon
between 2:30-5pm. Delivery is also
available.

AMONG FRIENDS - HOT MEALS

St. Paul's Episcopal Church
166 High Street, Newburyport
P: 978.465.5351
Call by 2pm Monday for Monday 5-6pm
Call by 9am Tuesday for Tuesday 11am-
12:30pm
Call by 9am Friday for Friday 11am-
12:30pm

OUR NEIGHBOR'S TABLE FOOD PANTRY

Main Street Congregational Church
145 Main Street, Amesbury
P: 978.388.1907
Order food by 3pm Tuesday through
Friday to receive food the following
day. Wednesday night dinners 4-6pm at
Vestry Hall.

PETTENGILL HOUSE FOOD PANTRY

P: 978.463.8801

MEALS ON WHEELS - HOT&COLD MEALS

Call us at The Newbury Council on Aging
P: 978.462.8114

SALVATION ARMY FOOD PANTRY

40 Water Street, Newburyport
P: 978-465-0883
Monday & Wednesday 12:30-4:30pm
Thursday 12:30-5pm

GROCERY DELIVERY

SHAW'S & MARKET BASKET

www.instacart.com

STOP & SHOP

www.peapod.com

AMAZON PANTRY/WHOLE FOODS

www.amazon.com

THE NATURAL GROCER

P: 978.463.8713
Call for curbside pick-up

PHARMACY DELIVERY

DANIEL LYNCH PHARMACY NEWBURYPORT

P: 978.462.2232

CENTRAL STREET PHARMACY GEORGETOWN

P: 351.207.5132

CVS CAREMARK

Visit www.caremark.com to sign up for
prescriptions by mail

FUEL ASSISTANCE

COMMUNITY ACTION HAVERHILL

P: 978.373.1971

ELDER SERVICES

ELDER SERVICES OF THE MERRIMACK VALLEY & NORTH SHORE

P: 800.892.0890
W: www.esmv.org

RESOURCES

COVID-19 VACCINES

WWW.MASS.GOV/COVIDVACCINE

If you meet the eligibility criteria for a Covid-19 vaccine, please visit www.mass.gov/covidvaccine to schedule an appointment. If you cannot access the internet, please call **2-1-1** to be connected to the MA resource line. Select CVS locations are offering clinics: www.cvs.com/immunizations/covid-19-vaccine. Or call the Council on Aging for local clinics.

ORGANIZATIONS

AARP

American Association of Retired Persons
P: 888.OUR.AARP (888.687.2277)
W: www.aarp.org

BENEVOLENT SOCIETIES

ST. VINCENT DE PAUL

42 Green Street, Newburyport
P: 978.518.0728
W: www.svdpnnewburyport.org

HOWARD BENEVOLENT SOCIETY

P.O. Box 9, Newburyport
P: 978.462.6973

NEWBURYPORT SOCIETY FOR THE RELIEF OF AGED WOMEN

P.O. Box 787, Newburyport
W: www.nsraw.org
E: nsraw1835@gmail.com

FOOD ASSISTANCE PROGRAMS

SNAP - SUPPLEMENTAL NUTRITION ASSISTANCE PROGRAM

Contact Tress at Our Neighbor's Table
P: 978.388.1907
Or online, visit:
www.mass.gov/service-details/snap-outreach-partners

HEALTH INSURANCE ASSISTANCE

SHINE - SERVING HEALTH INSURANCE NEEDS OF EVERYONE

Offered through Elder Services of the Merrimack Valley & North Shore
Contact Janet DelMare at the Newbury Council on Aging to be connected to our SHINE Counselor, Max.
P: 978.462.8114
To learn more about this program, visit:
www.esmv.org/programs-services/shine-program/

MASSHEALTH

Anna Jaques Hospital
P: 978.463.1123
Application assistance available
Monday through Friday 8am-3pm

HOUSING

BYFIELD ELDERLY HOUSING

Oak Ridge - 84 Main Street
Quaker Hill - 115 Main Street
Contact: Evelyn Noyes
P: 978.462.3422 or 978.375.6145
W: www.byfieldelderlyhousing.com

NEWBURY VILLAGE

Eastpoint Properties
Contact: Paula Thompson
P: 603-471-3013

Thank you, Volunteers!

On behalf of the staff of the Council on Aging and the residents served, we thank all of the volunteers who have stepped forward in the past several months to meet the needs of so many during these unprecedented pandemic times. Volunteers have delivered library materials, groceries, and emergency backpacks to those who are unable to be out and about. Other volunteers have been making regular wellness calls to seniors who are isolated and are in need of friendly conversation. This newsletter was folded and prepared for mailing by several volunteers who spent hours around tables at the Council on Aging so that we can let everyone know what is happening. Some of you have taken advantage of the NEET (Northern Essex Elder Transport) program for rides to medical appointments. This is a volunteer-based program that several of Newbury's residents support. The other groups that need a big SHOUT OUT of THANKS are the members of the Board, the Expansion Committee and the Friends of the Newbury Council on Aging Board. You are all amazing! We are so grateful for everything that many so folks do behind the scenes on a daily basis to enhance the quality of life of Newbury seniors. Your partnership with the Council on Aging staff is invaluable!



REMINDER FOR ALL VOLUNTEERS:

Please continue to submit your volunteer activity reports to Karen either by email (coa@townofnewbury.org), drop off at the Council on Aging, or by US Mail (63 Hanover Street, Newbury). Feel free to send them in monthly, noting each date/time that you volunteer. Keeping track of these hours is necessary for our annual reporting to the Executive Office of Elder Affairs. THANK YOU for all you do!

Volunteers Needed! NEET Drivers to Drive Newbury Residents to Vaccine Clinics

At this point the volunteer venue that needs support is NEET - Northern Essex Elder Transport. NEET is a collaborative program with several other towns to provide transportation for seniors to get to medical appointments and other errands in the area. Right now during the urgency to get seniors to COVID VACCINE appointments, volunteer drivers are needed. Volunteers can sign up for short term commitments (3 months) to help get seniors to the local vaccines sites (including Danvers and possibly Fenway Park). COVID screening protocols are in place for your protection, as well vaccine access for volunteers (at the mass vaccination sites). If you are interested in volunteering, please call Karen at 978-462-8114. Thank you!

Please Welcome Our New Van Driver, Jim Long

We are happy to report that we have hired a new van driver! Jim Long is a resident of Byfield who has extensive experience as a CDL licensed driver. Jim has already driven a couple of residents to their Covid-19 vaccine clinic and he is ready to take others to their vaccine appointments, as well as shoppers to Market Basket on Tuesday mornings. Jim may also be available to drive you to a local medical appointment. Due to Covid-19 protocols, we are limited to two passengers in the van at one time. Masks must be worn at all times.

Call Karen at 978-462-8114 to register as a Van Passenger and to schedule your ride!



Northern Essex Elder Transport (NEET)

Great news! Newbury has several NEET drivers who are ready to drive passengers to medical appointments, vaccine clinics, and for other local errands. Availability is limited and due to the Covid-19 pandemic there is new paperwork to complete prior to being able to schedule a ride. There are also Covid-19 protocols to adhere to, including wearing masks at all times.

Please call Karen at 978-462-8114 to request your paperwork in order to schedule a ride with a NEET driver.

Want to be a NEET driver? Call Karen to be connected with Ginny Salem, Administrator of the NEET Program.



Northern Essex Elder Transport, Inc.

Outdoor Coffee & Chat Event



Join us on Thursday, April 22nd beginning at 10:30am outside the Council on Aging at 63 Hanover Street for a socially distanced coffee hour. Purchase coffee and pastries from the Changing Tides food truck and have a chance to meet with our Town Leaders (Administrator, Select Board, Council on Aging Board of Directors, and other Town officials). Bring your own lawn chair to sit and enjoy your treats with other Newbury residents or swing by to take yours to go. Have questions? Give us a call at 978-462-8114.

Community Action, Inc.

Home Energy Assistance Program

Would you like to know how you could get a **25% 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 learn more:

www.communityactioninc.org

or call 978-373-1971 ext 218

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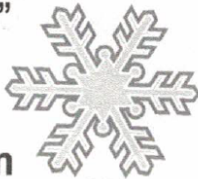
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—of Newburyport—
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If someone you know could benefit from the safe, secure and supportive environment of a **100% DEDICATED MEMORY CARE COMMUNITY** consider Avita - greater Newburyport's newest assisted living community.

Call Alison to schedule a personal visit:
978-225-7000 or Alisin@avitaofnewburyport.com

We're conveniently located at:

4 Wallace Bashaw Jr. Way | Newburyport, MA | avitaofnewburyport.com

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e.m.noyes@comcast.net

Tel: 978-465-7408
FAX: 978-465-2918
CELL: 978-375-6145

Seniors! Call for a FREE market analysis

Library Book Delivery!

Did you know that the Newbury Council on Aging has partnered with the Newbury Town Library to deliver books and other library materials to home bound seniors? Call the Library at 978-465-0539 and ask to speak with Jane Wolff, Circulation Librarian, to become a part of this program. The Council on Aging currently has two volunteers who deliver and pick up library materials to homebound seniors every Friday.

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Activity Kits Available!

Thanks to a grant from Elder Services of the Merrimack Valley & North Shore, the Newbury Council on Aging has prepared activity kits for our seniors to be creative and have some fun at home! Call 978-462-8114 to reserve your kit. Supply is limited, so call today! Pick up is at the Council on Aging at 63 Hanover Street. Can't make it? Ask for delivery and we will try to arrange that for you.

Kits available:

- Paint by number kits - Simply follow the numbers on the canvas using the included acrylic paints to create a masterpiece! Three kits available.
- Adult coloring books with colored pencils - Coloring and patterning are relaxing, meditative activities that encourage self-expression and offer an easy way to de-stress. Three kits available.
- Stonewall Kitchen baking mixes - choose from Blueberry Muffin Mix, Cornbread Mix, or Cinnamon Swirl Quick Bread Mix. All kits come with a wooden spoon and baking pans. Three of each mix available.

Social Media!



We post updates and information to the Town of Newbury social media pages (Facebook, Instagram and Twitter). Be sure to "Like" our posts and share them!

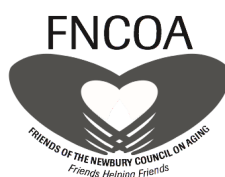
Friends of the Newbury Council on Aging



The Friends of the Newbury Council on Aging is a nonprofit 501c3 organization formed to support and enhance the programs and activities of the Newbury Council on Aging. The Friends' primary purpose is to raise funds through membership dues, donations, fund raising events, grants, and gifts.

The Friends' support has enabled the Newbury Council on Aging to hold special programs such as the annual holiday and volunteer luncheons. The Friends also pay for the gasoline for the Council on Aging van to take seniors to the grocery store, on local day trips, and most recently to a Covid-19 vaccine clinic. The Friends also supported the Council on Aging by purchasing new batteries for the automated external defibrillator (AED) machines. Their support is invaluable to furthering the mission of the Newbury Council on Aging to be a resource to and advocate for programs and services that enhance the quality of life for the seniors in our community.

The Friends are looking to grow and have others with great ideas and energy join their efforts to support the Newbury Council on Aging. Are you looking to help an organization in your community by donating your time and offering ideas? Can you help with social media? Do you have fundraising experience or grant writing experience? Do you have an interest in legal or financial services? The Friends of the Newbury Council on Aging could be a great match for you! The Friends welcomes Newbury residents of all ages to join. Virtual meetings are held once a month for about an hour. If you or someone you know are interested in learning more about this important group, please fill out the form below and mail it to **The Friends of the Council on Aging, 63 Hanover Street Newbury, MA 01951**. Or call the Council on Aging at 978-462-8114. A staff member can take your information and a member of the Friends will get back to you.

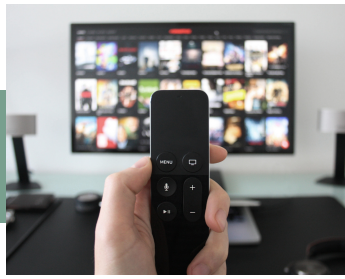


Name: _____

Phone#: _____

Email: _____

Areas of interest: _____



Virtual Programs

CAN BE VIEWED ON CABLE ACCESS CHANNEL 9

FITNESS

CHAIR YOGA WITH CHRIS HOWE MON & WED AT 11AM; SAT AT 9AM

Join Chris for a 60 minute chair yoga class. Beginners can learn simple techniques. Those intermediate learners can build up their skills.

MEDITATION ~ ROOTS TO WINGS FRI AT 1PM

Join Arleen Damon from Roots to Wings Yoga and Healing Studio for a 45 minute meditation session.

NEIL DIAMOND TRIBUTE SAT & SUN AT 2PM & 8PM

Enjoy this hour long Neil Diamond Tribute program with Robert Neary.

EXERCISE TO MUSIC WITH PAULA PRESSLER

TUES & THURS AT 11AM

Enjoy a one hour fitness program set to music, including stretching, hand weights, no-to-low-impact aerobic movements, and cool down.

EDUCATIONAL

ALL THINGS AGING ~ ELDER SERVICES OF THE MERRIMACK VALLEY & NORTH SHORE FRI AT 2PM

Join Nandi Munson and Katie Houle for approximately twenty minute episodes on topics including home care, the SHINE Program, caregiver support, and hoarding and cluttering.

NAVIGATING THE EMERGENCY ROOM ~ ABERDEEN HOME CARE MON & WED AT 2PM

Joanne MacInnis, owner of Aberdeen Home Care, guides us through how to prepare for a visit to the emergency room.

UNDERSTANDING ESTATE PLANNING WITH ATTORNEY MARGOT BIRKE TUES & THURS AT 2PM

Learn about the most important documents you should have in place as you age in this 45 minute program from Elder Law Attorney Margot Birke of Newburyport.

**MORE PROGRAMS WILL BE ADDED
ON AN ONGOING BASIS...STAY
TUNED INTO CHANNEL 9! AND
CHECK OUR WEBSITE AND SOCIAL
MEDIA PAGES FOR UPDATES.**

Newbury Council on Aging
63 Hanover Street
Newbury, MA 01951

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Newbury Council on Aging

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Geri Dorr	Member
Jeanine Cunningham	Member
William DiMaio	Member



Please recycle this newsletter when you have finished reading it



Staff

Cindy Currier	Director
Karen Spangler	Program Coordinator
Janet DelMare	Outreach Coordinator
Karen Everett	Meals on Wheels Driver
Jim Long	Van Driver

The printing of this newsletter is prepared by Senior News Publications. The postage is paid for by a grant from the Executive Office of Elder Affairs.

Next Grab and Go Meal March 17th!



Due to the Covid-19 pandemic, we are unable to offer meals to our community at the Council on Aging. But we have an alternative: Grab and Go Meals! These **free** meals are provided by the Newbury Council on Aging in collaboration with Elder Services of Merrimack Valley and the North Shore's Traveling Chef Program.

We are offering our next Grab and Go Meal on **Wednesday, March 17th...St. Patrick's Day!** Menu: Corned beef au jus, parsley potatoes, cabbage and carrots, rye bread, and green cake for dessert. **50 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 11:30am on Wednesday, March 17th at 63 Hanover Street. Call upon your arrival and a staff member will deliver your meal to your car. For five of these meals, we are able to offer home delivery. If you are a homebound senior with no ability to have your meal picked up, call us to reserve your delivery spot. And be sure to call us at the end of March for April's Grab and Go date and menu. Bon Appetit!