

## NEWBURY Council on Aging Est. 1976

F. Ryeburn Lynch Senior Center  
Newbury Elementary School

63 Hanover Street, Newbury, MA 01951

Email: [coa@townofnewbury.org](mailto:coa@townofnewbury.org)

Office hours: Monday – Thursday 9AM-3PM

978-462-8114

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

**March/April 2016**

### MISSION STATEMENT

The Newbury Council on Aging will identify, develop, implement, and advocate for programs and services designed to enhance the quality of life and independence of elders in the community and will assist all people with questions relating to aging issues.

### March & April Dates to Remember

- March 3** Van Trip – Meal & a Movie
- March 13** Start of Daylight Savings Time at 2:00 am, & semi-annual reminder to update your "File of Life" information.
- March 14** Pi Day
- March 15** Guest Chef Luncheon
- March 17** St. Patrick's Day
- March 20** Vernal (Spring) Equinox
- March 24** Van Trip – IHOP & Hobby Lobby
- March 27** Easter
- April 1** April Fool's Day
- April 6** Blood Pressure Clinic from 11:30 - 12:30 at Senior Ctr.
- April 7** Van Trip - Guiseppe's & Shopping
- April 15** Taxes due
- April 18** Patriots' Day – COA Closed
- April 21** Guest Chef Luncheon
- April 22** Earth Day
- April 28** Van Trip – Agawam Diner & a scenic ride

seats and toilet seats for long or short-term lending.

**Grocery Shopping:** The van is available to bring seniors to the Newburyport Market Basket on Tuesdays at 9:30 am - Sign up by calling 978-462-8114.

**Meals on Wheels:** Available to eligible seniors by calling Elder Services of Merrimack Valley at 1-800-892-0890.

**Medical Transportation: Northern Essex Elder Transport (NEET)** is a volunteer program that provides rides for elders to medical appointments. Arrangements should be made by calling the COA at 978-462-8114. Call at least a week in advance. If it's a last minute appointment, we will try to accommodate you. A donation of .43 cents per mile is suggested to help support the program, however, no one is turned down due to inability to pay. This is a curb-to-curb transport service and you must be ambulatory, or if not, bring a companion to assist you. The driver is not required to assist.

### **COUNCIL ON AGING SERVICES**

**Equipment Lending Program:** Our COA has a small collection of walkers, bath

**Ring & Ride** (Medical, Shopping & General Purpose Transportation): Ring & Ride is a shared van service and the van can be



used for any purpose in Amesbury, Boxford, Georgetown, Groveland, Haverhill, Lawrence, Newbury, Newburyport, North Andover, West Newbury, and the Rowley Train Station and Rowley Market Basket. It requires 24-hour notice for reservations made through MVRTA - 978-469-6878, option #3.

**S.H.I.N.E. (Serving Health Information Needs of Elders):** Mark Sullivan, our SHINE Counselor, will help you understand your health insurance needs. Check our newsletter calendar for the dates he will be available here at the Senior Center. If you are interested, call 978-462-8114 for an appointment.

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## VOLUNTEER CORNER

We would like to thank the following people for their recent donations to our senior center: **Gayle Aponas, Andrea Bursaw, Susan Chism, Diane Finnigan, Martha Gray, Maura Moore and Fred Thurlow.**

**Guest Chefs:** Thank you to January's chef, **Charlene Walsh** and February's Chef, **Joe Murphy** for preparing wonderful food for all to enjoy!



Here are the following volunteer positions that we are in need of right now:

**COA Board of Directors** - Board members serve as the decision-making panel for the COA. Meetings are once a month

on a Monday afternoon. Members are asked to serve a three-year term.

**Friendly Visitors** - Just like its name, Friendly Visitors visit with seniors who have difficulties getting out to socialize.

**Guest Chefs** - Would you like to prepare a meal for 20 to 25 seniors? Donations are given back to the chef.

**Grocery Shoppers** pick up groceries and prescriptions for homebound seniors. You will need a car & a pleasant personality and are able to lift small grocery bundles. Please consider helping out your neighbor.

**Kitchen Helpers** - Lend a hand serving food and washing dishes for our once a month luncheon and at special events.

**Receptionists** for the 12:00-3:00 PM shift on Mondays. Duties are answering phones and greeting Senior Center guests.

**Van Shopping Monitor** - Volunteer to ride on the van and help seniors who need assistance getting on and off the van, help out with their shopping, and carry bundles to the van and from the van to their door.



**March and April is tax time** and Newbury residents (of any age) may make an appointment with Leland Honda, the AARP Tax Aide, at the Newburyport COA. He is there Mondays, Tuesdays, and Thursdays



from 9:00 to 12:00. An appointment is necessary and this is the phone number for the new Senior Center off High Street: 978.462.0430. Remember, state taxes must be filed to get the **Circuit Breaker**; homeowners (name must be on the deed) and renters over 62 should take advantage of this state program if they are eligible.

## **HEALTH INFORMATION**

### **When Every Second Counts:**



A recent AARP Bulletin article highlighted ways to help EMTs get to you if you have to call:

- Clear the way outside; this is especially true in winter, but also make sure shrubs are cut back and stairways are in good repair.
- Make your house a beacon; bad signage (legal 3-1/2" numbers visible from the street?) and no lights will slow down the response time.
- Unlock your doors if you can and consider an outside lockbox. You can call your local rescue team ahead of a crisis and tell them where to find it.
- De-clutter your home and make sure there is space for a stretcher.
- Keep records handy - your File of Life will do the trick (keep it up to date!).
- Wear your medical alert bracelet or necklace at all times and do not hide it with ornamental jewelry; make sure it stands out.
- Alert EMS to special needs and physical disabilities that may hinder the rescue.

### **New CPR Guidelines**

These guidelines are simpler than ever. When a person's heart stops (cardiac arrest), time is of the essence; without treatment within ten minutes, the survival rate is almost zero. So here is what is new:

- You don't have to do mouth-to-mouth breathing anymore; experts now say continuous chest compressions are just as effective.
- You will not hurt anyone by trying; in fact, they will die if nothing is done & every state now has a Good Samaritan Law to protect against liability.

### **Here is what to do when someone stops breathing:**

**Call 911.** Be specific about where you are. Dispatchers will coach you on CPR once emergency crews are on their way.

**With the heel of your hand,** push hard and fast at the center of the chest. Hard = down 2", fast = in rhythm to the aptly named disco tune "Stayin' Alive."

**Keep going until help arrives.** This is unexpectedly tiring; if you lace your fingers and lock your elbows it helps. Ask for help if others are present.

600,000 Americans suffer cardiac arrest each year; 4 out of 5 happen in the home; less than one-third get bystander CPR help.

### **Alzheimer's Disease**

Did you know that almost two-thirds of Americans with Alzheimer's disease are women? Today more than 3.2 million women (1.9 million men) are living with



CONTINUED FROM PAGE 3

to the C.O.A., or that we have used and no longer can, Newbury Stuff by Stanley Price (\$5 donation), some things that have newer or updated versions (such as the annual town listing of residents), decorative note pads, wrapping paper ~ all kinds of items you will find on that chest and the adjacent window sill. If you can put any to good use, you are welcomed to take them. Things change daily, so who knows what you may find.



### BLOOD PRESSURE CLINIC

**We will be holding a monthly Blood Pressure Clinic beginning on Wednesday, April 6<sup>th</sup> from 11:30 am to 12:30 pm.** Public Health Nurse, Pam Lara, will be at our Senior Center providing blood pressure checks, heart assessments, medication information and will discuss any medical concerns you may have.

### MATH TRICK

**Here is a math trick so dazzling that it is bound to stump you:**

Grab a calculator because you will not be able to do this in your head.

Key the first three digits of your phone number (not the area code).

Multiply by 80.

Add 1.

Multiply by 250.

Add the last four digits of your phone number.

Add the last four digits of your phone number again.

Subtract 250.

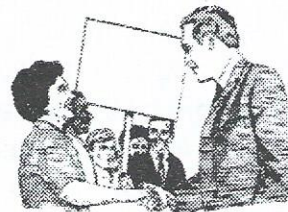
Divide the number by 2.

Do you recognize the answer?

### PARKING YOUR WALKER

by Wol Downey

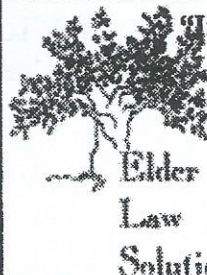
The first time my wife and I went into a restaurant after she had graduated from a wheelchair to a walker, I got her seated, but what to do with the walker? It was crowded and the aisles were narrow and it was winter so everyone had big coats. If I left it open, it would be in the way. If I closed it up and leaned it against the table, someone's coat was going to brush against it and it would go down with a clatter and someone would trip over it and I would be sued. Then an inspiration hit me: I closed only one side and noticed that it stood very stable. Then I put it around the corner of our table where it took up almost no space. What a relief! Now I want everyone to know about it.



### REP. FOR SENATOR BRUCE TARR

Dick Curran from Senator Bruce Tarr's office will be at our Senior Center from 9:00 to 10:00 AM on March 10<sup>th</sup> and April 14<sup>th</sup>. He'll be on hand to answer questions, hear comments or provide assistance. The public is welcome.

CONTINUED ON PAGE 6



**"If you Don't Plan Your Estate, The State will plan it for you."**

**Margot G. Birke, Attorney at Law**

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# MARCH 2016



**Monday**

**Tuesday**

**Wednesday**

**Thursday**

**Friday**

	<b>1</b> 9:00 Van /Shopping 12:30 Cribbage	<b>2</b> <b>SHINE - MUST CALL TO MAKE AN APPT.</b>	<b>3</b> <i>Van Trip – “Meal and a Movie”</i> 12:30 Knitting	<b>4</b> <b>SENIOR CENTER CLOSED</b>
<b>7</b> 12:45 Bridge	<b>8</b> 9:00 Van /Shopping 12:30 Cribbage	<b>9</b> 12:30 Knitting	<b>10</b> 9:00-10:00 Dick Curran from Senator Tarr’s Office  1:00 Birthday Bingo 	<b>11</b> <b>SENIOR CENTER CLOSED</b>
<b>14</b> 12:45 Bridge	<b>15</b> 9:00 Van /Shopping  <i>12:00 Guest Chef Luncheon</i>  1:00 Cribbage	<b>16</b> <b>SHINE - MUST CALL TO MAKE AN APPT.</b>	<b>17</b> 12:30 Knitting  <b>HAPPY ST. PATRICK’S DAY</b> 	<b>18</b> <b>SENIOR CENTER CLOSED</b>
<b>21</b> 12:45 Bridge  1:00 COA Board	<b>22</b> 9:00 Van/Shopping 12:30 Cribbage	<b>23</b>	<b>24</b> <i>Van Trip to Seabrook @ 10:00 am - “IHOP and Hobby Lobby”</i>  12:30 Knitting	<b>25</b> <b>SENIOR CENTER CLOSED</b>
<b>28</b> 12:45 Bridge	<b>29</b> 9:00 Van/Shopping 12:30 Cribbage	<b>30</b> <b>SHINE - MUST CALL TO MAKE AN APPT.</b>	<b>31</b> 12:30 Knitting	

# APRIL 2016





**Monday**

**Tuesday**

**Wednesday**

**Thursday**

**Friday**

				1 SENIOR CENTER CLOSED
4 12:45 Bridge	5 9:00 Van /Shopping 12:30 Cribbage	6 Blood Pressure Clinic 11:30 – 12:30 at Senior Center	7 <i>Van Trip- Guisepe's &amp; Shopping – 11 am</i> 12:30 Knitting	8 SENIOR CENTER CLOSED
11 12:45 Bridge	12 9:00 Van /Shopping 12:30 Cribbage	13 SHINE - MUST CALL TO MAKE AN APPT. 12:30 Knitting	14 9:00-10:00 Dick Curran from Senator Tarr's Office  1:00 Birthday Bingo 	15 SENIOR CENTER CLOSED  TAX DAY taxes due
18 SENIOR CENTER CLOSED Patriots' Day 	19 9:00 Van/Shopping 12:30 Cribbage	20	21 12:00 Guest Chef Luncheon 1:00 Knitting	22 SENIOR CENTER CLOSED
25 12:45 Bridge 1:00 COA Board	26 9:00 Van/Shopping 12:30 Cribbage	27	28 SHINE - MUST CALL TO MAKE AN APPT.  <i>Van Trip – Agawam Diner &amp; a Scenic Ride” – 11:00 am</i> 12:30 Knitting	29 SENIOR CENTER CLOSED





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the disease and in the next ten years those numbers are projected to increase dramatically.

These are the official **Ten Warning Signs of Alzheimer's Disease** from the national Alzheimer's Association (for more information visit [alz.org/10 signs](http://alz.org/10signs)):

1. Memory loss that disrupts daily life.
2. Challenges in planning or in solving problems.
3. Difficulty completing familiar tasks at home, work, and at leisure.
4. Confusion with time or place.
5. Trouble understanding visual images and spacial relationships (like depth perception).
6. New problems with words in speaking or writing.
7. Misplacing things and losing the ability to retrace steps.
8. Decreased or poor judgment.
9. Withdrawal from work or social activities.
10. Changes in mood and personality.

If several of these signs become noticeable and a concern, it is time to see a doctor.

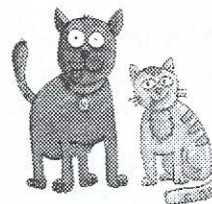
### ***Aging Population Statistics***

From a recent AARP Bulletin come these statistics on our aging population:

- Earth is home to 7,000,000,000 people; that is triple the population in 1950. In 1800 it was 1 billion, in 1900 1.6, in 2000 6.1, and by 2100, 10 billion.
- The ratio of women to men age 60+ is 100 to 82. That means there are 66 million more women than men in the world.
- The average life expectancy for a

person born today is 67.6 years. In 1950 it was 46.6 years, and by 2050 it will be 75.5 years.

- In 2045 people over 60 will outnumber those under 15 for the first time ever.



### **Elder Pet Food Fund**

Did you know the cost of raising a medium sized dog to the age of 11 is = \$6,400? The Newbury COA is supporting Animal Control Officer Carol LaRocque's **Elder Pet Food Fund** to aid elders who have pets and are having trouble paying for their food. If you could use help temporarily feeding your pet, call the C.O.A. at 978.462.8114 and tell the Receptionist your name and your pet's favorite brand and flavor. Carol will deliver the pet food to your door. Want to help her with this effort? Cash donations are gratefully accepted. The spring Chocolate Tour of Newburyport (with about twenty participating downtown stores) is an annual supporter of this program; it also provides local C.O.A.s with money to help with medical prescriptions.

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### **Free Hearing Aide Batteries (P312, BC13A) and More!**

The old blanket chest just inside the entrance door to the C.O.A. Office is our new Gifts & Giveaways showcase. Items that have been donated or gifted



### **CAREGIVERS' PAGE**

#### **Transitioning Home After the Hospitalization**

Recovery from a hospital or rehabilitation stay does not end upon discharge. In many ways, those initial days at home are the most critical ~ and you are your most vulnerable ~ to full recovery. The staff of the facility you or your loved one is leaving will help with the transition, including explaining and making referrals for Visiting Nurse and Home Care services, but there are ways to actively manage this critical time.

- There will be a discharge meeting before you leave the facility. Take advantage of the knowledgeable professionals you will meet by asking questions and voicing concerns. This includes discussing any new medications you may have started and possible side effects and interactions with others (including herbals) you are already taking.
- Plan in Advance - Do you have the medical equipment you need and does your home need any accommodations (handles, removing rugs, a ramp)? If someone will be serving as a primary caregiver, does that person understand the

demands and responsibilities of that position? Is the proper level of home care services in place? Do you have a plan on how you will get to follow-up appointments? In an emergency, can you get out of your home?

- Maintain Realistic Expectations - Understand the extent of improvement that can be expected to take place and what further therapy, treatment, & lifestyle modifications (dietary, exercise) are needed to ensure the best outcome. Do not set yourself up for disappointment and despair.
- Pitfalls - Be aware of them and try to avoid them. Medication management, appropriate caregiving, insurance coverage or lack thereof, level of home care support; do you have someone with whom to voice your concerns?

On your first night home and alone, some anxiety is perfectly understandable. Just make sure you have done all you can to reassure yourself that all will be well.

(Thanks to Senior Living Blog by Kindred Healthcare December 21, 2015.)

## **SPACE FOR SALE**

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*The Annual Volunteer Appreciation Luncheon is coming up in late April. Invitations will be mailed out in early April.*

***Happy Birthday to all Volunteers  
Born in March & April***

March 10	Julia O'Connor
March 17	Wilna Beach
March 24	Jeanne Thomas
April 15	Barbara Murray
April 17	John Spellman
April 22	Hendrik Tans

**THINGS TO DO**

**Newbury Town Library:**

Tong Ren Healing – Tuesdays starting at 5:30 PM and Tai Chi – Fridays from 9:00 - 10:15 AM

**Newburyport Library:** Free Movie Matinee every Wednesday afternoon at 2:30 PM:

<b>March 2</b>	"Leap Year" (PG)
<b>March 9</b>	"The Prestige" (PG-13)
<b>March 16</b>	No movie
<b>March 23</b>	"Focus" (R)
<b>March 30</b>	"All the King's Men" (PG-13)
<b>April 6</b>	"Aloha" (PG-13)
<b>April 13</b>	"Divine Secrets of the Ya-Ya Sisterhood" (PG-13)
<b>April 20</b>	"Z for Zachariah" (PG-13)
<b>April 27</b>	"Pride" (R)