

Newbury Council on Aging

May & June 2019

**F. Ryeburn Lynch Senior Center
Newbury Elementary School
63 Hanover St., Newbury, MA 01951
Phone: 978-462-8114**

**Email: coa@townofnewbury.org
Office Hours: Mon.-Thurs. 9 AM – 3 PM
Website: www.townofnewbury.org**

OUR 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.



Delvena Theatre Company Presents “Meet Julia Child”

Thursday, June 20, 2019 at 1:00 p.m.

**Newbury COA located at Newbury Elementary School (Door 29),
63 Hanover Street, Newbury**

Please call 978-462-8114 to reserve your seat as our Senior Center is small and seating is limited.

***Back by popular demand! We hosted the presentation of “Meet Julia Child”
six years ago and people have remembered it ever since!***

Meet Julia Child! - the beloved French Chef. 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 the floor for discussion regarding Julia Child.

In 2003, Delvena Theatre Company, hearing the call of schools, colleges, libraries, historical societies, senior centers, housing and private organizations, decided to present productions in non-traditional spaces. The company creates “edutainment” - original shows designed to educate as well as entertain.

This is a free performance! Please arrive at around 12:50 p.m. to get seated. If you need a ride to the Senior Center, call 978-462-8114 and we will pick you up with our van. Refreshments will be served. Hope to see you there!

Announcement of Annual Membership Meeting of The Friends of the Newbury Council on Aging

The Annual Membership meeting will take place on Tuesday, June 11, 2019 at 5:15 p.m. at the Newbury Council on Aging located at Newbury Elementary School, 63 Hanover Street, Newbury. We are located at Door 29, close to the front entrance of the school. Registration of attendees for the meeting will begin at 5:00 p.m. The agenda includes:

1. Election of Officers for the Friends of the Newbury COA for the Fiscal Year 2020.
2. Review of the budget and expenditures for Fiscal Year 2019.
3. Overview of the COA activities and programs for Fiscal Year 2019.
4. Presentation of programs planned for Fiscal Year 2020.
5. Open forum.

Newbury COA Board of Directors' Annual Meeting and Election of Officers

Monday, June 17, 2019 at 1:00 p.m. – The Annual Meeting and Election of Officers will be held in the small conference room across from the NES main office (enter through the Senior Center). We're located at 63 Hanover St., Newbury.



Every May, the Administration for Community Living leads our nation's observance of Older Americans Month. **They are pleased to announce the 2019 theme, "Connect, Create, Contribute," which encourages older adults and their communities to:**

- **Connect** with friends, family, and services that support participation.
- **Create** by engaging in activities that promote learning, health, and personal enrichment.
- **Contribute** time, talent, and life experience to benefit others.

Communities that encourage the contributions of older adults are stronger! By engaging and supporting all community members, we recognize that older adults play a key role in the vitality of our neighborhoods, networks, and lives.

Everyone benefits when everyone can participate. We encourage you to connect, create, and contribute for stronger and more diverse communities this May, and throughout the year. (The website for the Administration for Community Living is <http://acl.gov>)



Tuesday, May 14, 2019

The Town of Newbury Candidates who will be on the ballot are:

Assessor (3 years): Linda McCamic, **Board of Health (3 years):** Alba Gouldthorpe, **Constable (4 years):** William F. DiMaio, **Constable (2 years):** R. Perry Collins, **Fish Commissioner (3 years):** Charles A. Colby, **Library Trustee (3 years):** Richard Passeri, **Planning Board (5 years):** George E. Morse, **Planning Board (3 years):** Larry J. Murphy, **Trustee First Settlers Burial Ground (3 years):** Bruce H. Ilsley, **Triton Regional School Committee – Newbury (3 years):** Maureen Heffeman, **Newbury (2 years):** Paul Goldner, **Rowley (3 years):** Paul L. Lees, **Salisbury (3 years):** Erin D. Berger, **Salisbury (1 year):** Deborah Choate. **ALL ARE UNOPPOSED EXCEPT FOR: Selectmen (3 years):** Charles "Chuck" Bear and Michael G. Doyle, **Planning Board (1 Year):** Kristen Grubbs and Leslie Matthews. **If you need a ride to the polls, call the Newbury COA by Monday, May 13, 2019 between 9:00 am – 3:00 pm.**

Daily News Editor, Richard Lodge, will moderate 2 Candidate Forums @ the Newbury Town Library. They will be held on: Monday, May 6th at 10:00 a.m. and on Thursday, May 9th at 6:30 p.m. The Newbury COA will offer rides for the May 6th forum only. Call 978-462-8114 by Thursday, May 2nd, by 2:30 p.m. to reserve a seat on the van. (We are closed on Friday, May 3rd).

S.H.I.N.E.

Serving Health Information Needs of Everyone

The SHINE program (Serving Health Insurance Needs of Everyone) provides free and unbiased insurance information and counseling to MA residents (and their caregivers) who are on or eligible for Medicare. The Newbury SHINE Counselor, Mark Sullivan, will help you to understand Medicare benefits, and will offer guidance about options that are available. Check our newsletter calendar for dates that Mark will be available at the Newbury Senior Center. An appointment is required, so please call 978-462-8114.

COA Outreach

If you, or a loved one, needs assistance or have questions regarding home care services, nursing homes, assisted living facilities, adult day health centers, filling out forms, etc., please contact our Outreach Case Manager, Janet DelMare at the Newbury COA. Janet, having spent many years in social service work, is a valuable resource to senior residents over the age of 60. You may reach her at 978-462-8114.

Representative for Senator Bruce Tarr

Dick Curran, from Sen. Bruce Tarr's office, will be at the Senior Center from **1:00 to 2:00 p.m. on Tuesday, May 14, 2019 and Tuesday, June 11, 2019**. He'll be on hand to listen to your concerns or questions you may have, and to provide assistance. The public is welcome.

For Laughs



A guy is reading his paper when his wife walks up behind him and smacks him on the back of the head. He asks, "What was that for?" She says, "I found a piece of paper in your pocket with 'Betty Sue' written on it." He says, "Jeez, honey, remember last week when I went to the track? 'Betty Sue' was the name of the horse I went there to bet on." She shrugs and walks away.

Three days later he's reading his paper when she walks up behind him and smacks him on the back of the head again. He asks, "What was that for?" She answers, "Your horse called."



In the future, if you do not wish to receive the Newbury COA newsletter, call us at 978-462-8114 or email us at coa@townofnewbury.org. If you would like to continue to receive our newsletter, but would prefer to receive it via e-mail, please email us at coa@townofnewbury.org and we will take you off of the mailing list and put you onto our email list. Thank you!

NEWBURY POLICE DEPARTMENT – Memory Disorders: Police Response to Dementia/ Alzheimer's

Caring for a loved one who is suffering from a memory disorder can be difficult and may require a specialized police response. **The Newbury Police Dept. encourages loved ones to register their family member living with memory disorders with the department so they have all the necessary information in the event of an emergency or crisis.** Come to the police station and request the paperwork, or go to the Newbury Police Dept. website (www.newburypolicedept.com) and print out the form from your computer. Once you're on the website, click on Helpful Links then scroll down to Elder Services and click on Alzheimer's Patient Fact Sheet. **Newbury Police Department 978-462-4440.**



First Parish Community Food Pantry

The all-volunteer, town-wide food pantry currently housed at the First Parish Church at 20 High Road in Newbury offers a wide variety of foods. Not only the non-perishables you would expect, but also meats, eggs, milk, fresh produce, and hygiene products.

The pantry is open on Friday afternoons from 3:00 to 5:00 p.m. and there are volunteers from all parts of town available to assist you with selection and carrying bags to your car. Donations of both food and cash are welcomed and can be dropped off Friday afternoons. If you are in need of a ride, call the Newbury COA at 978-462-8114 from 9:00 a.m.-3:00 p.m. Monday through Thursday. We are closed on Fridays.



SPRING CLEANING TIPS FOR SENIORS

Spring is a time for fresh starts, especially with cleaning and organization. As the warm weather approaches, most people can't help but embrace the tradition of spring cleaning, senior citizens included. While spring is a popular time to get down and dirty with house cleaning, it can be overwhelming for seniors if not planned correctly. Learn about some tips for senior citizens that will make spring cleaning a breeze.

REACH OUT FOR HELP - While rewarding, spring cleaning can be a stressful time for anyone tackling a home alone. ***Invite friends and family over to help not only make the project more efficient, but also a fun bonding experience.*** With more helping hands on board, the project will be done in no time. In addition, you'll have the help you need to move bulkier items like bedroom sets and chairs.

MAKE A LIST - When tackling a job as big as spring cleaning, the more organized you are the better. ***Write down all of the rooms that need to be cleaned, and assign chores to anyone who is helping.*** The work will be better distributed and nobody will be confused about what their role is, making the job go by that much faster.

PLAN A DAY - ***Instead of inviting everyone over right away and immediately cleaning on a whim, pick a day and time that works best for all of the volunteers involved.*** Create a schedule and dedicate an allotted amount of time to each room so that nobody feels overwhelmed or rushed to finish the job.

CLEAR AWAY CLUTTER – A great way to start the spring cleaning process is to address any trash or unused clutter that's taking up a large amount of space. ***Before you begin the organization process, throw away any unwanted items that you come across. This will decrease the amount of objects that you have and make every day cleaning simpler.*** Plus, getting rid of items you no longer use makes more room for new items!

OBSERVE SAFETY FIRST - ***When conducting your spring cleaning, go through your medicine cabinet for any expired pills.*** Ensure that you are taking your medications regularly. In addition, if you have any emergency devices in your home make sure that they are all working effectively.

While spring cleaning can be a stressful time for senior citizens, it doesn't have to be when loved ones are willing to help. Don't take on spring cleaning alone this year! Make sure to follow these cleaning and organization tips.

This post brought to you by Glengariff Healthcare Center, a nursing home in Glen Cove, NY.

Tips from the COA: When your family asks you what you would like for Mother's Day (or your birthday), ask for a day of cleaning. If a whole day is not needed, ask for a morning or an afternoon of help around the house. Some members can do yard work and some can clean the house. Offer coffee, juice, muffins for morning or offer pizza and cold drinks for the afternoon! Don't feel guilty for asking. If it's difficult for you to do heavy duty cleaning, such as moving furniture, or getting down on the floor, please let your family know how much you would appreciate the help. Or, family members can chip in to pay for a house cleaner and/or a yard clean-up crew as a gift for Mother's Day or birthday!



N.E.E.T. (Northern Essex Elder Transport)

This program provides rides for elders to medical appointments. Arrangements should be made **at least 3 business days in advance** by calling the COA office at 978-462-8114 (we are closed on Fridays). Once the ride is arranged, the volunteer NEET driver will call you the day before the ride. A donation of 43 cents per mile is suggested to help support the program, but no one is turned down due to an inability to pay. Reservations must be made through the COA and clients should not call the drivers directly. Also, we have been receiving many requests from clients for doctors' appointments going to Peabody, Danvers, Burlington and Boston. A lot of our drivers prefer not to travel that far, so we are in need of drivers willing to drive longer distances.

MAY & JUNE EVENTS SCHEDULE

Van Trips



Wed., May 8, 2019 – 99 Restaurant/Seabrook
Thurs., May 23, 2019 – Poet's Inn/Haverhill
Thurs., May 30, 2019 – Shop & Lunch/Seabrook
Wed., June 5, 2019 – Spud's Restaurant/Rowley
Thurs., June 27, 2019 – Warren's Lobster House, Kittery, Maine – The seacoast's most famous Soup & Salad Bar with over 60 items including fresh bread.

Suggested donation: \$3.00 for local destinations and \$5.00 for long distance. Please call 978-462-8114 to reserve a seat on the van. All trips depart from the Senior Center at 63 Hanover Street in Newbury. You can meet us at the Senior Center and hop on the van, or we will be more than happy to pick you up and drop you off at your home.



Guest Chef Luncheons

Thank you to **Joe Murphy** for hosting our Guest Chef Luncheons in January and February! The food was terrific! And thanks to **Jonathan Bursaw**, our March Guest Chef, for the scrumptious meal he provided. Also, a big thank you to our Kitchen Helpers, **Andrea Bursaw** and **Barbara Murray**!

Upcoming luncheons: **Thursday, May 16, 2019 at 12:00 noon** – Sue Wolfendale will be making her famous Norwegian Swedish meatballs with noodles! Also, we have a luncheon on Wednesday, June 12, 2019 at 12:00 noon. Cost: \$3.00. Call for reservations at 978-462-8114. If you need a ride, just let us know!

Birthday Bingo



Thursdays, May 9, 2019 and June 13, 2019

Come to Birthday Bingo at our Senior Center on the 2nd Thursday of every month at 1:00. There will be cake & ice cream to celebrate whoever has a birthday that month & then we'll play Bingo!

COA Blood Pressure Clinics @ Newbury/Byfield Housings

Please stop by one of these clinics to chat with COA Outreach Nurse, Michele Washkiss:

Blood Pressure Clinics at Oak Ridge (84 Main St., Byfield) in the Community Room on **Tuesdays: May 21st and June 18th from 1:00 to 1:45 PM.**

Blood Pressure Clinics at Quaker Hill (115 Main St., Byfield) in the Community Room on **Tuesdays: May 21st and June 18th from 2:00 to 2:45 PM.**

There will not be a clinic at Newbury Village at this time.



Watercolor Art Class

"YOU CAN PAINT THIS" with Bill Duke

Artist, Bill Duke, will be at the Senior Center on **Wednesday, May 22, 2019 and on Wednesday, June 26, 2019 from 9:30 a.m. to 12:30 p.m.** You can learn how to paint a lovely watercolor scene with no previous experience. Come join us! **Sign up by calling 978-462-8114. Cost: \$20.00 (materials are supplied).**

The Veterans' Coffee Hour is on hiatus at this time.



A Lost Family Pastime

Remember when the entire family jumped into the car for an afternoon drive? Family afternoon drives aren't as common as they once were. In the "good old days," families often got in the car and just drove with no real itinerary or plan and no destination or goal. The journey was simply about spending a lazy afternoon together, and it was usually on a Sunday. Of course, back then, stores were closed on Sundays... gas was a lot more affordable... and lives seemed a lot less hectic.



NEWBURY TOWN LIBRARY

978-465-0539

Tai Chi - Classes are held on Tuesday and Friday mornings from 9:00 – 10:15 a.m. - \$6.00 drop-in fee.

Tong Ren Healing combines western knowledge of anatomy and physiology with the ancient principle of "chi" (or life force energy), to create what many consider to be a powerful new healing modality. Classes are held on Tuesday evenings from 7:00 – 8:00 p.m.

Tech Help is offered Wednesdays from 12:00 - 2:00 p.m.

EVENTS:

Educational Estate-Planning Seminar - Wednesday, May 1, 2019 from 1:00 p.m. - 3:00 p.m. - At this important free seminar, Attorney Edward "Ted" Beasley, former chairman of the American Bar Association's Elder Law Committee, will discuss: How to protect your house and lifetime of savings from a prolonged nursing-home stay, Planning for disability, How to avoid probate, Strategies for passing assets safely and efficiently and How to protect your children's inheritance from creditors, divorce or drug dependency. Also, receive a free copy of their latest book & new guide. Co-Author Greg Gagne will also be present. Call to register.

Genealogy Speaker: "Bring Your Ancestors to Life - Connect via Social History" - Thursday, May 2, 2019 from 6:00 – 7:00 p.m. - Transform your ancestors from names and dates on a piece of paper to people who led full and interesting lives through social history. Call to register.

"One Goal: A Coach, a Team and the Game that Brought a Divided Town Together" by Amy Bass - Wednesday, May 22, 2019 – 6:30 – 8:00 p.m. - Emmy Award winner and author, Amy Bass, tells the timely and inspiring story of how the longtime Lewiston community and its newly-arrived Somali immigrants came together on the soccer field to chase dreams of national glory. Registration is required for this event. Call to register.



NEWBURYPORT PUBLIC LIBRARY

978-465-4428

EVENTS:

"Walking to Listen: 4,000 Miles Across America, One Story at a Time" – Tuesday, May 7, 2019 from 7:00 – 8:15 p.m. - In 2011, at 23 years old, Andrew Forsthoefel walked 4,000 miles across America, interviewing and getting to know people as he traveled. This talk includes audio recordings of his interviews, and photographs. Q&A and book selling/signing to follow.

"The History of Friendly's" – Saturday, May 18, 2019 – 2:30 – 3:30 p.m. - Join us as we kick off summer with a

presentation by Friendly's Restaurant historian, Rose Slate and some free Friendly's ice cream! **Registration is required and will begin May 6th.** Patrons can register in person, online, or by calling us at 978-465-4428 x242.

"Grave Matters: The Victorian Way of Mourning" – Tuesday, May 21, 2019 from 7:00 – 8:00 p.m. - In a time when most people died at home and early mortality was commonplace, how did people deal with death? Historian Beverly Robbins will describe mourning practices and traditions in the 19th century.

Sequel Cinema: "X-Men: Apocalypse" (PG-13) – Tuesday, June 4, 2019 from 6:00 – 8:30 p.m. - "Dark Phoenix" is in theaters June 7th, so we will be screening "X-Men: Apocalypse" (PG-13) on June 4th.

"Our Boy: Newburyport's First WWI Casualty Finds His Way Home" – Tuesday, June 11 – 7:00 – 8:00 p.m. Eben Bradbury has been dead for a century, killed on June 12, 1918 in the blood-soaked wheat fields in Belleau Wood in France. Follow the journey of Eben "Bunny" Bradbury from his doorstep on Bromfield Street to the battlefields of France, and how the love and support of his hometown, a century later, helped to bring the story of "our boy" to life.

PRIDE FILM SERIES: Happy Pride Month! Join us as we celebrate great films from the LGBTQ+ community! Movies will be shown Monday thru Friday June 17th – June 21st.

Monday, June 17 - "Brokeback Mountain" (R) (2005) – 2:30 – 4:45 p.m.

Tuesday, June 18 - "Milk" (R) (2008) – 2:30 – 4:30 p.m.

Wednesday, June 19 - "The Happy Prince" (R) (2018) – 2:30 – 4:45 p.m.

Thursday, June 20 - "The Gender Revolution" (TV-PG) (2017) – 2:30 – 4:45 p.m.

Friday, June 21 - "The Adventures of Priscilla, Queen of the Desert" (R) (1994) – 2:30 – 4:30 p.m.

INTERNATIONAL FILM SERIES (4th Thursday of the month):

Thursday, May 23 – "The Square" (R) 2:30 – 5:00 p.m.

Thursday, June 27 – "A Fantastic Woman" (original title "Una Mujer Fantástica") (R) – 2:30 – 4:30 p.m.

U.S. SUPREME COURT JUSTICE RUTH BADER GINSBURG DOUBLE FEATURE:

Wednesday, May 1 - "On the Basis of Sex" (PG-13) from 2:30 - 4:30 p.m. - Felicity Jones, Armie Hammer & Justin Theroux.

Wednesday, May 1 - "RBG" (PG) from 7:00 – 8:40 p.m. - "The exceptional life and career of U.S. Supreme Court Justice Ruth Bader Ginsburg, who has developed a breathtaking legal legacy while becoming an unexpected pop culture icon."

Newbury Council on Aging
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Newbury Council on Aging

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To all Volunteers born in May & June

May 3	Carol Larocque
May 5	Gloria O'Connell
May 9	Alix McArdle
June 16	Isabelle Champoux

NEWBURYPORT LIBRARY: Free movie matinees every Wednesday afternoon at 2:30 p.m.:

May 1	"On the Basis of Sex" (PG-13)
May 8	"Ben is Back" (R)
May 15	"The Mule" (R)
May 22	"Fighting With My Family" (R)
May 29	"Instant Family" (PG-13)
June 19	"The Happy Prince" (R)

At the time our newsletter went to print, June 5, 12 & 26 movies were not scheduled on the Newburyport Public Library's website.

Newbury Town Library Home Book Deliveries

The Newbury COA and the Newbury Town Library coordinates the delivery of library materials (books, DVD's, etc.) to Newbury patrons who are physically unable to visit the library themselves. Residents may inquire about eligibility, and how to apply, by calling the Newbury Town Library at 978-465-0539.



Home delivered meals are available to eligible seniors by calling Elder Services of Merrimack Valley at 800-892-0890.



Grocery Shopping

The COA Van makes weekly trips to Market Basket in Newburyport on Tuesday mornings. Please call 978-462-8114 to schedule a ride.

Trips & Events

We greatly appreciate your call to us at 978-462-8114 to reserve a seat on the van for a trip, or to sign up for senior center events. If we do not receive enough interest, trips and events may have to be cancelled. Please check our monthly calendars to view upcoming van trips and events.

Donations

Thanks to Annie Crooks, Pat & Harry Fish, Bonnie Morse, Priscilla Morse, Joe Murphy, Mark Sullivan, and the family of Ann Hickey for their donations of items to the Newbury COA!

Happy Mother's Day!
Happy Father's Day!

Sunday, May 12
Sunday, June 16




"To plant a garden is to believe in tomorrow."

- Audrey Hepburn -





2019

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Annual Volunteer Luncheon - 12:00 PM Village Pancake House, Rowley <u>Senior Center Closed from 10:30 - 2:00 pm</u>	2	3 SENIOR CENTER CLOSED <i>First Parish Church Community Food Pantry 3:00-5:00 PM</i>
6	7 9:00 – Van/Shopping & Library	8	9 9:00 SHINE 1:00 Birthday Bingo 	10 SENIOR CENTER CLOSED <i>First Parish Church Community Food Pantry 3:00-5:00 PM</i>
13	14 Town of Newbury Election Day 9:00 Van/Shopping 1:00 – Dick Curran, Sen. Tarr’s Office	15	16 12:00 Guest Chef Luncheon	17 SENIOR CENTER CLOSED <i>First Parish Church Community Food Pantry 3:00-5:00 PM</i>
20	21 9:00 Van/Shopping Blood Pressure Clinics: 1:00 @ Oak Ridge 2:00 @ Quaker Hill	22 9:30–12:30 Bill Duke Watercolor Art Class RSVP	23 9:00 SHINE 11:00 Van trip to Poet’s Inn/Haverhill	24 SENIOR CENTER CLOSED <i>First Parish Church Community Food Pantry 3:00-5:00 PM</i>
27 MEMORIAL DAY Senior Center Closed	28 9:00 Van/Shopping & Library	29	30 10:00 Van trip - Shop & Lunch/Seabrook	31 SENIOR CENTER CLOSED <i>First Parish Church Community Food Pantry 3:00-5:00 PM</i>



June 2019

Monday	Tuesday	Wednesday	Thursday	Friday
3	4 9:00 Van/Shopping	5 11:00 Van trip to Spud's Rest./Rowley	6 9:00 SHINE	7 SENIOR CENTER CLOSED <i>First Parish Church Community Food Pantry 3:00-5:00 PM</i>
10	11 9:00 Van/Shopping 1:00 – Dick Curran, Sen. Tarr's Office 5:15 pm – Friends of the COA Annual Membership Meeting	12 12:00 Guest Chef Luncheon	13 1:00 Birthday Bingo 	14 Flag Day  SENIOR CENTER CLOSED <i>First Parish Church Community Food Pantry 3:00-5:00 PM</i>
17 1:00 – COA Board of Directors' Annual Meeting	18 9:00 Van/Shopping & Library Blood Pressure Clinics: 1:00 @ Oak Ridge 2:00 @ Quaker Hill	19	20 9:00 SHINE 1:00 Delvena Theater Group presents "Meet Julia Child" (must RSVP)	21 SENIOR CENTER CLOSED <i>First Parish Church Community Food Pantry 3:00-5:00 PM</i>
24	25 9:00 Van/Shopping	26 9:30–12:30 Bill Duke Watercolor Art Class RSVP	27 11:00 Van trip to Warren's Lobster House/Kittery, ME	28 SENIOR CENTER CLOSED <i>First Parish Church Community Food Pantry 3:00-5:00 PM</i>