

NEWBURY Council on Aging Est. 1976

May/June 2016

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. 9AM-3PM
www.townofnewbury.org

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.

May & June Dates to Remember

May 3	Candidates' Forum 10:00
May 4	Men's Breakfast 9:00 a.m.
May 5	Trip to Poet's Inn
May 8	Mother's Day
May 9	Blood Pressure Clinic
May 17	Guest Chef Luncheon 12:00
May 18	Parker River Refuge Tour
May 19	Van trip – "Meal & a Movie"
May 25	Watercolor Art Class 10-1
May 26	Birding in Newbury
May 30	Memorial Day
June 1	Men's Breakfast 9:00 a.m.
June 7	Homestead Act Seminar
June 14	Flag Day
June 14	Guest Chef Luncheon 12:00
June 15	Parker River Refuge Tour
June 16	Reverse Mortgage Seminar
June 16	Essex River Cruise
June 19	Father's Day
June 20	Summer Solstice
June 21	Hearing Clinic – 10-12 noon
June 30	Trip/Fuller Gardens/Rye, NH

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 at the Senior Center. If you would like an appointment, call 978-462-8114.

Town of Newbury

CANDIDATES FORUM

**Tuesday, May 3, 2016 -10:00 to 11:40
at the Senior Center**

The Town of Newbury elections will take place on Tuesday, May 10th. There are two offices that have candidates:

Selectmen:

Charles D. "Chuck" Bear (incumbent)
Jeffrey S. Janvrin
Mary E. Sullivan

Tree Warden:

Timothy Lamprey
Keith Stromski.



HOMESTEAD PROTECTION ACT SEMINAR

Staff from the Southern Essex District Registry of Deeds will be at the COA to present a seminar on declarations of Homestead. Come learn what this protection provides and how to obtain it. **This presentation will be held at the Senior Center on Tuesday, June 7, 2016 @ 10:00 AM.** If you would like a copy of your deed for review, you can contact us at 978-462-8114 before May 31st and we will try to coordinate with the Registry to provide a copy for you.

A PRESENTATION ON REVERSE MORTGAGES

On Thursday, June 16th from 4:00-5:00 PM, the Senior Center will host a presentation on Reverse Mortgages. Estate Planners are increasingly including this financial option in retirement plans. As part of your financial planning, this presentation may be of interest. Come to learn more about this financial instrument.

"DO NOT CALL" REGISTRY

Sign up now for the "DO NOT CALL REGISTRY" (includes cell phones). Register two easy ways: On-line at www.mass.gov/donotcall or call toll free at 1-866-231-2255. Just a reminder that those blasted political robot calls are not covered by the Registry, neither are charities nor surveys with no sales pitch attached. You may list a cell phone, but be aware that a change in your calling plan may unregister you.

Intergenerational Project @ the COA

A special thank you to **Jim Cunningham, Patty Keys, Susan Page Little, Marcia Peirce, Barbara Cunningham Rogers, Fred Thurlow and Curtis Walton** for participating in an intergenerational oral history project at the Senior Center with Newbury Elementary 5th graders. The students asked the elders questions about life in Newbury "way back when." It was informative and enjoyable for everyone.



The **Men's Breakfast** is back! Join us on **May 4th and June 1st at 9:00am at the Senior Center.** Alice Rogers and Alix McArdle will be cooking up a tasty and hearty eats. Plan to come, reconnect with old friends and meet new neighbors. Please RSVP to 978-462-8114 so we plan accordingly. Please let us know if you would like a ride.

Parker River National Wildlife Refuge Tours

They're back! **On Wednesday, May 18th and on Wednesday, June 15th at 9:30 a.m., we will have the Tours of the Parker River National Wildlife Refuge.** Janet Hickey and Alix McArdle, graduates of the first Refuge Naturalist class, will again lead a van-based Behind the Scenes Tour of the nearly 5,000 acre Parker River Refuge. Learn some unexpected history, look for spring migrating birds, but mostly soak in the beauty of this local treasure. We will leave from the Senior Center at 9:15 AM and gather at the Refuge Visitor Center at 9:30 AM for a brief video and look at the interactive exhibits, then board the Refuge van for the ride. Allow approximately two hours; reservations required through the C.O.A. 978-462-8114.

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

The Annual Membership meeting will take place on June 7, 2016 at 5:15 PM at 63 Hanover Street, Newbury, MA in the premises of the Newbury Council on Aging in the Newbury Elementary School.

Registration of attendees for the meeting will start at 5:00 PM.

The agenda includes:

1. Election of Officers for the Friends of the Newbury Council on Aging for the Fiscal Year 2016/2017
2. Review of the budget and expenditures for Fiscal Year 2015/2016
3. Overview of the Council on Aging activities and programs for 2015/2016
4. Presentation of programs planned for Fiscal Year 2016/2017
5. Open Forum



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 Thursday, May 12th and on Thursday, June 9th. He'll be on hand to answer questions, hear comments or provide assistance. The public is welcome.



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

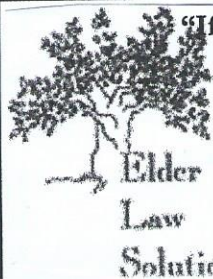


VAN TRIPS

May 5	Poet's Inn/Haverhill
May 18	Parker River Refuge Tour
May 19	"Meal & a Movie"
May 26	Birding with Lynette Leka
June 15	Parker River Refuge Tour
June 16	Essex River Cruise
June 30	Fuller Gardens/Rye, NH

Time Trade Network

The Time Trade Network of Greater Newburyport is a network of individuals in the community who exchange their skills and services based on time. Every hour of service given is worth an hour in return from a fellow network member. What kinds of services have been exchanged recently? Transportation, pet care, bodywork, computer assistance, event planning. **TNGN will be holding information sessions at Central Congregational Church in Newburyport:** Tuesday, May 10 at 12:00 noon and 6:30 pm, Saturday, May 28 at 10:00 am, Thursday, June 16 at 12:00 noon and 6:30 pm, and Saturday, June 25 at 10:00 am. To register for a session, call 978-225-3440 or email timetradenetwork@gmail.com.



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WELLNESS



BLOOD PRESSURE CLINIC

Our next Blood Pressure Clinic will be held on Monday, May 9th from 11:30 to 12:30 at the Senior Center. Public Health Nurse, Pam Lara, will provide blood pressure checks. If you need a ride, please call the COA at 978-462-8114.

Medicare

Info

Appeals are an important right of Medicare beneficiaries. There may be times when you feel that you or a loved one are being discharged from the hospital, rehab, or home care service before being ready to leave. There are appeal rights which means that trained medical professionals will review the medical record and make a decision. Timing is important & these are the steps you should take: Talk with your doctor about continuing your care. Ask the discharge planner/social worker for an official (written) Medicare notice.

- 1) Follow the instructions on that notice including contacting MassPRO (Peer Review Organization) right away (800-252-5533); they will inquire why you feel it is too soon and will review your medical record.
- 2) MassPRO will notify you of their decision by phone and follow up with a letter; further appeal rights will be included in that letter.

MassPRO can also be contacted for Quality of Care complaints; this means dissatisfaction with the care received from a doctor or other Medicare provider (nursing home, home health agency, and out-patient therapy). Please call (800-252-5533).



HEARING SCREENING

On Tuesday, June 21, 2016 from 10:00 am to 12:00 noon, we will be hosting a Hearing Clinic at our Senior Center.

In just 10 minutes North Shore Hearing Center can check your ear canal and screen you for hearing loss with an audiometer. They can assess the condition of your existing hearing aids, answer questions you may have and help replace your batteries. Call us today at 978-462-8114 to sign up for your free one-on-one hearing screening.

Appointments are required.



GROCERY SHOPPING

Our van is available to bring seniors to the Newburyport Market Basket on Tuesday mornings. Sign up by calling 978-462-8114.

MAY 2016





Monday

Tuesday

Wednesday

Thursday

Friday

2 12:45 Bridge	3 9:00 Van /Shopping 10:00-11:30 AM – Town of Newbury Candidates Forum 12:30 Cribbage	4 9:00 - Men's Monthly Breakfast	5 10:45 - Van Trip to Poet's Inn - Haverhill 12:30 Knitting	6 SENIOR CENTER CLOSED
9 11:30 – 12:30 Blood Pressure Clinic at Senior Center 12:45 Bridge	10 9:00 Van /Shopping 12:30 Cribbage	11 SHINE – begins at 9:30 (must call to make appointment) 12:30 Knitting	12 9:00-10:00 Dick Curran from Senator Tarr's Office 1:00 Birthday Bingo 	13 SENIOR CENTER CLOSED
16 12:45 Bridge	17 9:00 Van /Shopping 12:00 Guest Chef Luncheon 1:00 Cribbage	18 9:30 AM Parker River National Wildlife Refuge Tour	19 Van Trip - "Meal & a Movie" 12:30 Knitting	20 SENIOR CENTER CLOSED
23 12:45 Bridge	24 9:00 Van/Shopping 12:30 Cribbage	25 SHINE – begins at 9:30 (must call to make appointment) 10:00 – 1:00 Watercolor Class with Bill Duke	26 7:00 AM Birding with Lynette Leka 12:30 Knitting	27 SENIOR CENTER CLOSED
30 SENIOR CENTER CLOSED Memorial Day 	31 9:00 Van/Shopping 12:30 Cribbage			

JUNE 2016




Monday

Tuesday

Wednesday

Thursday

Friday

		1 9:00 Men's Monthly Breakfast	2 12:30 Knitting	3 SENIOR CENTER CLOSED
6 12:45 Bridge	7 9:00 Van Shopping 10:00 – Homestead Act Seminar 12:30 Cribbage	8 SHINE – begins at 9:30 (must call to make appointment) 12:30 Knitting	9 9:00-10:00 Dick Curran from Senator Tarr's Office 1:00 Birthday Bingo 	10 SENIOR CENTER CLOSED
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20 12:45 Bridge	21 9:00 Van/Shopping 10:00 AM – 12:00 - Hearing Clinic 12:30 Cribbage	22 SHINE – begins at 9:30 (must call to make appointment)	23 12:30 Knitting	24 SENIOR CENTER CLOSED
27 12:45 Bridge	28 9:00 Van/Shopping 12:30 Cribbage	29	30 10:00 - Van trip to Fuller Gardens in Rye, NH 12:30 Knitting	

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CAREGIVERS PAGE

Dangers of Caregiver Denial

Last fall Elizabeth Lonseth published The Dangers of Denial: Embracing the Challenges of Alzheimer's and Dementia, a book on the dangers both for the elder left at risk but for the caregiver as well. While this book focuses mostly on elders with dementia, the advice is good for any caregiving person trying to wish away situations that require intervention. An elder at risk can get lost, hurt themselves (or others), have a home accident, suffer from poor nourishment or poor judgment, overdose on prescriptions (or unknowingly stop taking them), or become a victim of elder abuse (including financial exploitation). But, what about the caregiver? What are their risks? Ms. Lonseth lists dangers of denial for family members:

- Losing the chance to make special memories. Learn to deal with the disease so that you can enjoy the time you have left.
- Forfeiting being the best advocate for your parent. If you deny the problem, a representative from one of the agencies involved may become your parents advocate, someone who has known them only briefly and likely does not love them.
- Not getting legal papers in order. You must have a Durable Power of Attorney to deal with legal and financial issues that arise and your parent must give you this power while they are still cognitively sound to avoid a legal challenge.
- Family conflict. Siblings in denial may charge those who aren't with "over reacting." Do not add to the burden

our family is experiencing.

- Denying the need for help in caring for an elder can lead to all sorts of stress related illnesses. Family caregivers over 66 have a 63% higher mortality rate than non-caregivers.

And, she offers these tips on facing denial:

- Get educated ~ and the sooner the better. For dementia, the best place to start is ALZ.org, the official Alzheimer's Association website. There are many websites and blogs relating to caregiving and while you can get endlessly bogged down, check out a few and then move into action.
- Start a journal to help articulate your thoughts and identify your fears and anger (the two key emotions that identify denial).
- Seek out a friend or family member, even a professional counselor, to talk about your denial.
- Create a team approach including not only family and friends but also service providers.
- Recognize anger as a sign, do not lose your sense of humor, and get whatever supports both professional or informal you need.
- Be aware of the risks involved in denial. Try to recognize when there is a problem and be the strong advocate your parents need. And show your children how it is done.

(Thanks to the Senior Living blog from A Place for Mom)

VOLUNTEER CORNER

On April 27th, the Annual Volunteer Appreciation Luncheon was held at the Village Pancake House in Rowley. Thank you to The Friends of the COA for sponsoring this annual luncheon and to everyone who helped make this event enjoyable. The following volunteers were awarded pins for their years of service:

5 Years: Carol Barron, Kate Benashski, Joe Murphy and Connie Rowe - **10 Years:** Tommy Joe and Barbara Murray and **15 Years:** Wilna Beach.

We really appreciate their years of service they have given to our organization and a thank you to all of the volunteers for their dedication!

Donations: We would like to thank the following people for their recent donations to the Senior Center: Andrea Bursaw, Diane Finnigan, Jean Reardon, and Tom and Judi Sullivan.

Guest Chefs: Thank you to our March guest chef, Andrea Bursaw, and April's chef, Sue Wolfendale, for preparing wonderful food for all to enjoy!



Elder Pet Food Fund

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 COA 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.



Upcoming WW II Veterans' Monthly Luncheons May 17 & June 21 @ 11:30 AM

Veterans Agent, Kevin Hunt, hosts a monthly luncheon for local WW II Veterans at the Hungry Traveler on Beach Road in Salisbury. If you are a WW II Veteran who would like to attend, please call us. If you would like a ride, we will try to provide transportation for you.

We are working to compile a list of our Newbury Veterans. Please help us in that effort.

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Karen Everett.....Meals on Wheels Driver
Alix McArdle.....Outreach Worker
Choo Whyte.....Van Driver

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

THINGS TO DO

NEWBURYPORT LIBRARY: Free movie matinee every Wednesday afternoon at 2:30 PM:

May 4 "The Proposal" (PG-13)
May 11 "This is Where I Leave You" (R)
May 18 "About Time" (R)
May 25 "Ricki and the Flash" (R)
June 1 "Fury" (R)
June 8 "The Big Short" (R)
June 15 "Bridge of Spies" (PG-13)
June 22 "Evening" (PG-13)
June 29 "Black Mass" (R)

NEWBURY TOWN LIBRARY:

Coloring for Adults – Tuesdays from 2:00 to 3:00 pm. Relax & Revive! Discover the meditative and relaxing effects of coloring. All supplies provided.

Tong Ren Healing – Tuesdays starting at 5:30 PM. Tong Ren 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.

Tai Chi – Fridays from 9:00 - 10:15 AM - Tai Chi is a type of martial art very well known for its defense techniques and health benefits. This martial art has evolved over the years into an effective means of alleviating stress and anxiety. It has been considered to be a form of 'meditation in motion' which promotes serenity and inner peace.



to all Volunteers born in May and June

May 3 Carol Larocque
May 5 Gloria O'Connell
May 9 Alix McArdle
May 19 Gene Smith
June 3 Linda Keenan
June 11 Fran Short
June 16 Isabelle Champoux