



Newbury

News from the Council on Aging

Important information:

**Daylight Saving Time Ends on
Sunday, November 7th;
remember to turn your clocks
back one hour!**

Dates to Remember:

- **Monday, October 11th
Columbus Day (closed)**
- **Thursday, November 11th
Veterans Day (closed)**
- **Thursday, November 25th
Thanksgiving Day (closed)**

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

How to reach us:

p. 978-462-8114

e. coa@townofnewbury.org

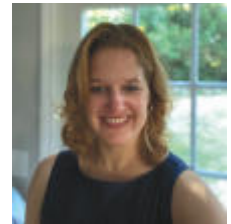
a. 63 Hanover Street

w. www.townofnewbury.org

From the Director

By Cindy Currier

Here we are into the Fall season with the holidays quickly approaching, and the staff at The Newbury Council on Aging has been busy planning lots of in-person programs. Check out what we have to offer on pages 8 & 9 as well as virtual options on Channel 9.



In addition to what we have listed about programs inside the newsletter, we have included an insert this month with a calendar for you to post on your fridge (or wherever you choose!) as an easy tool to remember what we are offering and when. We realize the font is very small (we are working on that!), but we hope you find this calendar helpful and we will continue to offer this with each newsletter.

We would like to send a shout-out to all of the volunteers who consistently help us out to ensure the Council on Aging can run the way we do. We would be lost without volunteers who help us run programs like Bingo, set up and serve meals at our luncheons, prepare our newsletter to be mailed out, or check in on some of our more vulnerable seniors. For everything you do to help out and more, we thank you!

No news to report about our space needs at this point, but stay tuned! When we hear of any progress on the Council on Aging getting a new home, we will let you know. In the meantime, you can find us all around town!

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Butterfly Release Party

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Wednesday, June 9

1:00 p.m. – 3:00 p.m.

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or emailing drobinson@wingatehealthcare.com

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It's that time of year again! **The Medicare Open Enrollment period is October 15th - December 7th.** Your health insurance needs are as unique as you. Because Medicare plans change every year, Medicare Open Enrollment period is the annual opportunity to review your Medicare insurance plan to ensure it is the most cost-effective plan for YOU.

Each year plans can change in many ways, such as the list of medications that are covered on the plan, prescription co-pays, preferred pharmacies, provider networks, and other benefit co-pays. A certified SHINE counselor can assist you with understanding the various plan options for 2022. SHINE counselors provide individual-based, unbiased assistance to Medicare beneficiaries and their families about all Medicare options.

By reviewing your coverage during Open Enrollment, you may find that your plan will still be most cost-effective for next year, or you may find a plan that helps to put money back in your pocket where it belongs!

Be an educated consumer and make an appointment to review your Medicare plan with a SHINE counselor by calling the Newbury Council on Aging at 978-462-8114. We will connect you with our SHINE Counselor, Max Aloviseti.

Flu season is coming...it's time for the flu shot! The Newbury Board of Health is holding a **Flu Shot Clinic** for our seniors at the Newbury Council on Aging. We have 40 shots available and will be holding two clinics with 20 time slots available at each clinic. Are you interested? Call the Council on Aging at 978-462-8114 to reserve your spot. Flu Clinics will be held on:



- **Tuesday, October 26th from 4-6pm**
- **Tuesday, November 2nd from 4-6pm**

Our Board of Health team will check you in and our Public Health nurse will administer your flu shot. Call us today to reserve your spot!

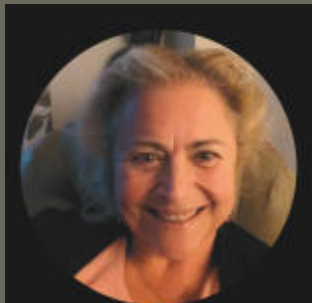
Donations of food and/or personal care items are needed and welcome. Items most in need are: pasta/rice side dishes (i.e. Knorr products), hearty soups (Progresso, Campbell), heat and serve meals such as beef stew or chili in cans or pouches, toilet paper, dish soap.



The Newbury Food Pantry is an all-volunteer organization based at the First Parish Church on High Road in Newbury; currently it is operating at 89 Hanover St. during the construction of a new building. It relies on donations and grants for revenue and purchases much of its food from the Greater Boston Food Bank. For more information on this vital community resource, visit www.newburyfoodpantry.org.

Inside Outreach

Janet
DelMare
Outreach
Coordinator



Contact Info:

Phone:
978-462-8114, ext. 11
Email:
coa.outreach@townofnewbury.org

Fall Into Autumn

I hope you all had a wonderful Summer and enjoyed the beauty of nature around us. Now as we enter the Fall season, it's time for us to not only watch the foliage, but take care of some business. Things to do and be aware of:

Medicare Open Enrollment (October 15th through December 7th). During the Open Enrollment period you may enroll in Medicare health and drug plans.

Here are some tips to help you get ready:

Open Enrollment: Check your mail. You may get important notices from Medicare or Social Security. You may get marketing brochures from a variety of insurance companies that offer Medicare health and prescription drug plans. REMEMBER...these people are NOT allowed to call you or visit your home without your permission

Review your 2021 "Medicare and You" handbook. It has information about Medicare coverage, as well as Medicare plans in your area. Also check online at www.medicare.gov or call 1-800-633-4227.

Think about your Medicare coverage needs for 2021/2022. Decide if your current Medicare coverage will meet your needs for the year ahead. Again, www.medicare.gov offers a wealth of information.

Preview 2021 health and prescription drug plans. Medicare Plan Finder is an online personalized search tool that can help you compare coverage options and shop for health plans.

Get personalized help. You can get more individualized information online at www.medicare.gov and at 1-800-MEDICARE. The Newbury Council on Aging also offers a personalized service with our trained SHINE (Serving the Health Insurance Needs of Everyone) volunteer.

Other things to be aware of for Fall:

- Fuel Assistance - Community Action Inc. Haverhill MA
- Weatherization - Action Inc. Gloucester MA
- Heating Services - Community Action Inc. MA
- Flu shot: Flu Shot Clinic at the Newbury Council on Aging, October 26th 4pm - 6pm and November 2nd 4pm - 6pm.
- House Maintenance: Fall yard clean up, gutter cleaning, getting someone to shovel/plow your driveway, turn off exterior faucets, have your chimney swept. Prepare for winter NOW.
- Car Maintenance: Check tires to see if they are ready for the snow.

Enjoy the Fall season and be safe! Please reach out to me with any questions at 978-462-8114.

Transportation Information



**It's not a trick -
driving others is a treat!**

It's a treat for you and the person
who needs your assistance.

**Learn more about volunteer driver
opportunities** at www.driveforneet.org,
call 978-388-7474 or ask the volunteer
coordinator at your Council on Aging.



Need a Ride? NEET Drivers Can Help!

NEET (Northern Essex Elder Transport) is a non-profit volunteer program. Volunteers drive seniors to medical appointments and other local errands. 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 **three business days'** notice prior to their requested ride. Just a reminder - the Council on Aging is closed on Fridays.



Van Services Through The Newbury Council on Aging

The Newbury Council on Aging van is making weekly trips to Market Basket and CVS in Newburyport on Tuesday mornings. First pick-up is scheduled for 9:30am. Do you want to join us for a trip to the supermarket? All van riders must be registered and **you must reserve your spot on the van each week**. Give us a call at 978-462-8114 to request your registration form. Limit of 4 bags per rider.

Additional Van Driver Needed!



The Newbury Council on Aging is looking for an additional Van Driver to be available on Thursdays (and possibly another day) for transporting our seniors to the Library, a second shopping destination (Walmart or the Dollar Store), and monthly trips to local restaurants. Are you interested in becoming a part of our team? Trainings through Mass DOT are provided. We are looking for a commitment of approximately six hours per week. Call our Director, Cindy Currier, at 978-462-8114 or email her at coa.director@townofnewbury.org for more info.

News from the Newbury Police Department: CodeRed

Do you know about the CodeRed system in Newbury? The CodeRed system allows residents to be notified by the local emergency response team in the event of emergency situations or critical community alerts, such as evacuation notices, bio-terrorism alerts, boil water notices, and missing child reports. Individuals and businesses can register for CodeRed or update their existing registry contact information by clicking the **CODERED** icon in the lower left corner of the town's website (www.townofnewbury.org) which will bring you to the Community Enrollment Form. In addition to your home phone number, you may register an alternate number such as a cell phone. This enrollment must be done online. Don't have a computer or access to the internet? No problem! Either call us at the Council on Aging or stop by and we can help enroll you.

Theater Workshop A-OK! Acts of Kindness



The Newbury Council on Aging is again teaming up with the students and staff from the Theater Workshop. Last Spring, Theater Workshop presented the A-OK! Acts of Kindness program to seniors in our community by visiting private homes and senior housing locations to perform a short song and dance outside and presenting each senior with a goodie bag and handwritten note.

This October, the A-OK! Acts of Kindness Program is back...with a spooky twist! The students will be dressed in traditional Halloween costumes and will "Meet and Treat" to seniors' doors - meaning they will knock on your door, meet you, and give *you* a treat bag! Then the group will do a Halloween-themed performance before heading off to spread some Halloween cheer to other seniors in town.

These students get as much pleasure out of giving these performances as our seniors get in receiving them, but as an added bonus for the kids, the Council on Aging will provide each senior with a treat bag to give to the students when they "Meet and Treat" to your door. Are you interested in participating in this year's "Meet and Treat?" Call us at the Council on Aging and we will sign you up for a spot! The performances will take place on **Saturday, October 23rd and Saturday, October 30th between 10am-3pm**. Rain dates will be Sunday, October 24th and Sunday, October 31st. **Each performance is about 10-15 minutes**. Enjoy a quick treat to meet some talented and giving students in the Newbury community!

TAKE-HOME ACTIVITY KITS

Our Take-Home Activity Kits, which can be picked up at the Council on Aging, are a way for us to offer fun activities for our seniors to do at home. Have an idea for a kit? Let us know! Supplies are limited and these kits go fast, so call us at 978-462-8114 to reserve yours today! Did you get our voicemail? Leave us a message including your name, phone #, and which kit you would like. Limit of one kit per person.

MINI BINOCULARS AND BACKYARD BIRDS GUIDE

Grab this birdwatchers' guide and your binoculars to do some bird watching in your backyard. 10 kits available.



BIRD FEEDERS

Hang this suet basket and fill with the included suet cake to attract birds of all kinds to your yard (7 kits available). Or attract some woodpeckers with this log feeder and included attractor (3 kits available).



STONEWALL KITCHEN KITS

Choose from pretzels & honey mustard dip (5 kits available) or pumpkin bread (10 kits available). Yum!



CRAFT KITS

Choose from a paint-your-own wooden pumpkin or acorn door sign or a lighted ceramic pumpkin. Paint, brushes, glue gun, and embellishments included. 6 sign kits available; 3 ceramic pumpkin kits available.



Programs ~ October

Mondays 10:30-11:30am - Senior Stretch & Strength with Eunice James at the Central Street Playing Fields (81 Central Street Byfield). Class will be held outside under the canopies (weather permitting) or inside the red Field House at the end of the parking lot. This class will be held weekly. Please call to register. Class starts Monday, 18th and will be held every Monday.

Wednesdays 10-11am - Gentle Yoga with Chris Howe at the Central Street Playing Fields. Class will be held outside under the canopies (weather permitting) or inside the red Field House at the end of the parking lot. This class will be held weekly. Please call to register.

First and third Monday of the month - Bingo at 1pm at the Council on Aging. The first Monday will be regular Bingo and the third Monday will be Birthday Bingo. Ten cents a card. October dates: Monday, 10/4 and Monday, 10/18.

Wednesday, October 6th - Hip Hop Dance Chair Exercise Class with Rondae Drafts at 11am at the Byfield Community Arts Center (7 Central Street Byfield). Join Rondae Drafts for an hour of fun exercise! Seniors will warm-up then travel through time on the "Soul Train" and chair dance to clean cut hip hop and R&B songs. You will leave this class feeling more limber! This class has been sponsored by the Newbury Cultural Council. Please call to register.

Wednesday, October 14th - Watercolor class with Bill Duke from 10am-1pm at the Council on Aging. No experience necessary! Join Bill as he guides students through painting a beautiful Autumn landscape scene. Cost is \$20 per student. Please call to register. 10 spots available.

Thursday, October 14th - Lizzie Borden and the 40 Whacks - an interactive performance by the **Delvena Theatre Company** at 2pm at the Byfield Community Arts Center. Please call to register. A little bit about the performance:

On a scorching hot day in Fall River, back in August of 1892, a heinous crime occurred. Spinster Lizzie Borden was accused, tried, and acquitted for the vicious ax murders of her father and stepmother. This true unsolved mystery has fascinated people for over 100 years. Two people died on that day in 1892, but Lizzie continues to live on in American folklore. An edutainment production written by Fran Baron and directed by Joseph Zamparelli, the show will feature Lynne Moulton and Joseph Zamparelli in multiple roles. The performance includes a mock trial that invites the audience to participate by questioning Lizzie and deciding her guilt or innocence. Did she or didn't she? You be the judge! Theater snacks will be served.

Thursday, October 21st 12:00-1:00pm - Mary Ann Nay from Senator Bruce Tarr's office will be available to meet with residents of Newbury to address your concerns or answer your questions. Do you have a concern you would like to bring to Senator Tarr's attention? Stop by to speak with Mary Ann. No registration required - just stop by the Council on Aging.

Saturday October 23rd and October 30th between 10am-3pm - **A-OK! Acts of Kindness Meet and Treat** visits. See page six for more details.

Flu Shot Clinic! - Tuesday, 10/26 4-6pm at the Council on Aging. See page three for more details.

Programs ~ November

Mondays 10:30-11:30am - Senior Stretch & Strength with Eunice James at the Central Street Playing Fields (81 Central Street Byfield). Class will be held outside under the canopies (weather permitting) or inside the red Field House at the end of the parking lot. This class will be held weekly. Please call to register.

Wednesdays 10-11am - Gentle Yoga with Chris Howe at the Central Street Playing Fields. Class will be held outside under the canopies (weather permitting) or inside the red Field House at the end of the parking lot. This class will be held weekly. Please call to register.

Tuesday, November 2nd - PACE Program presentation by Cynthia Smith at 12pm at the Council on Aging. Cynthia will review the PACE program and the benefits it offers. Lunch will be served. Please call to register.

First and third Monday of the month - Bingo at 1pm at the Council on Aging. The first Monday will be regular Bingo and the third Monday will be Birthday Bingo. Ten cents a card. November dates: Monday, 11/1 and Monday, 11/15.

Tuesday, November 16th - Watercolor class with Bill Duke from 10am-1pm at the Council on Aging. No experience necessary! Bill will guide students through a holiday-themed painting. Cost is \$20 per student. Please call to register. 10 spots available.

Thursday, November 18th 11:30am-1:30pm - Let's get in the spirit of Thanksgiving and gather for a **Pie Tasting!** Join us at the Council on Aging as we try pies from local bakeries and farm stands. Pies, ice cream, and coffee/tea will be served. Please call to register.

Thursday, November 18th 12:00-1:00pm - Mary Ann Nay from Senator Bruce Tarr's office will be available to meet with residents of Newbury to address your concerns or answer your questions. Do you have a concern you would like to bring to Senator Tarr's attention? Stop by to speak with Mary Ann. No registration required - just stop by the Council on Aging.

Flu Shot Clinic! - Tuesday, 11/2 4-6pm at the Council on Aging. See page three for more details.

Wednesday, December 8th - Best of Times Travel trip to see The Sicilian Tenors "Christmas Amore" performance at the Danversport Yacht Club. This show is typically described as "The Three Tenors meets The Rat Pack" but during the holidays. Join us for an incredibly heartfelt and tender Holiday show! Transportation provided by coach bus; lunch will be served (choice of stuffed breast of chicken or baked scrod; also included: salad, potato, vegetables, breads, dessert, coffee/tea). In order to be a pick-up location for the bus, we need to have at least 10 people registered for this trip. Pick up is at approximately **10am** at the Council on Aging (63 Hanover Street); we will return around 4pm. Price is \$96 per person. The Friends of the Newbury Council on Aging will be sponsoring the first 10 tickets. Don't wait...call the Newbury Council on Aging to reserve your spot today! Registration required by Thursday, October 28th. These tickets are available on a first-come first-served basis...don't miss out!

Meet Our New Program Coordinator!

Kathy Zaremba joined the Newbury Council on Aging in August. She comes to us with over 30 years' experience as an Activities Director in the healthcare industry. She is excited to help us build our Council on Aging program and include all of Newbury's seniors in what we offer. Feel free to call or stop by the Council on Aging to welcome Kathy and share your thoughts on what types of programs you would like to see from us.



We Want To Hear From You!

Our team is busy coming up with ideas for new programs in addition to continuing with many that you are already used to and love to attend. Do you have some ideas for programs you would like to see offered? Do you want to share a skill or hobby of yours with other seniors? We have a few ideas and would love to hear from you to let us know if you would like to join one of these classes or if there are others you want to see. Call us or stop by to let us know!

- A local senior who was a pioneer in the Tiny House movement is willing to share her story and teach others about how to downsize and build a tiny house. If we get enough interest, Vera Struck will hold a workshop on this affordable housing option.
- How about an afternoon of games? Do you want to get together to play cribbage? Scrabble? Anyone know how to teach Mahjong? Do you want to see other games offered?
- Do you love to knit or crochet? Would you like us to host a knitting or crocheting group once a month?
- Are you a crafter? Would you attend a monthly craft class?

Virtual Programs



Be sure to check out Cable Access Channel 9 for some new programs! Programs are shown Monday through Friday @ 11am & 2pm; Fridays @ 1pm; and Saturdays & Sundays @ 8pm.

A-OK! Troupe Pay It Forward



At the end of the Spring A-OK! program, Director Stacey Fix asked each troupe member to create a ripple of kindness by giving them each \$100 to use for community service. Joshua Ferris, a Newbury 6th grader, used the pay-it-forward donation, along with an additional donation he received, to create 20 personal care kits for the Emmaus Shelter. Thank you Josh for paying it forward! Josh loves performing, especially dancing, and is a kind and hardworking leader in the A-OK! troupe. More information about A-OK! including our upcoming **Meet and Treat program** can be found on www.workshopartsinc.org or on page six of this newsletter.



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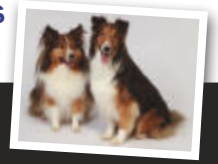
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Newbury Council on Aging

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The printing of this newsletter is prepared by LPI.
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Executive Office of Elder Affairs.

Call Us to Reserve Your October & November Grab and Go Traveling Chef Meals!



Grab and Go Meals are **free** meals provided by the Newbury Council on Aging in collaboration with Elder Services of the Merrimack Valley & North Shore's (ESMV&NS) Traveling Chef Program.

We are offering Grab and Go Meals on **Wednesday, October 20th and Wednesday, November 17th**. October's menu: Bratwurst; German Potato Salad; Sauerkraut; and a sub roll; apple strudel for dessert. November's menu: Beef Wellington or beef burgundy (to be determined by ESMV&NS as the date approaches); roasted potatoes; honey glazed carrots; and a snowflake roll; apple pie for dessert. **30 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 12pm on Wednesday, October 20th and Wednesday, November 17th at 63 Hanover Street. Call upon your arrival and a staff member will deliver your meal to you in your car or come inside to pick up. We are able to offer home delivery for some of these meals. If you are a homebound senior, call us to reserve your delivery spot. *Bon Appetit!*