



# Newbury

*News from the Council on Aging*

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## Important information:

### Dates to Remember:

- **Columbus Day: October 10th**  
(office is closed)
- **Election Day: November 8th**
- **Thanksgiving: November 24th**  
(office is closed)

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### Council on Aging Hours:

**Monday, Wednesday & Thursday**  
**8am-4pm**  
**Tuesday**  
**8am-7pm**

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### Our Mission:

***Together we empower, enhance,  
and enrich the lives  
of our seniors.***

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### How to reach us:

p. 978-462-8114

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

a. 12 Kent Way Byfield, MA 01922

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

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## From the Director

*By Cindy Carrier*

Looking forward to seeing you at our Open House on Tuesday, October 18th! We will be here at the Council on Aging at 12 Kent Way from 2-6pm. Stop by to check out the new space, meet the staff, listen to some live music, and enjoy some refreshments.



We have had some great programs over the Summer, including Matt Gabriel from Animal World Experience. Pictured above is Josephine petting Matt's ferret. We have a lot more planned now that Fall is under way so be sure to check out everything in this edition of our newsletter. We are also going to start offering a movie matinee two afternoons a month at 1pm. For October, movies will be shown on Thursday the 6th and Thursday the 27th. For November, Thursday the 3rd and Thursday the 10th. Popcorn and candy included!

We are also looking to start a knitting/crocheting club. Join us on Thursday, November 3rd and Thursday, November 10th at 10am. Bring your own projects you have already started or stop by to learn some basics (we have limited supplies at the Council on Aging). This is more of a social experience than a learning one, but we do have a couple of people who can assist if you get stuck.

Finally, our phones are still forwarded to the town offices. When you call us at 978-462-8114, dial extension 484 to reach the Council on Aging. You can also call Town Hall at 978-465-0862 and dial extension 484 to reach us. We are working with our service provider to ensure you will be able to reach us directly when calling our number.

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our Spring incentives!

### Butterfly Release Party

Help a butterfly find a home in our garden!

Wednesday, June 9

1:00 p.m. – 3:00 p.m.

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## Writers Workshop: Creating Personal Stories With Photos



### Join Us For This Collaborative Program with the Newbury Town Library and the Newbury Council on Aging!

Run by writer and writing teacher Diane Forman, this new workshop will provide an opportunity to write family or personal stories using your special photographs. From these photos, as well as creative, evocative prompts, you'll learn to transform memories into rich stories which can eventually be made into a book.

**REGISTRATION:** The Writers' Workshop has typically been very popular and generates a waiting list. In order to create a safe writing space, only those registered may attend. It is recommended that participants plan to attend all four sessions. Please bring two memorable, favorite photographs, and a notebook or laptop to the first class.

Thank you for registering for this excellent free program, sponsored by the Friends of the Newbury Town Library and the Newbury Council on Aging. Register once to register for the four week series. **This class meets each Friday in October: October 7, 14, 21 and 28 from 10am - 12 pm at the Library (0 Lunt Street, Byfield). REGISTRATION IS REQUIRED by calling 978-465-0539 or going online to [www.newburylibrary.org](http://www.newburylibrary.org)**

#### About DIANE FORMAN:

Diane Forman is a writer, writing teacher/tutor, and AWA (Amherst Writers and Artists) certified workshop leader. She has published in HuffPost, AARP The Ethyl, Boston Globe, WBUR Cognoscenti and elsewhere. Diane holds an Ed.M from the Harvard Graduate School of Education and a B.S. from Northwestern University.

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## Exercise Classes

at

**Central Street Playing Fields  
Field House**

**81 Central Street, Byfield**

Stretch & Strength with Eunice James  
Mondays at 10:30am

Gentle Yoga with Chris Howe  
Wednesdays at 10am  
(excluding holidays)





## What is Malnutrition?

Malnutrition occurs when there is an imbalance in the nutrients we eat or drink.

Certain conditions increase our risk for developing malnutrition.

Do you recognize any of these symptoms in yourself or a loved one?

I have had an upset stomach for a few days now



**More frequent nausea, vomiting, diarrhea**

My clothes feel more loose than usual

I'm not as hungry as I used to be



**Loss of appetite/ unexplained weight loss**

I just don't have the energy I used to have



**Fatigue, weakness**

My mind just isn't what it used to be



**New confusion or memory loss**



**Swelling in the feet and ankles**

I just can't get rid of this cold

I don't bounce back the way I used to



**Getting sick more often; harder than normal to recover from illness or injury**

### RISK FACTORS:

You/they:

- are an older adult
- live alone/feel lonely
- are missing teeth
- have loose dentures
- have trouble chewing/swallowing
- are on several medications
- have limited mobility (walker, can, etc.)

### WHY DOES THIS MATTER?

- The risk for infection, illness, injury and falls increases
- Malnutrition also makes it harder to recover

### HOW CAN YOU GET HELP:

Contact your registered dietitian or community nutritionist

**Leigh Hartwell**  
**lhartwell@agespan.org**  
**P: 978-651-3023**

You're **not** alone and you can feel better.



## Transportation Options

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**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.driveformeet.org](http://www.driveformeet.org),  
call 978-388-7474 or ask the volunteer  
coordinator at your Council on Aging.



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### Need a ride? NEET May Be Able to 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; a week is required for rides into Boston.** Just a reminder: the Council on Aging is closed on Fridays.

**Please note that you will need to provide the following information in order to schedule a ride:** date and time of your appointment; duration of your appointment; physician's name, address and telephone #. **MASKS ARE REQUIRED FOR ALL NEET RIDES.**

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### Van Services Through The Newbury Council on Aging

The Newbury Council on Aging van is making weekly trips to the grocery store every **Tuesday morning** at 9:30am. **Tuesday afternoons** between 12-3pm, our van is available to transport seniors to local medical appointments. Every **Thursday morning** our van goes to other shopping locations at 9:30am. Do you want to join us for one of these trips? All van riders must be registered and **you must reserve your spot on the van each week. For Tuesday afternoon appointments, please call on the previous Thursday to save your spot.** Give us a call at 978-462-8114 to request your registration form and reserve your spot. Check your calendar insert for scheduled van trips!

**Note:** We can assist seniors with their purchases to their door, but it is the policy of the Newbury Council on Aging that Van staff cannot enter the senior's home.

## Game Night!



One Tuesday evening each month the Newbury Council on Aging is offering a Game Night. Come join us for dinner and dessert, play some fun card or board games, and make some new friends! Game nights are held from **4:30-6:30pm** and are scheduled for: **Tuesday, October 11th and Tuesday, November 29th**. Please let us know if you plan to attend so we can plan accordingly. Games include: gin rummy, Uno, Scrabble, Bananagrams, Jenga, Sorry, Trouble, Left Center Right, cribbage, and more...or bring your own game! **WE ARE LOOKING FOR CRIBBAGE PLAYERS!**



## The Price is Right!

Join Kathy for a fun take on the game "The Price is Right!" Kathy will have several products to "showcase" and for contestants to guess the price of. Whoever guesses the closest to the actual price...wins that prize! **Thursday, October 20th at 1pm**. Light refreshments will be served.



## Bingo!

Join us for some rowdy games of Bingo on designated Mondays at the Newbury Council on Aging! Games are 10¢ per card to play. **Schedule: Monday, October 3rd; Monday, November 21st; and Monday, November 28th at 1pm.**

The Newbury Council on Aging is also offering Bingo at Quaker Hill (115 Main Street, Byfield). There is no cost to play and we provide some fun prizes for the winners! **Schedule: Wednesday, October 19th at 1pm**. Pizza will be served. Reservations required! Call us at 978-462-8114 to let us know if you will be joining us.



# Mass Audubon

## Mass Audubon Presents: Local Birds of Prey

Join us for a presentation at the Newbury Council on Aging about local wildlife by the team at Joppa Flats Education Center on **Tuesday, October 11th at 1pm**.

## Watercolor Class with Bill Duke



Join instructor Bill Duke for his monthly watercolor class. With Bill's patient instruction, you can paint a beautiful watercolor landscape scene. All you need for this class is the desire for some creative fun. No previous painting experience is required. The lesson is \$20, paid directly to Bill. All materials are provided. This class is limited to 10 participants. Please call the Newbury Council on Aging at 978-462-8114 to register. The next classes are scheduled for:

**Wednesday, October 12th and Wednesday, November 23rd from 10am-1pm  
at the Newbury Council on Aging**

Please note: to be fair to our outside vendor and because of the waitlist generated for this program, pre-payment of \$20 (cash) for this class is required.



## Breakfast with the Chiefs

Join us at the Newbury Council on Aging on **Wednesday, October 26th at 10am** to meet Newbury Police Chief John Lucey Jr. and Newbury Fire Chief Doug Janvrin! The chiefs will join us for breakfast and be available to answer questions from Newbury's seniors.



Registration is required for this event. Please call us at 978-462-8114 to reserve your spot.

## Open House



Stop by the Council on Aging on **Tuesday, October 18th from 2-6pm** for our Open House! Join us for some live entertainment, refreshments, meet the staff, and see our new space.

## Want to Play Pickleball?!



Pickleball is a fun sport that combines many elements of tennis, badminton, and ping pong on a badminton-sized court with a slightly modified tennis net. Played with a paddle and plastic ball with holes, games can be played as singles or doubles.

We are looking to collaborate with the Newbury Recreation Committee to offer Pickleball at the Central Street basketball courts. We are trying to gauge interest for this program, so please call us at 978-462-8114 if you would like to join us for this great activity!





Did you know that REAL ID compliance begins May 3, 2023? This means that a REAL ID compliant driver's license or identification card, or a valid and unexpired Passport, will be required to fly domestically and to enter secure federal buildings, such as federal court houses and certain Social Security offices.

Michele Ellicks, Community Outreach Coordinator with the Massachusetts RMV, is pleased to offer a REAL ID workshop to the Newbury Council on Aging on **Monday, October 24th at 1pm**. The RMV's REAL ID workshop helps people understand what a REAL ID is, identifies who will need to have a REAL ID, provides detailed instruction on how to apply for one, and answers pressing questions like, "Does everyone need to have a REAL ID?" (Answer: No, not everyone will need or want a REAL ID)

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## **Delvena Theatre Company Presents: *Salem Witch Hysteria***



Watch history come alive with these fascinating dramatizations of the true stories of the Salem Witch Hysteria at the Newbury Council on Aging on **Monday, October 17th at 1pm**.

The setting is Salem, Massachusetts 1692, a year in which, of the 168 men and women accused of practicing witchcraft, twenty of those accused were executed.

Let's see how things go in the 21st century when the audience members become the jury in the trial of Susannah Martin. They will have the opportunity to question the defendant and form their own opinion as to her guilt or innocence. The cast will open up to the audience after the performance for a lively discussion.

Please register for this event by calling us at the Council on Aging at 978-462-8114

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## **Trick or Treat!**

Come to our Halloween Party on **Monday, October 31st at 1pm** at the Council on Aging. We will have some sweet treats, fun games, and if you come in costume you'll be entered to win a prize!





## TAKE-HOME ACTIVITY KITS

Our Take-Home Activity Kits, which can be picked up at the Newbury Council on Aging, are a way for us to offer fun activities for our seniors to do at home. **Supplies are limited and these kits go fast**, so call us at 978-462-8114 to reserve yours today!

**Limit of ONE KIT PER HOUSEHOLD. Kits will be held for ONE WEEK; if kits are not picked up within one week, they will be made available for another senior.**



### Monkey Bread Kit

Includes ingredients and a Bundt pan to make monkey bread at home.



### Pizza Kit

Includes: crust, tomato sauce, cheese, and toppings.



### Paint by Number Kit

Includes: pre-printed canvas sheet; acrylic numbered paint pots, brushes, instruction sheet, and wooden display hanger.

*OR ask about our mystery kit!*

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## Health Fair



We are having a health fair on **Monday, November 14th from 12-2pm** at the Council on Aging. Have your blood pressure taken, talk with our vendors, get some free giveaways, and enter to win a great door prize!

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## Flu Shot Clinic

In collaboration with the Newbury Health Department, we will be offering a flu shot clinic on **Tuesday, November 8th from 4:30-6:30pm** at the Council on Aging. These are **regular dose** flu shots (not the high dose shot). We have a limited amount of doses available, so please call us at 978-462-8114 to reserve your spot. Per the Health Department, **MASKS MUST BE WORN DURING THE FLU SHOT CLINIC.**



## Meet Dr. Dan!

Dr. Daniel A. Eyink is Board Certified in both Internal Medicine and Medical Acupuncture. He has devoted many years of study to identifying the root cause of illness & pathways to healing. Dr. Dan is strongly committed to helping patients heal and maintain health using nutrition, herbs, homeopathy, & acupuncture, and by supporting the body's nutritional needs with whole foods nutrition.



Come meet Dr. Dan when he gives an informative talk about Heart Disease and Boosting Your Immune System on **Tuesday, November 1st at 1pm**. Please call us at 978-462-8114 to register for this program.

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## Thanksgiving Luncheon at PITA Hall

We are celebrating Thanksgiving early with a luncheon that includes turkey with all the trimmings and a delicious seasonal dessert on **Thursday, November 17th at 12pm at PITA Hall (8 Plum Island Blvd.)**. We will have live entertainment and some great door prizes. Seats are limited and registration is required for this event. Please call us at 978-462-8114 to reserve your seat. Need a ride? Let us know! The COA Van will be available for transportation.

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## Veterans Breakfast



Veterans Day is a federal holiday celebrated annually on November 11th to honor all of those who have served our country. Veterans Day was originally called Armistice Day, commemorating the end of World War I. While the Treaty of Versailles was signed on June 28, 1919, the Allies and Germany agreed to an armistice seven months earlier on the 11th hour of the 11th day of the 11th month. In 1938 the day became an official holiday. In 1954 Congress changed the word "Armistice" to "Veterans" to honor American veterans of all wars.

As a way of thanks, we invite Newbury's veterans to a breakfast on **Wednesday, November 9th at 10am** at the Council on Aging. Please give us a call at 978-462-8114 to register for this event. Spouses are welcome!



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# Newbury Council on Aging

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## Staff

|               |                                    |
|---------------|------------------------------------|
| Cindy Currier | Director                           |
| Kathy Zaremba | Program Coordinator                |
| Janet DelMare | Outreach Coordinator               |
| Emily Lampert | Meals on Wheels Driver             |
| Otto Kinzel   | Van Driver                         |
| Joyce Crary   | Van Driver & Asst. to the Director |

## Join Us for Lunch with The Traveling Chef



Traveling Chef Meals are **free** meals provided by the Newbury Council on Aging in collaboration with AgeSpan's Traveling Chef Program.

Unlike the pre-packaged take-home Grab and Go Meals, the Traveling Chef program is retuning to its original concept of serving a hot meal in-person at the Council on Aging. Join us for our first in-person Traveling Chef meal on **Wednesday, November 2nd at 12pm**. The menu for November includes: Grilled Cheese Panini, Tomato Soup, Garden Salad, and Gingerbread cake for dessert. We have limited meals available, so please call us at 978-462-8114 to reserve your seat. *Bon Appetit!*