

## NEWBURY Council on Aging Est. 1976

F. Ryeburn Lynch Senior Center  
Newbury Elementary School

Email: [coa@townofnewbury.org](mailto:coa@townofnewbury.org)  
Office hours: Monday – Thursday 9Am-3PM  
63 Hanover Street, Newbury, MA 01951

978-462-8114

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

September/October 2015

### 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.

### DATES TO REMEMBER

September 7 - Labor Day  
September 13- Grandparents Day  
September 23 – Fall Equinox  
October -12 Columbus Day  
October 31 – Halloween and at 2 AM (11/1)  
Daylight Savings time ends

**September 16 and October 14. Behind the Scenes Tour at the Parker River National Wildlife Refuge.** Join Newbury residents Alix McArdle and Janet Hickey, Refuge Naturalists, for a Behind the Scenes Tour of the PRNWR. This van based tour opens areas of the Refuge otherwise closed to the public, driving along the manmade dike on the western edge of the island fronting Plum Island Sound. The program begins at the Visitors Center with time to enjoy the interactive exhibits and to view a 12-minute Refuge video. We then board the PRNWR van (maximum capacity 13) for the brief ride to the Refuge entrance on Sunset Blvd. and a ride along the 6-½ mile Refuge Road, diverting westward about half way to ride the dike with the Sound on our right and the Bill Forward Pool on our left. Our itinerary will include a stop at Lot 7

(Emerson's Rocks) where a short fully railing boardwalk leads to a platform that includes a viewing scope and benches and a huge view of the Atlantic from the Isle of Shoals to Halibut Point in Gloucester. We will leave the Senior Center at 9:30 and be back there at 12:30. The C.O.A. van donation is a suggested \$2. Reservations required.

**September 10 and September 17.** AARP is hosting a Life Reimagined event in Salem, a workshop to assist in pursuing a lifelong dream or making a major change via small steps. The process involves a personal evaluation that can help you navigate a transition to the next phase of your life. More information at [lifereimagined.org](http://lifereimagined.org) or email [lmasters@aarp.org](mailto:lmasters@aarp.org).

**September 15** is the **town-wide election** to decide the ballot question on the \$11.6 million public safety complex and Town Hall renovation project. Polls are open 7:00 AM to 8:00PM. Please get out to vote.

**September 20** is the annual **Walk to End Alzheimer's** in Andover. See article below.

**September 30** Greater Newburyport Village's Lunch and Learn Series at Hope Community Church. See Caregivers Page.

**Continued on Page 2**



**October 31.** When you go to bed tonight, set your clock back one hour as Daylight Savings Time ends at 2:00 AM. This is the semi-annual reminder to update your **File of Life** information. If you do not have a FOL, call the Senior Center and we will deliver one. EMTs look for this information if called to your home.

**Fuel Assistance applications are available.** Community Action will soon be accepting applications for new clients (previous recipients will receive their application by mail). Funding begins November 1. Because C.A. can complete your application on the computer, the easiest way to apply is to call them directly at 1.978.373.1971. Call the C.O.A. Office if you have questions. The benefit amount is based on income with a maximum income for a single person household of \$2,720 per month and for a two person household, \$3,494.

**A couple of medical facts:**

- Doctors find that it is best to take blood pressure pills first thing in the morning because people are most active during the day and blood pressure tends to climb as the day wears on. Conversely, anti-cholesterol drugs are more effective when taken at bed time.
- Feel younger than you are? Researchers calculate that 70 year olds today are equivalent, health wise, to 65 year olds who lived thirty years ago.
- To date, research has found only one sure way to increase biological life span: eat fewer calories.

If you are satisfied with your current health insurance and prescription drug plan, you do not need to do anything. But if not, **Open Enrollment** begins October 15 and ends December 7 for a January 1, 2016 start date. This will be your only chance this year to make a change in provider for your Medicare Supplement, Medicare Advantage, and Medicare D Plans. You can get more information by calling Medicare

1.800.MEDICARE, checking their webpage [www.medicare.gov](http://www.medicare.gov), or calling the C.O.A. for an appointment with Mark Sullivan, our S.H.I.N.E. counselor. **Prescription Advantage** is the state prescription drug assistance program for elders and people with disabilities. It supplements the Medicare D benefit by helping to pay prescription costs when you reach the "donut hole." There is no monthly premium; the benefit amount is based on income. To investigate P.A., do one of three things: visit [www.800AGEINFO.com](http://www.800AGEINFO.com), call 1.800.AGEINFO (1.800.243.4636), or call the Office for an appointment with the S.H.I.N.E. counselor.

According to the Alzheimer's Association, every 67 seconds, someone in the United States develops **Alzheimer's Disease**, an estimated 5.3 million Americans already have it (with 15 million caregivers), and one in three elders will die of dementia. It is the 6th leading cause of death and among the top ten causes; it is the only one with no known cause or cure. Research indicates we have the disease an estimated seven years before symptoms become apparent. It is the most dreaded disease of our time and supporting fundraising to insure continued research is the most many of us can do. The Walk to End Alzheimer's regional effort is Sunday September 20. Go to [alzwalkMANH.org](http://alzwalkMANH.org) to find a team to support and for more information.

**Anosognosia. What is it?**

It is a lack of awareness that one is impaired, a definition most often used for people who do not know they have dementia. It occurs frequently in those with mental illness, those who have suffered a traumatic brain injury or have a brain tumor, following a stroke (some studies show nearly three quarters of post stroke patients have it at least temporarily), and those with dementia. When the right frontal lobes of our brain are damaged in any way, anosognosia occurs when our "left brain seeks to maintain continuity through tactics such as denial, rationalization, confabulation

**Continued on Page 3**



### **Continued From Page 2**

(making up answers believed to be true), and any other tricks to keep one's mental model intact." (Dr.V.S.Ramachandran in the N.Y.Times.) Denial is not Anosognosia; the former implies willful decision, the latter an absolute lack of awareness and insight. So how do you deal with someone with Anosognosia? As with most caregiving strategies, you need to focus on the mitigation of the effects. Rather than trying to make the person understand their impairment, focus on positive approaches to communication, provide a structured schedule, downsize responsibilities, work together on tasks, stay calm and focused and articulate your thoughts in subtle and positive ways.

(From the Senior Living Blog by Sarah Stevenson)

### **NURSE'S CORNER by Nina Meader**

After many questions concerning the Shingles vaccine, I offer what I have learned. No matter how healthy you feel, Shingles could happen to you. Shingles is caused by the same virus that causes chickenpox. The virus stays in your body and can resurface at any time as Shingles. The chances of contacting this painful blistering rash increase as you get older. Appropriate adults sixty years of age or older should talk with their health care professional to see if the Zoster Vaccine Live is right for them. It does not protect everyone so some people who receive it may still get the disease. I would hope for a lighter case for those who do, however I have not found this to be a fact. The vaccine is very expensive so be sure to check your insurance beforehand!

### **Elder Orphans**

AARP reports that elders receiving care today have an average of seven people who can help. But as today's boomer caregivers begin to age and need care themselves, that pool number will drop to less than three potential helpers. A University of Michigan study shows that 22% of people over 65 are (or at risk of becoming) "elder

orphans." As society ages and life expectancy increases, society and government need to prepare for the needs of this unsupported population by determining what community, social service, emergency response, and educational resources are needed.

**Greater Newburyport Village** is one such attempt. While part of a nationwide Village concept, it is a local, grassroots, nonprofit organization "based on the idea that when we pull together, we enrich each other's lives." The Village is "driven by volunteers providing programs and services for Village members." Scheduled to launch during the winter of 2015, this fall the popular monthly Lunch and Learn Series will continue beginning September 30 at the Hope Community Church on Hale Street from 11:30 to 1:00 (see local listings for the wide ranging list of topics). When fully operational, the Village will offer members information and referrals to vetted vendors for home repairs, health, and legal services; cultural and recreational opportunities; a Good Neighbor Volunteers program "matching those who 'can do' with older adults who 'can do with a little help'" to maintain independence in their own homes (household tasks, rides, companionship). Details, including the cost of becoming a member, will be available when the Village launches this winter. In the meantime, email them at [greaternewburyportvillage@gmail.com](mailto:greaternewburyportvillage@gmail.com), or visit their website at [greaternewburyportvillage.org](http://greaternewburyportvillage.org), or call 978-238-9383.

### **CAREGIVERS PAGE**

This fall the Newbury C.O.A. again will be a host site for a free program designed to assist the Caregiver. Living longer and "aging in place" often carry with them the need for outside support. Whether this is a spouse, a son or daughter, or a friend, caregivers (an estimated 65 million) often experience unknown and unexpected issues for which they could use help. This program is designed to provide the

**Continued on Insert**



# SEPTEMBER 2015

Monday	Tuesday	Wednesday	Thursday	Friday
	1 9:00 Van /Shopping  12:30 Cribbage  1:00 RN @ Newbury Village	2	3  12:30 Knitting	4 <b>SENIOR CENTER CLOSED</b>  TAI CHI At Newbury Town Library 9:00-10:00
7 <b>LABOR DAY NO MEAL DELIVERY SENIOR CENTER CLOSED</b>	8 9:00 Van /Shopping  12:30 Cribbage 1:00 RN at Quaker Hill 2:00 RN at Oak Ridge	9 <b>SHINE- MUST CALL TO MAKE AN APPT.</b>  12:30 Knitting	10  1:00 Birthday Bingo	11 <b>SENIOR CENTER CLOSED NO MEAL DELIVERY</b> TAI CHI At Newbury Town Library 9:00-10:00
14  12:45 Bridge	15 9:00 Van /Shopping  12:30 Cribbage  Town Voting on Public Safety Complex	16 9:30 VAN TO PARKER RIVER WILDLIFE REFUGE	17  12:30 Knitting	18 <b>SENIOR CENTER CLOSED</b>  TAI CHI At Newbury Town Library 9:00-10:00
21  12:45 Bridge	22 9:00 Van/Shopping 12:30 Cribbage  Caregiver Program 5:30-7:30 Senior Center	23 <b>SHINE- MUST CALL TO MAKE AN APPT.</b>	24  12:30 Knitting	25 <b>SENIOR CENTER CLOSED</b>  TAI CHI At Newbury Town Library 9:00-10:00
28  12:45 Bridge	29 9:00 Van/Shopping 12:30 Cribbage Caregiver Program 5:30-7:30 Senior Center	30 <b>SHINE- MUST CALL TO MAKE AN APPT</b>		

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## INSERT

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education, resources, and support needed to do what has been called "the hardest job in the world."

**Powerful Tools** will run from September 22 through October 27 every Tuesday from 5:30 to 7:30 at the Newbury Senior Center. The workshop, which does not focus on any specific disease or hands-on caregiving, is designed to provide useful tools to teach you how to balance caregiving for another while maintaining your own emotional, social, and physical health.

- Set goals and problem solve.
  - Communicate effectively with family members, doctors, and paid help.
  - Reduce stress, guilt, anger, depression ~ and relax.
  - Make the tough decisions.
- Who should attend? Are you
- Helping someone with medication?
  - Grocery shopping, doing laundry, house cleaning or chores?
  - Accompanying someone on doctor visits?
  - Are you a long distance caregiver?
  - Are you seeing changes resulting in a need for additional help?

This **Powerful Tools** program is provided at no cost by Elder Services of the Merrimack Valley and will be held by LuAnn Kuder, former Chair of the Newbury C.O.A. Board of Directors and Martie Joe, C.O.A. Director. Registration and commitment to the 6 classes is required. Respite care may be available during the class times. It must be requested in advance. Call 978.462.8114 if you are interested in attending.

### VOLUNTEER CORNER

#### We would like to thank the following people for their recent donations to our senior center:

Nancy Burke, Helen Burlamachi, Ann Kolesar, LuAnn Kuder, Ann Meserve, Gloria O'Connell, Jeanne Thomas, Sandra & Joseph Turner, Peg Walton, Martha Webb and Joan & Bill Weyburn.

#### Thank you to our wonderful Guest Chefs

– In June, Brigham Manor provided a wonderful lunch for us and we'd like to thank Elaine MacDonald for her hard work. In

July, our luncheon was provided by Joyce Davis & COA employees. Delicious! In August, our COA friend, Joe Murphy, made his famous lobster mac & cheese. What a treat!

### **Happy Birthday to all Volunteers Born in September & October**

September 11	Geraldine Dorr, Patty Keys
September 23	Carol Barron
September 27	Eloise Schoeppner
September 29	Nina Meader
October 1	Chaz Rudich
October 2	Connie Rowe
October 8	Ginny Lowell
October 11	Matt Freedman, Ann Hickey
October 21	Kate Benashski

### Help is Here

Healthcare, Food Programs, Housing, Substance Abuse, Crisis Intervention, Employment Assistance, Fuel Assistance.

[Resources.PenniesforPoverty.org](http://Resources.PenniesforPoverty.org)

Serving Amesbury, Byfield, Newbury, Newburyport, Rowley, Salisbury and West Newbury.

### Volunteer Opportunities

**We're always looking for Guest Chefs** to cook a meal for 20 to 25 people. Donations are given back to the chef. Call Gail if you are interested – 978-462-8114.

We are in need of **Volunteer Grocery Shoppers** who will grocery shop and pick up prescriptions for homebound seniors. You need an automobile, a pleasant personality and are able to lift small grocery bundles. Please consider helping out your neighbor.

We are in need of **Volunteer Receptionist's** for Monday 12-3 and Wednesdays from 9-Noon and 12-3. Duties are answering phones and greeting anyone who enters the Senior Center.





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### **Northern Essex Elder Transport**

N.E.E.T. drivers are volunteers who use their own cars to bring clients to medical appointments. We ask that you give 48 hours' notice to secure a driver. Clients are asked to make a donation based on .43 cents per mile. 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. **WE ARE ALWAYS LOOKING FOR VOLUNTEER DRIVERS. PLEASE HELP US OUT WITH THIS CRITICAL NEED AND BECOME A NEET DRIVER.**

We welcome Maggie Malley, our Community Relations Coordinator. Her primary function is to engage active retirees in the community to consider volunteering and keep current the local activities and events in our community as well as the surrounding areas. Please stop by and meet Maggie.

In addition, we welcome our Meals on Wheels driver, Karen Everett who delivers meals Monday through Thursday and our Volunteer, Alice Rogers who delivers on Fridays.

### **TOWN OF NEWBURY SAFETY DAY**

Saturday, September 12, 2015 (rain date  
Sunday, September 13<sup>th</sup>)

10AM – 3PM

Upper Green (corner of High Rd & Green St)

Please join the Newbury Police and Fire Departments for a free fun afternoon of safety sharing and events for all ages. There will be Town vehicles on display, along with law enforcement demonstrations and tours of the police and fire department.

In addition, the COA will have information on remaining safe in your home and your vehicle.

**Karen Tyler** is the new Director of Veterans' Services who will cover the Newbury Area.

She is located in the Town Hall, 25 Green Street, Ipswich MA 01938

Email: [e.essex.vets@verizon.net](mailto:e.essex.vets@verizon.net) Tel: 978-356-3915 or Toll Free 1-866-347-8838

Come meet Karen at the **VA Fair on Sunday, September 13, 2015 from 11:00 – 4:00**

At the American Legion Post 194, 37 School Street, Hamilton MA 01982

Bring your DD214/VA ID Card

Some of the Agencies/Organizations/Individuals invited:

VA VITAL Program

Community Recovery Connections Team

Senator Bruce Tarr

Congressman Moulton Veterans Rep

Community Outreach Specialist – Bedford VA

Public Contact & Congressionals

OEF OIF OND Program Manager

Veterans Affairs Coordinator

HCHV Program Coordinator/Healthcare for the Homeless

Mrs. G.S. Patton

And other Veterans Services Representatives from the North Shore and Outreach Centers



# OCTOBER 2015

**Monday**


**Tuesday**

**Wednesday**

**Thursday**




**Friday**

			1 12:30 Knitting	2 <b>SENIOR CENTER CLOSED</b>  TAI CHI At Newbury Town Library 9:00-10:00
5 12:45 Bridge	6 9:00 Van /Shopping 12:30 Cribbage 1:00 RN @ Newbury Village Caregiver Program 5:30-7:30 Senior Center	7 <b>SHINE- MUST CALL TO MAKE AN APPT.</b>  12:30 Knitting	8 1:00 Birthday Bingo	9 <b>SENIOR CENTER CLOSED</b>  TAI CHI At Newbury Town Library 9:00-10:00
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Margie Malley.....*Community Relations*  
                          *Coordinator*  
Alix McArdle.....*Outreach Worker*  
Nina Meader.....*Outreach Nurse*  
Choo Whyte.....*Van Driver*

The printing of this newsletter is prepared by Senior News Publications.  
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**THINGS TO DO**

**NEWBURY TOWN LIBRARY** – 0 Lunt Street,  
Byfield

**Tong Ren Healing** – Tuesdays starting at  
7:00 PM.

**Tai Chi** – Fridays from 9:00 AM to 10:15 AM.

**NEWBURYPORT LIBRARY**

**Movie Matinee** – Every Wednesday afternoon  
at 2:30 PM (free).

"Admission"	Sept. 2
"Pleasantville"	Sept. 9
"Arbitrage"	Sept. 16
"All is Lost"	Sept. 23
"Into the Woods"	Sept. 30
"If I Stay"	Oct. 7
"Emma"	Oct. 14

No movie the week of 10/19 – 10/23

**Senior Citizen Texting Code**

ATD - At the doctor  
BFF – Best Friend Fell  
BTW – Bring the Wheelchair  
BYOT – Bring your own teeth  
FWIW – Forgot where I was  
GHA – Got heartburn again  
IMHO – Is my hearing aid on  
LMDO – Laughing my dentures out  
TTYL – Talk to you louder