



NEWBURY *Council on Aging*

Est. 1976

September and October 2017

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
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.

Parker River National Wildlife Refuge "Behind the Scenes" Tour **Thursday, September 14, 2017 – 9:30 a.m.-12:30 p.m.**

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 (max. capacity 13) for the brief ride to the Refuge entrance on Sunset Blvd. Our itinerary will include a stop at Lot 7 (Emerson Rocks) where a short, fully-railinged boardwalk leads to a platform that includes a viewing scope and benches and a panoramic view of the Atlantic from the Isle of Shoals to Halibut Point in Rockport. We will be departing the Senior Center at 9:30 a.m. and will return there at around 12:30 p.m. **The COA van donation is a suggested \$2.00. Call the Newbury Council on Aging for reservations at 978-462-8114. If you need to be picked up at your home, please let us know ahead of time.**



PROGRESSIVE LUNCH

Tues., September 26, 2017 – 10:00 a.m.-2:00 p.m.

On Tuesday, September 26, 2017 from 10:00 – 2:00, ten seniors from each of four local Councils on Aging will be able to participate in our 2nd Progressive Lunch for 2017. Each COA will provide one course of the meal: Newbury (pastries, coffee and juice), Rowley (appetizers and beverages), West Newbury (lunch) and Salisbury (dessert). Our first Progressive Lunch, which took place back in May, was so enjoyable... seeing other Senior Centers and meeting new people, we decided to do it again. Our COA Van will drive 10 people from Newbury to each of the Senior Centers. **The Lunch is free of charge and reservations must be made, so call us to reserve your spot at 978-462-8114 (first come, first serve).**



VETERANS' COFFEE HOUR

Thursday, September 7, 2017 and Thursday, October 5, 2017 at 9:30 a.m.

Please join us for interesting conversation on issues of importance to veterans on the first Thursday of every month at 9:30 AM. Pastries, muffins and coffee will be served. We would love a call if you intend to join us so that we may plan accordingly. Call 978-462-8114 for more information.

Guest Chef Luncheons



Due to a lengthy construction project installing new sidewalks and paving the parking lots at Newbury Elementary School where we are located, we did not hold Guest Chef luncheons in July and August. We are ready to start up again! **Upcoming Guest Chef Luncheons: Thursday, September 21st and Thursday, October 19th at 12:00 noon. Cost: \$3.00. MENUS: September 21st - Chicken Divan, mashed potatoes, salad, rolls and dessert. October 19th - Meatloaf, peas, baked potatoes with toppings: sour cream, chives, bacon, cheese, etc., and dessert. Call for reservations at 978-462-8114. If you need a ride, let us know. Hope to see you soon! Also, we are seeking volunteer Guest Chefs and servers. Please call 978-462-8114 for more information on joining the Guest Chef team!**

ART CLASSES

Make Hand-Crafted Greeting Cards with Artist, Donna Callahan - On Tuesday, October 17th from 10:00 a.m. to 12:00 noon, create 3 beautifully-handcrafted greeting cards using rubber stamps and specialty papers. The cards will be blank which are suitable for any occasion. On **Tuesday, November 14th from 10:00 to 12:00**, Donna will once again teach us how to create hand-crafted cards, but they will be holiday themed. All materials are supplied for use in class. **Cost \$8.00. Reservations are required** (class size maximum - 8 people), so call now (978-462-8114).

"You Can Paint This" with Bill Duke - Artist, Bill Duke, will be at the Newbury COA Senior Center on **Wednesday, September 27, 2017 and on October 25, 2017 from 9:30 a.m. to 12:30 p.m.** You can learn how to paint a lovely watercolor scene with no previous painting experience. Come join us! **Sign up by calling 978-462-8114. Cost: \$20.00 (materials are supplied).**



Representative for Senator Bruce Tarr

Dick Curran, from Sen. Bruce Tarr's office, will be at the Senior Center from **9:30 to 10:30 AM on Thursday, September 7 and on Thursday, October 12.** He'll be on hand to answer questions, hear comments or provide assistance. The public is welcome.

CHAIR YOGA



We are excited to bring Chair Yoga to the Senior Center. It is a 4-week program, but you don't have to commit to the full 4 weeks. You can come whenever you are available. The classes will take place on September 20, September 27, October 4 and October 11 from 1:00 to 2:00 PM. The cost will be \$7.00 per class. If this is a successful program, we will continue to hold Chair Yoga classes.

Sharon Gordon, Yoga Instructor (from Roots to Wings in Newbury), will be teaching you one of the gentlest forms of **yoga** available. Chair Yoga is a unique yoga style that adapts yoga positions and poses through creative use of a chair. Poses are done seated on the chair or the chair is used for support during standing and balance poses.

Sharon Gordon began her yoga journey her freshman year at Massachusetts College of Liberal Arts, where she received a Bachelor's degree in Sports Medicine. Her yoga practice took her through various yoga styles, including vinyasa, Bikram, and Ashtanga. For many years her practice was primarily for strengthening and flexibility. It wasn't until after her two children were born did she realize all the tremendous benefits yoga can provide. She found that her practice grounded her and taught her the importance and beauty of being present. Sharon is a 200RYT, holds an Associate's degree in *Physical Therapy Assisting*, along with certifications in Restorative Yoga, Teen Yoga and is currently working on her certification to be an Ayurvedic Yoga Specialist.

We hope you try Chair Yoga to help you with your strength, flexibility, breathing and general well-being. Call 978-462-8114 to sign up.



VACCINE CLINICS
Flu, Pneumonia, Shingles,
Tetanus/Whooping Cough

Clinics will be held at the Newbury COA Senior Center at 63 Hanover Street. We are located at Door 29 at Newbury Elementary School. Here are the upcoming dates:

Tues., September 19 from 10:00 – 11:30 a.m.
Tues., October 3 from 10:00 – 11:30 a.m.
Tues., October 24 from 10:00 – 11:30 a.m.

New this year is a Flu Influenza Vaccine that is stronger than last year's version. Also available is a Pneumonia Vaccine, both the P13 (the new one advertised on television) as well as the P23. If you received the pneumonia shot last year, you are eligible for a booster this year. The Shingles Vaccine is also available as well as the Tetanus/Whooping Cough.

Flu and Pneumonia may be given at the same time and Flu and Shingles may be given at the same time.

These vaccines are covered 100% by Medicare, and please bring in your Medicare Card (red, white and blue card).

People who have Medicaid (Mass Health blue card) and want the Shingles vaccine, please bring that card as well – Medicaid will pay 100% for the Shingles vaccine this year.

People who have a Medicare Part D drug plan, and are interested in the Shingles Vaccine, please bring your card so that we can determine if coverage exists.

In the event you are house bound, Leslie Doyle is more than happy to make a house visit.



Blood Pressure Clinics

Blood Pressure Clinics at Newbury Village (30 Rolfes Lane) in the Community Room will be held on **Wednesdays: September 13 and October 11 from 1:15 to 2:00 PM.**

Blood Pressure Clinics at Oak Ridge (84 Main St., Byfield) in the Community Room will be held on **Tuesdays: September 19 and October 24 from 1:00 to 1:45 PM.**

Blood Pressure Clinics at Quaker Hill (115 Main St., Byfield) in the Community Room will be held on **Tuesdays: September 19 and October 24 from 2:00 to 2:45 PM.**



Walk to End Alzheimer's

Alzheimer's Disease cannot be prevented, cured, or even slowed. Again this fall, the **Walk to End Alzheimer's** will happen. This is the world's largest event to raise awareness and funds for Alzheimer's care, support, and research. This year alone nearly half a million people over 65 (two thirds of them women) will develop this costliest disease to society: an estimated 18.1 billion hours of unpaid care costing families and friends \$221.3 billion. **Our closest walk is Sunday, September 24 and originates in Portsmouth. For more information and to register and to donate, check out www.alzwalkMANH.org.**



**RING & RIDE: Medical, Shopping
& General Purpose
Transportation & Medi-Ride**

Ring & Ride is a shared van service available to Newbury residents. It requires 24-hour notice with reservations made through MVRTA (Merrimack Valley Regional Transit Authority) at 978-469-6878, option #3. The van can be used for any purpose including medical and shopping in Amesbury, Boxford, Georgetown, Groveland, Haverhill, Lawrence, Methuen, Newbury, Newburyport, North Andover, West Newbury and Rowley Train Station and Market Basket. MVRTA also has a Medi-Ride service for medically-related appointments at Boston area hospitals.

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. Please note that the COA is 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.



FACTS ABOUT HONEY

Honey (the one and only food that never spoils) and cinnamon holds positive curative effects for a number of medical conditions (as reported in *Weekly World News of Canada*). There are no known side effects and even diabetics can benefit from moderate amounts. Some of the findings:

- Heart Disease and Cholesterol: make a paste of honey and cinnamon and spread it on toast as you would jelly. It revitalizes arteries and veins, relieves loss of breath, strengthens heartbeat, and can lower bad cholesterol by 10% within two hours.
- Arthritis patients who drink a cup of hot water with two teaspoons of honey and one small teaspoon of cinnamon three times a day show marked relief of pain; in one study from Copenhagen University one-third of patients were totally relieved of pain in one month.
- Bladder infections are cured by two tablespoons of honey and one teaspoon of cinnamon in a glass of lukewarm water. This can also relieve the stomach of gas.
- Toothache: a paste of one teaspoon of cinnamon and five teaspoons of honey applied to an aching tooth and repeated as necessary will relieve the pain.
- Colds and Flu: a tablespoon of lukewarm honey and $\frac{1}{4}$ of cinnamon will cure the cough and clear the sinuses and will help ward off flu.

Thank You for Your Donations to the COA!

Thank you to Wilma Buckley, Joyce Marlowe, Joe Murphy, Alice Rogers, and Tom and Judi Sullivan for their generous donations to our Senior Center.

Fuel Assistance Applications

Fuel Assistance Applications are available. Community Action will soon be accepting applications for new clients (previous recipients will receive applications by mail). Funding begins November 1. Because Community Action can complete an application on the computer, **the easiest way to apply is to call them directly at 978-373-1971**. The benefit amount is based on income with a maximum monthly income (2016) for a single person household of \$2,760; \$3,610 for two.



VAN TRIPS

Thurs., September 7 (11:00 a.m.) - Lunch @ Olive Garden/Danvers

Thurs., September 14 (9:30 a.m.) - Parker River Nat'l. Wildlife Refuge "Behind the Scenes" Tour

Wed., September 20 (10:00 a.m.) - Peabody Essex Museum, Salem, MA (Exhibit: "Ocean Liners – Glamour, Speed and Style")

Thursday, October 5 (10:00 a.m.) - Fall Foliage Trip & Lunch @ Village Restaurant/Essex, MA

Wednesday, October 11 (9:30 a.m.) - IHOP & Shop, Seabrook, NH

Van cost: \$2.00 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 so 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.



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 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.

INTRODUCTION TO HOSPICE

HISTORY OF HOSPICE CARE

Hospice: A Historical Perspective

The term "hospice" (from the same linguistic root as "hospitality") can be traced back to medieval times when it referred to a place of shelter and rest for weary or ill travelers on a long journey. The name was first applied to specialized care for dying patients by physician Dame Cicely Saunders, who began her work with the terminally ill in 1948 and eventually went on to create the first modern hospice—St. Christopher's Hospice—in a residential suburb of London.

Saunders introduced the idea of specialized care for the dying to the United States during a 1963 visit with Yale University. Her lecture, given to medical students, nurses, social workers, and chaplains about the concept of holistic hospice care, included photos of terminally ill cancer patients and their families, showing the dramatic differences before and after the symptom control care. This lecture launched the following chain of events, which resulted in the development of hospice care as we know it today.

HOSPICE CARE FREQUENTLY ASKED QUESTIONS

Considered to be the model for quality, compassionate care for people facing a life-limiting illness or injury, hospice care involves a team-oriented approach to expert medical care, pain management, and emotional and spiritual support expressly tailored to the patient's needs and wishes. Support is provided to the patient's loved ones as well. At the center of hospice and palliative care is the belief that each of us has the right to die pain-free and with dignity, and that our families will receive the necessary support to allow us to do so.

What is hospice care? Hospice focuses on caring, not curing and in most cases care is provided in the patient's home. Hospice care also is provided in freestanding hospice centers, hospitals, and nursing homes and other long-term care facilities. Hospice services are available to patients of any age, religion, race, or illness.

Hospice care is covered under Medicare, Medicaid, most private insurance plans, HMOs, and other managed care organizations.

How does hospice care work? Typically, a family member serves as the primary caregiver and,

when appropriate, helps make decisions for the terminally ill individual. Members of the hospice staff make regular visits to assess the patient and provide additional care or other services. Hospice staff is on-call 24 hours a day, seven days a week. The hospice team develops a care plan that meets each patient's individual needs for pain management and symptom control. The team usually consists of:

- The patient's personal physician
- Hospice physician (or medical director)
- Nurses
- Home health aides
- Social workers
- Clergy or other counselors
- Trained volunteers
- Speech, physical, and occupational therapists, if needed.

What services are provided? Among its major responsibilities, the interdisciplinary hospice team:

- Manages the patient's pain and symptoms;
- Assists the patient with the emotional and psychosocial and spiritual aspects of dying;
- Provides needed drugs, medical supplies, and equipment.
- Coaches the family on how to care for the patient.
- Delivers special services like speech and physical therapy when needed.
- Makes short-term inpatient care available when pain or symptoms become too difficult to manage at home, or the caregiver needs respite time.
- Provides bereavement care and counseling to surviving family and friends.

Source: <https://www.nhpco.org/>

National Hospice and Palliative Care Organization



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 e-mail us coa@townofnewbury.org and we will take you off of the mailing list and put you onto our e-mail list. Thank you!



DON'T IGNORE YOUR MEDICARE MAIL

It's that time of year! If you have a **Medicare Prescription Drug Plan** or a **Medicare Advantage Plan** (HMO, PPO), you will receive information from your plan by the end of September. Please **understand** and **save** this information regarding **changes** in your plan for 2018.

During Medicare Open Enrollment (**October 15 - December 7**), you may change your insurance plan for next year. A SHINE counselor can help you understand your plan changes, as well as other options you may have. There will be group presentations and/or you may schedule a phone or in-person appointment.

Trained SHINE counselors offer free, confidential counseling on all aspects of Medicare and related health insurance programs. *To schedule a SHINE appointment, call your senior center (Newbury COA: 978-462-8114) or 1-800-AGE-INFO (1-800-243-4636) ... then press or say 3.* If you get the SHINE answering machine, leave your name and number. A counselor will call you back, as soon as possible.

Call early to receive a pre-enrollment form **and make that appointment...** and bring your Medicare and insurance cards and a complete list of your medications. DO NOT WAIT UNTIL IT'S TOO LATE! *Courtesy of the Massachusetts Executive Office of Elder Affairs*

S.H.I.N.E. (Serving Health Information Needs of Elders)

The SHINE Program (Serving Health Information Needs of Elders) is a state health insurance assistance program that provides to Massachusetts residents of any age who have Medicare, free health insurance information, counseling and assistance to Massachusetts residents with Medicare and their caregivers. The SHINE Program is administered by the Massachusetts Executive Office of Elder Affairs in partnership with elder service agencies, social service and community-based agencies and Councils on Aging. The program is funded by the Administration for Community Living.

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 Newbury Senior Center. An appointment is required and may be made by calling 978-462-8114.



Home delivered meals are available to eligible seniors by calling Elder Services of the 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.



Overnight Frost

An overnight frost will not likely hurt any of your plants; a Light Freeze (29 to 32 degrees), will kill tender plants but will have little destruction to other vegetation. A Moderate Freeze (25 to 28 degrees) will produce wide destruction to most vegetation with heavy damage to fruit blossoms and semi-hardy plants. A Severe or Hard Freeze (24 degrees or colder) will result in heavy damage to nearly all plants.



ATTN: Korean War Veterans

If you are a Korean War Veteran, The Korean Consulate, along with the Eastern Essex District Department of Veterans' Services, would like to invite you to join a ceremony for the presentation of the Korean Ambassador for Peace Medal. The Korean Consulate will present the medals at a ceremony on October 20, 2017 at 4:00 p.m. at the Performing Arts Center, Ipswich High School. Korean War veterans (or a surviving family member) should email the Director of Veterans' Services, Karen Tyler, at ktyler@eessexvets.com or call her at 978-356-3915 to make arrangements to attend this ceremony.

Newbury Council on Aging
63 Hanover Street
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Newbury Council on Aging

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NEWBURY TOWN LIBRARY

Tai Chi – Wednesdays from 5:30-6:45 PM and 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.

Tong Ren Healing – Wednesdays from 7:00 - 8:00 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.

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

September 6	“The Family Fang” (R)
September 13	“The Accountant” (R)
September 20	“La La Land” (PG-13)
September 27	“A Dog's Purpose” (PG)
October 4	“The Sense of an Ending” (PG-13)
October 11	“The Zookeeper's Wife (PG-13)
October 18	No Movie
October 25	“Little Shop of Horrors” (PG-13)



Greater Newbury Elder Pet Fund

The Newbury COA supports Animal Control Officer Carol Larocque's **Greater Newbury Elder Pet Fund** in assisting elders with pet food needs. If you would like to sign up for this program, call the COA at 978-462-8114. Carol will deliver pet food to your door. Donations are always welcome!



To all Volunteers born in September & October

<i>September 11</i>	<i>Geraldine Dorr, Patty Keys</i>
<i>September 24</i>	<i>Bob Demer</i>
<i>September 27</i>	<i>Eloise Schoeppner</i>
<i>September 29</i>	<i>Nina Meader</i>
<i>October 1</i>	<i>Chaz Rudich</i>
<i>October 11</i>	<i>Matt Freedman, Ann Hickey</i>
<i>October 21</i>	<i>Kate Benashski</i>