Newbury Council on Aging  
September & October 2018

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. 9 AM-3 PM  
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.

Delvena Theatre Company Presents “Isabella”  
Wednesday, September 19, 2018 at 1:00 p.m.

Step back in time and meet Isabella Stewart Gardner, the famed founder of the eponymous Museum in Boston. Learn about her life, charm, friends and acquaintances, travels, stylish taste and unconventional behavior.....an informative, yet entertaining presentation.

In 2003, Delvena Theatre Company, hearing the call of schools, colleges, libraries, historical societies, senior centers, housing and private organizations, decided to present productions in non-traditional spaces. The company creates edutainment - original shows designed to educate as well as entertain. In an effort to enrich the theatrical and educational experience, Delvena includes a post-show discussion between the cast and the audience.

Please call our office at 978-462-8114 to reserve your seat as our Senior Center is small and seating is limited. This is a free performance and will be held at 1:00 p.m. at the Newbury Council on Aging Senior Center at Newbury Elementary School, 63 Hanover Street (Door 29), Newbury. Please arrive at around 12:50 p.m. to get seated. If you need a ride to the Senior Center, call 978-462-8114. Hope to see you there!

Parker River National Wildlife Refuge “Behind the Scenes” Tour  
Thursday, October 4, 2018 – 9:20 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. There is no charge for this tour! We will be departing from the Newbury Council on Aging’s Senior Center at 9:20 a.m. and will return at around 12:30 p.m. The Senior Center is located at the Newbury Elementary School, 63 Hanover Street (Door 29), Newbury. Call the Newbury COA to reserve your seat on the van at 978-462-8114. If you need to be picked up at your home, please let us know ahead of time.
VACCINE CLINICS
Flu, Pneumonia, Shingles, Tetanus, Whooping Cough

Three flu clinics will be held at the Newbury COA Senior Center located at the Newbury Elementary School, 63 Hanover Street (Door 29), Newbury. Here are the upcoming dates:

Tuesday, September 25, 2018 – 10:00 a.m. – 12:00 noon
Tuesday, October 9, 2018 – 10:00 a.m. – 12:00 noon
Tuesday, October 23, 2018 – 10:00 a.m. – 12:00 noon

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 (Prevnar) as well as the P23. If you received the shingles shot last year, you will need the new shingles shot (Shingrix). Also available are the Tetanus & Whooping Cough shots. (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 new 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 home visit.

COA Blood Pressure Clinics @ Newbury/Byfield Housings

Please stop by one of these clinics to chat with COA Outreach Nurse, Michele Washkiss.

Blood Pressure Clinics at Newbury Village (30 Rolfes Lane, Newbury) in the Community Room will be held on Wednesdays: September 12th and October 10th 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 18th and October 16th 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 18th and October 16th from 2:00 to 2:45 PM.

TOWN OF NEWBURY - VOTING
STATE PRIMARY – TUESDAY SEPTEMBER 4th AND STATE ELECTION – TUESDAY NOVEMBER 6th

Absentee Ballots are available to eligible voters for the September 4th State Primary at the Office of the Town Clerk located at 12 Kent Way, Byfield, MA 01922 during regular business hours: M, W, Th. 8 AM to 4PM and Tues. 8 AM to 7 PM. All Absentee Ballot requests must be made in writing. The form to request an Absentee Ballot as well as voter registration information can be found at https://www.sec.state.ma.us under ‘Elections and Voting’ and the Town Clerk’s page at www.townofnewbury.org under ‘News and Announcements’. Forms are also available at the Town Clerk’s office and the Newbury Council on Aging.

Alternatively, you may submit a written request containing your original signature to the Town Clerk by email to townclerk@townofnewbury.org or by mail to the address listed above. Please be sure to include your phone number, the address where the ballot should be mailed and identify which party’s ballot you would like: Democrat, Republican or Libertarian. If you are enrolled in one of the party’s listed, you are only eligible for that party’s ballot.

In order to vote in the Primary, you must have registered by August 15th. The deadline to register for the November 6th State Election is October 17th. Call the Town Clerk at 978-465-0862 Ext. 315 with any questions or for more information.
Fuel Assistance Applications

Community Action, Inc. will soon be accepting applications for new clients (previous recipients will receive applications by mail). To set up an appointment, call 978-373-1971 or 1-800-332-9004 or go to their website: www.communityactioninc.org for more info.

Fuel Assistance (LIHEAP) - The Low-Income Home Energy Assistance Program (LIHEAP) has been available in Massachusetts to low-income households since 1977. Also known as Fuel Assistance, this program helps income-eligible households pay a portion of their heating bills or 30% of their rent if the heat is included between November 1 and April 30. The benefit amount is based on income with a maximum yearly income for a single person household of $35,510, $46,437 for two, $57,363 for three and $68,289 for four.

Heating System Assistance (HEARTWAP) - The Heating Emergency Assistance Retrofit Task Weatherization Assistance Program (HEARTWAP) provides heating system repair and replacement services to eligible low-income homeowners. The program operates year round. The program serves as an emergency intervention service to provide assistance to low-income homeowners having problems with the operation of their primary heating system. HEARTWAP services vary depending on the specific needs of the housing unit.

Weatherization - The Weatherization Assistance Program (WAP) provides up to $7,500 in added insulation, and general plugging of air leaks to homes and apartments for those households eligible for LIHEAP. This program also operates year round. WAP services vary depending on the specific needs of the housing unit.

Apply for Fuel and Energy Programs - Check the Heating Assistance Income Guidelines for eligibility. For Emergencies (72 hour notice of termination or less than 1/8 of a tank of oil), please call our main number 978-373-1971 ext. 218 and you will be instructed what required documents you must bring with you and when to come into the office.

Applications for assistance can be completed at three locations:

1) Community Action Inc. LIHEAP office in Haverhill, 3 Washington Square on the 2nd floor (Monday – Thursday by appointment).
2) Community Action Inc. Amesbury Center in Amesbury, 44 Friend Street (Tuesdays by appointment only).
3) Newburyport Salvation Army Community Center in Newburyport, 40 Water Street (Thursdays by appointment only).

To check application status 24/7 call: 978-374-7660.

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VETERANS’ COFFEE HOUR

Thursday, September 6, 2018 and Thursday, October 4, 2018

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

Representative for Senator Bruce Tarr

Dick Curran, from Sen. Bruce Tarr’s office, will be at the Senior Center from 11:00 a.m. to 12:00 noon on Thursday, September 13, 2018 and Thursday, October 11, 2018. He’ll be on hand to listen to concerns or questions you may have, and to provide assistance. The public is welcome.

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“Cherish all your happy moments; they make a fine cushion for old age.”

- Booth Tarkington -
DON'T IGNORE YOUR MEDICARE MAIL

It's that time of year again! If you are enrolled in a Medicare Prescription Drug Plan or a Medicare Advantage Plan (HMO, PPO), expect an information packet from your plan by the end of September. It is important to understand and save this information: it explains the changes in your plan for 2019. Premiums, deductibles, co-pays, and the drugs covered by your plan can change significantly!

During Medicare Open Enrollment (October 15, 2018 - December 7, 2018), you can adjust your plan for next year. SHINE (Serving Health Information Needs of Everyone) counselors can help you understand your plan changes, as well as other options you may have. Call now to discuss your insurance questions, schedule your SHINE phone or face-to-face appointment, or learn about group meetings during the Open Enrollment from October 15th through December 7th.

*REMINDER:* Be on the alert for your new Medicare card in the mail and as always, bring your card and drug prescription list to your appointment.

You can call 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 volunteer will call you back as soon as possible. **Also, local Senior Centers offer one-on-one appointments with a SHINE counselor, including the Newbury Council on Aging. Our Senior Center is located at Newbury Elementary School, 63 Hanover Street (Door 29) in Newbury. Call 978-462-8114 to make an appointment.**

**S.H.I.N.E.**

*Serving Health Information Needs of Everyone*

The SHINE Program (Serving Health Information Needs of Everyone) 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 Newbury COA 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.**

**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 (we are 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. Also, we have been receiving many requests from clients for doctors’ appointments going to Peabody, Danvers, Burlington and Boston. A lot of our drivers prefer not to travel that far, so we are in need of drivers willing to drive longer distances.

**WALK TO END ALZHEIMER’S DISEASE**

Alzheimer’s Disease cannot be prevented, cured, or even slowed. Again this fall, the **Walk to End Alzheimer’s Disease** 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 walks are Sunday, September 16, 2018 in Andover, MA - Sunday, September 23, 2018 in Cambridge, MA - and Sunday, September 23, 2018 in Portsmouth, NH. For more information about times and locations, go to the following website: https://act.alz.org**
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<td>10:00 - SHINE 11:00 - Dick Curran, Sen. Tarr's Office</td>
<td>10:00 Van trip - Seabrook Shopping &amp; Lunch</td>
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Assisted Living Center ~ Salisbury

An Affordable Solution to Your Assisted Living Needs

- When you are seeking a safe alternative to living at home alone, turn to the Assisted Living Center ~ Salisbury.
- When you are looking for a socially stimulating environment, turn to the Assisted Living Center ~ Salisbury.
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www.assistedlivingcenter.org

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e.m.noyes@comcast.net

Tel: 978-465-7408
FAX: 978-465-2918
CELL: 978-375-6145

Seniors! Call for a FREE market analysis

PORT
Healthcare Center
Joint Commission Accredited, Medicare Certified
113 Low Street, Newburyport, MA 01950
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Be Independent for Life
Nichols Village
AN ACTIVE ADULT COMMUNITY
One Nichols Way
Groveland, MA 01834
Nichols-Village.com
CALL 978-372-3930

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Great Medium to Reach the Senior Citizens!
CALL 603-601-8047
Email: seniornewsletter@aol.com
OR WRITE TO:
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7 Philbrook Terrace, HAMPTON, NH 03842

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Service • Installation • Fuel
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LombardiOil.com
Heating

Community Action, Inc.
Low Income Home Energy Assistance Program

Would you like to know how you could get a 25% discount on your monthly National Grid bills and/or home heating oil at deep discounts? Homeowners can also receive assistance with heating system repairs, replacements and free home energy audits.

Visit our website to learn more:
www.communityactioninc.org
or call 978-373-1971 ext 218

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senior News Publications ~ 7 Philbrook Terrace ~ Hampton, NH 03842 ~ 603-601-8047 ~ email: seniornewsletter@aol.com
Four volunteers were honored this year at the "Generations of Giving" event at the Senior Community Center during the week of Yankee Homecoming. This event was hosted by Yankee Homecoming and sponsored by Atria Merrimack Place. The recipients were: Newbury resident - Carol Larocque, Newburyport resident - Diane Hawkins-Clark, and 2 Newburyport High School seniors - Caroline Bell and Hannah Durkee. They also rode in Newburyport's annual Yankee Homecoming Parade.

Newbury resident, Carol Larocque, has been the Animal Control Officer for Newbury for many years. Her volunteer work has fulfilled her passions for both animals and the elderly. She founded the Greater Newbury Elder Pet Fund, a program she created in 2013 to help seniors in need and their pets. Carol is also active in her church (Central Congregational Church), serving as a deacon and as treasurer of a women's fellowship. She also founded the Saturday morning Community Breakfast, held at the church. In addition, Carol created Operation Christmas Child, an organization that provides assistance to homeless children. Congratulations Carol!

VAN TRIPS

Thurs., September 6th @ 11:00 a.m. - Lunch @ Waterfront Park, Newburyport
Thurs., September 20th @ 10:00 a.m. - Lunch & Shopping - Seabrook
Thurs., September 27th @ 11:00 a.m. - Lunch @ Olive Garden, Danvers
Thurs., October 4th @ 9:20 a.m. - Parker River Nat'l. Wildlife Refuge "Behind the Scenes" Tour
Thurs., October 11th @ 11:00 a.m. - Lunch @ Agawam Diner
Wed., October 24th @ 11:00 a.m. - Lunch @ Spud's Restaurant - Rowley

Suggested donation: $3.00 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. 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.

"YOU CAN PAINT THIS" with Bill Duke

Artist, Bill Duke, will be at the Senior Center on Wednesday, September 26, 2018 and Wednesday, October 24, 2018 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).

First Parish Community Food Pantry

The all-volunteer, town-wide food pantry 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 to assist you with selection, and carrying bags to your car. Donations of both food and cash are welcomed and can be dropped off on Friday afternoons. If you are in need of a ride, call the Newbury COA at 978-462-8114 Monday-Thursday. We are closed on Fridays.

Birthday Bingo

Come to Birthday Bingo at our Senior Center on the 2nd Thursday of every month at 1:00 PM. There will be cake and ice cream to celebrate whoever has a birthday that month and then we will play Bingo! DATES: September 13th & October 11th

Guest Chef Luncheons

Upcoming luncheon dates are: Wednesday, September 12, 2018 at 12:00 noon and Wednesday, October 17, 2018 at 12:00 noon. Cost: $3.00. Call for reservations at 978-462-8114. If you need a ride, just let us know. Thanks to Joe Murphy, Guest Chef for August. He made a delicious lobster mac & cheese...and thanks to kitchen helper, Lynette Lekal! Also, we are always seeking volunteer Guest Chefs and servers. Call us for more info regarding joining the Guest Chef team! Donations received are given to the chef to help defray the cost of food. Call us if you are interested at 978-462-8114.
Tai Chi has been considered to be a form of “meditation in motion” which promotes serenity and inner peace. The start date for Tuesday morning Senior Tai Chi classes (9:00 – 10:15 a.m.) is September 11, 2018. The weekly Friday morning Senior Tai Chi classes (9:00 – 10:15 a.m.) will begin the second week of October. Tong Ren Healing 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. Classes will be held on Tuesday evenings at 7:00 p.m. beginning on Tuesday, September 11, 2018.

Here are the events for September and October:
Thurs., September 27 – Author Visit: Ted Reinstein on “New England’s General Stores: Exploring an American Classic” - 7:00–8:00 PM. Call and register.
Thursday, October 11 – “Discovering New England Stone Walls” – 6:30–7:30 PM – Call to register.
Tuesday, October 16 – “The Basics of Public Speaking” – 6:30–7:30 PM – Call to register.

NEWBURYPORT PUBLIC LIBRARY
978-465-4428

Join us for a celebration of women from Hollywood’s Golden Era! Monday through Friday, September 10th through September 14th at 2:30 p.m., the Newburyport Public Library will be showing films highlighting some of the best actresses from the 1930’s, 40’s, and 50’s.

September 10 “Holiday” (1938) - Katherine Hepburn
September 11 “Gaslight” (1944) - Ingrid Bergman
September 12 “All About Eve” (1950) - Bette Davis
September 13 “Mildred Pierce” (1945) - Joan Crawford
September 14 “Ninotchka” (1939) - Greta Garbo

Besides the above movies, there are a few more movies to see in September on Wednesdays at 2:30 p.m.: September 5th – “Thoroughbreds” (R), September 19th – “Love, Simon” (PG-13), and September 26th – “Hostiles” (R).

A Week of Alfred Hitchcock films - Monday, October 29th through Friday, November 2nd. In honor of Frank Mandosa’s program "An Evening with the Master of Suspense: Alfred Hitchcock" (Tuesday, October 30th at 7:00 p.m.), Newburyport Public Library is showing a different Hitchcock film each day this week at 2:30 p.m.

October 29 “Rebecca” (1940) - Laurence Olivier and Joan Fontaine
October 30 “The Birds” (1963) - Rod Taylor and Tippi Hedren (PG-13)
October 31 “Psycho” (1960) - Anthony Perkins and Janet Leigh (R)
November 1 “Rear Window” (1954) - James Stewart, Grace Kelly and Raymond Burr (PG)
November 2 “Notorious” (1946) - Cary Grant and Ingrid Bergman

Besides the above movies, there are a few more movies to see in October on Wednesdays at 2:30 p.m.: October 3rd – “Won’t You Be My Neighbor” (PG-13), October 10th – “Maudie” (PG-13), and October 24th – “Adrift” (PG-13).

An Evening with Alfred Hitchcock - October 30, 2018 | 7:00 pm – 8:15 pm - Movie buff Frank Mandosa is back by popular demand! He will be discussing one of the great masters of suspense. His name is as famous as his legendary films. Known as ‘Hitch’ by his friends and colleagues, he could tap into his audience’s deepest anxieties, phobias, and fears. Brilliant yet neurotic, witty yet droll, he was a showman in every sense of the word. Come hear Hitchcock’s life and career, enjoy some clips from his movies and soak in some behind-the-scenes trivia. As part of this event, we will be screening a different Hitchcock film each day, Monday through Friday, October 29 – November 2 at 2:30 PM.
Newbury Council on Aging
63 Hanover Street
Newbury, MA 01951
Return Service Requested

Newbury Council on Aging

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<th>Board of Directors</th>
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<tr>
<td>Chaz Rudich</td>
<td>Chairman</td>
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<td>Evelyn Noyes</td>
<td>Vice Chairman</td>
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<td>Sandra Small</td>
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<td>Joyce Machiros</td>
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<td>Geri Dorr</td>
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<tr>
<td>Maggie Malley</td>
<td>Director</td>
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<tr>
<td>Gail Kehoe</td>
<td>Program Coordinator</td>
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<td>Janet DelMare</td>
<td>Newsletter Editor</td>
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<td>Karen Everett</td>
<td>Outreach Case Mgr.</td>
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<td>Alice Rogers</td>
<td>Meals on Wheels Driver</td>
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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 Rowley Market Basket. MVRTA also has a Medi-Ride service for medically-related appointments at Boston area hospitals.

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.

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. Call Carol for more information: 978-465-8555. Donations are always welcome!

NEWBURY TOWN LIBRARY HOME BOOK DELIVERIES

Beginning Friday, September 7th, the Newbury COA and the Newbury Town Library will coordinate to deliver library materials (books, DVD’s, etc.) to Newbury patrons who are physically unable to visit the library themselves. Residents may inquire about eligibility, and how to apply, by calling the Newbury Town Library at 978-465-0539.

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.

October is Breast Cancer Awareness Month

Breast Cancer Awareness Month aims to raise awareness about the disease and raise funds for research into its cause, prevention, diagnosis, treatment and cure. National Mammography Day for 2018 is October 19th.

“**You don’t stop laughing when you grow old,**
**you grow old when you stop laughing.”**

- George Bernard Shaw -

To all Volunteers born in September & October

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<tr>
<th>Date</th>
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<tbody>
<tr>
<td>September 11</td>
<td>Geraldine Dorr, Patty Keys</td>
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<td>September 27</td>
<td>Eloise Schoepner</td>
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<td>October 1</td>
<td>Chaz Rudich</td>
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<td>October 11</td>
<td>Matt Freedman, Ann Hickey</td>
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