



Newbury

News from the Council on Aging

**We will be closed Monday,
1/18 in observance of
Martin Luther
King Jr. Day**

**Check out our virtual
programs on local cable
access Channel 9!**

**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. townofnewbury.org

New Year's Greetings from the Director!

By Cindy Currier

Happy New Year! We are hoping everyone had a safe and happy holiday season.

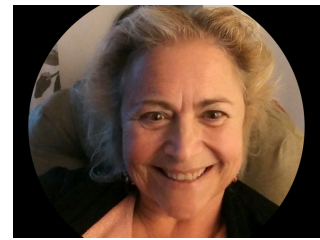


With a new year comes new opportunity to reach out to our seniors in Newbury. I am hopeful many of you saw our caroling program by the Olde Towne Carolers that was shown on our local cable access channel, Channel 9, over the holiday season. We are offering a fun New Year's virtual program as well by Cirque de Light, a circus, fire, and LED entertainment company (showing throughout January). Stay tuned into Channel 9 for more fun and educational offerings. Check out the articles in this edition for some great information, including tips from our Police and Fire Departments as well as introductions to our Outreach Coordinator, Janet DelMare, and our new Program Coordinator, Karen Spangler.

We would love to hear from you to learn what programs you would like us to offer. Call (978-462-8114) or email us (coa@townofnewbury.org) anytime! Also, check out the Town of Newbury website (www.townofnewbury.org) and follow our social media pages to stay updated on events.

Inside Outreach

By Janet DelMare



Janet DelMare

Welcome to **Inside Outreach**, the place to find out what's going on in the Outreach Department of the Newbury Council on Aging.

My name is Janet DelMare and I am the Outreach Coordinator . I provide seniors and their families living in the Newbury community with information and referrals to an assortment of services.

Each Council on Aging newsletter will have an **Inside Outreach** section, containing information on a variety of interesting topics such as community news, new state and federal plans, and local benefit programs. This newsletter's topic is about taking care of yourself in 2021 and beyond.

Keeping Yourself Healthy

In these times, it is more important than ever to keep ourselves healthy. That means more than wearing a mask and washing our hands. While those things are vitally important, I am talking about all areas of wellness. Sometimes they have been referred to as the **Four Pillars of Resiliency**: physical, social, thoughts/emotions, and spiritual aspects of our health.

Being resilient means being capable of recovering from difficulties. It means withstanding adversity and recovering easily from illness and adjusting positively to change. Wouldn't it be wonderful if we were all more resilient? Here are some simple suggestions to help you deal with the everyday stressors of life and become more resilient:

Physical

If you find yourself feeling achy, run down and tired, first consult your physician to make sure there is nothing seriously wrong. If nothing is wrong, try the following:

- Stretch! Rent a DVD on yoga/chair yoga to increase your flexibility and strength, reduce pain and use muscles that may need some exercising; take a walk (walking is good for the body and soul).

Social

If you are feeling lonely or isolated and in need of some personal interaction, try the following:

- Call/Facetime/Zoom with friends or family to say hello; meet a friend for coffee but stay in your own cars; call the Council on Aging - we would love to chat with you!

Thoughts/Emotions

Ever have one of those days that you feel "yucky?" Many, if not all, of us have experienced this on occasion. If you feel like this for more than 14 days, please call your physician. To alleviate some of these feelings, try the following suggestions:

- Enjoy a warm bath; take a nap; listen to music; call a close friend; read a book or magazine.

Spiritual

Regardless of your religious upbringing, people of various faiths find having a connection to something bigger than themselves helps them in times of turmoil and stress. Try the following to help you connect:

- Meditate; pray (aloud or silent) in your own faith or try something new; chant; read spiritual books; think about being in nature (by the ocean or in a forest).

Meet Our New Program Coordinator!

Thank you for the warm welcome to my new role as Program Coordinator at the Newbury Council on Aging. It is an honor to be a part of the team bringing services to the seniors of Newbury.

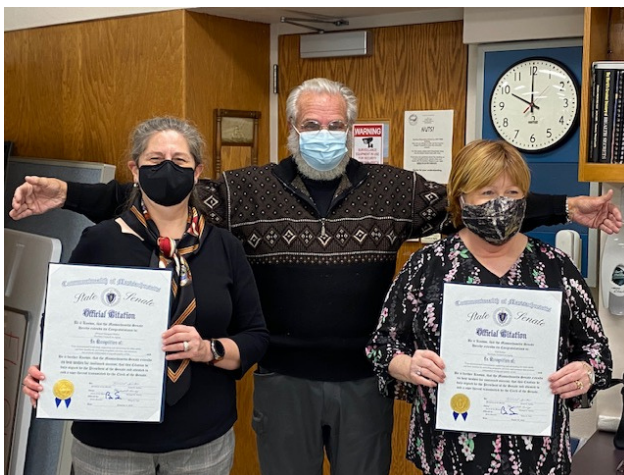


Karen Spangler

Let me introduce myself. I moved to Newburyport in September of 2019 with my husband from Sandwich. We traded Cape Cod Bay for the Merrimac River!

Among my many years working in various fields focused on the senior population; the two years as Program Coordinator at the Orleans (Cape Cod) Council on Aging provided me with a skill set exactly matching the needs of this new position. My passion for making volunteer experiences a “win-win” for both volunteer and recipient, coupled with a strong desire to enhance the quality of life of seniors, gives me the foundation for success at the Newbury Council on Aging. My thanks to Cindy and Janet for their welcoming spirit and partnership. I’m looking forward to exploring new ways to offer educational, recreational, creative and wellness programming for the seniors of Newbury. Keep your eyes on upcoming newsletters! Be ready to respond positively to the many virtual and, hopefully coming soon face to face, programming opportunities that will promise to enrich your life.

Official Citations for Maggie & Gail



Maggie Malley, Select Board Member Geoffrey Walker, and Gail Kehoe

On December 3rd, on behalf of State Senator Bruce Tarr, Dick Curran and Mary Ann Nay presented retired Council on Aging Director Maggie Malley and retired Program Coordinator Gail Kehoe with Official Citations honoring their service, support, and dedication to the seniors of Newbury. While the ceremony was brief and limited in attendance due to Covid-19 restrictions, Select Board Member Geoffrey Walker and Council on Aging Board Chair Joyce Machiros were on hand to help celebrate. We wish both Maggie and Gail all the best as they embark on new adventures. Thank you for everything and enjoy retirement, ladies!

Alice Rogers, Van Driver, Has Retired

We are sad to report that longtime Council on Aging Van Driver, Alice Rogers, has retired. While we will miss Alice tremendously, we wish her all the best. Due to this, van rides are on hold for the time being.

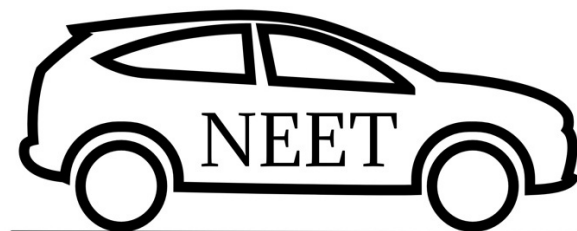
We are working on hiring and training a new Van Driver so we can continue to offer this great transportation option to the seniors of Newbury. We will keep you posted!



Northern Essex Elder Transport (NEET)

Great news! Newbury has a few NEET drivers who are ready to drive passengers to medical appointments and for other errands. Availability is limited and due to the Covid-19 pandemic there is new paperwork to complete prior to being able to secure a ride. Please call us at 978-462-8114 to request your paperwork and schedule a ride with a NEET driver.

Are you interested in becoming a NEET driver? Call us and we will connect you with Ginny Salem of the NEET program to learn more!



Northern Essex Elder Transport, Inc.

February is National Heart Month!

The American Heart Association states that heart disease is the leading cause of death in the United States for both men and women. But you can do a lot to protect your heart and stay healthy. Heart-healthy living involves understanding your risk, making choices, and taking steps to reduce your chances of getting heart disease including coronary heart disease, the most common type of heart disease. Coronary and other types of heart disease cause heart attacks, but by taking preventive measures, you can lower your risk of developing heart disease and also improve your overall health and well-being. Learn more about living a heart-healthy lifestyle, our role in research and clinical trials to improve health, and where to find more information. Visit www.heart.org for more information.

Community Action, Inc.

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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:

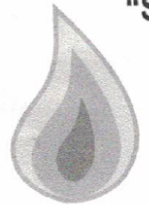
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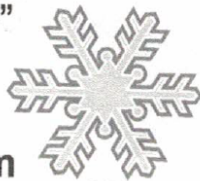
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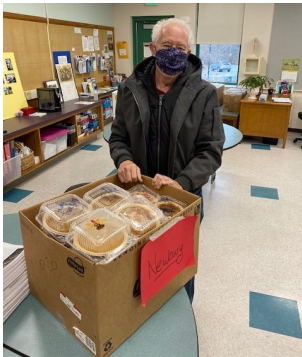
Cognitive Impairment Registry

By John R. Lucey Jr., Newbury Chief of Police

In an effort to effectively serve all members of the community, the Newbury Police Department has created a “Cognitive Impairment Resident Sheet” that can be filled out by individuals or family members. This documentation provides first responders with the knowledge of preexisting cognitive conditions, such as Alzheimer’s, Dementia or Autism, that can be difficult to identify immediately upon arriving on a scene.

This information assists Newbury Police officers in identifying elders who are located wandering, recognizing that selected behaviors may be related to medical conditions opposed to criminal intent, and ensuring that residents who live with cognitive impairments are not left alone when their in-home caregivers are transported to the hospital. The information empowers first responders with the elder’s emergency contact information, healthcare provider contacts, and other pertinent information that is critical during a crisis. This form can be located at www.newburypolice.org under Resources/Elder Services or by calling the Council on Aging.

Shout Out to Triton's Pies on Wheels!



Thank you to Walter Hardy and the Triton students who participated in this year's Triton Pies on Wheels Program! Eighteen delicious personal-sized pumpkin pies were delivered the day before Thanksgiving to our Meals on Wheels recipients. This was such a nice treat!

We Want Your Feedback!

The Council on Aging Board of Directors and Staff are working together to post a survey on the Town of Newbury website (www.townofnewbury.org) to help gauge the type of programs our seniors are interested in. Be on the lookout for this survey in January. Thank you in advance for your input - we value your feedback!



Home Heating Safety Tips

From Douglas Janvrin, Newbury Fire Chief

As the temperatures drop and with winter on the horizon, Chief Douglas Janvrin and the Newbury Fire Department would like to provide residents with safety tips for heating homes and staying warm this winter.

“As temperatures start to drop, we often see a rise in the number of reported fires caused by home heating devices,” Chief Janvrin said. “We ask that our residents ensure that all of their home heating equipment has been checked by a licensed professional, and to never use an oven or space heater as their primary source of heat.”

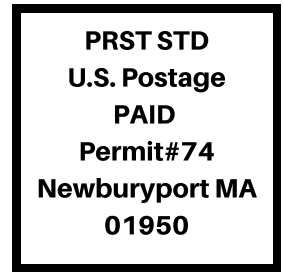
According to the National Fire Protection Association (NFPA), local fire departments responded to an estimated average of 52,050 fires involving heating equipment each year in 2012-2016, accounting for 15% of all reported home fires during this time. Additionally, half of home heating fires are reported during the months of December, January and February.

In order to keep residents warm and safe, the Newbury Fire Department wishes to share the following tips from the NFPA to help prevent heating related home fires:

- Keep anything that can burn at least three feet away from heating equipment, like the furnace, fireplace, wood stove or portable space heater.
- If you have children living in your home, have a three-foot “kid-free zone” around open fires and space heaters to ensure their safety.
- Avoid using an oven to heat your home. Residents should have a licensed professional install stationary space heating equipment, water heaters or central heating equipment according to the local codes and manufacturer’s instructions.
- Avoid using space heaters as your primary heating source in your home.
- Never leave portable heaters on when you leave a room or the house, or go to bed.
- All heating equipment/chimneys should be cleaned and inspected every year by a licensed professional.
- Always use the right kind of fuel, specified by the manufacturer, for fuel burning space heaters.
- If you smell gas in your gas heater, do not light the appliance. Leave the home immediately and call your local fire department or gas company.
- Make sure the fireplace has a sturdy screen to stop sparks from flying into the room. Ashes should be cool before putting them in a metal container. Keep the container a safe distance away from your home.
- All fuel-burning equipment should be vented to the outside to avoid carbon monoxide (CO) poisoning.

Additionally, the Newbury Fire Department encourages residents to check their smoke and CO alarms periodically to ensure they are working.

Newbury Council on Aging
63 Hanover Street
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Return Service Requested

Newbury Council on Aging

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Next Grab and Go Meal January 20th!



Due to the Covid-19 pandemic, we are unable to offer meals to our community at the Council on Aging. But we have an alternative: Grab and Go Meals! These **free** meals are provided by the Newbury Council on Aging in collaboration with Elder Services of Merrimack Valley's Traveling Chef Program. How does it work? Call the Council on Aging to reserve your meal(s). On the date of the Grab and Go Meal, call the Council on Aging upon your arrival and a staff member will deliver your meal(s) to you in your car!

We are offering our next Grab and Go Meal on **Wednesday, January 20th**. Menu: Beef and bean chili with sour cream and shredded cheese, a garden salad, corn bread, and chocolate mousse for dessert. **Thirty 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 on January 20th outside the Council on Aging at 63 Hanover Street after 11:30am.