



Newbury

News from the Council on Aging

Important information:

Dates to Remember:

- **Newbury Town Day: 6/18**
- **Juneteenth: 6/19 (office is closed Monday, 6/20)**
- **Independence Day: 7/4 (office is closed)**

Council on Aging Hours:

Monday, Wednesday & Thursday

9am-3pm

Tuesday

9am-7pm

Our Mission:

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

How to reach us:

p. 978-462-8114

e. coa@townofnewbury.org

a. 63 Hanover Street

w. www.townofnewbury.org

From the Director

By Cindy Carrier

Construction is ongoing over at 12 Kent Way and we hope to be moving in soon. We will keep everyone updated with our move over to our new space as well as Open House dates. In the meantime, plan to stop by and check out our new digs during Newbury Town Day on June 18th!



The Newbury Council on Aging staff members will be at our new location at 12 Kent Way, Suite 100 from 10am-1pm on Saturday, June 18th. Stop in to say hi, take a quick tour, and get a treat! Once we settle in with all of our furniture and have had a chance to decorate, we will be inviting everyone to Open Houses when we can celebrate this great move forward for our Council on Aging.

In the meantime, we have been working diligently to come up with more programs to offer while keeping many things that a lot of you have come to know and love. We are planning to have more luncheons, add another exercise class, offer additional educational programs, get out for more van trips, and host the occasional food truck! Have an idea for a program? Want to share a hobby? Let us know! We are always open to ideas and we want to offer what our seniors are interested in.

Finally, you will see some of our programs are scheduled to be held in our new space. Please call us to confirm the location of every program you plan to attend..just in case we cannot be in our new space when we anticipate. Hope to see you soon!

Thank You, Volunteers!



On April 14th, as a way to recognize our dedicated volunteers, the Newbury Council on Aging staff hosted a Volunteer Luncheon sponsored by the Friends of the Newbury Council on Aging. The photo above shows some of the many volunteers who help us to stay true to our mission: "Together we empower, enhance, and enrich the lives of our seniors." Volunteers do everything from grocery shopping for homebound individuals, at-home visits or phone calls to check in on folks weekly, serving on our Board or our Friends Board, delivering library books to homebound seniors, assisting us with programs like Bingo and our luncheons, preparing our newsletter for mailing, and everything in between. Pictured above are: Mary Gill, Joyce Machiros, Martha Webb, Rose Esile, Gerry DiMaio, Bill DiMaio, Carol Ferrari, Paula Majocha, Christina Howe, COA Outreach Coordinator Janet DelMare, Sally Ryan, Christina Matthews, Tina Kennedy, COA Program Coordinator Kathy Zarembo, and COA Director Cindy Currier.

Volunteers not pictured include: Lisa Lurie, Maxine Balkus, Sunee Goodman, Isabelle Champoux, Jeanine Cunningham, Dianne Romanos, Max Aloviseetti, Janet Hickey, Diane Lehner, Damon Jespersen, Chuck Bear, Susan Grillo, Kate Benashski, Deb Kennedy, Stacey Fix, and Monica Whitmore. Many thanks for all you do to help us!

If you are interested in becoming a volunteer with the Newbury Council on Aging, please call us at 978-462-8114.

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



Inside Outreach

Janet
DelMare

Outreach
Coordinator



Contact Info:

Phone:
978-462-8114, ext. 11

Email:
coa.outreach@townofnewbury.org

Hours:
Monday through
Thursday 9am-1pm



Common Resources:

AgeSpan (formerly Elder
Services of the Merrimack
Valley & North Shore
Phone: 978-683-7747

Newbury Food Pantry
Phone: 978-358-1077

Our Neighbor's Table
Phone: 978-388-1907
Emergency Hotline:
978-835-3016

Newbury Police Department
Business phone:
978-462-4440
Emergency: 911

Personal Emergency Response Systems (PERS)

We have come a long way since the days where PERS could only do one thing - call for help. These medical alert systems have evolved way beyond the basic wearable devices (like a bracelet or pendant).

Today, a PERS might include GPS, cellular connectivity, in-home health and well-being monitors, activity trackers, movement sensors and more.

Personal Emergency Response Systems (PERS) are also known as Medical Emergency Response Systems (MERS), health monitors and fall monitors.

If you are interested in purchasing one of these devices, here are some key things to think about and questions to ask when choosing a PERS:

Where to begin:

- **Start by evaluating one's needs and abilities.** Vision, hearing, dexterity, memory, communication skills, fine motor skills.
- **What do you need it to do?** Fall detection, call for help, medical monitoring, location detection and monitoring, movement monitoring, virtual family/friends connections, display the time, home security monitoring, daily check in services and even fitness and activity tracking.
- **What kind of equipment will work best?** Is it wearable? Is it fully waterproof? What's the range? Is the speaker loud enough? How's the battery life? Will it need technology updates? How do you set it up? Is the system moveable? Does it include a lockbox? Can others connect via the device? Can it be added to a home security system?
- **How does monitoring and response work?** How does monitoring and call routing operate? Is there a Response Center? How do I access your Customer Service? Is Cyber security available? How do you handle false alarms?
- **How much does it cost?** What fees are involved? Review contracts very carefully, ask about guarantees and cancellation policies. Are there any discounts available? Do I need insurance and how much does it cost? Am I eligible for a tax deduction?
- **Is it available where you live?** Do an online search, contact your local Area Agency on Aging or your local Council on Aging, get referrals from friends or family.

Once you have made your selection, be sure to monitor how it is working for you. Do not hesitate to switch to another service if it is not a good fit.

At the Newbury Council on Aging, we have a lot of information on PERS. We would love to share more specific and detailed information with you. Just call Janet DelMare at 978-462-8114.

Transportation Options



Spring is Here! Volunteer!

Become a volunteer driver and help seniors in your community.

You decide when and where to drive.

Mileage reimbursement provided.

Call NEET at 978-388-7474 or visit www.driveformeet.org/volunteer to learn more.



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.**



Van Services Through The Newbury Council on Aging

The Newbury Council on Aging van is making weekly trips to the grocery store, other shopping locations, and fun excursions as well. 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.** Give us a call at 978-462-8114 to request your registration form and reserve your spot. See page 9 for a schedule of where we are headed and when.

Note: Due to space limits, we ask that riders keep their purchases to four (4) bags. Our Van Drivers can assist seniors with their purchases to their door, but it is the policy of the Newbury Council on Aging that Van Drivers cannot enter the senior's home. **MASKS ARE REQUIRED ON THE VAN.**

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 5-7pm and are scheduled for: **Tuesday, June 14th and Tuesday, July 12th**. June's Game Night will be held at the Council on Aging location at 63 Hanover Street; we plan to have July's Game Night in our new space at 12 Kent Way, Suite 100 (but call us to confirm!) . Please let us know if you plan to attend so we can plan accordingly.



Stamping Workshop

Who doesn't love getting a card in the mail?! And it's even better if it's homemade just for you. Join us for a Stamping Workshop on **Monday, June 27th at 1pm** at the Council on Aging location at 12 Kent Way (call us to confirm!) to make homemade greeting cards using stamps and other embellishments. Our volunteer instructor, Donna Callahan, will be sharing her collection of stamps and will guide us through how to make greeting cards and envelopes with a personal touch. All supplies will be included. Limited to 6 participants. Please call us at 978-462-8114 to save your spot!

Delvena Theatre Presents: "Louisa's Girls"

The Delvena Theatre Company will be presenting Louisa's Girls, an artistic interpretation of the beloved story of *Little Women* on **Thursday, June 16th at 1:00pm** at the Newbury Council on Aging's new location at **12 Kent Way, Suite 100 in Byfield**.



W. M. Alcott
J. M. Alcott.

"Louisa's Girls," which is adapted and directed by Fran Baron, is a one-woman, multi-character "edutainment" production which offers a challenging, creative and truly original take on the classic story. The audience will be mesmerized as Lynne Moulton, star of the show, transforms from Marmee to Jo to Meg with a sudden voice change and a twist of her body or simple wave of a fan.

Refreshments will be served. The first 10 people to register will receive a free gift! Call us at 978-462-8114 to save your seat.

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 class is scheduled for:

**Tuesday, June 21st
from 10am-1pm
at the Newbury Council on Aging, 12 Kent Way, Suite 100
NO CLASS IN JULY!**

Mass Audubon Society Joppa Flats



Join us at the Joppa Flats Education Center, 1 Plum Island Turnpike, on **Tuesday, June 14th at 1pm** for a fun and interactive presentation about local tidepool wildlife by the Joppa Flats Education Center staff. Please reserve your spot by calling us at 978-462-8114. LOCATION SUBJECT TO CHANGE.



Bingo!

Join us for some rowdy games of Bingo two Mondays per month at the Newbury Council on Aging, 63 Hanover Street (June) and 12 Kent Way (July)! Call us to confirm the location. Games are 10¢ per card to play. **Schedule: Monday, June 6th; Monday, June 13th; Monday, July 11th; and Monday, July 25th.**

Once a month the Newbury Council on Aging is 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, June 22nd and Wednesday, July 20th.** Pizza will be served. Reservations required! Call us at 978-462-8114 to let us know if you will be joining us.



Friends of the Newbury Council on Aging Annual Meeting

The Friends of the Newbury Council on Aging is holding its Annual Meeting on **Tuesday, June 28, 2022 at 7pm** via Zoom. You can obtain a link for the meeting by sending an email to: info@friendsofthenewburycoa.org

Agenda:

1. Financial Report FY 2022 Review of Council on Aging Activities 2022
2. Presentation of programs planned for FY 2023
3. Election of Officers for the Friends of the Newbury Council on Aging
4. New Business
5. Adjourn

Are you looking for a volunteer opportunity? Attend this Zoom meeting to learn more about what the Friends of the Newbury Council on Aging is about and how to join them in their mission to raise funds to support the Newbury Council on Aging!

Many Thanks to Kate Benashski



The Council on Aging would like to thank Kate Benashski for covering the catering costs for our Mother's Day Tea that we hosted on May 5th. Kate generally donates to a worthy cause each year around Mother's Day in memory of her mom, Louise Benashski. This year she chose us and we are very grateful! We provided finger sandwiches, potato and macaroni salad, as well as mini pastries and Italian cookies from D'Orsis's Bakery in Peabody. And of course there was tea! Everyone went home with their teacup and a little chocolate truffle as a gift to help them celebrate the day.



Council on Aging Volunteers Needed

Have an hour to spare? Interested in helping a Newbury senior? Then WE NEED YOU! Some of our seniors in Newbury are in need of help and support. Currently we are looking for grocery shoppers, Wellness Visitors, and Wellness Callers. These services are for those seniors in our community who may be isolated, in need of some companionship, or assistance with grocery shopping. Each call, visit, or errand will only take approximately one hour per week. Volunteer at the Newbury Council on Aging and help a senior in your community!

Please call Janet DelMare at 978-462-8114 for more information.

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.**



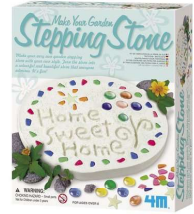
Oriole bird feeder



Hummingbird feeder



Fresh Kitchen Herbs
grow kit



Garden Stone kit



Van Trips

Every **Tuesday** the Council on Aging van goes to local grocery stores (Market Basket or Shaw's). Once a week we offer trips to other shopping locations (Walmart, The Dollar Store, etc.). We are also offering day trips to local restaurants and other fun locations. Please call us at 978-462-8114 to register for all trips as space is limited on the van. Masks must be worn while on the van. The scheduled trips for June and July are as follows:

June:

- 6/2 - Seabrook Commons
- 6/9 - Woodman's
- 6/16 - Seabrook Commons
- 6/23 - Beach Plum
- 6/30 - Seabrook Commons

July:

- 7/7 - Seabrook Commons
- 7/14 - Michael's Harborside
- 7/21 - Seabrook Commons
- 7/28 - Ice Cream @ Hodgie's

Ice Cream Social



Help kick off the Summer season and join us for an ice cream social at **1pm on Tuesday, June 21st** (the first day of Summer)! Make your own sundae with a vanilla ice cream base and add the toppings of your choice. We are planning to be in our new space at **12 Kent Way** for this event. Please give us a call at 978-462-8114 to reserve your spot and confirm the location.

Simple Suppers



Are you tired of cooking every night? Are you looking for something different? Join us for a Simple Supper on **Tuesday, July 19th at 5pm** at the Council on Aging's 12 Kent Way location.

This is a group of 6 people who will come to the Council on Aging with a meal prepared for 6, such as lasagna. We will divide the meal into 6 take-home containers. Every person will go home with 6 different meals that you can freeze and then heat up as you wish. We ask that you bring your recipe with your meal to share with the group, including your list of ingredients.

If you are interested in joining us, please call the Council on Aging at 978-462-8114 to save your spot and let us know the dish you will be preparing. Space is limited to 6 participants. Dinner will be served that evening as well (one less dinner to think about!)

Hellcat Trail at The Parker River Wildlife Refuge



Join us for a picnic lunch at Father Sears Park, take a walk along Hellcat Trail at the Parker River Wildlife Refuge (guided by COA Board Member Susan Grillo), and stop for ice cream on Plum Island on **Tuesday, June 7th at 12pm**. Our van will be departing from the Council on Aging at 12pm. Space is limited to 12 participants, so please call the Council on Aging at 978-462-8114 to reserve your spot. Lunch will be provided by the Council on Aging.

Craft Afternoon

Are you working on an art project and never find the time to finish...or get started? Or do you want to do a simple project but don't have the time to pick something up? Stop by the Council on Aging on **Wednesday, June 8th at 1pm**. Bring your own project or chose from one that we already have. Give us a call at 978-462-8114 to let us know you are coming. This program will be held at the Council on Aging's location at 63 Hanover Street.



Newbury Council on Aging
63 Hanover Street
Newbury, MA 01951

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Newbury Council on Aging

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Staff

Cindy Currier	Director
Janet DelMare	Outreach Coordinator
Kathy Zaremba	Program Coordinator
Karen Everett	Meals on Wheels Driver
Otto Kinzel	Van Driver
Joyce Crary	Van Driver

Call Us to Reserve Your Grab and Go Traveling Chef Meals!



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

We are offering Grab and Go Meals on **Wednesday, June 15th and Wednesday, July 20th**. June's menu: Soup & Salad (Spring spinach mix, strawberries, feta cheese, and Italian Wedding soup), pita bread, and blueberry sour cream coffee cake for dessert. July's menu: BBQ chicken breast, mac & cheese, coleslaw, and berry cobbler for dessert. Please note that some menu items may change depending on availability. **40 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 after 12pm on Wednesday, June 15th and Wednesday, July 20th. **PLEASE CALL US AT 978-462-8114 TO CONFIRM PICK UP LOCATION**. Call upon your arrival and a staff member will deliver your meal to you in your car or come inside to pick up. We are able to offer home delivery for some of these meals. If you are a homebound senior, call us to reserve your delivery spot. *Bon Appetit!*