Newbury Council on Aging
March and April 2019

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.

Newbury COA Senior Health Clinic
Tuesday, March 26, 2019 from 10:30 a.m. – 12:00 noon

A Senior Health Clinic will be available to Newbury Seniors on Tuesday, March 26, 2019 from 10:30 a.m. to 12:00 noon at the Newbury COA’s Senior Center located at Newbury Elementary School, 63 Hanover Street, Newbury. It will include blood pressure screening with Michele Washkiss, R.N., and a medication review with Leslie Doyle (Pharmacist). Call for more information at 978-462-8114. Refreshments will be served.

A Free Event for Seniors & Their Caregivers
“Early Alzheimer’s, Normal Aging, & the Neuroscience of Brain Health”
by Dr. Karen Postal
Sponsored by the Newbury COA Board of Directors

WHERE: Newbury Town Library, 0 Lunt Street, Byfield, MA
WHEN: Wednesday, April 24, 2019 at 1:00 PM

Dr. Karen Postal is board certified in Neuropsychology and Pediatric Neuropsychology. She is the immediate past president of the American Academy of Clinical Neuropsychology, and a past president of the Massachusetts Psychological Association. She is a clinical instructor at Harvard Medical School where she teaches postdoctoral fellows in neuropsychology. Her research focuses on improving communication about neuroscience with patients and the general public. Dr. Postal has a private practice dedicated to helping people think better in school, at work, and throughout later life.

Call the Newbury Council on Aging at 978-462-8114 to confirm attendance as seating is limited to 50 people. Also, we will be running our COA van for this event, so if you need a ride to the library, let us know at least 24 hours in advance.
Come & Celebrate the Presentation of the Boston Post Cane to Newbury Resident, Mary Dollas

Friends and family of Mary Dollas are welcome to attend an Open House at the Newbury Town Library located at 0 Lunt Street, Byfield on Thursday, March 21, 2019 from 10:00 a.m. – 12:00 noon where she will receive the Boston Post Cane in honor of being the oldest citizen in Town! If you cannot be there at 10:00 a.m., you may come at any time up until noon to wish Mary well! Refreshments and goodies will be served. In the event of a snowstorm, we will reschedule to a later date. We hope to see you there!

The origins of the Boston Post Cane - On August 2, 1909, Mr. Edwin A. Grozier, Publisher of the Boston Post, a newspaper, forwarded to the Board of Selectmen in 700 towns* (no cities included) in New England a gold-headed ebony cane with the request that it be presented with the compliments of the Boston Post to the oldest male citizen of the town, to be used by him as long as he lives (or moves from the town), and at his death handed down to the next oldest citizen of the town. The cane would belong to the town and not the man who received it. The canes were all made by J.F. Fradley and Co., a New York manufacturer, from ebony shipped in seven-foot lengths from the Congo in Africa. They were cut to cane lengths, seasoned for six months, turned on lathes to the right thickness, coated and polished. They had a 14-carat gold head, two inches long, decorated by hand, and a ferrule tip. The head was engraved with the inscription, — Presented by the Boston Post to the oldest citizen of (name of town) - "To Be Transmitted". The Board of Selectmen were to be the trustees of the cane and keep it always in the hands of the oldest citizen. The custom of the Boston Post Cane took hold in those towns lucky enough to have canes. As years went by, some of the canes were lost, stolen, taken out of town and not returned to the Selectmen or destroyed by accident.

In 1930, after considerable controversy, eligibility for the cane was opened to women as well.

* Some current cities were towns in 1909.

Introduction to Medicare

Wednesday, April 3, 2019 from 6:00 to 8:00 PM @ the Newbury COA located at Newbury Elementary School, 63 Hanover Street, Newbury

Whether you’re new to Medicare, getting ready to turn 65, or preparing to retire, you’ll need to make several important decisions about your health coverage. Learn about your Medicare choices. Find out how and when you can sign up. Please join SHINE (Serving the Health Insurance Needs of Everyone) Counselor, Mark Sullivan for a session on the basics of Medicare. Call 978-462-8114 to sign up for this informative presentation.

Representative for Senator Bruce Tarr

Dick Curran, from Sen. Bruce Tarr’s office, will be at the Senior Center from 1:00 to 2:00 p.m. on Tuesday, March 12, 2019 and Tuesday, April 9, 2019. He’ll be on hand to listen to concerns or questions you may have, and to provide assistance. The public is welcome.

Special & Annual Town Meeting

Tuesday, April 23, 2019 at 7:00 pm at the Newbury Elementary School Auditorium

If you would like a ride to Town Meeting, please call the COA at 978-462-8114. The last day to register to vote at the Town Meeting is April 3, 2019.

Newburyport Elks Luncheon

Sunday, March 10 – 12:00 noon – 2:30 p.m.
Elks Lodge, 25 Low Street, Newburyport

The Elks will be hosting a complete turkey dinner. This meal is free to area seniors (a $5.00 donation is requested for non-seniors). The Newbury COA van can pick you up if you would like a ride, so please call us at 978-462-8114 by March 6th.

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.
MARCH & APRIL EVENTS SCHEDULE

Watercolor Art Class

“YOU CAN PAINT THIS” with Bill Duke

Artist, Bill Duke, will be at the Senior Center on Wednesday, March 27, 2019 and on Wednesday, April 24, 2019 from 9:30 a.m. to 12:30 p.m. You can learn how to paint a lovely watercolor scene with no previous experience. Come join us! Sign up by calling 978-462-8114. Cost: $20.00 (materials are supplied).

Van Trips

Thursday, March 7, 2019 - Lunch at Village Pancake House/Rowley – pick-up starting at 11:00.
Wednesday, March 13, 2019 - Lunch at Olive Garden in Danvers – pick-up starting at 11:00 AM.
Thursday, March 28, 2019 - Seabrook - shopping then lunch at the 99 Restaurant - Pick-up starting at 10:00 AM.
Thursday, April 4, 2019 - Lunch at the Poet's Inn in Haverhill - 11:30 AM reservations - pickup at 10:30.
Wednesday, April 10, 2019 - Lunch at Spud's Restaurant/Rowley – pick-up starting at 11:00 AM.
Thursday, April 25, 2019 - Lunch at China Blossom in North Andover – pick-up starting at 10:45 AM.

Guest Chef Luncheons

Thank you to Joe Murphy for his delicious cooking at our January and February Guest Chef Luncheons! Upcoming luncheons: Wednesday, March 20, 2019 at 12:00 noon and Wednesday, April 17, 2019 at 12:00 noon. Cost: $3.00. Call for reservations at 978-462-8114. If you need a ride, just let us know. Also we are always seeking volunteer Guest Chefs and servers. Call for more info regarding joining the Guest Chef team! Donations received at the luncheons are given to the chef to help defray the cost of food.

Birthday Bingo

Thursdays, March 14, 2019 and April 11, 2019

Come to Birthday Bingo at our Senior Center on the 2nd Thursday of every month at 1:00. There will be cake & ice cream to celebrate whoever has a birthday that month & then we’ll play bingo!

Veterans’ Coffee Hour

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 can plan accordingly. Upcoming coffee hours: Thursday, March 7, 2019 and Thursday, April 4, 2019.

Don’t Let the Art of Letter Writing Disappear!

Newbury Elementary School is looking for your help to make sure this doesn’t happen with a new PenPal program. We are looking for 15-20 senior volunteers to be matched with elementary students to write letters to one another as part of our NEW PenPal program. We’ll pair you with an elementary student and then have a meet and greet where you get to meet your NEW PenPal and share some refreshments together. Throughout the remainder of the year, you and your PenPal will write letters to one another – back and forth. It will amount to about 1 letter a month to be written. This is a great opportunity to connect with and support the children right in our community to learn an important skill and to support their social development. You may be just what a child needs! If you can spare 10-15 minutes a month to join us in this project, please call the Newbury COA at 978-462-8114 by Thursday, March 14, 2019. Thank you for your time and consideration! Julie Romano - Community Resource Liaison, Triton School District

Newbury COA

22nd Annual Volunteer Luncheon

Attention Volunteers! Our 22nd Annual Volunteer Luncheon will be coming up on Wednesday, May 1, 2019 at 12:00 p.m. at Stephanie’s Village Pancake House in Rowley. Invitations will be mailed out in April.
COMMUNITY INFORMATION

NEWBURY POLICE DEPARTMENT – Memory Disorders: Police Response to Dementia/Alzheimer’s

Caring for a loved one who is suffering from a memory disorder can be difficult and may require a specialized police response. Newbury Police Department encourages loved ones to register their family member living with memory disorders with our department so we have all the necessary information in the event of an emergency or crisis. Come to the police station and request the paperwork, or go to the Newbury Police Dept. website (www.newburypolicedept.com) and print out the form from your computer. Once you’re on the website, click on Helpful Links then scroll down to Elder Services and click on Alzheimer’s Patient Fact Sheet. Newbury Police Department 978-462-4440.

Low Vision Support Group
Newburyport COA Senior & Community Center/Newburyport

The Low Vision Support Group promotes confident living with vision loss. Come to the Newburyport COA (Senior Community Center at 331 High St., Newburyport) on the 2nd Tuesday of the month -- upcoming dates: Tuesday, March 12th from 10:00 – 11:30 a.m. and April 9th from 10:00 – 11:30 a.m. For more information, call Joanne Maki at 978-792-5667.

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 – 5:00 p.m. 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. If you are in need of a ride, call the Newbury COA at 978-462-8114 from 9:00 a.m. – 3:00 p.m. Monday through Thursday. We are closed on Fridays.

Medical Equipment

Thanks to wonderfully thoughtful Newbury residents, the Council on Aging has a full stock of folding walkers, and several other pieces of durable medical equipment to give away. Since our storage space is very limited, we are not able to take any more donations for the time being. If you have items to donate, please give us a call as we may know of someone seeking a certain piece of equipment.

Also, since the Newbury COA only has a small amount of medical equipment and space to store it, we are recommending The Masonic Hall in Ipswich (at 70 Topsfield Road) for donating equipment or obtaining equipment. To pick up items, you may choose from the following items: walkers, toilet seats, canes, crutches, and occasionally wheelchairs. The Masonic Hall isn’t always open, so if you have a donation of medical equipment and no one is there, you can leave the items at the front door. Before you head down to Ipswich to choose a piece of equipment, call first: The Masonic Hall 978-356-9716 or John Clogston at 978-356-3131.

Triton Snow Angels Volunteers

Triton’s Snow Angels Program matches you with a volunteer/family that will come shovel your walkway, steps, etc. Please call Julie Romano, Community Resource Liaison, Triton School District at 978-270-6434 or email her at julie.romano@tritonschools.org.
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<td>1:00 Birthday Bingo</td>
<td>SENIOR CENTER CLOSED&lt;br&gt;First Parish Church Community Food Pantry 3:00-5:00 PM</td>
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<td>12:45 Bridge</td>
<td>9:00 Van/Shopping Blood Pressure Clinics:&lt;br&gt;1:00 @ Oak Ridge&lt;br&gt;2:00 @ Quaker Hill</td>
<td>12:00 Guest Chef Luncheon&lt;br&gt;1:15 – 2:00 Blood Pressure Clinic @ Newbury Village&lt;br&gt;Spring Begins!</td>
<td>9:00 SHINE&lt;br&gt;10:00-12:00 noon Open house &amp; Boston Post Cane presentation to honor Mary Doolas, the oldest citizen in town @ Newbury Town Library</td>
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<td>9:00 Van/Shopping &amp; Library&lt;br&gt;10:30 – 12:00 noon Newbury COA Health Clinic</td>
<td>9:30–12:30 Bill Duke Watercolor Art Class RSVP</td>
<td>10:00 – Van trip – Shop in Seabrook &amp; lunch @ 99 Rest.</td>
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<td>Earth Day</td>
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<td>12:45 Bridge</td>
<td>9:00 Van/Shopping</td>
<td>WEDNESDAY, MAY 1, 2019 Annual Volunteer Luncheon - 12:00 PM Village Pancake House, Rowley Invitations will be mailed out in April</td>
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**Note:**
- **April Fools’ Day:** Celebrate the start of spring with practical jokes and fun activities.
- **Patriot’s Day:** Honor the memory of American Revolutionary War veterans.
- **Earth Day:** Appreciate the beauty of Earth and its ecosystems through educational events and activities at the Newbury Elementary School Auditorium.
- **Shine:** Enjoy a day of activities at Rowley Senior Center.
- **Pancake House:** Indulge in a morning breakfast event at the Village Pancake House.
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The beautiful spring came; and when Nature resumes her loveliness, the human soul is apt to revive also.

- Harriet Ann Jacobs –

NEWBURY TOWN LIBRARY
978-465-0539

The Newbury COA and the Newbury Town Library coordinates the delivery of 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.

- Tai Chi has been considered to be a form of “meditation in motion” which promotes serenity & inner peace. Classes are held on Tuesday and Friday mornings from 9:00 – 10:15 a.m. - $6.00 drop-in fee.
- 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 are held on Tuesday evenings from 7:00 – 8:00 p.m.
- Tech Help is offered on Wednesday afternoons from 12:00 to 2:00 PM.

Winter Blues Buster! – Saturday, March 2, 2019 from 11:00 a.m. – 12:00 p.m. - The most beautiful flower events, flower festivals, flower parades from around the world will dazzle your imagination. This slide presentation by Andi Ross will send you on a visual feast around the world. If you are looking for a subject to inspire and entertain on a dreary winter day, from those interested in traveling, gardening, indoor floral design as well as dirt-digging gardeners, this is it! Registration is required for this event.

Introduction to Music and Sound Healing- Vocal Toning, Tuning Forks and Crystal Bowls – Tuesday, March 12, 2019 from 6:30 - 7:30 p.m. - This presentation will be an introduction into healing with music and sound, specifically sharing various sound healing tools - vocal toning, tuning forks and crystal bowls - to support and enhance your health and well-being. MaryBeth Stemp, MA LMHC is a psychotherapist with a private practice in Byfield as well as an instructor at North Shore Community College, teaching classes on Music and Healing and Theories of Healing for the past 11 years. Registration is required for this event.

Author Visit: Carla Neggers – Tuesday, March 26, 2019 from 6:00 – 7:00 p.m. - Join the celebration! The NTL is hosting a Book Launch party for New York Times Best Selling Author, Carla Neggers, on the day of her release of her new book “Stone Bridges” - Refreshments will be provided by the Friends of the Newbury Town Library and books will be available for purchase. Registration is required for this event.

NEWBURYPORT PUBLIC LIBRARY
978-465-4428

HISTORY LECTURE SERIES - March 10 and 17:

“Algonquians of the Lower Merrimack Valley” - Sunday, March 3, 2019 from 2:00 – 3:00 p.m. - Anthropologist, author, and historian, Mary Ellen Lepionka, will discuss the people who lived here before and after first contact with Europeans. Topics include who they were, where they came from, how they lived, and how they coped with European colonization. As this talk is expected to possibly exceed our room capacity, we will be handing out free tickets starting at 1:30 pm.

“If This House Could Talk” – Sunday, March 10, 2019 from 2:00 – 3:00 p.m. - Come hear Jack Santos provide a recap of the last three years of “If This House Could Talk” - the best, the funniest, the most poignant, the most historical signs and stories. Newburyport Archival Center's head archivist, Sharon Spieldenner, will also give a short presentation. Find out from Sharon what kind of resources are available in our archives for people wishing to research their homes. As this talk is expected to possibly exceed our room capacity, we will be handing out free tickets starting at 1:30 pm.

“Newburyport: Then & Now” – Sunday, March 17, 2019 from 2:00 – 3:00 p.m. - Newburyport historian, Ghee Woodworth, will discuss the past and present of many favorite spots around town. This presentation will include photos and stories from the late 19th century. Take a look back at Newburyport street scenes and buildings no longer standing as well as photos of many of today’s familiar landmarks. Newburyport’s amazing transformation in the 1970’s and 80’s will also be featured. As this talk is expected to possibly exceed our room capacity, we will be handing out free tickets starting at 1:30 pm.

EVENTS

“GREAT SORROW AND SORE AFFLICTION AMONG US: THROAT DISTEMPER OF 1735” – Thursday, March 7, 2019 from 7:00 – 8:00 p.m. - In 1735, a deadly epidemic swept the east coast of Colonial America. The ailment, now thought to be a particularly virulent form of diphtheria, arose in Kingston, New Hampshire, and cruelly decimated the population, primarily targeting children and young mothers. Curator Barbara Rimkulas of the Exeter Historical Society will trace the plague and its lasting effects on the region.
POWOW RIVER POETS READING SERIES - Saturday, March 9, 2019 from 3:00 – 4:30 p.m. - Join us for an afternoon of poetry with the Powow River Poets! Readings are free, accessible, and open to the public. The poets reading this month are George Kalogeris and Jay Wickersham. Come early to sign up for open mic!

"NEW ENGLAND'S GENERAL STORES — Exploring an American Classic" with Ted Reinstein - Tuesday, March 19, 2019 from 7:00 – 8:00 p.m. - In talking about New England's General Stores: Exploring an American Classic, broadcast journalist Ted Reinstein shares the rich and colorful history of this iconic institution, how they figured in the rise of early American commerce, why they began to fade, and why—they have begun to come back and even be re-invented and re-imagined for a new era. Told with anecdotes from a variety of local landmark stores across the region, the presentation is accompanied by the award-winning photography of Art Donahue.

"CLIMATE CHANGE AND RESILIENCE" – Tuesday, April 2, 2019 from 7:00 – 8:15 p.m. - Join us for a discussion on climate change. We are pleased to host Eric Roberts, a Coastal Resilience Specialist at The Nature Conservancy, and Michael Morris, Chairman of Storm Surge, and Co-chair of Newburyport's Climate Change Resiliency Committee.

"BOOKS IN BLOOM" - Saturday, April 6, 2019 from 6:30 – 8:30 p.m. - Join us for a joint fundraiser and fun evening presented by the Friends of the Library and the Horticultural Society. Come view floral interpretations of books created by florists, members of area garden clubs and individuals as you enjoy refreshments and drinks. These lovely “book and bloom” arrangements will be displayed in the Program Room and various locations throughout the library. Tickets are $25 and may be purchased at the Main Desk in the Library.

"LET'S GO CATCHING: Fly and Light Tackle Striper Fishing on the Merrimack River and Beyond" - Tuesday, April 9, 2019 from 7:00 – 8:00 p.m. - Captain Skip Montello, Licensed USCG Charter Captain, will lead a discussion and slide-show about the "How, When, and Where" of successful light tackle striper fishing. Skip was the Grand Champion in the 2008 Rivers Edge Striped Bass Tournament (Catch and Release) in the Fly Fishing Division. There will be discussion, photos, videos, and time for questions and answers.

EARTH DAY FILM: "An Inconvenient Truth" (PG) – Monday, April 22, 2019 from 6:30 – 8:15 p.m. - Happy Earth Day! In celebration of our planet, we are screening the 2006 film "An Inconvenient Truth" (PG) starring Al Gore and directed by Davis Guggenheim. Run time: 1 hour 36 minutes.

A REVOLUTION OF HER OWN: DEBORAH SAPMSON (1762-1827) – Tuesday, April 23, 2019 from 7:00 – 8:15 p.m. - "A Revolution of Her Own" features the life of the first woman to fight in the American Military, Deborah Sampson. She was the first woman to enlist, to fight, and to be honorably discharged from the American Military. An indentured servant by age five, Deborah grew up in a man's world, where women were naught but second-class citizens. Without the ability to vote or to own property, Deborah knew her options were limited, and that breaking the rules might be necessary to accomplish a greater goal in life. "A Revolution of Her Own" is a production of History at Play™ with Judith Kalaora playing the role of Deborah Sampson. Judith is a professional educator, actress, and living historian. Suitable for all ages.

"HIKING THE PACIFIC CREST TRAIL" – Tuesday, April 30, 2019 from 7:00 – 8:30 p.m. - In 2010, Anne O'Regan left her home in Boston and traveled west to do what, on average, only 300 people accomplish each year. Starting in Campo, California (on the Mexican border), she backpacked north for 2,650 miles on the Pacific Crest Trail (PCT). Traveling through California, Oregon and Washington, she completed her thru-hike five months later in Manning Park, Canada. Join us as Anne shares tales from the trail, and offers a unique visual presentation.

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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 Rolfs Ln., Newbury) in the Community Room on Wednesdays: March 20 & April 17 from 1:15 to 2:00 PM.

Blood Pressure Clinics at Oak Ridge (84 Main St., Byfield) in the Community Room on Tuesdays: March 19 and April 16 from 1:00 to 1:45 PM.

Blood Pressure Clinics at Quaker Hill (115 Main St., Byfield) in the Community Room on Tuesdays: March 19 and April 16 from 2:00 to 2:45 PM.

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S.H.I.N.E.
Serving Health Information Needs of Everyone

The SHINE Program (Serving Health Information Needs of Everyone) is a state health assistance program that provides to MA residents of any age who have Medicare, free health insurance information, counseling & assistance to MA residents with Medicare and their caregivers. Mark Sullivan, (Newbury 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 so call 978-462-8114.
Newbury Council on Aging
63 Hanover Street
Newbury, MA 01951
Return Service Requested

Newbury Council on Aging

Board of Directors
Chaz Rudich  Chairman
Evelyn Noyes  Vice Chairman
Joyce Machiros  Secretary
Geri Dorr  Member

COA Staff
Maggie Malley  Director
Gail Kehoe  Program/Volunteer Coordinator, Newsletter Editor
Janet Delmar  Outreach
Karen Everett  Meals on Wheels Driver
Alice Rogers  Van Driver

To all Volunteers born in March & April
March 10  Julia O'Connor  April 5  Barbara Murray
March 15  Alice Rogers  April 22  Hendrik Tans
March 24  Jeanne Thomas

COA Outreach
If you, or a loved one, needs assistance or have questions regarding home services, nursing homes, assisted living facilities, adult day health centers, filling out forms, etc., please contact our Outreach Case Manager, Janet Delmar at the Newbury COA. Janet, having spent many years in social service work, is a valuable resource to senior residents over the age of 60. You may reach her at 978-462-8114.

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

March 6  "Can You Ever Forgive Me" (R)
March 13  "The Favourite" (R)
March 20  "Green Book" (PG-13)
March 27  no movie
April 3  "Pet Sematary" (R)

At the time our newsletter went to print, movies at the Newburyport Public Library on April 10, 17 & 24 were not scheduled.

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.

**SPRING AHEAD**

Move your clocks ahead 1 hour on Sunday, March 10, 2019 at 2:00 a.m.
The resetting of our clocks in the spring and the fall are good times to make sure our safety equipment is in good working order.

• Replace the batteries in your smoke and carbon monoxide detectors.

• Check your File of Life to update information that might no longer apply, such as your emergency contacts, and especially important are any new medical conditions & drug prescriptions. If you do not have a File of Life, call the COA office and we will get one to you. EMT’s look for it, should you need to call for help.

• Test your Personal Emergency Response System (PERS) - Your button should be tested twice a year to insure it is working properly. Call the provider first to let them know it is just a test; they will guide you on how to proceed.

Thanks to Joe Murphy, Deb Dash, John Ferrara, and the family of Ann Hickey for their donations of items to the Newbury COA!

SPRING CLEANING

"Spring cleaning is all about personal satisfaction. It is the time of year that triggers homeowners to revive their home and renew their lives."

- Peter Walsh -