Newbury Council on Aging
November & December 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.

Annual Newbury COA Holiday Luncheon
Wednesday, December 5, 2018 at 12:00 noon
Event location: Newburyport COA, 331 High Street, Newburyport

On Wednesday, December 5, 2018 at 12:00 noon, we will be celebrating the holiday season with our Annual Holiday Luncheon. It will be held at the Newburyport Council on Aging, 331 High Street, Newburyport (next to the Bresnahan School). All senior residents of Newbury/Byfield are invited and there is no cost for the meal.

Reservations are required, so please RSVP to the Newbury COA at 978-462-8114 by Wednesday, November 28, 2018 so we can make certain to have enough food. When you call to make a reservation, be sure to let us know if you need transportation to the Holiday Luncheon so we can pick you up using the Newbury COA Van.

Election Day

RIDE TO THE POLLS
Tuesday, November 6, 2018

The Newbury Council on Aging will offer rides on the Newbury COA van to the Newbury/Byfield polls on Tuesday, November 6, 2018 between the hours of 1:30 to 3:30 pm. Interested residents should call the COA at 978-462-8114 by 3:00 p.m. on Monday, November 5th to request a ride.
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 face-to-face or phone appointment, or learn about group meetings during the Open Enrollment now through December 7, 2018. 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 so call 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.

“YOU CAN PAINT THIS” with Bill Duke

Artist, Bill Duke, will be at the Senior Center on Wednesday, November 28, 2018. There will not be a watercolor class held in the month of December. 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).

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, November 8, 2018 and Thursday, December 6, 2018. He’ll be on hand to listen to concerns or questions you may have, and to provide assistance. The public is welcome.

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’ll play bingo! Upcoming dates: November 8, 2018 and December 13, 2018.
NOVEMBER IS NATIONAL FAMILY CAREGIVERS MONTH

(www.npaonline.org)

The annual observance is a time to honor family caregivers across the country. This year’s theme is “Caregiving Around the Clock,” recognizing the challenges that family caregivers face and how they manage them day and night.

This special observance enables us to do the following:

- Raise awareness of family caregiver issues,
- Celebrate the efforts of family caregivers,
- Educate family caregivers about self-identification, and
- Increase support for family caregivers.

“Caregiving can be a 24-hours-a-day, seven-days-a-week job,” states the Caregiver Action Network, which spearheads National Family Caregivers Month. “Providing care around the clock can crowd out other important areas of life.”

What challenges do family caregivers face, and how do they manage them day and night?

**Morning:** The average family caregiver is a working mother of school-aged children. Mornings become a tricky balancing act of getting the kids ready for school, making sure your loved one has what they need for the day, and then getting yourself out the door for work.

**Throughout the Day:** Up to 70 percent of the time, the family caregiver manages the medications. The more serious the condition, the more likely it is that the family caregiver manages the medications for the patient. This means ensuring their loved one is taking medication correctly and maintaining an up-to-date medication list.

**During the Workday:** Six out of ten family caregivers work full or part time in addition to juggling their caregiving responsibilities at home. Most say they have to cut back on working hours, take a leave of absence, or quit their job entirely.

**Evening:** Evenings are for family time and mealtime. Nutrition is as important for caregivers as it is for their loved ones. Proper nutrition helps maintain strength, energy, stamina and a positive attitude.

**Late at Night:** This might be the only time that family caregivers get a few minutes for themselves to rest and recharge. The chance to take a breather and re-energize is vital so they can be as good a caregiver tomorrow as they were today.

**Middle of the Night:** If loved ones may need to go to the emergency room in the middle of the night on occasion, family caregivers should be prepared ahead of time with what they need to know and what they need to have with them.

10 TIPS FOR FAMILY CAREGIVERS

(caregiveraction.org)

1. Seek support from other caregivers. You are not alone!
2. Take care of your own health so that you can be strong enough to take care of your loved one.
3. Accept offers of help and suggest specific things people can do to help you.
4. Learn how to communicate effectively with doctors.
5. Caregiving is hard work so take respite breaks often.
6. Watch out for signs of depression and don’t delay getting professional help when you need it.
7. Be open to new technologies that can help you care for your loved one.
8. Organize medical information so it’s up-to-date and easy to find.
9. Make sure legal documents are in order.
10. Give yourself credit for doing the best you can in one of the toughest jobs there is!
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) will be held in the Community Room on Wednesdays: November 14th and December 19th from 1:15 to 2:00 PM.

**Blood Pressure Clinics at Oak Ridge** (84 Main St., Byfield) will be held in the Community Room on Tuesdays: November 13th and December 18th from 1:00 to 1:45 PM.

**Blood Pressure Clinics at Quaker Hill** (115 Main St., Byfield) will be held in the Community Room on Tuesdays: November 13th and December 18th from 2:00 to 2:45 PM.

---

**SEA FESTIVAL OF TREES**

Sat., November 17, 2018 through Sun., December 2, 2018
Blue Ocean Event Center in Salisbury

Here is a fun, local event to kick-off the holiday season! The 6th Annual Sea Festival of Trees is open to the public from Sat., November 17th through Sun., December 2nd. The event will be held at the Blue Ocean Event Center at 4 Ocean Front N in Salisbury. Adults: $7.00 and children are free. It's a 15-day holiday wonderland on Salisbury Beach. They will have a giant maze of sparkling holiday trees, designer wreaths, holiday stage performances, Seaside Ice Rink and skate rentals, visits with Santa and other fun characters, a Giant Gingerbread Beach Castle display, North Pole Gift Shoppe, and Festival Café. All the trees are generously donated by local individuals, businesses, and organizations and are beautifully decorated for your enjoyment. All the trees will be raffled off to lucky winners. Proceeds benefit the Salisbury Beach Partnership, Inc., which exists to maintain and revitalize Salisbury Beach by developing programs and initiatives that provide cultural enrichment, strengthen the beach as a community asset, and preserve the beach's unique natural assets. This event is presented by The Newburyport Five Cents Savings Bank. **The Newbury COA will be going to this event on Sat., December 1, 2018 – Look under “Van Trips” in this newsletter for more info).**

Also, on the opening day of the Sea Festival of Trees (Sat., November 17th) is the Annual Coastal Christmas Arts & Craft Show (sea glass jewelry, coastal ornaments, ocean-inspired decor, nautical accessories, fine art and unique handcrafted gifts). Three dozen artisans & crafters offer a magical holiday shopping experience by the sea. Find an exclusive selection of coastal-inspired and beach-themed gifts for all of your holiday gift giving. Take home a piece of the beach, for yourself, your home, or for a special gift. $7.00 admission includes craft show and Sea Festival of Trees...2 shows in 1.

---

**VETERANS’ COFFEE HOUR**

**Thurs., November 1, 2018 and Thurs., December 6, 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.

---

**MEALS ON WHEELS**

Home delivered meals are available to eligible seniors by calling Elder Services of the Merrimack Valley at 800-892-0890.

---

**★ VETERANS’ DAY - Sunday, November 11, 2018 (Monday, November 12, 2018 observed).**

Thank you for your service to our country!
<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
</tr>
</thead>
<tbody>
<tr>
<td>5 12:45 Bridge</td>
<td>6 9:00 – Van/Shopping &amp; Library</td>
<td>7 9:00 – SHINE 9:30 Veterans’ Coffee Hour 10:00 Van trip to Dollar Store then lunch at Sylvan Street Grille</td>
<td>1 9:00 – SHINE 11:00 – Van trip to Wenham Tea House 11:00 – Dick Curran, Sen. Tarr’s Office 1:00 Birthday Bingo</td>
<td>2 SENIOR CENTER CLOSED First Parish Church Community Food Pantry 3:00-5:00 PM</td>
</tr>
<tr>
<td>12 12:45 Bridge</td>
<td>13 9:00 Van/Shopping Blood Pressure Clinics: 1:00 @ Oak Ridge 2:00 @ Quaker Hill</td>
<td>14 12:00 Guest Chef Luncheon 1:15 – 2:00 Blood Pressure Clinic @ Newbury Village</td>
<td>15 9:00 – SHINE</td>
<td>9 SENIOR CENTER CLOSED First Parish Church Community Food Pantry 3:00-5:00 PM</td>
</tr>
<tr>
<td>19 12:45 Bridge</td>
<td>20 9:00 Van/Shopping</td>
<td>21 Happy Thanksgiving COA CLOSED</td>
<td>22</td>
<td>23 SENIOR CENTER CLOSED First Parish Church Community Food Pantry 3:00-5:00 PM</td>
</tr>
<tr>
<td>26 12:45 Bridge</td>
<td>27 9:00 Van/Shopping &amp; Library</td>
<td>28 9:30–12:30 Bill Duke Watercolor Art Class RSVP</td>
<td>29 9:00 – SHINE 11:00 Van trip to The Poet’s Inn/Haverhill</td>
<td>30 SENIOR CENTER CLOSED First Parish Church Community Food Pantry 3:00-5:00 PM</td>
</tr>
<tr>
<td>Monday</td>
<td>Tuesday</td>
<td>Wednesday</td>
<td>Thursday</td>
<td>Friday</td>
</tr>
<tr>
<td>---------</td>
<td>---------</td>
<td>-----------</td>
<td>----------</td>
<td>--------</td>
</tr>
<tr>
<td>3</td>
<td>4</td>
<td>5</td>
<td>6</td>
<td>7</td>
</tr>
<tr>
<td>12:45 Bridge</td>
<td>9:00 Van/Shopping</td>
<td><strong>12:00 noon Annual Newbury COA Holiday Luncheon @ the Newburyport COA (RSVP)</strong> <em>(Newbury COA closed from 10:00-2:00 due to off-site Holiday Luncheon)</em></td>
<td>9:00 SHINE</td>
<td>SENIOR CENTER CLOSED</td>
</tr>
<tr>
<td>10</td>
<td>11</td>
<td>12</td>
<td>13</td>
<td>14</td>
</tr>
<tr>
<td>12:45 Bridge</td>
<td>9:00 Van/Shopping</td>
<td><strong>1:00 Birthday Bingo</strong></td>
<td>SENIOR CENTER CLOSED</td>
<td>First Parish Church Community Food Pantry 3:00-5:00 PM</td>
</tr>
<tr>
<td>17</td>
<td>18</td>
<td>19</td>
<td>20</td>
<td>21</td>
</tr>
<tr>
<td>12:45 Bridge</td>
<td>9:00 Van/Shopping &amp; Library</td>
<td><strong>1:15-2:00 - Blood Pressure Clinic @ Newbury Village</strong></td>
<td><strong>11:00 Van trip to China Blossom/ North Andover</strong></td>
<td>SENIOR CENTER CLOSED</td>
</tr>
<tr>
<td>24</td>
<td>25</td>
<td>26</td>
<td>27</td>
<td>28</td>
</tr>
<tr>
<td>No bridge</td>
<td><strong>Merry Christmas</strong></td>
<td>9:00 Van/Shopping</td>
<td>SENIOR CENTER CLOSED</td>
<td>First Parish Church Community Food Pantry 3:00-5:00 PM</td>
</tr>
<tr>
<td>31</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>No bridge</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**SAT., DECEMBER 1, 2018 – VAN TRIP TO THE “SEA FESTIVAL OF TREES” IN SALISBURY AND THEN LUNCH AFTERWARDS. WE’LL BEGIN PICK-UPS AT 9:30 AM.** *(Check out the listing of “VAN TRIPS” in this newsletter)*
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.
- When you are searching for an all inclusive, affordable senior residential alternative, with your own private unit & bath, turn to the Assisted Living Center – Salisbury.

Assisted Living Center – Salisbury
Where you Can Have it All
Where you Can Afford it All
(978) 463-9809

Ask about our:
Medicaid Programs
Veteran’s Programs

19 Beach Rd. • Salisbury, MA 01952
www.assistedlivingcenter.org

EVELYN M. NOYES
REAL ESTATE AND
PROPERTY MANAGEMENT
P.O. BOX 7
BYFIELD, MA 01922
e.m.noyes@comcast.net

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

Seniors! Call for a FREE market analysis

Lombardi Oil & Gas
Delivering Comfort to Our Community
Service • Installation • Fuel
“Senior Discount Available”
978.465.7200
LombardiOil.com

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

Evelyn M. Noyes
Real Estate and Property Management
P.O. Box 7
Byfield, MA 01922
E.m.noyes@comcast.net

Tel: 978-465-7408
Fax: 978-465-2918
Cell: 978-375-6145

Seniors! Call for a FREE market analysis

Lombardi Oil & Gas
Delivering Comfort to Our Community
Service • Installation • Fuel
“Senior Discount Available”
978.465.7200
LombardiOil.com

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

Lombardi Oil & Gas
Delivering Comfort to Our Community
Service • Installation • Fuel
“Senior Discount Available”
978.465.7200
LombardiOil.com

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

Lombardi Oil & Gas
Delivering Comfort to Our Community
Service • Installation • Fuel
“Senior Discount Available”
978.465.7200
LombardiOil.com

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

Lombardi Oil & Gas
Delivering Comfort to Our Community
Service • Installation • Fuel
“Senior Discount Available”
978.465.7200
LombardiOil.com

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

Deep Tissue Massage is the answer to many health benefits!
- Maintains mental and physical well being
- Freedom from pain medication
- Improves sleep, circulation and muscle function
Call to schedule an appointment or book online @ https://musclemadnessmtt.net
New Client Specials: $70/60 min OR $100/90 min
Pamela Rousseau, LMT
30 Merrill St. (side door), Amesbury, MA 01913

Muscle Madness
Deep Tissue Massage is the answer to many health benefits!
- Maintains mental and physical well being
- Freedom from pain medication
- Improves sleep, circulation and muscle function
Call to schedule an appointment or book online @ https://musclemadnessmtt.net
New Client Specials: $70/60 min OR $100/90 min
Pamela Rousseau, LMT
30 Merrill St. (side door), Amesbury, MA 01913

Muscle Madness
Deep Tissue Massage is the answer to many health benefits!
- Maintains mental and physical well being
- Freedom from pain medication
- Improves sleep, circulation and muscle function
Call to schedule an appointment or book online @ https://musclemadnessmtt.net
New Client Specials: $70/60 min OR $100/90 min
Pamela Rousseau, LMT
30 Merrill St. (side door), Amesbury, MA 01913

Muscle Madness
Deep Tissue Massage is the answer to many health benefits!
- Maintains mental and physical well being
- Freedom from pain medication
- Improves sleep, circulation and muscle function
Call to schedule an appointment or book online @ https://musclemadnessmtt.net
New Client Specials: $70/60 min OR $100/90 min
Pamela Rousseau, LMT
30 Merrill St. (side door), Amesbury, MA 01913

Muscle Madness
Deep Tissue Massage is the answer to many health benefits!
- Maintains mental and physical well being
- Freedom from pain medication
- Improves sleep, circulation and muscle function
Call to schedule an appointment or book online @ https://musclemadnessmtt.net
New Client Specials: $70/60 min OR $100/90 min
Pamela Rousseau, LMT
30 Merrill St. (side door), Amesbury, MA 01913

Muscle Madness
Deep Tissue Massage is the answer to many health benefits!
- Maintains mental and physical well being
- Freedom from pain medication
- Improves sleep, circulation and muscle function
Call to schedule an appointment or book online @ https://musclemadnessmtt.net
New Client Specials: $70/60 min OR $100/90 min
Pamela Rousseau, LMT
30 Merrill St. (side door), Amesbury, MA 01913

Muscle Madness
Deep Tissue Massage is the answer to many health benefits!
- Maintains mental and physical well being
- Freedom from pain medication
- Improves sleep, circulation and muscle function
Call to schedule an appointment or book online @ https://musclemadnessmtt.net
New Client Specials: $70/60 min OR $100/90 min
Pamela Rousseau, LMT
30 Merrill St. (side door), Amesbury, MA 01913

Muscle Madness
Deep Tissue Massage is the answer to many health benefits!
- Maintains mental and physical well being
- Freedom from pain medication
- Improves sleep, circulation and muscle function
Call to schedule an appointment or book online @ https://musclemadnessmtt.net
New Client Specials: $70/60 min OR $100/90 min
Pamela Rousseau, LMT
30 Merrill St. (side door), Amesbury, MA 01913

Muscle Madness
Deep Tissue Massage is the answer to many health benefits!
- Maintains mental and physical well being
- Freedom from pain medication
- Improves sleep, circulation and muscle function
Call to schedule an appointment or book online @ https://musclemadnessmtt.net
New Client Specials: $70/60 min OR $100/90 min
Pamela Rousseau, LMT
30 Merrill St. (side door), Amesbury, MA 01913

Muscle Madness
Deep Tissue Massage is the answer to many health benefits!
- Maintains mental and physical well being
- Freedom from pain medication
- Improves sleep, circulation and muscle function
Call to schedule an appointment or book online @ https://musclemadnessmtt.net
New Client Specials: $70/60 min OR $100/90 min
Pamela Rousseau, LMT
30 Merrill St. (side door), Amesbury, MA 01913
**VAN TRIPS**

**Thursday, November 1, 2018 - Sylvan Street Grille & Dollar Store/Salisbury** - Pick-ups will begin at 10:00 a.m. then on to the dollar store and lunch.

**Thursday, November 8, 2018 - Wenham Tea House** - America’s oldest operating tea house. We have a 12:00 noon lunch reservation (pick-ups will begin at approximately 10:45 a.m.).

**Thursday, November 29, 2018 - The Poet’s Inn/Haverhill** – 11:30 a.m. reservations (will start pick-ups about 10:15 am). The Poet’s Inn is a full-service restaurant which provides “real world” experiences to Culinary Arts students training for careers as chefs, bakers, restaurant managers and related food service industry jobs. The restaurant is located at Whittier Regional Technical High School in Haverhill.

**Saturday, December 1, 2018 - Trip to the Sea Festival of Trees at the Blue Ocean Event Center at Salisbury Beach** (Read the article about the “Sea Festival of Trees” in this newsletter). Pick-ups will begin at 9:30 am. and we’ll tour the event center and then have lunch. $5.00 for van and $7.00 for admission to the Blue Ocean Event Center...plus lunch money.

**Thursday, December 20, 2018 - China Blossom/North Andover** – Pickups will begin at 10:45 am - China Blossom is one of the oldest and most popular eating and drinking establishments North of Boston. Since 1960, the restaurant has served the area’s residents with premium, freshly prepared traditional Asian cuisine in a relaxed atmosphere inspired by the varied regions of the Orient.

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.

---

**Guest Chef Luncheons**

**Upcoming luncheon: Wednesday, November 14, 2018 at 12:00 noon.** Cost: $3.00. Call for reservations at 978-462-8114. If you need a ride, just let us know. We will not be having a Guest Chef Luncheon in December as we will be holding our Annual Holiday Luncheon on Wednesday, December 5th at 12:00 noon at the Newburyport Senior Center (you must RSVP).

Thank you to The COA Board (Chaz Rudich, Geri Dorr, Joyce Machros, Evelyn Noyes and Sandra Small) for hosting the September Guest Chef Luncheon. The lunch was delicious!! And thanks to Joe Murphy, October’s Guest Chef, for preparing a tasty Shepherd’s Pie! And last but not least, kitchen helper and server, Lynette Leka did a splendid job helping out with the luncheons!

We are always seeking volunteer Guest Chefs and servers. Call 978-462-8114 for more information regarding joining the Guest Chef team! Donations received at the luncheons are given to the chef to help defray the cost of food.

---

**Fuel Assistance Applications**

Cold weather is upon us and Community Action, Inc. is 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.

If you would like to pick up a Fuel Assistance application at our COA Senior Center, we have them available. If you need assistance filling out the form, just give us a call (978-462-8114) to see when one of our employees can sit down with you to help you fill out the form.

---

**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.**
Tai Chi has been considered to be a form of “meditation in motion” which promotes serenity and inner peace. Senior Tai Chi classes (9:00 – 10:00 a.m.) take place almost every Tuesday & Friday mornings. Classes in November are as follows: Fri., November 2nd, Fri., November 9th, Tues., November 13th, Fri., November 16th, Tues., November 27th, and Fri., November 30th (no classes on November 6th, 20th, & 23rd) and classes in December are as follows: Tues., December 4th, Fri., December 7th, Tues., December 11th, Fri., December 14th, Tues., December 18th, and Fri., December 21st (no classes on December 25th and December 28th).

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 every Tuesday evening from 7:00 – 8:00 p.m. in November and December except for Tuesday, December 25th.

Tech Help is every Wednesday afternoon from 12:00 noon to 2:00 PM.

Here are the events for September and October:
Thursday, November 1st from 6:00 – 7:00 p.m. – “Hidden History: Puritans and Quakers in 17th Century New England.”
Saturday, November 3rd (all day) – Stephen Lewis Exhibit: “Not in Anyone’s Backyard” (showing through November).

Free Movies all at 2:30 pm:
Thursday, November 1
Friday, November 2
Wednesday, November 7
Wednesday, November 14
Wednesday, November 21
Wednesday, November 28
Thursday, November 29
Wednesday, December 5
Wednesday, December 12
Monday, December 17
Tuesday, December 18
Wednesday, December 19
Thursday, December 20
Friday, December 21
Wednesday, December 26
Thursday, December 27
“Rear Window” (PG)
“Notorious” (1946) (not rated)
“Jurassic World – Fallen Kingdom” (PG-13)
“BlacKkKlansman” (R)
no movie
“Ocean’s 8” (PG-13)
International Film Series – “The Past” (PG-13)
“Mission Impossible – Fallout” (PG-13)
“The Family Stone” (PG-13)
“It’s a Wonderful Life” (PG)
“White Christmas” (not rated)
“Meet Me in St. Louis” (not rated)
“Scrooged” (PG-13)
“A Miracle on 34th Street” (1947) (not rated)
“Ant Man and the Wasp” (PG-13)
International Film Series – “Monsoon Wedding” (R)

Events:
Sunday, November 11 @ 2:00 pm – “Out of Darkness: A Film Screening & Discussion with Holocaust survivors
Tuesday, November 13 @ 7:00 pm – “Life Aboard a Whaling Ship”
Tuesday, November 27 @ 7:00 pm – “New England Lighthouses and the People Who Kept Them”
Tuesday, December 11 @ 7:00 pm – “A Brief History of Old Newbury: Settlement to Separation”

Parker River National Wildlife Refuge

Thank you to Alix McArdle for arranging our recent Parker River National Wildlife bus tour of the refuge. The tour was both informative and enjoyable!
**Newbury Council on Aging**

**Board of Directors**
- Chaz Rudich
- Evelyn Noyes
- Sandra Small
- Joyce Machiros
- Geri Dorr

**Chairman**

**Vice Chairman**

**Secretary**

**Member**

**Member**

**COA Staff**
- Maggie Malley: Director
- Gail Kehoe: Program Coordinator, Newsletter Editor
- Janet DelMare: Outreach Case Mgr.
- Karen Everett: Meals on Wheels Driver
- Alice Rogers: Van Driver

**INCLIMATE WEATHER POLICY**

In the event of inclement weather, please call the COA (978-462-8114) before venturing out to the Senior Center for classes, activities or programs. If the COA is closed for weather-related reasons, a message will make callers aware of any closure.

**Happy Birthday!**

November 26
- Sue Wolfendale

December 1
- Martha Webb

December 7
- Mary Paquin

December 8
- Mary Gill

December 18
- Debbie Morrison

December 26
- Maxine Balkus

December 28
- Kate Murray

December 30
- Midge King

**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.

“We cannot stop the winter or the summer from coming. We cannot stop the spring or the fall or make them other than they are. They are gifts from the universe that we cannot refuse. But we can choose what we will contribute to life when each arrives.”

-Gary Zukav-

**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**

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.

**MEDICAL EQUIPMENT AVAILABLE AT THE COA**

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.

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 email us coa@townofnewbury.org.
WINTER SEASON SAFETY AND EMERGENCY PREPAREDNESS

The Newbury COA encourages you to spend some time preparing for winter storms, whether for yourself or for a loved one (living close to you or at a distance). The tips printed here are part of a larger list of suggestions for various scenarios that may be viewed on the Senior Living website. The Scout motto is apropos: “BE PREPARED, which means you are always in a state of readiness in mind and body to do your DUTY.” Embracing a New England Winter calls for preparedness!

General Tips for Senior Safety & Emergency Preparedness
www.seniorliving.org/research/disaster-preparedness/

Get a Plan in Place

The most pivotal part to surviving an emergency is having a solid plan. Disasters usually strike unexpectedly, and naturally, it’s not easy to think and act logically when this happens. With that said, after evaluating what risks your area may be prone to, it’s time to write out an emergency plan that’s easy to follow and keep it somewhere accessible. When creating a plan, you may want to consider including information on:

- Communication plan with your family and caregivers so that you won’t lose touch with the ones you love in any emergency.
- Safe and easy escape routes in case of fire or flood. Your plan should detail how to escape from each room in your home so that no matter what room you’re in, you have an idea of what to do in case of an emergency. It’s best to have more than one route option to be safe.
- What to do next after escaping – where to go and who to call for help if needed.
- Emergency contacts, their addresses, and their phone numbers.

Familiarize Yourself with Local Resources

What happens when a disaster strikes in your area? Do you know where to go and who to ask for help if needed? Whether you’re a senior yourself or family/caregiver of one, it’s essential to familiarize yourself with local resources before the emergency takes place. This way, you won’t have to fumble around trying to find out what to do next or where to go. Most areas should have emergency shelter locations nearby. Identify those and write out a list of emergency contacts and addresses so that you have it all in one place. Keep this list somewhere safe and readily available to take with you in an emergency. In addition to emergency shelter locations near you, you may want to also consider gathering contact information for your local:

- Fire department
- Police department
- Doctor
- Hospitals
- Animal control
- Vet
- Locksmith
- Water supplier
- Power supplier
- Poison control

Keep warm this winter season!
Make an Emergency Kit: Checklist

- Non-perishable foods (3 days’ worth)
- Bottled water (if you have pets, pack generously)
- Medication (3 days’ worth)
- Spare keys to your house and car(s)
- Glasses and spare contacts & contact solution, if needed
- Waterproof matches
- Swiss army knife
- Can opener
- First aid kit
- Common toiletries
- Blankets
- Cell phone charger
- Cash
- Spare hearing aid batteries if you use a hearing aid
- Flashlight
- Battery powered radio

Once you’ve gathered everything, keep your kit somewhere easily accessible so that you know exactly where to grab it in the event of an emergency. If you have any pets, it is smart to keep their pet carriers and leashes easily reached and ready to go in case you need to take them with you quickly.

Get Connected to Your Neighbors

It never hurts to become connected with your neighbors, especially if you live alone. Chances are in an emergency, survival depends on teamwork and helping each other out. By building a support network where you live, your neighbors and local friends will know you exist and know to check up on you in the event of a disaster (and vice versa!). Have your top emergency contacts on hand to provide to your neighbors in case they need to refer to them in any emergency, along with a list of medications, special needs, and allergies you may have.

Additional Resources

www.redcross.org – Find out more on why it’s so important to have a personal support network when you’re a senior preparing for an emergency. Go to the website and at the top of the page click Get Help.

www.FEMA.gov – Review additional tips for emergency preparedness. These pointers are great for both family and caregivers of seniors to keep in mind too.

www.iii.org – Insurance Information Institute – Learn more about the importance of home insurance and the different options available for seniors.

www.AAHA.org – This website provides additional information on caring for your pets during emergencies.

Massachusetts Specific Resources


disastercenter.com/mass/mass.htm – Massachusetts Disaster Center