How did the Fourth of July become a national holiday?

For the first 15 or 20 years after the Declaration was written, people didn’t celebrate it much on any date. It was too new, and too much else was happening in the young nation. By the 1790’s, a time of bitter partisan conflicts, the Declaration had become controversial. One party, the Democratic-Republicans, admired Jefferson and the Declaration, but the other party, the Federalists, thought the Declaration was too French and too anti-British, which went against their current policies.

By 1817, John Adams complained in a letter that America seemed uninterested in its past. But that would soon change.

After the War of 1812, the Federalist party began to come apart and the new parties of the 1820’s and 1830’s all considered themselves inheritors of Jefferson and the Democratic-Republicans. Printed copies of the Declaration began to circulate again, all with the date July 4, 1776, listed at the top. The deaths of Thomas Jefferson and John Adams on July 4, 1826, may even have helped to promote the idea of July 4 as an important date to be celebrated.

Celebrations of the Fourth of July became more common as the years went on and in 1870, almost a hundred years after the Declaration was written, Congress first declared July 4 to be a national holiday as part of a bill to officially recognize several holidays, including Christmas. Further legislation about national holidays, including July 4, was passed in 1939 and 1941. (www.constitutionfacts.com)
The SHINE Program (Serving Health Information Needs of Everyone) is a state health insurance assistance program that provides to Massachusetts residents of any age who have Medicare, free health insurance information, counseling and assistance to Massachusetts residents with Medicare and their caregivers. The SHINE Program is administered by the Massachusetts Executive Office of Elder Affairs in partnership with elder service agencies, social service and community-based agencies and Councils on Aging. The program is funded by the Administration for Community Living. Mark Sullivan, our Newbury COA SHINE Counselor, will help you understand your health insurance needs. Check our newsletter calendar for the dates he will be available at the Newbury Senior Center. An appointment is required and may be made by calling 978-462-8114.

“You Can Paint This” with Bill Duke

Artist, Bill Duke, will be at the Senior Center on Wednesday, July 25th, 2018 and Wednesday, August 22nd, 2018 from 9:30 a.m. to 12:30 p.m. You can learn how to paint a lovely watercolor scene with no previous painting experience. Come join us! Sign up by calling 978-462-8114. Cost: $20.00 (materials are supplied).

VAN TRIPS

Thurs., July 5, 2018 @10:00 a.m. - Trip to Seabrook – Shopping & Lunch (Walmart, Dollar Store, etc...).
Wed., July 11, 2018 @ 11:30 a.m. - Lunch at Salisbury Beach - A great place to be on a summer afternoon!
Thurs., July 26, 2018 @ 11:00 a.m. - China Blossom in North Andover - 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.
Wed., August 1, 2018 @ 11:30 a.m. - Lunch at Port City Sandwich, Newburyport – Waterfront Park is a beautiful spot to enjoy your lunch, whether you choose to sit and enjoy watching the boats go by, or take a stroll along the boardwalk!
Wed., August 8, 2018 @ 11:30 a.m. - Lunch at Spuds in Rowley - Family-owned and operated since 1984, Spud’s offers casual and affordable dining.
Thurs., August 23, 2018 @ 11:30 a.m. - Lunch at Agawam Diner in Rowley - Nostalgic 1954 rail car diner serving hearty American comfort favorites from morning until night.

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.

VAN TRIPS AND SENIOR CENTER EVENTS

Please call (978-462-8114) to reserve a seat on the van for a trip, or to sign up for Senior Center events. If we do not receive enough interest, trips and events may have to be cancelled. Please check our monthly calendars to view upcoming van trips and events.

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.
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. Please note that the COA is 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.

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. If you’d like to volunteer for the N.E.E.T. program, please call us at 978-462-8114.

GUEST CHEF LUNCHEONS

Guest Chefs: Thanks to May’s Guest Chef, Sue Wolfendale, for preparing and serving us chicken risotto, a pineapple Jello salad, rolls & homemade blueberry muffins, and to top it off, strawberry rhubarb pie. It was so delicious!

Upcoming luncheon dates are: Wednesday, July 18, 2018 at 12:00 noon and Wednesday, August 15, 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 are always seeking volunteer Guest Chefs and servers. Call us for more information regarding joining the Guest Chef team! Donations received are given to the chef to help defray the cost of food. Call us if you are interested at 978-462-8114.

COA Blood Pressure Clinics @ Newbury/Byfield Housings

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

Blood Pressure Clinics at Newbury Village (30 Rolfes Lane, Newbury) in the Community Room will be held on Wednesdays: July 11th and August 8th from 1:15 to 2:00 PM.

Blood Pressure Clinics at Oak Ridge (84 Main St., Byfield) in the Community Room will be held on Tuesdays: July 17th and August 14th from 1:00 to 1:45 PM.

Blood Pressure Clinics at Quaker Hill (115 Main St., Byfield) in the Community Room will be held on Tuesdays: July 17th and August 14th from 2:00 to 2:45 PM.

Thank you to the Visiting Angels of Newburyport for sponsoring our “Stop and Smell the Flowers” flower arranging workshop that was held on May 9th. Jan Lorrey Flowers on Rte. 1 in Newbury provided us with a beautiful assortment of flowers to work with. It was a lovely way to spend a spring morning and everyone was so pleased with their flower arrangement!

Newburyport Farmers’ Market – Sundays from 9:00 a.m. to 1:00 p.m. - Open now until November 19, 2018 (located at the Tannery Marketplace, 50 Water Street).

Rowley Farmers’ Market – Sundays from 8:00 a.m. – 1:00 p.m. - Opens July 8th through late October (located at the Rowley Common, Main Street - Rte. 1A).

Cape Ann Farmers’ Market – Thursdays from 3:00 – 6:30 p.m. – Open now through mid-October (located at Stage Fort Park, 24 Hough Avenue, Gloucester).
Tips for Picking Healthy Food as You Get Older
ncoa.org (National Council on Aging)

Here are 6 tips to help you find the best foods for your body and your budget.

1. **Know what a healthy plate looks like** - You might remember the food pyramid, but the USDA recently unveiled a simpler way to help people see what they should eat each day. It’s called MyPlate.

2. **Look for important nutrients** - Make sure you eat a variety of foods to get all the nutrients you need. Your plate should look like a rainbow...bright, colored foods are always the best choice! A healthy meal should include:

   - Lean protein (lean meats, seafood, eggs, beans)
   - Fruits and vegetables (think orange, red, green, and purple)
   - Whole grains (brown rice, whole wheat pasta)
   - Low-fat dairy (milk and its alternatives)

   Remember to choose foods that are high in fiber and low in sodium or salt. Also, look for Vitamin D, an important mineral as we age.

3. **Read the Nutrition Facts label** - The healthiest foods are whole foods. These are often found on the perimeter of the grocery store in the produce, meat, and dairy sections. When you do eat packaged foods, be a smart shopper! Read the labels to find items that are lower in fat, added sugars, and sodium.

4. **Use recommended servings** - To maintain your weight, you must eat the right amount of food for your age and body. The American Heart Association provides recommended daily servings for adults aged 60+.

5. **Stay hydrated** - Water is an important nutrient too! Don’t let yourself get dehydrated, drink small amounts of fluids consistently throughout the day. Tea, coffee, and water are your best choices. Keep fluids with sugar and salt at a minimum, unless your doctor has suggested otherwise.

6. **Stretch your food budget** - Want to get the biggest nutritional bang for your buck? The Supplemental Nutrition Assistance Program (SNAP) can help you afford healthy food when you need it. Over 4 million older Americans use SNAP to buy food, and the average senior receives $113 each month. Visit BenefitsCheckUp.org/getSNAP to see if the program can help you.

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**BIRTHDAY BINGO!**

Come to Birthday Bingo at our Senior Center on the 2nd Thursday of every month at 1:00 PM. There will be cake and ice cream to celebrate whoever has a birthday that month and then we will play Bingo. **Dates: July 12, 2018 and August 9, 2018.**

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“Everyone you meet is a part of your journey, but not all of them are meant to stay in your life. Some people are just passing through to bring you gifts; either they’re blessings or lessons.”

- Roy T. Bennett -
First Parish Community Food Pantry

The all-volunteer, town-wide food pantry housed at the First Parish Church at 20 High Road in Newbury offers a wide variety of foods. Not only the non-perishables you would expect, but also meats, eggs, milk, fresh produce, and hygiene products. The pantry is open on Friday afternoons from 3:00 to 5:00 and there are volunteers to assist you with selection, and carrying bags to your car. Donations of both food and cash are welcomed and can be dropped off on Friday afternoons.

If you are in need of a ride, call the Newbury COA at 978-462-8114 Monday – Thursday. We are closed on Fridays.

The following is an independent service and is not affiliated with the Newbury COA or Town of Newbury:

Use the Newbury Food Pantry on Fridays - Transportation or Delivery! - Email 2GoPantry@gmail.com to reserve your ride or request delivery. Reservations required. Please reserve by Thursday night for a ride or delivery on Friday.

For Transport: Pick up between 2:30 and 3:15. Return between 4:00 and 4:45. Timing depends on route.
For Delivery: Request by Thursday night. Include phone number. Delivery between 2:00 and 5:00 on Friday. Timing may vary. Note: delivery of groceries is a pilot program for residents of Newbury only.

Don’t miss shopping at this welcoming food pantry. Bring bags for transporting your groceries. No ID required.

NEWBURY TOWN LIBRARY

Tai Chi – On Fridays from 9:00-10:15 AM – Tai Chi is a type of martial art very well known for its defense techniques and health benefits. This martial art has evolved over the years into an effective means of alleviating stress and anxiety. It has been considered to be a form of “meditation in motion” which promotes serenity and inner peace.

Here are the events for July and August:

Thursday, July 12, 2018 - Group Drumming Workshop - 6:30 - 8:30 p.m.
Friday, July 13, 2018 - Friday Flick – “Ocean’s Eleven” (1960) with Frank Sinatra, Dean Martin and Sammy Davis, Jr. - 2:00 - 3:30 p.m.
Friday, August 10, 2018 - Friday Flick – “Ocean’s Twelve” (2004) with Brad Pitt & George Clooney - 2:00 - 3:30 p.m.

NEWBURYPORT PUBLIC LIBRARY

Book Bites: A Cookbook Book Group - If you love cooking, enjoy talking about food and always have your nose in a cookbook, then this book group is for you! This group meets monthly on the first Monday of the month. Participants are asked to bring a dish to share from that month’s cookbook and their own serveware. Space is limited and registration is required. You must sign up a week in advance. This group cannot accommodate drop-ins.

Monday, July 9th - 6:30 – 8:30 p.m. – “FAST FOOD, GOOD FOOD” by Andrew Weil, M.D. (sign up by July 2nd).
Monday, August 6th - 6:30 – 8:30 p.m. - “NIGELLISSIMA” by Nigella Lawson (sign up by July 30th).
LETTER FROM CONGRESSMAN,
SETH MOULTON

Dear friend,

You may have heard about the new Medicare cards going out to US seniors in 2018. Congress passed a law to use new Medicare numbers, in the place of the old numbers based on your Social Security Number, to help protect you from identity theft.

New Medicare enrollees will automatically receive the new Medicare cards. If you are already enrolled in Medicare, you will receive your new card sometime after June 2018.

Here’s what you need to do:

1. Make sure your mailing address is up to date with Social Security to make sure you receive your card: you can update your address by using your mySSA.gov account, or by calling the Social Security administration at 800-772-1213 (TTY 800-325-0778).

2. Be aware of potential scammers: the new Medicare card will be sent to you automatically -- you do not need to pay for the new card or provide any personal information to anyone to receive it. If you receive a phone call that you think may be fraudulent, please call 1-800-MEDICARE to report it as soon as possible.

3. Destroy your old Medicare card when you receive the new one to protect your information: you will still be able to use your old SSN-based Medicare number until December 31st, 2019, but to protect yourself from identity theft, you should begin using the new number as soon as you receive the new card.

If your neighbor received his or her new card and you didn’t, don’t panic! The cards will be coming at different times as the Centers for Medicare and Medicaid Services updates its systems. You can sign up for emails on the status of card mailings in our area on http://Medicare.gov/NewCard.

As always, if you have any questions about the Medicare cards, Medicare coverage, or an issue or question about any other government agency, you can contact my casework team, and we will be happy to help you find answers. My team is reachable at 978-531-1669, or you can stop by at 21 Front Street in Salem.

Sincerely,

Seth Moulton,
Member of Congress
21 Front Street
Salem, MA 01970
Phone: (978) 531-1669
Fax: (978) 224-2270

FOR LAUGHS

Two young brothers were spending the night at their grandparents’ home.

When it was time for bed, the two boys knelt down and began to say some prayers.

Suddenly, the younger brother started yelling at the top of his voice, "I PRAY FOR A BICYCLE!  I PRAY FOR A NEW COMPUTER!  I PRAY FOR A TRIP TO DISNEYLAND!" and so on...

His older brother leaned over and whispered, "There’s no need to shout. God isn’t deaf."

"I know," said the younger brother. "But Grandma sure is!"

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Going on Vacation? Summer Safety Tips for You & Your Home
Weston Council on Aging – June 2018

Now that summer is here, many of you may be traveling, and being away from your residence for long periods of time. To ensure the safety of your home, we recommend that you:

- Alert the Police that you will be away.
- Cancel newspaper & magazine subscriptions.
- Lock all windows and doors to your home.
- Ask a trusted neighbor to keep an eye on your home.
- Check your alarm system to be sure it is in working order.
- Lock away or take with you all valuables.
- As the temperatures increase, always be sure to drink plenty of fluids, wear a hat and use sunscreen when you are outdoors. Many people find it helpful to be outside in the early morning and again later in the afternoon to skip the mid-day sun.
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 email, please email us coa@townofnewbury.org and we will take you off of the mailing list and put you onto our email list. Thank you!

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

To all Volunteers born in July & August

July 4        Bob Brown
July 12       Anne Hatheway
July 18       Gail Kehoe
July 26       Jane McNeal
August 13     Andrea Bursaw
August 24     Alba Gouldthorpe
August 30     Lynette Leka

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!

“The older I get the more I realize that the things that cost nothing, hold the most value.”

- Author Unknown –
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<td>9:00 Van/Shopping &amp; Library</td>
<td><strong>Happy 4th of July (No Meals on Wheels)</strong></td>
<td>10:00 Van trip to Seabrook (Shopping &amp; Lunch)</td>
<td><strong>First Parish Church Community Food Pantry 3:00-5:00 PM</strong></td>
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