



Newburyport Council on Aging

Senior Citizen News

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Newburyport, Massachusetts 01950
978-462-0430

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Donna Holaday, Mayor
www.cityofnewburyport.com

APRIL 2017

The MISSION of the Council on Aging is:

to advocate for older adults, to identify their needs, to develop and implement services and programs to meet their health, economic, social and cultural needs, to encourage maximum independence, and to improve their quality of life.

The Senior/Community Center is open Monday through Friday from 8 am to 4 pm.

Council on Aging Staff:

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ASSISTANT TO THE DIRECTOR

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Richard Eaton, Miller Graf
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Yvonne McQuilken, Cynthia Muir
Jack Ronan

**The next scheduled COA Board
Meeting will be April 20th**

COMMUNITY DAYS – Wednesdays at 1 pm at the Senior Community Center

April 5th The Power of Forgiveness - Learn the effective techniques to let go of unnecessary emotional burdens of negative thoughts and feelings. We are meant to enjoy life! By using some simple proven methods we can change our lives in a positive way, plus actually shift the world around us.

April 12th -Bob Amiro is a Division Staff Member Trainer and a Paddle Smart Instructor for the USCG Aux in the First District Northern Region. Bob and his team of instructors conduct classes in Paddle Craft Safety, including what you need to be safe on the water in your Paddle Craft, Cold Water survival and how to navigate in your Paddle Craft. Bob has been working for the USCG Aux for seven years and paddling for 10 years. Over the last two years, he and his team have talked to over 600 kids about Life Jackets and Risk Management.

April 19th Making Poland Personal – local teachers of the Holocaust Cheryl Martin and Janet Eppoliti will share much of what they have learned about this significant event in world history as they prepare to travel to Poland this summer.

April 26th Peter J. Koester, a local veteran of the US Submarine Force and the Commander of United States Submarine Veterans, Inc. Northeast Region District One (New England) will present an hour-long multi-media presentation on the history of the American Submarine Service – from its humble beginnings in 1900, through triumphs and tragedies, all the way to present day and into the future – with an emphasis on the loss of the nuclear-powered fast attack submarine USS Thresher (SSN-593) off the coast of New England in 1963 and the effect that loss continues to have on the US Navy even today. This presentation has been scheduled in past months, but was postponed due to bad weather. This event is long-awaited and will be worth the wait.

DEMENTIA 101 This one-hour program will be presented on Monday, May 1st at the Senior/Community Center by the experts from Avita, Newburyport's newest dementia care facility. Not all dementia is Alzheimer's disease. Knowing the difference affects planning, management, and prognosis. This free event will address the causes, symptoms, and treatments of the biggest health challenge of the next few decades.

LOW VISION SUPPORT GROUP, TUESDAY, APRIL 11th 10-11:30 A.M.

The Newburyport Low Vision Support Group is sponsored by the Massachusetts Association for the Blind and Visually Impaired (MABVI) and the Massachusetts Commission for the Blind (MCB). Its mission is to inform those who are blind or with lessening vision about resources, devices and practices that will aid them in adapting and in maintaining a full and active life. Meetings are held at the Newburyport Senior/Community Center on the 2nd Tuesday of the month 10-11:30. The next meeting will be on April 11th. If interested, call Joanne Maki at 978-792-5667.

KNITTERS FOR NEWBORNS is a group of creative adults who share their enthusiasm for yarn, crochet hooks and knitting needles. They make caps and afghans for every baby born at the Anna Jaques Hospital. Written instructions for the projects and a small supply of yarn are available. The group meets at the Senior/Community Center at **10 a.m. on the second Wednesday of each month.** The program is free and anyone interested in invited to attend.



Newburyport Senior/Community Center Activities now has a **FACEBOOK** page. Check it often for event and schedule changes.

LOW VISION SUPPORT GROUP: promoting confident living with vision loss. 2nd Tuesday of the month 10:00-11:30. The next meeting will be held on Tuesday, April 11. For more information, call Joanne Maki at 978-792-5667..

GERMAN CONVERSATION GROUP The German Conversation Group, led by Yvonne Strachwitz McQuilkin, will meet each Monday from 1:00-2:00 to converse informally *in German*.

SINGING GROUP Come and sing on the second Tuesday from 11:30 to 12:30 in the Boardroom. Come and listen, or come and sing – all voices welcome! April 11th.



COLORING GROUP New time! Coloring group now meets on Friday at 9:00 a.m. in the art-room on the 2nd floor. This is a calming, focusing activity for both men and women. All supplies are provided.

THE MASS SENIOR ACTION COUNCIL is a 35 year old state wide organization of seniors like you, working to ensure the best for their future wellbeing by influencing legislation touching all areas of their daily lives.

On Friday, April 21st 2017 the Mass Senior Action Council, North Seacoast (MSAC) will meet at 10:00 at the Newburyport Senior/Community Center. After a 15 minute business meeting there will be a speaker and discussion. Adults from all area towns and cities are welcome. You do not need be a senior or a member of MSAC to attend.



APRIL 2017 Program Calendar

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p>3 8:00 Health Insurance 9:00 Exercise to Music 9-11 Craft Group 1-3 Drop in Painting 1:00 German talk group 1:00 Gentle Fitness</p>	<p>4 <i>Brown Bag Day</i> 9:00 Ballet/Tap 10:00 Coffee Talk 11:00 Meditation 1:00 Bridge 12:00 Oil Painting 1:00 PING PONG!</p>	<p>5 9:00 Exercise to Music 10:00 French group 1:00 Community Day</p>	<p>6 9:00 Zumba Gold 9:00 Foot Care 10:00 Ballet/Tap 12:00 Abstract Art 12:00 Reiki 1:00 Mah Jongg 2:30 Yoga</p>	<p>7 9:00 Exercise to Music 9:00 Coloring + Crafts 10:00 Qigong 11:00 Tai-Chi Basics 12:00 Bingo! 1:00 Massage Therapy 1:00 Ping Pong 1:00 Cribbage + 45s 1:00 Chess Club</p>
<p>10 8:00 Health Insurance 9:00 Exercise to Music 9-11 Craft Group 1-3 Drop in Painting 1:00 German talk group</p>	<p>11 9:00 Ballet/Tap 10:00 Coffee Talk 10:00 Low Vision group 11:00 Meditation 1:00 Bridge 12:00 Oil Painting 1:00 PING PONG!</p>	<p>12 9:00 Exercise to Music 10:00 French group 10:00 Knit for Newborns 1:00 Community Day 1:30 <i>Retired Readers</i></p>	<p>13 9:00 Zumba Gold 10:00 Ballet/Tap 12:00 Abstract Art 12:00 Reiki 1:00 Mah Jongg 2:30 Yoga</p>	<p>14 9:00 Exercise to Music 9:00 Reiki (by appt) 10:00 Qigong 11:00 Tai-Chi Basics 12:00 Bingo! 1:00 Ping Pong 1:00 Cribbage + 45s 1:00 Chess Club 1-3 Drop In Painting</p>
<p>17 8:00 Health Insurance 9:00 Exercise to Music 9-11 Craft Group 1-3 Drop in Painting 1:00 German talk group 1:00 Gentle Fitness</p>	<p>18 9:00 Ballet/Tap 10:00 Coffee Talk 11:00 Meditation 11:30 Sing A Long 12:00 Oil Painting 1:00 Bridge 1:00 PING PONG!</p>	<p>19 9:00 Exercise to Music 10:00 French group 1:00 Community Day</p>	<p>20 9:00 Health Insurance 9:00 Zumba Gold 9:00 COA Board Mtg. 10:00 Ballet/Tap 12:00 Abstract Art 12:00 Reiki 12-2 Parkinsons group 1:00 Mah Jongg 2:30 Yoga</p>	<p>21 9:00 Exercise to Music 10:00 Qigong 11:00 Tai chi Basics 12:00 Bingo! 1:00 Massage Therapy 1:00 Ping Pong 1:00 Cribbage + 45s 1:00 Chess Club 1-3 Drop In Painting</p>
<p>24 8:00 Health Insurance 9:00 Exercise to Music 9-11 Craft Group 1-3 Drop in Painting 1:00 German talk group 1:00 Gentle Fitness</p>	<p>25 9:00 Ballet/Tap 10:00 Coffee Talk 11:00 Meditation 12:00 Oil Painting 1:00 Bridge 1:00 PING PONG!</p>	<p>26 9:00 Exercise to Music 10:00 French group 1:00 Community Day</p>	<p>27 9:00 Health Insurance 9:00 Zumba Gold 9:30 COA Board Mtg. 10:00 Ballet/Tap 12:00 Abstract Art 12:00 Reiki 1:00 Mah Jongg 2:30 Yoga</p>	<p>28 9:00 Exercise to Music 10:00 Qigong 11:00 Tai Chi Basics 12:00 Bingo! 1:00 Massage Therapy 1:00 Ping Pong 1:00 Cribbage + 45s 1:00 Chess Club</p>
<p>May 1st 1:00 Dementia 101</p>		<p>For More Information about programs Call Mary Kelly 978-462-0430</p>		

APRIL 2017 Menu

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p>3 Hot Dog Hot Dog Roll Condiments Baked Beans Potato Chips Pineapple</p>	<p>4 Beef Burgundy Egg Noodles Carrots Italian Bread Fruit Loaf</p>	<p>5 Egg Drop Soup Chicken Drumstick Sweet Sour Sauce White Rice Mixed Veg Natural Grain Bread</p>	<p>6 Pork Roast + Gravy Mashed Potatoes Corn + Red Peppers Whole Wheat roll Pudding</p>	<p>7 Mac + Cheese Spinach Roll Fresh Orange</p>
<p>10 Chicken Marsala White Rice Green Beans Natural Grain Bread Mandarin Oranges</p>	<p>11 Stuffed Shells Parmesan cheese Meat Sauce Zucchini Dinner roll Raisins</p>	<p>12 Corn Chowder Frittata Butternut Squash Roasted Potatoes Oat Bread Yogurt</p>	<p>13 Baked Ham Mixed Veg Mashed Potatoes Dinner Roll Brownie</p>	<p>14 Haddock Lemon Dill Sauce Rice Pilaf Broccoli Dinner Roll Fresh Fruit</p>
<p>17 Patriot's Day No meals Served or Delivered</p>	<p>18 Creamed Grnd Beef Pasta Peas + Carrots Oat Bread Peaches</p>	<p>19 Veg Bean Soup Pollock + Cheese patty Corn Sweet Potatoes Sandwich Roll Fresh Fruit</p>	<p>20 Chicken Parmesan Pasta Cauliflower Dinner Roll Cake</p>	<p>21 Meatloaf + Gravy Ketchup Mashed Potatoes Brussels Sprouts Dinner Roll Raisins</p>
<p>24 Cheese Lasagna Parmesan Cheese Meat Sauce Green Beans Dinner Roll Mandarin Oranges</p>	<p>25 Southwest Chicken White Rice Black Beans Shredded Lettuce Tortilla Applesauce</p>	<p>26 Chicken Noodle Soup Hamburger Cheese slice Hamburger Roll Mashed Potatoes Beets Raisins</p>	<p>27 Meatballs Stroganoff Sauce Pasta Broccoli Oat Bread Macintosh Apple</p>	<p>28 Turkey Tetrizzini Lemon Rice Carrots Wheat Bread Grahams</p>
<p>Lunch is Served at 11:15 a.m. Please call in your Lunch Reservation 2 days ahead. 978-462-0430</p>	<p>Requested Donation \$2</p>			

NEWBURYPORT COUNCIL ON AGING TRIPS

Please note: Reservations cannot be confirmed until payment is received. For details and to sign up for one of our group tours please contact the Council on Aging in Newburyport @ 978-462-0430.

April 11 – BINGO! @ The Inn/East Hill Farm – Enjoy an afternoon of playing Bingo for cash prizes, 2 cards per person; includes buffet style lunch of Yankee Pot Roast or Roast Turkey Dinner. \$68pp payable to Royal Tours.

April 19 – Adam Trent @ Lantana’s, Randolph, MA. – Star of the hit Broadway show “The Illusionists” – part magic, part concert, and part standup comedy. Includes lunch of Chicken Cordon Bleu (vegetarian option, order on sign up). \$95pp payable to Best of Times.

April 20 – BSO Open Rehearsal – All Mozart Program: Piano Concerto No. 24 in C Minor; Requiem. 10:30am performance; p/u Crossroads Plaza, Salisbury. \$50pp payable to City of Haverhill.

May 1-5 – Niagara Falls & Toronto – Includes a journey to the Falls on a Hornblower Niagara Cruise. Visits to beautiful Queen Victoria Park, historical Niagara on the Lake, engineering marvel the Welland Shipping Canal and Fallsview Casino. Tour of cosmopolitan Toronto, including majestic Casa Loma. 5 Days/4 Nights; 8 Meals (4 Breakfasts/4 Dinners). \$499pp Dbl/\$658 Sgl. Payable to Diamond Tours. **\$75 deposit on sign up reserves your seat**; Final payment due 02/22/17.

May 9 – The Edwards Twins Celebrity Impersonators @ Newport Playhouse – Two Brothers – 100 Stars, direct from their act in Las Vegas. Includes Buffet Luncheon. \$87pp payable to Royal Tours.



May 19-21 – New York City – Includes visits to 09/11 Memorial & Museum; Ferry Ride to Liberty & Ellis Island w/admission to Statue of Liberty. Free time to explore the city; enjoy museums, shows, sightseeing, shopping, etc. at your own pace. 3 Days/2 Nights; American Breakfast Buffet each morning. \$599pp Dbl/\$879 Sgl. Payable to Best of Times. **\$50 deposit on sign up confirms your reservation**; Final payment due 04/07/17.

May 23 – Stayin’ Alive @ Danversport Yacht Club – A Tribute Show to the Bee Gees, 8 Time Grammy Award Winners, 5 Time AMA Award Winners. Includes lunch choice of Stuffed Chicken Breast or Baked Schrod. Includes Transportation \$89pp; Self Drive \$69pp payable to Best of Times.

June 6 – A Presidential Birthday @ Hyannis – Celebrating JFK’s 100th birthday; enjoy a 1 hour narrated harbor cruise with views of the historic Kennedy Compound; visit the Hyannis JFK Museum. Includes lunch at the Cape Codder Resort (Cape Scrod, Chicken Pot Pie or Steak Tips). \$90pp payable to Royal Tours.

June 19 – Tall Ships 2017 – Sail through Boston’s historic harbor aboard the Provincetown II for a magnificent view of the Tall Ships. Includes Entertainment, Cruise and Lunch at the Venezia Waterfront Restaurant (choice of Chicken Parm or Baked Haddock). \$95pp payable to Best of Times.

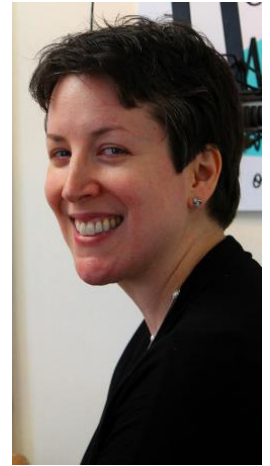
September 7-11 – Nashville & Memphis – America’s Music Cities. Featuring visits to Graceland; the famous Wildhorse Saloon; Beale St., Memphis; Country Music Hall of Fame; and Ryman Auditorium, home of the Grand Ole Opry from 1943 to 1974. 5 Days/4 Nights; 8 Meals (4 Breakfasts/4 Dinners). Includes roundtrip Airfare and transportation / Logan Airport. \$1799pp dbl/2099 sgl. **\$600pp deposit due on sign up.**

This monthly newsletter is available both electronically and in hard copy. Distribution is made possible in part by grants from the Massachusetts Executive Office of Elder Affairs and from the Friends of Newburyport Council on Aging. Call the Council on Aging to add your name to the mailing list and provide your email address.

A Message from State Senator Kathleen O'Connor Ives:

First responders, including law enforcement officers, firefighters, and EMTs, have often encountered difficulty living in the communities they serve because they are priced-out. Additionally, many municipalities across the Commonwealth have residency requirements for these employees.

This session, I re-filed SD 1270, "An Act Relative to Access to Housing for First Responders," to address this issue. This legislation would allow MassHousing, an independent, quasi-public state agency focused on providing financing for affordable housing, to create a special home loan program for first responders who are required to live within a minimum distance from the municipality they serve. Those eligible for this program would meet program income limits and live in the eligible home as the primary residence for the term of the loan, in addition to other common-sense requirements required by the program.



Whether you support or oppose such residency requirements for first responders, it remains true that many of these public servants wish to live where they work, but struggle financially to do so.

According to the Everyday Hero Housing Assistance Fund, 69% of all Americans own their own home, while less than one-third of young police officers, firefighters, EMTs, and other service professionals can afford to do so.

Those who stand at the ready to respond and dedicate their lives to the public safety deserve more than platitudes. This session, I'm focused on making progress to advance this bill. As always, my office can be reached at 617-722-1604 if we may be of assistance.

RETIRED READERS

The Retired Readers meet on the 2nd Wednesday of each month from 1:30 – 3:00 at the Senior/Community Center. These are the books they've chosen for the months ahead:

April	<i>Noah's Compass</i>	by Anne Tyler
May	<i>The Night Strangers</i>	by Chris Bohajalian

RMV NEAR ME

Need to renew your driver's license or your car's registration? Maybe you can skip a trip to the Registry of Motor Vehicles by renewing online! There is a very 'user friendly' website for computer users to access:

www.massrmv.com

Several of the most common RMV transactions can be easily started and often completed online, thus decreasing wait times at registry branches. These include license renewals (for licensed drivers younger than age 75), registration renewals, change of address, and duplicate license or registration. If you need assistance with an online transaction, the Newburyport Council on Aging might be able to help you. Call the COA at 978-462-0430 to schedule an appointment for assistance in the Computer Lab at the Senior/Community Center. The www.massrmv.com web site also provides the location, hours of operation AND current wait times at each of the RMV branch offices. The Registry of Motor Vehicles is affiliated with many AAA offices, including the one at Port Plaza in Newburyport. AAA members can visit that convenient location for many RMV services.



Massachusetts
Registry of Motor Vehicles

READING NEVER SOUNDED SO GOOD

Perkins Library at the Perkins School For The Blind is a Braille and Talking Book Library (BTBL) that offers free services such as books and magazines in digital audio, large print, braille, audio described DVD's; all geared towards helping those who have difficulties reading printed materials. This is not limited in any way to the blind; many residents in your community coping with arthritis, Parkinson's, multiple sclerosis, stroke and so many other conditions can receive our free services if only they were only made aware of their eligibility.

The Perkins Library offers a variety accessible services to eligible patrons, including our growing collection of physical cartridge and cloud-based talking books, Braille and large print books, all available through postage-free checkout and delivery. We also have a same-day newspaper and magazine telephone service called NEWSLINE, an audio described Blu-ray and DVD library, museum passes, book clubs, and catalogues such as the Talking Book Topics for you to browse for suggestions and ideas.

The first step to becoming a patron will be printing out and completing our Application for Library Services, either in English or in Spanish Language, you can also read more about our services in our Individual Patron Information Sheet, also available in Spanish. For additional information, call Erin Fragola, Perkins Library Outreach Coordinator, at 617-972-7247 or email Erin at Erin.Fragola@Perkins.org.

PLANNING FOR MEDICARE – Countdown to 65 – Wednesday April 5 at 6 pm

If you're getting close to Medicare eligibility, this seminar is for you. Whether you are planning to retire or will continue to work, it's important to know your Medicare options. This seminar is a presentation and discussion led by a knowledgeable Blue Cross Blue Shield of Massachusetts representative. Your specific questions will be answered in addition to covering these topics:

- Explanation of Medicare Parts A, B, and C
- Medicare enrollment timeline
- Medigap plans that help supplement Medicare coverage
- Medicare Advantage plans, such as HMOs and PPOs
- Medicare Part D prescription drug plans
- Plans and programs available to reaty retirees, such as COBRA

LEARN ABOUT YOUR MEDICARE OPTIONS WITH FALLON HEALTH!

Join Fallon Health at an informational presentation to learn about the Medicare Advantage and Medicare Supplement plan options available to you. Fallon offers plans that meet the needs and budget of almost anyone. And, with more than 35 years of providing coverage to those with Medicare, Fallon has become a plan that people can rely on.



A Fallon representative will be at the Newburyport Senior/Community Center on the following dates:
Thursday, April 6 from 10am-12pm and Thursday, June 1 from 10am-12pm

INTRODUCTION TO MEDICARE – Wednesday April 19 at 6:30 pm

This free 90 minute seminar is presented by our SHINE program: Serving Health Insurance Needs of Everyone. It will be held in the Boardroom on the second floor at the Newburyport Senior/Community Center. If you are just learning about Medicare, or still have questions about how Medicare works, please take advantage of this opportunity to learn the answers from well-informed and unbiased health insurance counselors. To pre-register, call the Council on Aging office 978-462-0430

SPRING ARTS – TALK SERIES

The following programs are all Free of Charge. They will be held in the Arts Room at 10:00 a.m. on the second floor of the Senior/Community Center. You are invited!

Thursday, April 6th WALT THOMPSON – “And Then There is Art”

Walt Thompson, of Newburyport, will take you on his journey from beginner painter to serious painter working in his new home studio. Hear about his efforts toward his success.

Thursday, May 4th JOAN HANCOCK – Abstract Art

Joan Hancock, a well known Newburyport painter and longtime co-owner of Bridgite Gallery, will discuss the change in her painting style, from traditional landscapes, and still life, to her new and exciting venture into abstract art.

Thursday, June 1st ROB BRUN - Oil Painting

Rob Brun, a Newburyport painter, best known for his traditional nautical paintings, will discuss oil painting, its advantages and its challenges. Rob teaches oil painting at the Newburyport Senior/Community Center. Perhaps YOU can be an oil painter!

PARKINSONS GROUP

April is Parkinson's Awareness Month. It is important for people with Parkinson's to remember that they live with this disease, they need not die of this disease. Self-management is crucial as there is no cure and only limited treatment. The old saws of diet, hydration, exercise need to be incorporated into a lifestyle. It never ends but relief is in the patient's hands. The next meeting of the Newburyport Parkinson's Support Group is set for Thursday, April 20, from Noon until 2 p.m. The group meets every third Thursday at the Senior/Community Center, 131 High St., Newburyport. Admission is always free. The group's local contact is Andrew Mungo, 978-462-0282, 978-518-9143 or portmovies@aol.com



The April meeting's guest speaker will be Laurie Lavoie of Northeast Rehabilitation of Pease (NH). Laurie is an occupational therapist and clinic manager for outpatient therapy at Northeast Rehab. She graduated from UNH with her Masters in 2004. She has been treating individuals with living with Parkinson's for the last 12 years and is LSVT BIG certified. Her presentation will discuss the comprehensive Parkinson's program offered at Pease. She will share videos of patient success stories and will be available for questions.

The Thursday, May 18 meeting of the Newburyport Parkinson's Support Group is set to host Janelle Michaud of Medtronic, Inc., the maker of Deep Brain Stimulation (DBS) devices for people with Parkinson's, Essential Tremors and Dystonia. Medtronic is a global leader in medical technology and services.

Janelle will provide an overview of DBS and will answer questions from those in attendance. The group hopes to share reliable information about new and developing technologies from reputable sources.

NEW CLASS - Gentle fitness: go with the flow! Mondays 1:00 to 2:30

Gentle fitness: Go with the flow class incorporates the latest developments in the Active Aging field, with specific components targeted towards those with Parkinson's and Arthritis. It also incorporates movements from the innovative and exciting Mark Morris Company's Parkinson's Dance program that really takes the concept of traditional exercise to another level of grace and movement. If anyone is interested in taking this class, please leave your name at the Reception Desk or contact instructor, Susan Tribble at susantribble@comcast.net

