



Newburyport Council on Aging

Senior Citizen News

331 High Street

Newburyport, Massachusetts 01950

978-462-0430

RRobillard@cityofnewburyport.com

Donna Holaday, Mayor
www.cityofnewburyport.com

FEBRUARY 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:

DIRECTOR

Roseann Robillard

ASSISTANT TO THE DIRECTOR

Janet Kalashian

ACTIVITIES COORDINATOR

Mary Kelly

DRIVERS

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Christina Rushton-Power

NUTRITION COORDINATOR

Cindy Lee Rand

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Ann Marie Baia, Trudy Thompson
Maryann Humphries, Meg DeGive
Patty Smyrski, Elaine Paglia,
Nancy Brogden, Rebecca Huard
Beverly Jaques, Janet Sheehan

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Frances Munroe, President
Charles Carroll, Vice President
Frances Reslewic, Secretary
Richard Eaton, Miller Graf
Jane Kelley, Jo An Kincaid
Yvonne McQuilken, Cynthia Muir
Jack Ronan

The next scheduled COA Board Meeting will be January 19th

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

February 8th - Valentines Day Party featuring sweet treats for all plus live music from acoustic duo Stellwagon. You must sign up for this special free event! Call 978-462-0430.

February 15th - A one hour long multi-media presentation on the history of the American Submarine Service – from its humble beginnings in 1900, through many triumphs and the devastating loss of the USS Thresher off the coast of New England in 1963. The presentation by Peter J. Koester, local Submarine Force veteran and Commander of the US Submarine Veterans, Inc., Northeast Region, District One (New England) will be followed by a question/answer session and the display of an award-winning 20 foot cut-away model of the USS Thresher illustrating life aboard a modern nuclear sub. All are welcome at this free event.

February 22nd - SNAP - The Food Stamp program. Who is eligible, how to apply, how the allotted benefit might be increased, and how to get help when the food stamps have been interrupted. A free event. All are welcome.

Representatives from Senior Whole Health will provide a table of information, handouts and giveaways during Community Days on Feb 15th and Feb 22nd. Come meet Linda and Jeremy and learn about Senior Whole Health.

A NEW CLASS

Qigong Meditation and Asian Exercise – Every Friday at 10:00 a.m. Qigong is an energy practice using specific hand and body movements to enhance the sensitivity of Qi (energy) cultivation. It's primarily practiced for personal health and healing. Asian exercise has been practiced since the 6th century. Gentle movements and postures are highly beneficial for building endurance and to regulate the immune system.

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.

DOG/CAT FOOD We recognize that pets are important companions. The cost of their care and feeding can put a strain on the budget. The Animal Control Officer in Newburyport supplies the Council on Aging with dog/cat food. If you need some, ask at the Reception Desk in the Senior/Community Center



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

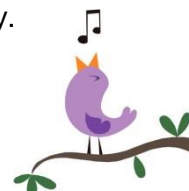
LOW VISION SUPPORT GROUP: 2nd Tuesday of the month (except January and February). Next meeting Tuesday, March 14, 10:00-11:30. For more information, call Joanne Maki at 978-792-5667.

PARKINSONS GROUP 3rd Thursday of the month from 12-2 p.m. in the first floor Community Room 'A'. This new support group is free and provides helpful information from professionals in the field of neurological disorders. All are welcome.

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*.

CHESS CLUB Chess club is now meeting every Friday at 1:00 p.m. If anyone is interested in playing chess please drop in. We have several chess sets, and many people have signed up to play.

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! February 14th.



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.

COUNCIL ON AGING OFFERS MANY SERVICES

- Durable Medical Equipment to borrow (walkers, wheelchairs, commodes, tub benches, etc.)
- Document Lamination and Shredding
- Assistance with Applications (Food Stamps, Housing, Fuel Assistance, Handicap Placard, etc.)
- Lending Library for books and puzzles
- Coloring Books, Colored Pencils and Markers for independent quiet enjoyment
- Free Computer Help every Wednesday morning, and other times per request

TAX HELP AVAILABLE

The Newburyport Council on Aging, in conjunction with AARP, offers FREE assistance with filing Federal and State Taxes. Appointments can be made by calling the Senior/Community Center at 978-462-0430. The tax preparers are here on Mondays, Tuesdays, and Thursdays thru mid-April. Appointment times are 8:30, 10:00 and 11:30 a.m. When you make an appointment, we will send you a written confirmation with a list of documents to bring, plus information about the Circuit Breaker credit.

FEBRUARY 2017 Program Calendar



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

		1 9:00 Exercise to Music 10:00 French group	2 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	3 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
6 8:00 Health Insurance 9:00 Exercise to Music 9-11 Craft Group 1-3 Drop in Painting 1:00 German talk group	7 Brown Bag Day 9:00 Ballet/Tap 10:00 Coffee Talk 11:00 Meditation 1:00 Bridge 12:00 Oil Painting 1:00 PING PONG!	8 9:00 Exercise to Music 10:00 French group 10:00 Knit for Newborns 1:00 Valentines Party 1:30 <i>Retired Readers</i>	9 9:00 Zumba Gold 10:00 Ballet/Tap 12:00 Abstract Art 12:00 Reiki 1:00 Mah Jongg 2:30 Yoga	10 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
13 8:00 Health Insurance 9:00 Exercise to Music 9-11 Craft Group 1-3 Drop in Painting 1:00 German talk group	 9:00 Ballet/Tap 10:00 Coffee Talk 11:00 Meditation 12:00 Oil Painting 1:00 Bridge 1:00 PING PONG!	15 9:00 Exercise to Music 10:00 French group 1:00 Community Day <i>U.S. Submarine Vets</i>	16 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	17 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
20 Closed for Presidents' Day	21 9:00 Ballet/Tap 10:00 Coffee Talk 11:00 Meditation 12:00 Oil Painting 1:00 Bridge 1:00 PING PONG!	22 9:00 Exercise to Music 10:00 French group 1:00 Community Day <i>Learn About Food Stamps</i> 2:00 German Talk Group	23 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	24 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
27 8:00 Health Insurance 9:00 Exercise to Music 9:00 Watercolor Painting 1:00 German talk group	28 9:00 Ballet/Tap 10:00 Coffee Talk 11:00 Meditation 12:00 Oil Painting 1:00 Bridge 1:00 PING PONG!			For More Information about programs Call Mary Kelly 978-462-0430

FEBRUARY 2017 Menu


MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

		<p>1 Seafood Chowder Cheeseburger Mashed Potatoes Carrots Fresh Fruit</p>	<p>2 Vegetable Frittata Sweet Potato Mixed Veg Natural Grain Bread Cookie</p>	<p>3 Turkey a la King Herbed Rice Green Beans Whole Wheat Bread Pineapple</p>
<p>6 Stuffed Shells Meat Sauce Cauliflower Dinner Roll Pudding</p>	<p>7 Baked Chicken Pineapple Sauce Asian Blend Veg White Rice Oat Bread Fresh Fruit</p>	<p>8 Tortellini Soup Baked Fish Orzo Pilaf Mixed Veg Wheat Bread Fruit Crunch Bar</p>	<p>9 Roasted Pork with Apples and Onions Roasted Potatoes Butternut Squash Natural Grain Bread Applesauce</p>	<p>10 Meatloaf or Ribeye Gravy or BBQ Sauce Mashed Potatoes Corn Whole Wheat Roll Pears</p>
<p>13 Swedish Meatballs Pasta Peas Whole Wheat Bread Fresh Fruit</p>	<p>14 Baked Stuffed Chicken Mashed Sweet Potato Lemon Broccoli Natural Grain Bread Strawberry Parfait</p>	<p>15 Italian Sausage Soup Eggplant Parm Pasta Chef's Choice Veg Dinner Roll Mandarin Oranges</p>	<p>16 Beef Vegetable Stew Mashed Potatoes Oat Bread Cake</p>	<p>17 Hot Dog Baked Beans Potato Chips Hot Dog Roll Pineapple</p>
<p>20 No Meal Service Today</p>	<p>21 Chicken Drumstick BBQ Sauce Corn + Red Pepper Mashed Potatoes Whole Wheat Bread Grahams</p>	<p>22 Vegetable Soup Beef Burgundy with Onions and Mushrooms Pasta Green Beans Dinner Roll Fresh Orange</p>	<p>23 Turkey with Gravy + Stuffing Mixed Veg Natural Grain Bread Cranberry Sauce Gelatin</p>	<p>24 Breaded Fish Zucchini + Tomatoes Roasted Potatoes Oat Bread Raisins</p>
<p>27 Chicken Teriyaki White Rice Asian Blend Veg Honey Wheat Roll Pineapple</p>	<p>28 Macaroni + Cheese Crumb Topping Spinach Dinner Roll Chef's Choice Dessert</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

March 16 - The Willoughby Brothers @ Venus de Milo – Featuring a blend of Irish ballads and popular classics; the six brothers from Coolboy, Co. Wicklow will be joined by the “Dublin Dancers,” showcasing traditional and contemporary Irish dance. Includes lunch (Corned Beef or Baked Schrod). \$89pp payable to Best of Times.

March 18 – The Lion King @ Providence Performing Arts Center – Lunch on own at Federal Hill, Providence’s “Little Italy.” \$99 Balcony/\$149 Orchestra Seats payable to Tye’s Tours.

April 11 – BINGO! @ The Inn/East Hill Farm – Enjoy an afternoon of playing Bingo for cash prizes, each person receives 2 cards; includes lunch choice 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 at sign up). \$95pp payable to Best of Times.

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 @ The 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. \$89pp 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.

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.**

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

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A Message from State Senator Kathleen O'Connor Ives:

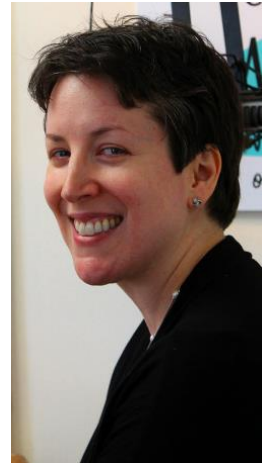
February is American Heart Month and fittingly, the Massachusetts legislature recently enacted a bill which will strengthen safety for children with cardiac conditions by installing automated external defibrillators (AEDs) in schools.

For years, advocates from across the Commonwealth have pushed for this common-sense requirement to make these life-saving devices accessible in schools, especially during sporting events. I am especially grateful to Diane Pickles, a resident of Haverhill, the American Heart Association, and other local advocates who shared their personal stories and experiences with me throughout the bill's progress in the legislature.

Senate Bill 2449, "*An Act Requiring Automated External Defibrillators in Schools*," requires each school facility in Massachusetts to provide and maintain at least one AED on site in addition to having on staff a person who is a certified AED provider. A person certified in AED use must also be present and readily available at any school-sponsored athletic event. Importantly, these providers would not be held liable for any injury or death which occurs during a good faith attempt to render emergency care.

Notably, if a school system is unable to comply with these safety standards, the superintendent may request a hardship waiver from the Department of Elementary and Secondary Education, and the department must also make available to public schools a list of grants and other funding sources that a public school may access to facilitate the purchase of AEDs.

As always, my office can be reached at 617-722-1604 if we may be of assistance.



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, February 17, 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.

THE POWER OF FORGIVENESS

Come to the Newburyport Senior/Community Center at 1:00 p.m. on April 5th and explore the Science 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.

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.

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** the **Braille Book review** 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**.

Here is a **YouTube link to one of our videos geared towards professionals and institutions** helping those who may have difficulties reading books in print. We also have videos from the Library of Congress **outlining the different materials we offer** as well as a **video on how to use the advanced machine**.

Erin Fragola, Perkins Library Outreach Coordinator

175 North Beacon Street

Watertown, MA 02472

P: 617-972-7247

F: 617-972-7376

PerkinsLibrary.org

Erin.Fragola@Perkins.org

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

Need a Ride?

The Council on Aging administers a curb-to-curb Transportation Program for Newburyport elders and for disabled non-elders. There are two 14-passenger vans on the road Monday through Friday from 8:00 a.m. until 3:30 p.m. The most commonly requested destinations are grocery stores, medical offices, pharmacies and banks, but the vans will shuttle from any Newburyport home to any other Newburyport address. All passengers are asked for a \$1 donation each time they board the van to help defray the cost of gasoline. The drivers are paid, full-time City employees.



Elders needing transportation to medical appointments outside of Newburyport can call the Council on Aging 'NEET' Program. NEET (Northern Essex Elder Transport) is a team of volunteer drivers who use their own cars. The suggested donation for a NEET ride is \$0.43 per mile.

All requests for rides and questions about the Transportation Program should be directed to Janet Kalashian at the Council on Aging office. Janet can be reached at 978-462-0430 or at JKalashian@cityofnewburyport.com.

By popular demand, the Emma Andrews Library will offer Souper Saturday on February 25 and Saturday March 25 from 12:00 noon until the soup runs out. The Emma Andrews Library is located at 77 Purchase Street in Newburyport.

January's Souper Saturday featured lentil sausage soup, African peanut soup, curried butternut squash soup, Italian wedding soup and black bean escarole soup. All soups are accompanied with delicious breads and fabulous desserts. A \$5.00 donation will be greatly appreciated as the monies collected are used to fund the many children's programs at the Emma.



Food Stamps

Could you use extra money for food? The Supplemental Nutrition Assistance Program – SNAP – can help. If your gross income is less than \$1,980 a month for a household of 1 (or \$2,670 for a household of 2) then you are eligible for SNAP benefits. Seniors who can claim medical expenses may be able to increase their benefit amount.

The Newburyport Council on Aging is offering a Community Day presentation about the SNAP Food Stamp benefit at 1 pm on Wednesday, February 22nd. This one hour event will be both informative and fun. You will learn about the program, how to use the food stamps, how the allotted benefit might be increased, and how to get help when the food stamps have been interrupted.

The following week, on Monday, February 27th a representative from the SNAP food stamp program will meet individually with those who want to apply for SNAP food stamps. She will help with the application process. Interested residents should contact the Council on Aging office at 978-462-0430 for a 30 minute appointment.

Our SNAP contact is Christa Mayfield. She can be reached at 617-598-5022 or at snap@qfbf.org.



Retired Readers

February	<i>Defending Jacob</i>	by William Landay
March	<i>The Lifeboat</i>	by Charlotte Rogan
April	<i>Noah's Compass</i>	by Anne Tyler
May	<i>The Night Strangers</i>	by Chris Bohajalian

The Retired Readers meet on the 2nd Wednesday of each month from 1:30 – 3:00 at the Senior/Community Center.

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, March 2nd SUE SPELLMAN – Book Illustration

Sue Spellman is a well-known Newburyport artist and teacher, admired for her paintings and drawings. She has enjoyed a long career in Book Illustration. She will present examples of her work and lead a discussion about her work.

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!

