



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

MARCH 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

Jody Desmond, Bob Dwan
Christina Rushton-Power

NUTRITION COORDINATOR

Cindy Lee Rand

OFFICE VOLUNTEERS

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

BOARD MEMBERS

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

March 8th Meg McDonald Home health care presentation

March 15th - Join the United States Submarine Veterans for a presentation on the history of the U.S. Submarine Force and the loss of the USS Thresher. Peter J. Koester will offer an hour-long multimedia 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. The presentation will be followed by a question and answer session and display of the award-winning 20 foot long cut-away model of the USS Thresher illustrating life aboard a modern nuclear submarine.

March 22nd -The Beverly Flotilla's, Bob Amiro, is the Division Staff Member Trainer and the 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.

March 29th -Collecting and Investing in Coins. Join one of the area's most knowledgeable numismatists, Rick Bagg, as he leads you in a presentation about coins. Rick will answer your questions about buying, selling and valuing coins. Investing in coins will also be discussed. On display will be examples of coins that circulated in the Newburyport area during the 1787 to 1947 period as well as currency from Newburyport banks, colonial times, the civil war and confederacy. Attendees are encouraged to bring coins for discussion and valuation. See www.richardbagg.com for more information or call 978-255-1127.

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.

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. 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.

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.



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. 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.

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.

MARCH 2017 Program Calendar


MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p>For More Information about programs Call Mary Kelly 978-462-0430</p>		<p>1 9:00 Exercise to Music 10:00 French group</p>	<p>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</p>	<p>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</p>
<p>6 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>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!</p>	<p>8 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>9 9:00 Zumba Gold 10:00 Ballet/Tap 12:00 Abstract Art 12:00 Reiki 1:00 Mah Jongg 2:30 Yoga</p>	<p>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</p>
<p>13 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>14 9:00 Ballet/Tap 10:00 Coffee Talk 10:00 Low Vision group 11:00 Meditation 11:30 Sing A Long 12:00 Oil Painting 1:00 Bridge 1:00 PING PONG!</p>	<p>15 9:00 Exercise to Music 10:00 French group 1:00 Community Day</p>	<p>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</p>	<p>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</p>
<p>20 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>21 9:00 Ballet/Tap 10:00 Coffee Talk 11:00 Meditation 12:00 Oil Painting 1:00 Bridge 1:00 PING PONG!</p>	<p>22 9:00 Exercise to Music 10:00 French group 1:00 Community Day</p>	<p>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</p>	<p>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</p>
<p>27 8:00 Health Insurance 9:00 Exercise to Music 9:00 Watercolor Painting 1:00 German talk group</p>	<p>28 9:00 Ballet/Tap 10:00 Coffee Talk 11:00 Meditation 12:00 Oil Painting 1:00 Bridge 1:00 PING PONG!</p>	<p>29 9:00 Exercise to Music 10:00 French group 1:00 Community Day</p>	<p>30 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>31 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>

MARCH 2017 Menu

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<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>	<p>1 Vegetable Soup Mac & Cheese Spinach Whole Wheat Bread Fresh Orange</p>	<p>2 Roasted Pork Gravy Sweet Potatoes Cauliflower Natural Grain Bread Applesauce</p>	<p>3 Frittata French Toast Syrup Baked Apples Oat Bread Yogurt</p>
<p>6 Beef Chili Rice Pilaf Mixed Veg Cornbread Gelatin</p>	<p>7 Pollock Lemon Dill Sauce Butternut Squash Red Potatoes Honey Wheat Roll Raisins</p>	<p>8 Beef Barley Soup Breaded Chicken Mash Potatoes Corn Natural Brain Bread Fresh Fruit</p>	<p>9 Beef Stroganoff Pasta Carrots Italian Bread Mandarin Oranges</p>	<p>10 Cheese Lasagna Marinara Sauce Parmesan Cheese Broccoli Dinner Roll Grahams</p>
<p>13 Hot Dog Baked Beans Potato Chips Hot Dog Roll Condiments Pineapple</p>	<p>14 Stuffed Shells Parmesan Cheese Meat Sauce Cauliflower Dinner Roll Peaches</p>	<p>15 Tomato Basil Soup Mediterranean Chicken Parmesan Risotto Zucchini Multigrain Bread Fresh Fruit</p>	<p>16 Corned Beef Cabbage & Carrots Steamed Potatoes Honey Wheat Roll Jell-O-Cake</p>	<p>17 Fish Sandwich Tartar Sauce Mashed Potatoes Green Beans Sandwich Roll Pudding</p>
<p>20 Chicken Picatta Lemon Rice Broccoli Italian Bread Cookie</p>	<p>21 Meatloaf w/ Gravy Ketchup Sweet Potatoes Brussels Sprouts Dinner Roll Yogurt</p>	<p>22 Butternut Squash soup Turkey Broccoli Casserole Noodles Carrots Whole Wheat Bread Fresh Orange</p>	<p>23 Baked Ham Raisin Sauce Mashed Potatoes Peas Multigrain Bread Applesauce</p>	<p>24 Mac & Cheese Crumb Topping Chef's Choice Veg Dinner Roll Mixed Fruit</p>
<p>27 Herb Roasted Turkey Cranberry Sauce Gravy Cheesy Cauliflower Sweet Potatoes Wheat Bread Pears</p>	<p>28 Hamburger Cheese Mashed Potatoes Beets Hamburger Roll Peaches</p>	<p>29 Chicken Corn Soup Asian Noodles w/ Pork Asian Mixed Veg Dinner Roll Fortune Cookie</p>	<p>30 Turkey w/ Gravy Cranberry Sauce Mashed Potatoes Green Beans Natural Grain Bread Fresh Fruit</p>	<p>31 Eggplant Parmesan Pasta Parmesan Cheese Zucchini Honey Wheat Roll Gelatin</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.

March 22 – Boston Flower & Garden Show @ Seaport World Trade Center – This year's theme: *Superheroes of the Garden*. Includes transportation & Admission; Lunch on own. \$54pp payable to Life Long Journey Haverhill; due on sign up.

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 Db/\$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 Db/\$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.

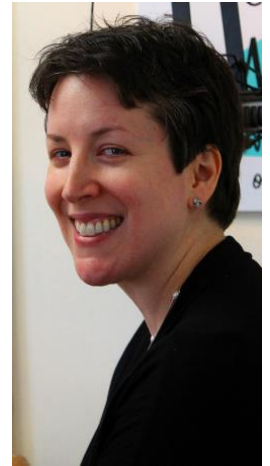
June 19 – Tall Ships 2017 – Sail through Boston's historic harbor aboard the Provincetown II for a magnificent view of the Tall Ships. Includes Entertainment, Cruise and Lunch at the Venezia Waterfront Restaurant (choice of Chicken Parm or Baked Haddock). \$95pp payable to Best of Times.

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 db/2099 sgl. **\$600pp deposit due on sign up.**

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.

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, March 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.

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:

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

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.

LOW VISION SUPPORT GROUP, TUESDAY, MARCH 14TH 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 (except January and February), 10-11:30. The next meeting will be on March 14, and the program will feature Mike Ludden from MCB, describing the MCB Bridge Program and the services it provides. If interested, call Joanne Maki at 978-792-5667.

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



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

Thursday, June 1 from 10am-12pm

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!

