



Newburyport Council on
Aging

Senior Citizen News

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978-462-0430

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Donna Holaday, Mayor
www.cityofnewburyport.com

November 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 Council on Aging Office 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
Joyce Crary

NUTRITION COORDINATOR

Cindy Lee Rand

OFFICE VOLUNTEERS

Ann Marie Baia, Trudy Thompson,
Meg DeGive, Patty Smyrski,
Elaine Paglia, Nancy Brogden,
Kathy Whiting, Beverly Jaques
Beverly Bingham, Susan Hammond
Cathy Strauss, Joyce Duncan

BOARD MEMBERS

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

The next scheduled COA Board
Meeting will be Nov 16th

COMMUNITY DAYS –

Wednesdays at 1 pm at the Senior Community Center

Every month the Wednesday schedules include a free special presentation to inform, educate, entertain or inspire members of our community. The November schedule includes the following great events:

November 8th “The Navy Gave Me Shoes”

Douglas Bryant, USN (Ret) will review his recently published memoir of his Navy Submarine Service from his growing up years in the hard times of the Great Depression to the end of his 25 year Navy career. Bryant’s engaging and informative volume covers his life from the hardscrabble years of the depression, through WW2 and the Korean War, to his retirement in the 1960s. Bryant has led a fascinating life, ranging from submarine sailor, to hard hat deep sea diver, to free diver and diving instructor for the US Navy, and more.

November 15th Nature in our Back Yard

Bill Gette, Former Joppa Director, will take you on a photographic tour and show you plants and animals that you can encounter in your back yard or just a short distance down the street. Bill will review aids to field identification, explain the interrelationships among organisms, and discuss behavioral characteristics. Since 1985, Bill has led natural history travel programs throughout the United States and to all seven continents. In retirement, Bill continues to organize and lead travel programs for Mass Audubon and provide his Celebrating Nature - Talks by Bill Gette workshops and lectures for civic groups, libraries, and retirement communities. His passion is environmental education, and he strives to instill a conservation ethic.

November 29th Sea Level Rise: The Plum Island Story

Bill Sargent is a consultant for the NOVA science series on PBS and the author of 20 books about science and the environment. His most recent books have dealt with the effects of sea level rise in places like New Orleans, Florida and on Cape Cod. He will present stunning drone footage of effects of weather, wind and waves on Plum Island.

FALL ARTS TALK SERIES

When: First Thursday of each month Time: 10-11 am

Where: Senior/Community Center Arts and Crafts Room (second floor)

November 2nd **Connie Rossette – Multi-medium Painting**

Connie will talk about her paintings, from traditional oil works to experimental works in various mediums. Experience a full range of painting!

December 7th **Jay McCarthy – Photography**

Jay will discuss his own award winning photography. Choices of camera and their uses will be addressed as well as considerations for selecting the right subjects to photograph.

CALENDAR RAFFLE - The Friends of Newburyport Council on Aging has kicked off the Fifth Annual Calendar Raffle. The fundraiser is an exciting, fun and easy way for the Friends to raise money which is used to help the Council on Aging provide excellent programs and services. Raffle Calendars will be available for sale thru the month of November at the Council on Aging office. They are \$10 each. Each day of this month one raffle ticket will be drawn. The holder of that ticket will win the amount of money assigned to that day. After the raffle ticket is drawn, it is placed back onto the raffle so that each entry has multiple chances to win. Cash prizes range from \$50 to \$200 every day during the month of November. Daily winners will be notified and will receive a check in the mail from the Friends.



SEAL & SEND

Seal & Send is an all in one DEA-approved solution for safely disposing of unused prescription drugs. The Seal & Send bags are available at the Newburyport Council on Aging. Seal & Send bags are safe and are postage-paid. The pharmaceuticals may be in their original containers when placed in the Seal & Send bag.

Using Seal & Send is a simple, three step process:

1. Fill the bag
2. Seal it
3. Drop the postage-paid envelope in a U.S. Postal Service mailbox for assured destruction (includes shipping, disposal, and tracking)

BIRDWATCHING ON NOVEMBER 16th

Join Sue McGrath at the Senior/Community Center at 8:15 a.m. on Thursday, November 16th for an autumnal tour of the salt marsh and maritime forest with its hues of gold & crimson. This popular birding destination has waterfowl, raptors & gulls. We'll take a short, easy-paced walk & enjoy the morning's sightings and will return to the Senior/Community Center by 11:00 a.m. Call the Council on Aging to reserve a seat on the van: 978.462.0430



FREE COMPUTER HELP is available in the Computer Lab at the Senior/Community Center on Wednesdays from 9-3. The computer tutors are Susan Vesey and Andy Griffith. They are both very patient and very knowledgeable. Come take advantage of the valuable service they offer.

NOVEMBER 2017 Program Calendar

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

		1 9:00 Exercise to Music 10:00 French group 10:00 Knit for Newborns	2 9:00 Zumba Gold 10:00 Ballet/Tap 12:00 Abstract Art 12:00 Reiki 12:00 Arthritis Exercises 1:00 Mah Jongg 2:30 Yoga	3 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 11:00 Zumba Gold 1:00 German talk group	7 Brown Bag Day 10:00 Coffee Talk 10:00 Low Vision group 12:00 Oil Painting 1:00 Bridge 3:00 Drawing	8 10:00 French group 10:00 Knit for Newborns 1:00 Community Day 1:30 <i>Retired Readers</i>	9 9:00 Zumba Gold 10:00 Ballet/Tap 12:00 Abstract Art 12:00 Reiki 12:00 Arthritis Exercises 1:00 Mah Jongg 2:30 Yoga	10 Closed  Veterans Day
13 8:00 Health Insurance 9:00 Exercise to Music 11:00 Zumba Gold 1:00 German talk group	14 9:00 Ballet/Tap 10:00 Coffee Talk 11:00 Meditation 11:30 Singing 12:00 Oil Painting 1:00 Bridge 1:00 PING PONG! 3:00 Drawing	15 9:00 Exercise to Music 10:00 French group 10:00 Knit for Newborns 1:00 Community day	16 9:00 Zumba Gold 10:00 Ballet/Tap 12:00 Abstract Art 12:00 Reiki 1:00 Mah Jongg 2:30 Yoga	17 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 8:00 Health Insurance 9:00 Exercise to Music 11:00 Zumba Gold 1:00 German talk group	21 10:00 Coffee Talk 12:00 Oil Painting 1:00 Bridge 3:00 Drawing	22 10:00 French group 10:00 Knit for Newborns 1:00 Community Day	23 	24
27 8:00 Health Insurance 9:00 Exercise to Music 11:00 Zumba Gold 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! 3:00 Drawing	29 10:00 French group 10:00 Knit for Newborns 1:00 Community Day	30 9:00 Health Insurance 9:00 Zumba Gold 9:30 COA Board Mtg. 10:00 Ballet/Tap 12:00 Abstract Art 12:00 Arthritis Exercises 12:00 Reiki 1:00 Mah Jongg 2:30 Yoga	For More Information about programs Call Mary Kelly 978-462-0430

November 2017 Menu

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p>Requested Donation \$2</p>	<p><i>Various factors beyond our control may cause menu changes during the month.</i></p>	<p>1 Butternut Squash Soup BBQ Chicken Bites Mashed Potato Green Beans Whole Wheat Bread Fresh Fruit</p>	<p>2 Baked Haddock Supreme Sauce Herbed Rice Chef's Veg Italian Bread Mandarin Oranges</p>	<p>3 Turkey Tetrazzini Pasta Broccoli Multigrain Bread Gelatin</p>
<p>6 Pulled Pork BBQ Sauce Sweet Potatoes Corn + Peas Burger Bun Peaches</p>	<p>7 Stuffed Shells Meat Sauce Zucchini Italian Bread Brownie</p>	<p>8 Tomato Soup Lemon Pepper Chicken Roasted Potatoes Carrote Oat Bread Mixed Fruit</p>	<p>9 Meatloaf Gravy Mashed Potato Creamed Spinach Whole Wheat Bread Chef's Dessert</p>	<p>10 No Meals CLOSED Veterans Day</p>
<p>13 Meatballs Sweet Sour Sauce White Rice Again Blend Veg Whole Wheat Bread Pudding</p>	<p>14 Sausage al Forno Pasta Broccoli Italian Bread Mixed Fruit</p>	<p>15 Tortellini Soup Hamburger Cheese slice Roasted Potatoes Mixed Veg Hamburger Roll</p>	<p>16 Turkey and Gravy Mashed Potato Stuffing Gr. Bean Casserole Cranberry Sauce Dinner Roll</p>	<p>17 Macaroni & Cheese Brussels Sprouts Honey Wheat Roll Mandarin Oranges</p>
<p>20 Chicken Jardinière Rice Pilaf Butternut Squash Dinner Roll Cookie</p>	<p>21 Hot Dog Baked Beans Potato Chips Hot Dog Roll Mustard, Relish, Ketchup Pineapple</p>	<p>22 Corn Chowder Potato Fish Mashed Potato Peas + Carrots Multigrain Bread Fresh Fruit</p>	<p>23  24</p>	
<p>27 Greek Chicken Pasta Broccoli Chef's Dessert Dinner Roll</p>	<p>28 Sloppy Joe Mashed Potatoes Apple Crisp Coleslaw Burger Bun</p>	<p>29 Chicken Orzo Soup Vegetable Frittata Roasted Potatoes Beets Oat Bread Juice & Yogurt</p>	<p>30 Sliced Pork with Fig Sauce Sweet Potatoes Green Beans Whole Wheat Bread Applesauce</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.

November 8 – The Corvettes Doo Wop Revue – At Lake Pearl, Wrentham; A Rollicking Ride through the Good Old Days of Rock & Roll; Little Darlin', At the Hop, Earth Angel, Runaround Sue Splish Splash and many more! Includes Holiday Roast Turkey Dinner. \$89pp payable to Best of Times due October 13.

December 5 – Michael Buble Christmas Tribute – At Danversport Yacht Club, starring the #1 Michael Buble Tribute Artist Scott Keo; includes luncheon choice of Stuffed Chicken Breast or Baked Schrod. \$89pp includes Transportation; \$69pp Self Drive; payable to Best of Times due November 10.

December 9 – Boston Ballet's The Nutcracker – Join us for a Holiday Tradition @ the Boston Opera House. Saturday 1:30pm Matinee, Orchestra Center seating; lunch on own. Includes r/t motorcoach transportation. \$99pp payable to Golden Age Travel, payment due on signup for this ticketed event. Limited seating; sign up early.

December 10 – Hu Ke Lau Christmas & Bright Nights – Enjoy a Hawaiian style Christmas Show @ Hu Ke Lau in Chicopee, MA followed by a shopping stop at the Holyoke Mall, then it's on to the Bright Nights Holiday Lighting Display at Forest Park. Luncheon choice of Prime Rib or Baked Schrod. \$78pp payable to Royal Tours due November 10.

Looking Ahead – Start Planning Now...

March 21-23 2018 - Atlantic City @ Resorts Casino & Hotel – 3 days/2 nights on the Boardwalk; includes \$90 Casino Pkg. (\$25 Slot Play, \$65 Meal Credits); 1 Show (based on availability); on board coffee & muffins day of departure. \$229pp dbl/\$314 sgl payable to Yankee Line Tours. \$50 deposit on sign up, balance due 02/21/18.

May 22-24 2018 – The 1000 Islands – Featuring Castles & Sunsets; Erie Canal Cruise – Includes 3 days/2 nights @ Riveredge Resort, Alexandria Bay, NY; visits to mysterious Singer Castle and romantic Boldt Castle; historic Erie Canal cruise; Wine & Cheese reception; 2 dinners/2 breakfasts/1 lunch. \$604pp dbl/\$735 sgl payable to Tours of Distinction. *\$50 deposit on sign up; balance due 04/18/18.* NOTE: Some walking required on 2 islands.

Iceland's Magical Northern Lights: Nov. 30-Dec. 6, 2018 – A rare opportunity to see the aurora borealis, one of nature's most dazzling light displays. Highlights include a Northern Lights Cruise; Golden Falls and the Blue Lagoon. 7 Days; 10 Meals; Includes air and r/t transportation to/from Logan Airport. \$3499pp dbl; \$3999 sgl; payable to Collette. \$500pp deposit due on signup or \$540pp if purchasing Travel Protection Plan.



DON'T IGNORE YOUR MEDICARE MAIL

It's that time of year! If you have a Medicare Prescription Drug Plan or a Medicare Advantage Plan (HMO, PPO), you have recently received information from your plan. Please understand and save this information regarding *changes* in your plan for 2018. During Medicare Open Enrollment (October 15 - December 7), you may change your insurance plan for next year. SHINE counselors can help you understand your plan changes, as well as other options you may have. There will be group presentations... and/or you may schedule a phone or in-person appointment. Trained SHINE counselors offer free, confidential counseling on all aspects of Medicare and related health insurance programs. *To schedule a SHINE appointment, call your senior center or 1-800-AGE-INFO (1-800-243-4636) Call early to receive a pre-enrollment form and make that appointment... and bring your Medicare and insurance cards and complete list of your medications. DO NOT WAIT UNTIL IT'S TOO LATE!*

MEMORY CAFÉ A Memory Cafe is a wonderfully welcoming place for individuals with Alzheimer's or any type of the dementias or other brain disorders. While a Memory Cafe is beneficial to those afflicted, it is also beneficial for their caregivers as well. It is not a place to "drop off" your loved one for a while, but a way to enjoy activities with them as a break from the normal routine.

The Newburyport Council on Aging offers Memory Cafes on the first Tuesday of each month from 1-3 pm.

- ▶ Our **November Café** is on 11/7/17 from 1-3 and it is about Relaxing with Pie. We will be doing some chair yoga for everyone to participate and enjoying some pie.
- ▶ The **December Café** is on 12/5/17 from 1-3 and theme is Enjoying the Holidays together. We are going to have music and engaging holiday activity that participants can do together. We will have holiday cookies and coffee.

Anyone interested in coming to the Café needs to RSVP; Cynthia Hession-Richard, 978-946-1445 or chession@esmv.org.



DURABLE MEDICAL EQUIPMENT is available at the Senior/Community Center. Items such as folding walkers, wheelchairs, commodes and tub-benches can be borrowed for free. Many other items are often included in the durable medical equipment inventory. Call the Council on Aging office at 978-462-0430 to inquire about specific items. Donations of clean durable medical equipment are always gratefully accepted.



BALANCE CLASS Exercise, Movement and Dance – for those with Arthritis/Parkinson’s Disease *Thursdays, 12:00 – 1:30.* This 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. The class instructor is Susan Tribble. She can be reached at susantribble@comcast.net

RETIRED READERS gather at the Senior/Community Center on the 2nd Wednesday of each month to discuss the book of the month. These are the books for discussion during the months ahead:

- | | |
|----------|--|
| November | <i>The Storied Life of AJ Fikry</i> by Gabrielle Zevin |
| December | - share info about your personal holiday-themed story or book |
| January | <i>Little Red Chairs</i> by Edna O'Brien |
| February | <i>The Sweetness at the Bottom of the Pie</i> by Alan Bradley |
| March | <i>The Museum of Extraordinary Things</i> by Alice Hoff |

COUNCIL ON AGING TRANSPORTATION PROGRAM

Newburyport Council on Aging operates two vans for use by senior citizens and disabled non-elders. To schedule a ride on the van call the Council on Aging office, 978-462-0430. The vans pick up passengers at their Newburyport homes Monday-Friday from 8 am – 3:30 pm. and bring them to any other Newburyport destination, such as medical offices, grocery stores, pharmacies, hair salons and the Senior/Community Center. There is also a team of drivers who use their own cars to bring passengers to out-of-town medical appointments. They are part of Northern Essex Elder Transport, or the NEET program. Call the COA office to schedule a NEET ride – or to become a NEET DRIVER!



READING HELP FOR THE VISUALLY IMPAIRED The Newburyport Senior/Community Center now has a Merlin LCD enhanced vision machine in the Library. This machine allows people with low vision, macular degeneration, retinitis pigmentosa, glaucoma and cataracts to read and regain their visual independence. The Library is available Monday through Friday from 8 am – 4 pm.

STAMP CLUB is now holding a daytime meeting at the Senior/Community Center. This group will meet on the fourth Wednesday of each month in the Boardroom from 1:30 to 3:30. All are welcome to attend! For more information contact the club at Newburyportstampclub@comcast.net

NEW! To report SUSPECTED ELDER ABUSE call **1-800-922-2275**
This is the new ***Protective Services Centralized Intake*** line that will simplify the reporting process.

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 our daily lives. Meetings include a speaker and discussion following a 15 minute business meeting. Adults from all area towns and cities are welcome. You do not need to be a

senior or a member of MSAC to attend. The next meeting is scheduled for Friday, November 17th. The group will share information about the current proposed cuts to Social Security, Medicare, and Medicaid. What is Congress proposing and what we can do to protect our cornerstones. All adults as well as citizens living with disabilities owe it to themselves to learn as much as possible about these important issues.



CHRISTMAS PARTIES!

Wednesday, December 6th THE NEWBURYPORT **GOLDEN AGE CLUB** CHRISTMAS PARTY will be held at the Elks Hall on Low Street in Newburyport. Tickets may be purchased November 1st and November 15th at the regularly scheduled Golden Age Club meetings at 1 pm. Members and invited guests pay \$7 each. No tickets will be sold at the door. Contact David for more information 978-363-2994. New memberships and renewals are welcome!

Wednesday, December 13th THE **COUNCIL ON AGING** CHRISTMAS PARTY will be held at the Senior/Community Center at 331 High Street in Newburyport. Lunch, music, dancing and a Yankee Swap (please bring a wrapped gift to swap). Tickets for the Council on Aging Christmas Party are \$7 and can be purchased until Dec 1 at the Reception Desk in the Senior/Community Center.

YOU ARE GETTING A NEW MEDICARE CARD



Cards will be mailed between April 2018 – April 2019

Social Security numbers will be asked, and we listened. You're getting a new Medicare card! Between April 2018 and April 2019, we'll be removing Social Security numbers from Medicare cards and mailing each person a new card. This will help keep your information more secure and help protect your identity. You'll get a new Medicare Number that's unique to you, and it will only be used for your Medicare coverage. The new card won't change your coverage or benefits. You'll get more information from Medicare when your new card is mailed.

Here's how you can get ready:

- Make sure your mailing address is up to date. If your address needs to be corrected, contact Social Security at ssa.gov/myaccount or 1-800-772-1213. TTY users can call 1-800-325-0778.
- Beware of anyone who contacts you about your new Medicare card. We'll never ask you to give us personal or private information to get your new Medicare Number and card.
- Understand that mailing everyone a new card will take some time. Your card might arrive at a different time than your friend's or neighbor's.

