



Newburyport Council on  
Aging

## Senior Citizen News

331 High Street  
Newburyport, Massachusetts 01950  
978-462-0430

[RRobillard@cityofnewburyport.com](mailto:RRobillard@cityofnewburyport.com)

**Donna Holaday, Mayor**  
[www.cityofnewburyport.com](http://www.cityofnewburyport.com)

# October 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 October 19th

### 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 October schedule includes the following great events:

#### **October 11** A Neighbor's Guide to Dementia

This presentation will review the disease of dementia, answer common questions and introduce effective ways to communicate as well as provide you with the skills you need to enjoy time with a person living with dementia or support a friend caring for their loved one.

This program is for caregivers, friends and family of those with Alzheimer's disease.

Refreshments will be served

#### **October 18<sup>th</sup>** Emerging Trends, Resources & Living Options for Seniors

*Village Talk is offered by the Greater Newburyport Village*

Never before in human history have there been so many mature people on our planet. New services and establishments are emerging to handle this rapidly growing percentage of Americans, whose needs are quite different than younger consumers – specifically with respect to housing.

This talk is for anyone who may need to navigate the financial, logistical and emotional aspects of a later-in-life move (for themselves and their loved ones), as well as those who want to explore what is needed to safely age-in-place.

#### **October 25<sup>th</sup>** Planning for our Trick or Treat Party

If you're interested in volunteering for our Halloween event at the Senior/Community Center and creating a memorable event for the kids, please attend this informational meeting. The Trick or Treat Party is scheduled for Tuesday, October 31<sup>st</sup>. More info about the party can be found on the last page of the newsletter!

Dear Senior Residents:



*It is hard to believe that we are approaching the two year anniversary of the opening of the Senior/Community Center. You waited for years to have this site and from the day the doors opened it has been a success. We have been surprised by the demand for the use of the space and have hired a part-time Events Coordinator, Christina Manning who will be responsible for scheduling and coordinating all evening and weekend events. This should help relieve some of the pressure on the COA staff. It has also been wonderful to have the tenant space occupied by Port Media and we look forward to more programming and hope events will be taped for airing on our local cable channel.*

*You may have noticed that we had some problems with several of the plantings on the grounds due to the amazing amount of snow dumped on our city in 2015 followed by last year's draught. We have removed many of the failed plantings and trees and worked with the contractor to install new plantings.*

*I hope everyone is aware of the fall flu clinics to be held at the Senior Center and City Hall. Postings of all dates for the clinics are at the center and city hall.*

*Finally, I am very aware of the demand for housing in Newburyport with bidding wars driving up property values to levels we have never seen before. Please be sure you check in with Roseann about our Senior Tax Incentive Program where eligible seniors volunteer in various roles across the city to earn \$1500 off your property taxes.*

*Wishing everyone a wonderful and healthy Fall season.*

*Mayor Donna Holaday*

## **FALL ARTS TALK SERIES**

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

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

October 5<sup>th</sup> **Bill Duke – Watercolor Painting**

Bill will discuss the various elements of watercolor, answer questions, and display some of his own watercolor work. Bill teaches watercolor at the Newburyport Senior/Community Center.

November 2<sup>nd</sup> **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 7<sup>th</sup> **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.

**FLU CLINICS** Flu season is right around the corner! A flu vaccine is needed every season for two reasons. First, your immunity to previous flu vaccines decreases over time. Second, the flu viruses are always changing! Each year a new vaccine is formulated to match the viruses that are likely to be the biggest troublemakers. The Newburyport Health Department will be holding a flu clinic at the **Newburyport Senior/Community Center on Wednesday, October 11<sup>th</sup> from 10 AM until Noon.** High dose vaccine for those age 65 + will be available while supplies last. The vaccine is free of charge, but please be sure to bring your insurance card. Short sleeve shirts are a good choice if you choose to visit the clinic. There will also be a community flu clinic at Newburyport City Hall Auditorium on Thursday, October 19 from 5-7 p.m.



## **DENTAL CLINIC October 20<sup>th</sup>**



The Newburyport Council on Aging has a team of dental hygienists who provide professional dental evaluations and cleanings once a month in the Wellness Room at the Senior/Community Center. The cost of the service is \$30. Appointments can be made at the Reception Desk. The dates of future dental clinics are Friday November 17<sup>th</sup> and Friday December 15<sup>th</sup>.

**CALENDAR RAFFLE** - The Friends of Newburyport Council on Aging is preparing for 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 are now available at the Council on Aging office for \$10 each. During the month of November one raffle ticket will be drawn each day. 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.



**FLU SHOTS – Vaccine is free of charge regardless of insurance status**

**Wednesday, October 11                      Senior/Community Center                      10 a.m. until Noon**  
**Thursday, October 19                      Nbpt City Hall Auditorium                      5-7 p.m.**

**High Dose vaccine will be available for seniors ages 65+ while supplies last.**

**Please remember to bring your health insurance card!**

**iPAD CLASS - Learn from Mike Olson about what your iPad can do for you!**



Sign-up at the front desk of the Senior/Community Center for a two hour class on October 11<sup>th</sup> from 9-11 am. Space is limited so sign-up soon.

The Greater Newburyport Village, Newburyport Senior/Community Center and the Newbury Library are pleased to co-sponsor this free two hour, hands-on, Apple iPad training session with Mike Olson. Bring your own iPad and learn how to use it more effectively while discovering useful features such as Notification Center and Control Center. You will practice organizing your apps into groups and learn how to search for anything on your iPad. Use the Tips app and the free iBook User Manual for the iPad. Mike will demonstrate both iOS9 and iOS10 features, so your device should be covered.

Mike Olson is a retired electrical engineer living in Newbury, Massachusetts. He spent twenty-eight years in high-tech industry, most recently as Vice President of Engineering at Hittite Microwave (now Analog Devices).

**BIRDWATCHING ON OCTOBER 19<sup>th</sup>**

Join Sue McGrath at the Senior/Community Center at 8:15 a.m. on Thursday, October 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.

**ROOT BEER FLOAT DAY** the Newburyport Senior/Community Center will celebrate its second anniversary on



Thursday, October 19<sup>th</sup> 2017. We have been officially open for two years at this excellent location! Our exceptional community participation and overwhelming support during the last two years certainly illustrates Newburyport's readiness for a senior/community center. Please join us at 3 p.m. on Thursday October 19<sup>th</sup> to celebrate our two year anniversary and let us treat you to a root beer float to thank you for participating in our center and community.



**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**

# OCTOBER 2017 Program Calendar

**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**

<p>2</p> <p>8:00 Health Insurance 9:00 Exercise to Music 11:00 Zumba Gold 1:00 German talk group</p>	<p>3</p> <p><b>Brown Bag Day</b> 9:00 Ballet/Tap 10:00 Coffee Talk 11:00 Meditation 12:00 Oil Painting 1:00 Bridge 1:00 PING PONG! 1:00 Memory Café 3:00 Drawing</p>	<p>4</p> <p>9:00 Exercise to Music 10:00 French group 10:00 Knit for Newborns</p>	<p>5</p> <p>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</p>	<p>6</p> <p>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>9</p> <p><b>CLOSED</b> <b>Columbus Day</b></p> 	<p>10</p> <p>9:00 Ballet/Tap 10:00 Coffee Talk 10:00 Low Vision group 11:00 Meditation 12:00 Oil Painting 1:00 Bridge 1:00 PING PONG! 3:00 Drawing</p>	<p>11</p> <p>9:00 Exercise to Music 10:00 French group 10:00 Knit for Newborns <b>10:00 FLU SHOTS</b> 1:00 Community Day 1:30 <i>Retired Readers</i></p>	<p>12</p> <p>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</p>	<p>13</p> <p>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>16</p> <p>8:00 Health Insurance 9:00 Exercise to Music 11:00 Zumba Gold 1:00 German talk group</p>	<p>17</p> <p>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</p>	<p>18</p> <p>9:00 Exercise to Music 10:00 French group 10:00 Knit for Newborns 1:00 Community day</p>	<p>19</p> <p>9:00 Zumba Gold 10:00 Ballet/Tap 12:00 Abstract Art 12:00 Reiki 12:00 Parkinsons Support 1:00 Mah Jongg 2:30 Yoga 3:00 Root Beer Floats</p>	<p>20</p> <p>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>23</p> <p>8:00 Health Insurance 9:00 Exercise to Music 11:00 Zumba Gold 1:00 German talk group</p>	<p>24</p> <p>10:00 Coffee Talk 12:00 Oil Painting 1:00 Bridge 3:00 Drawing</p>	<p>25</p> <p>10:00 French group 10:00 Knit for Newborns 1:00 Community Day</p>	<p>26</p> <p>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</p>	<p>27</p> <p>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>30</p> <p>8:00 Health Insurance 9:00 Exercise to Music 11:00 Zumba Gold 9:00 Watercolor Painting 1:00 German talk group</p>	<p>31</p> <p>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</p>			<p><b>For More Information about programs Call Mary Kelly 978-462-0430</b></p>

# October 2017 Menu

**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**

2 Chicken Drumstick Balsamic Glaze Vegetable Rice Broccoli Oat Bread Mixed Fruit	3 Pasta Meatballs Marinara Sauce Zucchini Whole Wheat Roll Mandarin Oranges	4 Broccoli Cheddar Soup Vegetable Frittata Roasted Potatoes Carrots Dinner Roll Yogurt	5 Ground Beef with Peppers and Onions Corn, Lettuce Spanish Rice Flour Tortilla Fresh Fruit	6 Baked Fish Lemon Dill Sauce Mashed Potatoes Mixed Veg Whole Wheat Bread Cookie
9 <b>CLOSED</b> <b>Columbus Day</b> 	10 Meatloaf Mashed Potatoes Gravy Green Beans Whole Wheat Bread Peaches	11 Veg Beef Soup Chicken Salad Pasta Salad Garden Salad Hot Dog Roll Snack n'Loaf	12 Roasted Pork with Apples Butternut Squash Roasted Potatoes Dinner Roll Pineapple	13 Chicken Honey/Lemon Sauce Rice Pilaf Peas Multigrain Bread Fresh Fruit
16 Hot Dog Pork Baked Beans Potato Chips Hot Dog Roll Mandarin Oranges	17 Eggplant Parmesan Pasta Summer Squash blend Whole Wheat Roll Raisins	18 Pumpkin Soup Chef's Salad Potato Salad Oat Bread Fresh Fruit	19 Beef Stew Steamed Potatoes Dinner roll Cake	20 <b>Seafood Casserole</b> <b>Herbed Rice</b> <b>Whole Wheat Bread</b> <b>Gelatin</b>
23 Chicken Bruschetta Pasta Spinach Italian Bread Pudding	24 Sausage Peppers and Onions White Roce Green Beans Sub Roll Peaches	25 Chicken Noodle Soup Cheeseburger Beets Roasted Potatoes Burger Bun Lorna Doones	26 Turkey and Gravy Cranberry Sauce Mashed Potatoes Peas Whole Wheat Roll Pears	27 Ham & Egg Salad Broccoli Slaw Pasta Salad Hot dog Roll Cantaloupe
30 Pasta Meat Sauce Cauliflower Dinner roll Mixed Fruit	 Roast Pork Blackberry Sauce Mashed Potatoes Carrots Oat Bread Pumpkin Pie		<b>Requested Donation \$2</b>	<i>Various factors beyond our control may cause menu changes during the month.</i>

# 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.

**October 11 – Rocky Mountain High** – A John Denver Tribute by Ted Vigil @ The Common Man Inn, Plymouth, NH. Includes special buffet luncheon of Yankee Pot Roast or Baked Lasagna. \$95pp payable to Best of Times due on signup.

**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...**

**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!*

## 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)

**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.



## PARKINSONS GROUP

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 group meets every third Thursday from Noon until 2 p.m. 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 Thursday October 19 guest of the Newburyport Parkinson's Support Group will be Scott Parmelee, MS, MBA. Scott represents Abbvie Neuroscience, makers of Duopa, an advanced Parkinson's medication. Abbvie is a pharmaceutical company that combines science with expertise in treatment. Duopa is a prescription medication for advanced fluctuations in motor control. It is not a pill. It is a suspended form of carbodopa and levodopa. Scott will present a 20-minute program titled "New treatment options for patients with Parkinson's." He will take questions on a range of treatment options for Parkinson's. Following his presentation people can speak to him directly. Others can enjoy a session of open chat with each other.

### ▶ 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'sDance 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](mailto:susantribble@comcast.net)

**THE DAILY NEWS** is now available every morning at the Senior/Community Center thanks to the generosity of the Friends of Newburyport Council on Aging.



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

**FRENCH CONVERSATION GROUP** meets on Wednesdays from 10 to 11 am.

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

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

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

**BOCCE** equipment is available at the Senior/Community Center Reception Desk with a proof of identification. Anyone interested in Bocce lessons or instruction should leave their name and contact info

## **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](mailto:Newburyportstampclub@comcast.net)

**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 be a senior or a member of MSAC to attend. The next meeting is scheduled for Friday, October 20th. We will also hear an important update on the “Bridge the Gap” Senior Health Care Bill for Massachusetts. It is time for us to join other states in protecting the rising healthcare costs and reassessing outdated asset limits imposed on citizens of Mass. Guest speaker at the October meeting will be Roseann Robillard, Director of the Newburyport Council on Aging. She will offer an overview of the services and programs offered by Councils on Aging in Massachusetts, highlighting the activities at the Newburyport Senior/Community Center. All adults as well as citizens living with disabilities owe it to themselves to learn as much as possible about these important issues.



# **LGBT**

## **SENIOR SOCIAL CONNECTION**

A group of like-minded individuals who want to meet, support and address the specific needs of LGBT seniors. The LGBT Senior Social Connection was established in 2013, as a collaborative effort between Elder Services of the Merrimack Valley, Inc. and the Merrimack Council on Aging. This group, a first of its kind in this area, seeks to support the unique needs and experiences of lesbian, gay, bisexual and transgender seniors as they age.

Monthly meetings provide older LGBT adults with a positive, collegial and safe setting to gather. We share meals and speak openly in an atmosphere of trust to encourage discussions that explore important issues like fear of discrimination when the need for housing, long term care or home care services of LGBT seniors arise.

The LGBT Senior Social Connection seeks to improve the quality of social engagement, reduce anxiety and isolation as we age. We offer support, education and resources available to LGBT older adults in the Merrimack Valley and surrounding communities. The Connection welcomes all LGBT seniors and their caregivers. We host a monthly, no cost, buffet-style dinner to encourage social interaction and group discussions, facilitated by a peer. When possible, guest speakers are asked to present on topics of interest.

The next meeting will be held at the Merrimack Senior Center on Thursday, October 19<sup>th</sup> from 6:30 – 8:30 pm.

For more information about the LGBT Senior Social Connection or to join, contact Ron Bourque at 978-946-1476

[RBourque@esmv.org](mailto:RBourque@esmv.org)

**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.**

**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.

- ▶ October will be focused on Everything October from Pumpkins to Playoffs ( to help engage some of the guys). We have the horticultural therapist Paula Bye returning to make the centerpieces and we are putting together some things on the New England history of baseball. We are going to offer Pumpkin bread and Coffee
- ▶ 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.

**CALENDAR RAFFLE** - The Friends of Newburyport Council on Aging is preparing for the Fifth Annual Calendar Raffle.

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Mike will demonstrate both iOS9 and iOS10 features, so your device should be covered.

Mike Olson is a retired electrical engineer living in Newbury, Massachusetts. He spent twenty-eight years in high-tech industry, most recently as Vice President of Engineering at Hittite Microwave (now Analog Devices).

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Join Sue McGrath at the Senior/Community Center at 8:15 a.m. on Thursday, October 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.



## YOU ARE GETTING A NEW MEDICARE CARD

### Cards will be mailed between April 2018 – April 2019

You 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](http://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.



Tuesday, October 31<sup>st</sup> **"COMMUNITY TRICK OR TREATING"** 1:00 - 4:00 p.m.

Join the staff at the Newburyport Community/Senior Center to unite the City's generations with costumes, candy and treats on Halloween! The Senior/Community Center plans to connect senior citizens with the City's youth to provide a safe and fun environment for trick or treating. We will host a costume parade and pass out treats with the help of our firefighters and policemen.

If you are interested in being part of this event, please attend our informational meeting on Wednesday, October 25<sup>th</sup> at 1:00 p.m. Donations Needed! A drop-off box is located at the front desk of the Senior/Community Center. We need the following treats for our event:

Childrens books  
Bouncy balls  
Pencils  
Yo-Yos  
Plastic whistles  
Halloween-themed temporary tattoos

Candy (Nothing with Nuts)  
Book Marks  
Crayons  
Kazoos  
Finger puppets

Tiny toys/handheld games  
Individual snack packs  
Erasers  
Silly Putty  
Wind-Up Toys  
Stickers

Fruit Snacks  
Bracelets  
Fruit Rolls  
Fake Vampire Teeth  
Glow Sticks









