



Newburyport Council on  
Aging

## Senior Citizen News

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

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

# December 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 Dec 21<sup>st</sup>

### 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:

#### Wednesday, December 13<sup>th</sup> The Newburyport COA Christmas Party

Join us as we celebrate the magic of the Holiday Season with festive food, Yankee Swap, singing and live entertainment by *Jackie Casey's 'ENCORE DANCERS'*.

*Tickets are \$7.00 sold at the front desk*

11:00 to 12:00 Lunch accompanied by live harp music

12:00 to 1:00 Yankee Swap *Please bring a wrapped gift (\$10.00 max)*

1:00 to 2:00 Entertainment by Jackie Casey's 'Encore Dancers'

2:00 to 3:00 Coffee and Desserts

#### Wednesday, December 20<sup>th</sup> Sing-a-long with Barry

Barry Spiro is a singer song writer and guitarist and retired dentist who plays both his own songs and covers of contemporary folk singers such as Bob Dylan, Tom Rush, Joni Mitchell, and Peter Paul and Mary. He has performed for years at open mics, house parties, restaurants, and other venues such as the WUMB summer music camp and the Boston Folk festival. He has written many family ballads, wedding songs, tributes to friends, and anthems for clubs and organizations. Village Talks are offered by the Greater Newburyport Village for the enrichment of the community. Village Talks occur every third Wednesday of the month at the Newburyport Senior/Community Center, 331 High St., Newburyport. They are free and open to all.

### VETERANS GROUP

All veterans are invited to attend a monthly gathering at the Newburyport Senior/Community Center on the 2<sup>nd</sup> Tuesday of each month. The gathering will begin at 1 pm in the Boardroom.

## FALL ARTS TALK SERIES

When: Thursday, December 7<sup>th</sup> 10-11 am Where: Senior/Community Center Arts and Crafts Room (second floor)



### *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.

## 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 DECEMBER 21<sup>ST</sup>

Join Sue McGrath at the Senior/Community Center at 8:15 a.m. on Thursday, December 21<sup>st</sup> for some peaceful time in the salt marsh and maritime forest before the holidays. This popular birding destination has waterfowl, raptors & horned larks and snow buntings. We'll take a short, easy-paced walk & enjoy all the natural beauty before returning to the Senior/Community Center at about 11 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.

**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.

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](mailto:chession@esmv.org).

**ELDER LAW SOLUTIONS** was founded by Attorney Margot Birke to focus on the intricate legal and financial needs of older and disabled adults. She is available by appointment on the first Monday of each month for private consultations at the Senior/Community Center. Call the Elder Law Solutions Office to make an appointment: 978-465-5407.

**FREE TECHNOLOGY, TRAINING AND RESPITE CARE** is available for people with dementia and their caregivers. **"Savvy Caregiver" training** for family caregivers of persons with dementia is available **until 8/31/2018**. Some restrictions apply. To find Savvy Caregiver training near you, visit [www.healthyliving4me.org/workshop-schedule](http://www.healthyliving4me.org/workshop-schedule). To learn more regarding this support opportunities, and for respite care assistance contact a caregiver specialist at your regional Elder Care Agency at [800AgeInfo.com](http://800AgeInfo.com).

# DECEMBER 2017 Program Calendar


MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p>For More Information about programs Call Mary Kelly 978-462-0430</p>				<p>1 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>4 8:00 Health Insurance 9:00 Exercise to Music 11:00 Zumba Gold 1:00 German talk group</p>	<p>5 <b>Brown Bag Day</b> 10:00 Coffee Talk 12:00 Oil Painting 1:00 Bridge 3:00 Drawing</p>	<p>6 10:00 French group 10:00 Knit for Newborns</p>	<p>7 9:00 Zumba Gold 9:00 Podiatry 10:00 Ballet/Tap 12:00 Abstract Art 12:00 Reiki 12:00 Arthritis Exercises 1:00 Mah Jongg 2:30 Yoga</p>	<p>8 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>11 8:00 Health Insurance 9:00 Exercise to Music 11:00 Zumba Gold 1:00 German talk group</p>	<p>12 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>13 9:00 Exercise to Music 10:00 French group 10:00 Knit for Newborns 1:00 Christmas Party 1:30 <i>Retired Readers</i></p>	<p>14 9:00 Health Insurance 9:00 Zumba Gold 10:00 Ballet/Tap 12:00 Abstract Art 12:00 Reiki 1:00 Mah Jongg 2:30 Yoga</p>	<p>15 8:00 Dental cleanings 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>18 8:00 Health Insurance 9:00 Watercolor Painting 9:00 Exercise to Music 11:00 Zumba Gold 1:00 German talk group</p>	<p>19 10:00 Coffee Talk 12:00 Oil Painting 1:00 Bridge 1:00 PING PONG! 3:00 Drawing</p>	<p>20 10:00 French group 10:00 Knit for Newborns 1:00 Community Day</p>	<p>21 9:00 Health Insurance 9:00 Zumba Gold 10:00 Ballet/Tap 12:00 Abstract Art 12:00 Reiki 1:00 Mah Jongg 2:30 Yoga</p>	<p>22 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>25 </p>	<p>26 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>27 10:00 French group 10:00 Knit for Newborns 1:00 Community Day</p>	<p>28 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>29 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>

# December 2017 Menu

**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**

<p><b>Requested Donation</b> <b>\$2</b></p>	<p><i>Various factors beyond our control may cause menu changes during the month.</i></p>			<p>1 Beef Stew with Vegetables Steamed Potatoes Dinner Roll Pears</p>
<p>4 Meatloaf with Gravy Mashed Potatoes Carrots/Parships Whole Wheat Bread Chef's Dessert</p>	<p>5 Chicken Parmesan Pasta with Sauce Zucchini/Summer Squ. Dinner Roll Mixed Fruit</p>	<p>6 Minestrone Soup Sausage Peppers and Onions Steamed Potatoes Green Beans Sub Roll</p>	<p>7 Vegetable Frittata Roasted Potatoes Bakes Apples Yogurt Honey Wheat Roll</p>	<p>8 Baked Fish Dill Sauce Lemon Rice Pilaf Broccoli Multigrain Bread Cookie</p>
<p>11 Hot Dog Mustard, Relish, Ketchup Baked Beans Potato Chips Hot Dog Roll Mandarin Oranges</p>	<p>12 Pork Stir Fry Sweet Sour Sauce White Rice Mixed Veg Oat Bread Peaches</p>	<p>13 Lentil Soup Herb Roasted Chicken Cranberry Sauce Sweet Potatoes Brussels Sprouts Whole Wheat Roll</p>	<p>14 Turkey Sandwich Cranberry Sauce Mashed Potato Gravy – Peas Cake</p>	<p>15 Eggplant Parm Pasta Spinach Whole Wheat Bread Gelatin</p>
<p>18 Meatball Sub Chef's Veg Pasta/Sauce Sub Roll Pineapple</p>	<p>19 Chicken Drumstick Rice Pilaf Mixed Veg Oatmeal Bread Chef's Dessert</p>	<p>20 Chicken Noodle Soup Hamburger Roasted Potatoes Beets Hamburger Roll Yogurt</p>	<p>21 Baked Ham Pineapple Sauce Mashed Potatoes Butternut Squash Twisted Breadstick Applesauce</p>	<p>22 Mac &amp; Cheese Crumb Topping Broccoli Whole Wheat Roll Fruit Loaf</p>
<p>25 Merry Christmas </p>	<p>26 Lasagna Meat Sauce Cauliflower Dinner Roll Pudding</p>	<p>27 Seafood Chowder Breaded Fish Green Beans Mashed Potatoes Crunch Bar</p>	<p>28 Beef and Pepper Casserole White Rice Corn Dinner Roll Chef's Dessert</p>	<p>29 Teriyaki Chicken Mixed Veg Asian Noodles Whole Wheat Bread Pineapple</p>

**When winter weather causes Newburyport schools to be closed for the day, programs at the Senior/Community Center will also be cancelled. Call the Council on Aging office at any time for updates: 978-462-0430**



# 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.

**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. **Sorry – No Refunds for Cancellation after 12-01/17.**

**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.



**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](mailto:susantribble@comcast.net)

**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:

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

**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.

## 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!



## YOU ARE GETTING A NEW MEDICARE CARD



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

You sked, and Social Security 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.

## SHOVELERS NEEDED

All helpful residents - young and old - are asked to step up as winter weather approaches! Many senior citizens - and disabled residents of every age - need help with snow removal. Newburyport City ordinance requires cleared sidewalks within 24 hours of the end of a snow storm. Many residents need help with that. Others depend on safe daily arrival of home care workers and Meals On Wheels drivers. Everyone who helps clear the snow from driveways/walkways of those who can't do it for themselves is a Local Hero! Be a Hero - Help a neighbor! Many elders are willing and able to pay to have their snow shoveled. They just need to know that a capable and dependable person is out there to take care of the snow when it falls. Everyone who wants to join the ranks of 2017 Snow Hero, should sign up by calling the Newburyport Council on Aging at 978-462-0430. Names and phone numbers of the shovelers will be given out to the MANY senior/disabled residents who reach out to the COA for help to find the service they need.



## SIX TYPES OF ELDER ABUSE EXIST

### PHYSICAL

Hitting, kicking, pushing, or any force causing injury to an elder.

### SEXUAL

Engaging in sexual acts with an elder without consent.

### EMOTIONAL

Harming an elder's selfworth or emotional well-being, name calling, and scaring.

### NEGLECT

Failing to meet basic needs of an elder such as medical care, clothing, food or housing.

### FINANCIAL

Illegally misusing an elder's money, property or assets.

### ABANDONMENT

Leaving an elder alone or failing to provide care.



## What can we each do to prevent and combat elder abuse in our communities?

First, it is critically important to learn to recognize the signs and risk factors of elder abuse. Signs can be dramatic, such as fresh bruises or an empty bank account, or subtle, like increased isolation or withdrawal. Although elder abuse can and does happen to anyone, there are some specific risk factors to be aware of. Elders with dementia or mental illness are at higher risk for abuse, as are elders living with and dependent upon caregivers, especially when their caregivers have their own host of problems such as lack of income, addiction, or mental illness. In addition, elders from marginalized communities including linguistic minorities, communities of color, and LGBT elders all have unique risk factors.

Next, we must promote a heightened awareness about this serious problem – education is the best method of prevention. Local resources such as public libraries, senior centers, and PSA's on local cable television can be utilized to get the word out. Local media in particular is a great way to reach homebound and isolated elders. The Newburyport Senior/Community Center plans a free seminar on January 31<sup>st</sup> at 1 pm on the topic of elder abuse.

Finally, it is also essential to know how to access help for someone who has been abused or whom you suspect has been abused. There is help available for every elder in the Commonwealth who may be a victim of abuse. There are adult protective services available to everyone age 60 or older regardless of income status. You can and should file a report if you suspect that an older adult is being abused.

Elder abuse is a law enforcement issue, a social justice issue, and a public health issue. It is also, ultimately, a local issue which undermines the well-being and healthy aging of valued members of our communities on a daily basis. As more people live longer and age in their homes and communities, we need to work diligently to ensure that all elders in Massachusetts have the opportunity to live healthy, meaningful, self-directed, and dignified lives free of abuse and neglect.

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.











