



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)

# JANUARY 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 19<sup>th</sup>**

## PARKINSONS GROUP

Come to the Newburyport Senior/Community Center on Thursday, January 19<sup>th</sup> at 1:00 p.m. for the first monthly meeting of a new support group. If you or anyone you know would benefit from participating in this monthly support group for anyone with neurological disorders, you are welcome to attend.

The first guest speaker for the Parkinson's support group will be Ray James, BS, RN. Ray is a nurse with the American Parkinson's Disease Association ([www.APDAMA.org](http://www.APDAMA.org)) at the Boston University Medical Campus. That is the group overseeing the Newburyport Parkinson's support group.

Ray will give an overview of Parkinson's and will speak to the value of support groups.

## Winter has Arrived

When Newburyport schools are closed due to winter weather, the programs at the Senior/Community Center are cancelled for the day. Listen to WNBK 1450 on your AM radio dial.

Help Needed – If you can help Newburyport elders clear the snow from driveways and sidewalks' please call the Council on Aging office and leave your name and phone number. Thanks in advance for being a wonderful neighbor!



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.

**KNITTERS FOR NEWBORNS** is a group of creative adults who share their enthusiasm for yarn, crochet hooks and knitting needles. They make caps and afghans for every baby born at the Anna Jaques Hospital. Written instructions for the projects and a small supply of yarn are available. The group meets at the Senior/Community Center at **10 a.m. on the second Wednesday of each month**. The program is free and anyone interested in invited to attend.

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



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

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

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

**CHESS CLUB** Chess club will be 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** Our first sing-a-long will be on January 10th from 11:30 to 12:30 in the Boardroom. Come and listen, or come and sing – all voices welcome!

**OBITUARY WRITING CLASS** will begin on January 12<sup>th</sup> at 1:00 p.m.. This free 2-hour class runs for 3 weeks. Class size is limited to 12, so don't wait to sign up by calling the Senior Community Center: 978-462-0430.

**COLORING GROUP** New time! Coloring group will now meet 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.

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

- **January 11th** 'Making Sense of Medicine: Medical Matters Made Simple' Bob Keller maintains a holistic practice in Newburyport.
- **January 18th** Kenneth L. Shimomura will be giving a talk on the History of the Japanese in America.
- **January 25th** Port Media, our new neighbor at the Senior Community Center, will explain who they are, what they do, and how you can get involved.

### **COUNCIL ON AGING OFFERS MANY SERVICES**

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

# JANUARY 2017 Program Calendar


**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**

<p><b>2</b></p> <p><b>Happy New Year!</b></p> <p><b>Closed today</b></p>	<p><b>3</b></p> <p><b><i>Brown Bag Day</i></b></p> <p>9:00 Ballet/Tap 10:00 Coffee Talk 11:00 Meditation 11:30 B.P. check 1:00 Bridge 12:00 Oil Painting 1:00 PING PONG!</p>	<p><b>4</b></p> <p>9:00 Exercise to Music</p> <p>10:00 French group</p>	<p><b>5</b></p> <p>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><b>6</b></p> <p>9:00 Exercise to Music 9:00 Dental Clinic 10:00 Sewing Group 10:00 + 11:00 Tai Chi 12:00 Bingo! 1:00 Massage Therapy 1:00 Ping Pong 1:00 Cribbage + 45s 1:00 Chess Club</p>
<p><b>9</b></p> <p>8:00 Health Insurance</p> <p>9:00 Exercise to Music</p> <p>1:00 Card Making</p> <p>1:00 German talk group</p>	<p><b>10</b></p> <p>9:00 Ballet/Tap 10:00 Coffee Talk 11:00 Meditation 1:00 Bridge 12:00 Oil Painting 1:00 PING PONG!</p>	<p><b>11</b></p> <p>9:00 Exercise to Music</p> <p>10:00 French group</p> <p>10:00 Knit for Newborns</p> <p>1:30 <i>Retired Readers</i></p>	<p><b>12</b></p> <p>9:00 Zumba Gold 10:00 Ballet/Tap 12:00 Abstract Art 12:00 Reiki 1:00 Mah Jongg 2:30 Yoga</p>	<p><b>13</b></p> <p>9:00 Exercise to Music 9:00 Reiki (by appt) 10:00 Sewing Group 10:00 + 11:00 Tai Chi 12:00 Bingo! 1:00 Ping Pong 1:00 Cribbage + 45s 1:00 Chess Club 1:00 Rubber Stamping</p>
<p><b>16</b></p> <p><b>Closed for Martin Luther King, Jr. Day</b></p>	<p><b>17</b></p> <p>9:00 Ballet/Tap 10:00 Coffee Talk 11:00 Meditation 11:30 B.P. check 12:00 Oil Painting 1:00 Bridge 1:00 PING PONG!</p>	<p><b>18</b></p> <p>9:00 Exercise to Music</p> <p>10:00 French group</p>	<p><b>19</b></p> <p>9:00 Health Insurance 9:00 Zumba Gold 9:00 COA Board Mtg. 10:00 Ballet/Tap 12:00 Abstract Art 12:00 Reiki 1:00 Mah Jongg 1:00 Parkinsons group 2:30 Yoga</p>	<p><b>20</b></p> <p>9:00 Exercise to Music 10:00 Sewing Group 10:00 + 11:00 Tai chi 12:00 Bingo! 1:00 Massage Therapy 1:00 Ping Pong 1:00 Cribbage + 45s 1:00 Chess Club</p>
<p><b>23</b></p> <p>8:00 Health Insurance</p> <p>9:00 Exercise to Music</p> <p>1:00 Card Making</p> <p>1:00 German talk group</p>	<p><b>24</b></p> <p>9:00 Ballet/Tap 10:00 Coffee Talk 11:00 Meditation 12:00 Oil Painting 1:00 Bridge 1:00 PING PONG!</p>	<p><b>25</b></p> <p>9:00 Exercise to Music</p> <p>10:00 French group</p>	<p><b>26</b></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 Reiki 1:00 Mah Jongg 2:30 Yoga</p>	<p><b>27</b></p> <p>9:00 Exercise to Music 10:00 Sewing Group 10:00 + 11:00 Tai chi 12:00 Bingo! 1:00 Massage Therapy 1:00 Ping Pong 1:00 Cribbage + 45s 1:00 Chess Club</p>
<p><b>30</b></p> <p>8:00 Health Insurance</p> <p>9:00 Exercise to Music</p> <p>9:00 Watercolor Painting</p> <p>1:00 Card Making</p> <p>1:00 German talk group</p>	<p><b>31</b></p> <p>9:00 Ballet/Tap 10:00 Coffee Talk 11:00 Meditation 12:00 Oil Painting 1:00 Bridge 1:00 PING PONG!</p>			<p><b>For More Information about programs Call Mary Kelly 978-462-0430</b></p>

# JANUARY 2017 Menu

**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**

<p>2</p> <p><b>No Meal Service Today</b></p>	<p>3</p> <p>Chicken Meatballs Pasta with Marinara Sauce Broccoli Dinner Roll Fresh Fruit</p>	<p>4</p> <p>Tomato Soup Baked Fish Supreme Sauce Lemon Rice Wheat Bread Yogurt</p>	<p>5</p> <p>Beef Stroganoff Egg Noodles Carrots + Cauliflower Whole Wheat Roll Apple Crisp</p>	<p>6</p> <p>Baked Chicken Gravy Corn + Red Peppers Mashed Potatoes Oat Bread Mixed Fruit</p>
<p>9</p> <p>Turkey Tetrazzini Pasta Carrots Wheat Bread Fresh orange</p>	<p>10</p> <p>Stuffed Shells Meat Sauce Italian Green Beans Italian Bread Pineapple</p>	<p>11</p> <p>Potato Ham Soup Vegetable Frittata Rice Pilaf Veg Blend Oatmeal Bread Grahams</p>	<p>12</p> <p>Chicken Bruschetta Parslied Potatoes Zucchini Natural Grain Bread Mandarin Oranges</p>	<p>13</p> <p>Beef Stew with Vegetables Roasted Sweet Potatoes Dinner Roll Pudding</p>
<p>16</p> <p><b>No Meal Service Today</b></p>	<p>17</p> <p>Chicken Drumstick Sweet Sour Sauce White rice Mixed Veg Natural Grain Bread Pears</p>	<p>18</p> <p>Chicken Rice Soup Cheeseburger Roasted Potatoes Beets Hamburger Roll Fresh Fruit</p>	<p>19</p> <p>Turkey with Gravy Mashed Potatoes Carrots Whole Wheat Roll Cranberry Sauce Cake</p>	<p>20</p> <p>Macaroni &amp; Cheese Crumb Topping Mixed Veg Honey Wheat Roll Gelatin</p>
<p>23</p> <p>Hot Dog Baked Beans Potato Chips Hot Dog Roll Pineapple</p>	<p>24</p> <p>Beef Burgundy with Onions + Mushrooms Egg Noodles Broccoli Italian Bread Pudding</p>	<p>25</p> <p>Vegetable Soup Roasted Chicken Mashed Potatoes Green Beans Whole Wheat Roll Fruit Loaf</p>	<p>26</p> <p>Roasted Pork Gravy Sweet Potatoes Chef's Choice Veg Natural Grain Bread Applesauce</p>	<p>27</p> <p>Breaded Fish Corn + Red Peppers Rice Pilaf Oat Bread Fresh Fruit</p>
<p>30</p> <p>Cheese Lasagna Meat Sauce Sautéed Spinach Italian Bread Chef's Choice Dessert</p>	<p>31</p> <p>Greek Chicken Orzo Pilaf Zucchini Dinner Roll Mandarin Oranges</p>		<p><b>Lunch is Served at 11:15 a.m.</b> <b>Please call in your Lunch Reservation 2 days ahead.</b> <b>978-462-0430</b></p>	<p><b>Requested Donation \$2</b></p>

# NEWBURYPORT COUNCIL ON AGING TRIPS

**December 31 – New Year’s Eve Day Trip @ Danversport Yacht Club** – Featuring Award Winning Singer Lydia Harrell and dancing to the Lovely Singer Orchestra. Includes Show, Luncheon (choice of Stuffed Chicken Breast or Baked Schrod), Party Favors and Champagne Toast. \$95pp payable to Best of Times.

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

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

**April 11 – BINGO! @ The Inn/East Hill Farm** – Enjoy an afternoon of playing Bingo for cash prizes, each person receives 2 cards; includes lunch choice of Yankee Pot Roast or Roast Turkey Dinner. \$68pp payable to Royal Tours.

**April 19 – Adam Trent @ Lantana’s, Randolph, MA.** – Star of the hit Broadway show “The Illusionists” – part magic, part concert, and part standup comedy. Includes lunch of Chicken Cordon Bleu (Vegetarian option, order at sign up). \$95pp payable to Best of Times.

**May 1-5 – Niagara Falls & Toronto** – Includes a journey to the Falls on a Hornblower Niagara Cruise. Visits to beautiful Queen Victoria Park, historical Niagara on the Lake, engineering marvel the Welland Shipping Canal and Fallsview Casino. Tour of cosmopolitan Toronto, including majestic Casa Loma. 5 Days/4 Nights; 8 Meals (4 Breakfasts/4 Dinners). \$499pp Dbl/\$658 Sgl. Payable to Diamond Tours. **\$75 deposit on sign up reserves your seat**; Final payment due 02/22/17.

**May 9 – The Edwards Twins Celebrity Impersonators @ The Newport Playhouse** – Two Brothers – 100 Stars, direct from their act in Las Vegas. Includes Buffet Luncheon. \$87pp payable to Royal Tours.



**May 19-21 – New York City** – Includes visits to 09/11 Memorial & Museum; Ferry Ride to Liberty & Ellis Island w/admission to Statue of Liberty. Free time to explore the city; enjoy museums, shows, sightseeing, shopping, etc. at your own pace. 3 Days/2 Nights; American Breakfast Buffet each morning. \$599pp Dbl/\$879 Sgl. Payable to Best of Times. **\$50 deposit on sign up confirms your reservation**; Final payment due 04/07/17.

**May 23 – Stayin’ Alive @ Danversport Yacht Club** – A Tribute Show to the Bee Gees, 8 Time Grammy Award Winners, 5 Time AMA Award Winners. Includes lunch choice of Stuffed Chicken Breast or Baked Schrod. \$89pp payable to Best of Times.

**June 6 – A Presidential Birthday @ Hyannis** – Celebrating JFK’s 100<sup>th</sup> birthday; enjoy a 1 hour narrated harbor cruise with views of the historic Kennedy Compound; visit the Hyannis JFK Museum. Includes lunch at the Cape Codder Resort (Cape Scrod, Chicken Pot Pie or Steak Tips). \$90pp payable to Royal Tours.

**September 7-11 – Nashville & Memphis** – America’s Music Cities. Featuring visits to Graceland; the famous Wildhorse Saloon; Beale St., Memphis; Country Music Hall of Fame; and Ryman Auditorium, home of the Grand Ole Opry from 1943 to 1974. 5 Days/4 Nights; 8 Meals (4 Breakfasts/4 Dinners). Includes roundtrip Airfare and transportation/Logan Airport. \$1799pp dbl/2099 sgl. **\$600pp deposit due on sign up.**

**Please note: Reservations cannot be confirmed until payment is received. For details and to sign up for one of our group tours please contact the Council on Aging in Newburyport @ 978-462-0430**

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# Introducing The Greater Newburyport Village

When Newburyport resident Paul Harrington began helping organize a local nonprofit Village more than 3 years ago, he never guessed he'd later become one of the first Village members to need its services. While he was walking the family dog, a slip on the ice caused an injury that resulted in many months of rehab. His wife, Betty, had to take care of their home, dog, and everything else while caring for Paul. Fortunately, Greater Newburyport Village volunteers stepped in to help, even taking the dog for daily walks.

The Village recently celebrated its 6-month anniversary with more than 50 members and an enthusiastic team of volunteers. Its mission, "to promote living well and independently for a lifetime through community engagement and a network of neighborly support," means the Village focuses on helping people live happily in their own homes and community as they age. Most members are over age 55 and active but realize they may need help with household chores, gardening or leaf raking, changing smoke detector batteries or moving a window air conditioner down to the basement, or learning to use a new smartphone. The Village provides many such services as well as referrals to recommended home professionals such as electricians and plumbers.

Volunteer services form the basis of the national "Village movement," now with several hundred active or developing Villages across the country—with Boston's Beacon Hill neighborhood being the first. While Paul and the other Greater Newburyport Village founders looked to the national movement as they started organizing, the local Village was developed to address the specific needs and wants of Newburyport, Amesbury, Newbury, Salisbury, West Newbury, and Rowley residents.

In addition to helpful home services, the Village's social, cultural, and educational opportunities include the popular Lunch & Learn series of noontime gatherings with speakers on a wide variety of topics, recreational outings, group dinners, and events such as a recent harbor boat tour. Watch for future announcements of upcoming programs. "We are a member-driven organization," Paul explains, "and that means that as we grow and members want to form new groups for activities or other special events, the Village will provide even more opportunities." In this way, the Village has also become important to members new to the area who want to expand their social network and explore interests together with other Village members.

As a nonprofit, all services and activities of the Village are handled by volunteers. A team of more than a dozen local residents started the Village and dozens more have discovered the personal fulfillment that comes from lending a helping hand. Recent retiree and Village volunteer Mike Prendergast puts it this way: "It feels good to make new friends while giving a hand to those who need it, and you never know when you may suddenly need some neighborly support yourself—like someone to water your vegetable garden when you're away." Or even walk your dog.

The Greater Newburyport Village is accepting new members. To learn more, visit the website [GreaterNewburyportVillage.org](http://GreaterNewburyportVillage.org), or send an email to [info@greaternewburyportvillage.org](mailto:info@greaternewburyportvillage.org), or call 978-206-1821.

## **A Message from State Senator Kathleen O'Connor Ives:**

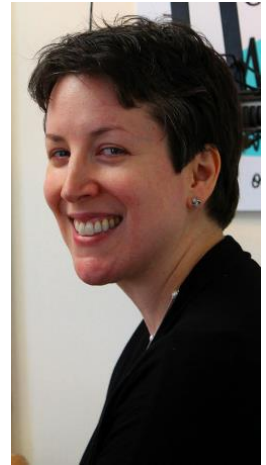
Legislation to ease the burden faced by family caregivers was enacted by both the Massachusetts Senate and House of Representatives, and signed into law on December 8. I co-sponsored The CARE Act, which was proposed by AARP as a measure to assist individuals in the overwhelming task of providing at-home care to family members after their discharge from the hospital.

According to AARP, there are about 844,000 caregivers in Massachusetts who serve older adults with chronic or disabling conditions. These caregivers provide vital services to family members that keep them out of nursing homes and from being readmitted into hospitals. Family caregivers perform 786 million hours of care at an estimated value of \$11.6 billion—often while working full or part time jobs and supporting a family of their own.

The CARE Act allows patients to designate a relative or other individual as a caregiver. Designated caregivers would be authorized to receive a patient's pertinent medical information, including critical notifications of when the patient is discharged or transferred to another facility.

Importantly, this legislation also tasks hospitals with providing designated caregivers with instructions on all after-care tasks listed in a patient's discharge plan. This could have an enormous benefit, seeing as family caregivers are increasingly performing complex tasks at home, such as managing medication, providing wound care, and operating specialized medical equipment. Massachusetts joins 33 other states that have passed this legislation, which should take effect no later than August 2017.

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, January 20, 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 on bullying of seniors. Bullying can be perpetrated by strangers, family and friends, as well as society in general and bullying may take many different forms.

Adults from all area towns and cities are welcome. You do not need be a senior or a member of MSAC to attend. MSAC is a 35- year old state- wide organization working to give older citizens a voice in all matters important to their life style and well-being. Meetings begin promptly at 10:00



## 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](http://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](http://www.massrmv.com) web site also provides the location, hours of operation AND current wait times at each of the RMV branch offices. The Registry of Motor Vehicles is affiliated with many AAA offices, including the one at Port Plaza in Newburyport. AAA members can visit that convenient location for many RMV services.



Massachusetts  
Registry of Motor Vehicles

## Need a Ride?

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



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

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

## CROSSING GUARD OPENING

Location: Coltin Street & Low Street.

Schedule: Daily during the school year - Monday through Friday

7:00 am to 8:15 am & 2:00 pm to 3:15 pm

Send letter of interest to Principal Kristina Davis,

[kristinadavis@newburyport.k12.ma.us](mailto:kristinadavis@newburyport.k12.ma.us)

or phone 978-465-4431.

**Crossing Guard Substitutes** are also needed for various locations!

Contact Luann McKenney at [lmckenny@newburyport.k12.ma.us](mailto:lmckenny@newburyport.k12.ma.us)

or phone 978-465-4447.

These jobs are often perfect for older adults who live locally and who want to make a little money while helping to keep the children and community safe.







While much scrutiny and study has been devoted to bullying in grade school, less attention has been paid to another category of bullies: those with gray hair, false teeth, hearing aids and canes. But according to experts, gray-haired bullies do exist and, as with their younger counterparts, their behavior can run the gamut from verbal intimidation to physical violence.

What is bullying behavior and what's just difficult behavior? The formal definition of bullying is, someone intentionally and repeatedly causing another person injury or discomfort.

Most bullies put others down in order to build themselves up. Amongst elder bullying, they may be seeking control at a time in their life when they feel pretty powerless. They tend to give little thought to the actual damage that their words and their actions cause.

No one wants to be considered a bully. A good rule of thumb is to "think" before making a comment. If your message is true, helpful, inspiring, necessary and kind, no one will consider you a bully. But if you often fail to "think" first, you risk developing a reputation that is not good.

Bystanders have a responsibility to act. When a bystander intervenes, it stops the bullying 50% of the time. So if you see something, say something!

Don't let bullies get away with their hurtful comments.

If you are the target of a bully and need help with the situation, reach out and get help. If the bullying is occurring in senior housing, speak with the building administrator. If it's happening at the senior center, speak with the director. If it's occurring in a social setting, speak with the club president. If it's at a business or a store, speak with the manager. Problems that stay hidden cannot be solved.

Lets work together to make 2017 the year of more encouragement and less intimidation for everyone.

**Think**  
Before You Speak Or Act

- T** ➔ is it **T**True?
- H** ➔ is it **H**Helpful?
- I** ➔ is it **I**Inspiring?
- N** ➔ is it **N**Necessary?
- K** ➔ is it **K**Kind?











