



Newburyport Council on
Aging

Senior Citizen News

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

RRobillard@cityofnewburyport.com

Donna Holaday, Mayor
www.cityofnewburyport.com

July 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
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,
Jo An Kincaid, Secretary
Richard Eaton, Miller Graf
Jane Kelley, Jack Ronan
Yvonne McQuilken, Cynthia Muir

The next scheduled COA Board Meeting will be in September

COMMUNITY DAYS –

Wednesdays at 1 pm at the Senior Community Center

July 5th Sister City Slide Show and Talk

Joanna Hammond will present a slide show and talk about Newburyport's 25 year sister city relationship with Bura, Kenya. Joanna is one of a team of 4 Greater Newburyport/Alliance members which visited Bura in April. The team met with many Bura residents including 43 orphan high school girls whom the Newburyport group helps with school fees. The team visited many of the institutions and projects supported by the group, including schools, a clinic, a hospital, a soccer program and an agroforestry program. The public is invited.

July 12th Red Cross Blood Drive.

Please call 1-800-RED CROSS to schedule an appointment to give blood.

July 19th Dating Houses in Essex County and Newbury

John Cole, also known as "The Old House Whisperer," was Property Manager Historic New England. Today, he shares his expertise through lectures, consulting, and by writing books and dating documents for private homeowners. As an authority in the field of historic American houses, John loves to share his passion with audiences of all ages. His talks are extremely engaging. This Community Day event is presented by the Greater Newburyport Village

July 26th The 2nd Annual Senior Center Cook Out Party catered by Carry Out Café. Hot Dogs and Hamburgers, watermelon, cold drinks, live entertainment, games and fun. Please pre-register by calling the COA 978-462-0430. \$5 per person, payable at the door. Special thanks to Pavilion Medical Home Care and the Friends of Newburyport Council on Aging.



BIRD WALK with Sue McGrath on Thursday, July 20th at 9:00 a.m.

Those signed up for this group will meet in the Senior/Community Center at 9:00 a.m. sharp. Only 20 spots available for this Bird Walk so please sign up at the front table of the Senior/Community Center soon! Sue McGrath, founder and program designer at 'Newburyport Birders', will be leading a 'bird walk' around the Newburyport Senior/Community Center campus. Following the walk, all are invited into the Senior/Community Center to view a documentary film Fish Out of Water. The film covers the history and status of the Atlantic Puffins off the coast of Maine.

Each summer, Atlantic Puffins return to the Gulf of Maine to raise their young. The film provides an intimate look into the lives of these colorful seabirds. The award winning film explores the intriguing lives of Arctic and Common Terns. Learn about the history of the National Audubon Society's re-establishment of the Atlantic Puffin population on the Maine coast.

Sue McGrath has been observing birds for over thirty years and remains fascinated by bird behavior. Sue has traveled to observe birds throughout North America, Central America, West Africa and western Europe. Sue has been published in the New England-based, bimonthly journal for birders, "Bird Observer". Her articles were on Bald Eagles nesting in the Lower Merrimack River and on the Purple Martins of Plum Island. Sue's weekly columns, "Winging It", "Bird Watch" and "Birds in Our Neighborhood", are published in three Essex County newspapers.



NOT FOR SISSIES

Growing older is not for sissies. There are many losses that can be hard to deal with. If you'd like an opportunity to share your experiences and obtain reassurance, support and encouragement, come to the Senior/Community Center. Jack L. Slatoff, retired clinical psychologist, leads two groups. Feel free to drop in and meet Jack and join in the discussions he will facilitate.

Mondays 1-3 pm

PICKELBALL is a fun game for all ages and skill levels. Complimentary lessons are available for new and beginning players. Not from Newburyport? No problem – join us at any of the Newburyport Pickelball locations:

Perkins Park, corner of Beacon Avenue and Lincoln Street in Newburyport

Tuesdays, Thursdays, and Saturdays 5:30 – 8:30 pm \$2 drop-in fee helps with equipment costs

Senior/Community Center, 331 High Street in Newburyport

Thursdays thru August 31st 9 am – 1 pm

Racquet Club, Low Street in Newburyport

Sundays through October 1st 5:30 – 8:30 pm

For more information or to join Newburyport Pickleball's email list to receive updates and announcements, send your name and email address to James Jones at jamesjones631@gmail.com

James is the U.S. Pickleball Association's Ambassador for Newburyport – and a pickleball addict.

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.



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.

JULY 2017 Program Calendar

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p>3 (Elder Law Consults) 8:00 Health Insurance 9:00 Exercise to Music 1:00 German talk group</p>	<p>4TH of July</p>	<p>5 9:00 Exercise to Music 10:00 French group 10:00 Knit for Newborns 1:00 Community Day</p>	<p>6 9:00 Zumba Gold 9:00 Foot Care 10:00 Ballet/Tap 12:00 Abstract Art 12:00 Reiki 12:00 Arthritis Exercise 1:00 Mah Jongg 2:30 Yoga</p>	<p>7 9:00 Exercise to Music 9:00 Coloring + Crafts 10:00 Qigong 11:00 Tai-Chi Basics 12:00 Bingo! 1:00 Massage Therapy 1:00 Ping Pong 1:00 Cribbage + 45s 1:00 Chess Club</p>
<p>10 8:00 Health Insurance 9:00 Exercise to Music 1:00 German talk group</p>	<p>11 Brown Bag Day 9:00 Ballet/Tap 10:00 Coffee Talk 10:00 Low Vision group 11:00 Meditation 11:30 Singing 1:00 Bridge 12:00 Oil Painting 1:00 PING PONG!</p>	<p>12 9:00 Exercise to Music 10:00 French group 10:00 Knit for Newborns 1:00 Community Day 1:30 <i>Retired Readers</i></p>	<p>13 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>14 9:00 Exercise to Music 9:00 Reiki (by appt) 10:00 Qigong 11:00 Tai-Chi Basics 12:00 Bingo! 1:00 Ping Pong 1:00 Cribbage + 45s 1:00 Chess Club 1-3 Drop In Painting</p>
<p>17 8:00 Health Insurance 9:00 Exercise to Music 1:00 German talk group</p>	<p>18 9:00 Ballet/Tap 10:00 Coffee Talk 11:00 Meditation 11:30 Sing A Long 12:00 Oil Painting 1:00 Bridge 1:00 PING PONG!</p>	<p>19 9:00 Exercise to Music 10:00 French group 10:00 Knit for Newborns 1:00 Community Day</p>	<p>20 9:00 Health Insurance 9:00 Zumba Gold 9:00 COA Board Mtg. 10:00 Ballet/Tap 12:00 Abstract Art 12:00 Reiki 12-2 Parkinsons group 1:00 Mah Jongg 2:30 Yoga</p>	<p>21 9:00 Exercise to Music 10:00 Qigong 11:00 Tai chi Basics 12:00 Bingo! 1:00 Massage Therapy 1:00 Ping Pong 1:00 Cribbage + 45s 1:00 Chess Club 1-3 Drop In Painting</p>
<p>24 8:00 Health Insurance 9:00 Exercise to Music 1:00 German talk group</p>	<p>25 9:00 Ballet/Tap 10:00 Coffee Talk 11:00 Meditation 12:00 Oil Painting 1:00 Bridge 1:00 PING PONG!</p>	<p>26 9:00 Exercise to Music 10:00 French group 10:00 Knit for Newborns 1:00 Community Day</p>	<p>27 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>28 9:00 Exercise to Music 10:00 Qigong 11:00 Tai Chi Basics 12:00 Bingo! 1:00 Massage Therapy 1:00 Ping Pong 1:00 Cribbage + 45s 1:00 Chess Club</p>
<p>31 8:00 Health Insurance 9:00 Exercise to Music 9:00 Watercolor Painting 1:00 German talk group</p>				<p>For More Information about programs Call Mary Kelly 978-462-0430</p>

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

JULY 2017 Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Stuffed Shells Meat Sauce Cauliflower Dinner roll Mixed Fruit	4TH of July	5 BBQ Chicken Sweet Potatoes Coleslaw Natural Grain Bread Apple Crisp	6 Beef and Peppers White Rice Mixed Veg Whole Wheat Roll Fresh Fruit	7 Tuna Salad Potato Salad Green Salad Salad Dressing Sandwich Roll Peaches
10 Hot Dog/Roll Baked Beans Potato Chips Mustard, Relish and Ketchup Mandarin Oranges	11 Turkey Sausage Cheese Frittata Potatoes Orange Juice Sliced Apples Muffin and Yogurt	12 Bourbon Chicken White rice Broccoli Corn Bread Fresh Fruit	13 American Chop Suey Pasta Green beans Whole Wheat Roll Cookie	14 Turkey and Gravy Cranberry Sauce Mashed Potatoes Carrots Gelatin
17 Lasagna Meat Sauce Spinach Whole Wheat roll Fresh Fruit	18 Orange Chicken White Rice Mixed Veg Whole Wheat Bread Pineapple	19 Smothered Pork Chop Mashed Potatoes Corn & Red Peppers Dinner Roll Applesauce	20 Pot Roast and Gravy Red Potatoes Carrots Natural Grain Bread Cake	21 Garden Salad with Chicken Greek Pasta Salad Honey Wheat Roll Pudding
24 Ribeque with BBQ Sauce Cauliflower Sweet Potatoes Sandwich Roll Raisins	25 Sweet Sour Meatballs White Rice Carrots Natural Grain Bread Mandarin Oranges	26 Chicken Salad Cucumber Salad Orzo Salad Hot Dog Roll Peaches	27 Fiesta Fish Rice Pilaf Corn Oat Bread Yogurt	28 Mac n Cheese Crumb Topping Peas Honey Wheat Roll Fresh Fruit
31 Meat Loaf w/ Gravy Ketchup Mashed Potatoes Green Beans Natural Grain Bread Fruit Crunch Bar			Lunch is Served at 11:15 a.m. Please call in your Lunch Reservation 2 days ahead. 978-462-0430	Requested Donation \$2

Farmers Market Coupons will be available at the Newburyport Senior/Community Center on **Wednesday, August 9** at 8:00 a.m. FIRST COME, FIRST SERVED. Eligible residents will receive 10 coupons, each worth \$2.50. The coupons can be used to buy fresh fruits and vegetables at the Farmers Markets across Massachusetts, including the Farmers Market at the Tannery in Newburyport on Sunday mornings

The Brown Bag Program is available for income eligible residents aged 60 and older. Those who qualify will receive a free bag of groceries once a month. A typical Brown Bag contains perishable and shelf-stable foods such as cereal, beef stew, canned tuna, frozen chicken, spaghetti, pasta sauce, raisins, apple juice, fresh produce and cheese. There is no cost involved. Applications for the Brown Bag Program are available at the Newburyport Council on Aging, 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.

July 15 – Lighthouse Lover’s Cruise & Lobsterbake @ York River Landing –

Enjoy a One Pound Lobster, Chowder & Steamers, Potato & Corn on the Cob followed by a 90 minute narrated cruise through Portland’s busy scenic harbor and innermost islands to see lighthouses, forts, lobster boats, seals and seabirds; includes a visit to When Pig’s Fly. \$97pp payable to Royal Tours. (Steak Tip option; must order on sign up).

July 20 – Voices of Legends Show – Starring the Master of Vocal Impressions – Eric Kearns. Includes lunch @ Venezia Waterfront Restaurant (Chicken Parm or Baked Haddock). \$85pp payable to Best of Times.

July 27 – Bullets Over Broadway @ Ogunquit Playhouse – Musical adaptation of a Woody Allen comedy featuring Sally Struthers. Includes lunch at Jonathan’s (Chicken Piccata or Lemon Baked Scrod) and a visit to Stonewall Kitchen. \$120pp payable to Royal Tours.

August 2 – Isles of Shoals – Located just 9 miles off the coast the Isles of Shoals are an archipelago of 9 islands steeped with history. Join us for a narrated cruise as we glide past these intriguing islands. Includes lunch at the British Beer Company (Turkey Breast Pasty or Baked Haddock). \$109pp payable to Best of Times.

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

September 16 – 24 – Tunica & Memphis – Includes tours of Graceland, Sun Studios, the Rock ‘N’ Soul Museum and free time on Beale St. Memphis. Visits to the Woodrow Wilson Presidential Museum and O. Winston Link Museum in VA. Transportation by bus; 9 Days/8 Nights; 4 Nights lodging at a Tunica area Casino Resort; includes 8 Breakfasts/6 Dinners. \$820pp dbl/\$1045 sgl payable to Diamond Tours. **\$75 Deposit due on sign up;** final payment due July 7.

September 21 – One Night in Memphis @ Venus de Milo – A musical tribute to that memorable night in Memphis when Elvis, Johnny Cash, Carl Perkins and Jerry Lee Lewis recorded at Sun Studios; dubbed “The Million Dollar Quartet.” Includes lunch choice of Chicken Parm or Baked Schrod. \$89pp payable to Best of Times.

October 3 – Winnepesaukee Railroad “Turkey Train” – Enjoy Hart’s Turkey Farm famous turkey dinner served right on the train as you relax on a leisurely 2 hour ride around part of Lake Winnepesaukee followed by a visit to Moulton Farm featuring fresh local produce and scrumptious baked goods. \$79pp payable to Royal Tours.



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 group will not hold meeting at the Newburyport Senior/Community Center in July or August. The next meeting is scheduled for Friday, September 15th.



PINOCHLE is a trick-taking card game typically for two to four players. Anyone interested in playing is invited to the Senior/Community Center on Friday afternoons to play. Other card games regularly played on Friday include 45’s and cribbage. We also have Scrabble sets!

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 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 **July 20** meeting will welcome a speaker whose expertise ranges well beyond Parkinson's Disease to encompass any serious medical diagnosis. Andrew Tollison, PhD is an assistant professor at Merrimack College. His topic is "Health Communication: Regaining a Sense of Control During Times of Uncertainty." He speaks to the emotional impact of a serious medical diagnosis. The uncertainty of illness, the coping with serious illness, managing in daily life, communicating with loved ones as well as casual and work situations, all play a role in emotionally coping with illness.

▶ **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

▶ **Steady Type**

Steady Type is an iPhone/iPad application for people with hand tremors. People with hand tremors, Parkinson's patients and others, have occasionally joked that they wish there were "an app for that." In fact there is an app in development for that very issue.

All of us it seems are forever facing keyboards. From the ATM at the bank to our cars, our laptops and especially our iPads and iPhones. Steady Type is still in the development process and is looking to do user testing with individuals who could benefit from this application. They are offering a free copy of the app and a \$25.00 "thank you" to those who would work with the app on their iPads/iPhones.

As a society we are seemingly tethered to our devices. Those with upper extremity tremors could be helped with such an application.

Steady Type is planning a presentation of the new app at the August 17th meeting of the Newburyport Parkinson's Support Group. Steady Type representatives will discuss the device, demonstrate its use and seek an individual or two to undergo training on the use of Steady Type. Even those who don't use the technology would be entertained to see this new tech help demonstrated. They will be looking for a volunteer or two or three with an iPhone or iPad to teach and test the app. More detail on Steady Type can be had by email or phone:

ashley.tarentino@steadytype.com or 781-632-7929. Local contact for the Newburyport Parkinson's support group is Andrew Mungo, 978-462-0282, 978-518-9143 or portmovies@aol.com

THE FRIENDS OF NEWBURYPORT COUNCIL ON AGING, a charitable 501(c)3 non-profit organization committed to providing financial support to the needs of the Council on Aging, currently has several vacancies on our 15-person Board of Directors. Also, additionally and specifically, the Friends is searching for a fiscally knowledgeable volunteer to serve on the Board as an officer, in the position of FONCOA Treasurer. The Board meets monthly in the Senior/Community Center. If you are interested and/or would like additional information, please contact Ben Iacono, FONCOA President, at biacono@comcast.net, or mention your interest to Council on Aging Director, Roseann Robillard. We hope that you will join us!

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.

SINGING GROUP Come and sing on the second Tuesday from 11:30 to 12:30 in the Livingroom. Come and listen, or come and sing – all voices welcome! July 11th.



RETIRED READERS gather at the Senior/Community Center on the 2nd Wednesday of each month to discuss the book of the month. The book selected for July is *“The Girls of August”* by Anne Rivers Siddon. The August book selection is *“Paris for One and other Stories”* by Jojo Moyes.

FREE COMPUTER HELP is available in the Computer Lab at the Senior/Community Center on Mondays from Noon-3 pm and on Wednesdays from 9-4. The patient instructors are Susan Vesey and Andy Griffith. They are both very patient and very knowledgeable. Come take advantage of the valuable service they offer.

BOCCÉ 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.

PEACE GARDEN NEEDS VOLUNTEERS

The Peace Garden beside the boardwalk on Newburyport’s waterfront is cared for by volunteers. There is no minimum commitment, and volunteers usually work for an hour and a half at a time on random mornings once or twice a month during the summer. The garden was established in 2003 by the Women’s Action for New Directions (WAND) to honor civilians and military personnel on both sides who perished during the Iraq war. It has subsequently has been maintained by community volunteers. If you are able to help, please contact Joanna Hammond, volunteer organizer, at 978-270-3941.

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.

INDOOR YARD SALE

Save the date! Our second annual *Indoor Yard Sale* is being held on Wednesday, August 30th from 1:00 until 4:00. This is a chance for you to clear out some of those belongings that you no longer need. This is also a good opportunity to raise money for a charitable organization of your choice. All details about the sale will be available in the August edition of this newsletter.

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

