



Newburyport Council on
Aging

Senior Citizen News

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978-462-0430

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Donna Holaday, Mayor
www.cityofnewburyport.com

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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:

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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 January schedule includes the following great events:

- ▶ January 10th Estate Planning Seminar
- ▶ January 17th Discovering Newburyport through the
Historic American Buildings Survey
- ▶ January 24th Bay Circuit Trail
- ▶ January 31st What to do about Elder Abuse

Look inside for more information about these Community Day topics

SHOVELERS NEEDED



All helpful residents - young and old - are asked to step up now that winter is here! 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.

COMMUNITY DAYS – 1 pm on Wednesdays

Wednesday, January 10th

Estate Planning Seminar

Understanding Trusts, MassHealth, and Medicaid

Estate Planning Attorney Mark Edward Skandier will provide a basic overview of Revocable and Irrevocable Trusts. He will focus on three major issues:

- Understanding and Qualifying for MassHealth
- Trusts in Estate Planning
- Protecting Assets from the costs of Long Term Care (nursing homes, etc.)
-

Wednesday, January 17th

Discovering Newburyport through the Historic American Buildings Survey

Reginald W Bacon, Independent Museum Professional and Circus/Vaudevillian Emeritus. Join author and presenter Reginald Bacon for a lively look back at the Historic American Buildings Survey (HABS), the federal program that advanced architectural preservation in the 1930s through crisp analog photographs and elegant measured drawings. Based on his award-winning book published in 2017, *The HABS and The HABS NOTS: Documenting the Architecture of Newburyport in the Historic American Buildings Survey*, the program also illuminates the author's more recent discoveries, and includes snippets of curious Newburyport miscellany not found within the covers of the book.

Reginald W. Bacon of Newburyport is a museum and history professional with specialties in 17th- and 18th-century New England architecture and domestic life ... and early 20th-century music, vaudeville, and circus. His first career as a journalist, editor, and publication designer informs his current work in the museum and preservation field. His 35-year performance career as an acrobatic juggler and jazz/ragtime musician informs his performing arts scholarship. He first encountered Newburyport as a preservation work-in-progress in the 1970s --- not attracted by architectural ornament, but by high ceilings suitable for acrobatics practice. A graduate of Syracuse University and the Harvard museum studies program, R.W. Bacon is the author of ten books on under-the-radar history, performing arts, and editorial/graphics topics. He serves on the board of directors for several history and preservation organizations, and in his adopted hometown, on the "working board" of the Newburyport Preservation Trust.

For more information please check out www.greaternewburyportvillage.org, emailinfo@greaternewburyportvillage.org, or call 978.206.1821. 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. The Greater Newburyport Village is a nonprofit 501 (c) 3 nonprofit membership organization whose mission is to promote living well and independently for a lifetime through community engagement and a network of neighborly support.

Wednesday, January 24th

Hiking the Bay Circuit Trail – A multimedia presentation by Marilyn and Dan Brielmann

Facilitator: Plum Island Outdoors, Inc./Andy Griffith

The **Bay Circuit Trail** is a Massachusetts recreational trail and greenway connecting the outlying suburbs of Boston from Plum Island in Newburyport to Kingston Bay in Duxbury, a distance of 200 miles

Landmarks include Henry David Thoreau's Walden Pond, Great Meadows National Wildlife Refuge, the Charles River, Massachusetts Audubon's Moose Hill Wildlife Sanctuary, Minute Man National Historical Park, Lowell National Historic Park, the Merrimack River, and Plum Island.

The Bay Circuit is open to hiking, trail running and picnicking, and in the winter, snowshoeing. Certain parts of the trail are suitable for bicycling, horseback riding and cross country skiing. Swimming, mountain biking, hunting, fishing, and car top boating are also permitted in some properties the trail passes through.

The Bay Circuit Trail is overseen by the Bay Circuit Alliance, a coalition of state, town, and federal agencies, non-profit organizations, and individuals. The Bay Circuit Alliance is led by the Appalachian Mountain Club which is working to implement the vision of the Bay Circuit by closing the final gaps of the trail, recruiting and organizing volunteers, improving the trail experience through improved maintenance and signage, securing permanent protection for the trail corridor and the greenway, and encouraging the public to get out and explore the trail's 230+ miles.

Wednesday, January 31st

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

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 31st 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.

COMPUTER CLASS WITH MIKE OLSON – Wednesday, January 17th 9-11 a.m.

iPad for Beginners: Photography

Registration is required. Call the Newburyport Council on Aging at 978-462-0430.

Bring your own device and learn how to use the Photos and Camera app. Practice taking photos/videos, editing, organizing and sharing. Improve your photos using Autoexposure/Autofocus Lock (AE/AF). Understand how your photos/videos take up space on your device and how to use iCloud to store your entire library. Mike will demonstrate on iOS9, iOS1- and iOS11

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



BALANCE CLASS Exercise, Movement and Dance – for those with Arthritis/Parkinson’s Disease

Thursdays, 12:00 – 1:30. This class incorporates the latest developments in the Active Aging field, with specific components targeted towards those with Parkinson's and Arthritis. It also incorporates movements from the innovative and exciting Mark Morris Company's Parkinson's Dance program that really takes the concept of traditional exercise to another level of grace and movement. The class instructor is Susan Tribble. She can be reached at susantribble@comcast.net

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

- January ***Little Red Chairs*** by Edna O'Brien
- February ***The Sweetness at the Bottom of the Pie*** by Alan Bradley
- March ***The Museum of Extraordinary Things*** by Alice Hoff

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.

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.

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.

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.



VETERANS GROUP

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

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!

DRUG SAFETY AWARENESS

Every day, 4,047 children and young adults begin experimenting with prescription drugs. Only 4.7% of children who abuse prescription drugs say they get the medication from a stranger, a drug dealer or the internet. Prevent the young people in your life from abusing your own medication by securing your meds in places your child cannot access.

Help protect young people by safeguarding your prescription medications with 3 easy steps

- **MONITOR** : Keep track of the amounts of your prescriptions, control your kids' medicines and encourage your friends and relatives, especially grandparents, to monitor and secure their own.
- **SECURE YOUR MEDICINE**: Keep prescription medicine secure, preferably locked, in a place that your kids and visitors to your home will not easily find.
- **DISPOSE OF YOUR UNUSED MEDICATION PROPERLY**:

Prescription Tablets and Capsules: Medications can be disposed of 24 hours a day at the Newburyport Police Department, 60 Green Street. Over the counter medications can be disposed of with your household trash.

Syringes: Massachusetts General Law prohibits the disposal of "sharps" such as hypodermic needles, syringes and lancets in the trash. These items may be disposed of in the Sharps Collection kiosk at the Health Department at City Hall and at the Fire Station at 4 Greenleaf Street (available 24 hours a day.) Sharps must be placed in rigid plastic containers, such as laundry detergent bottles. **To dispose of liquid medication:**

1. Mix the medication with an undesirable substance, such as coffee grounds or kitty litter.
2. Place the mixture in a sealable bag.
3. Dispose of it with your trash.

JANUARY 2018 Program Calendar



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p>1</p> 	<p>2</p> <p>Brown Bag Day</p> <p>10:00 Coffee Talk</p> <p>12:00 Oil Painting</p> <p>1:00 Bridge</p> <p>3:00 Drawing</p>	<p>3</p> <p>9:00 Exercise to Music</p> <p>10:00 French group</p>	<p>4</p> <p>9:00 Zumba Gold</p> <p>10:00 Ballet/Tap</p> <p>12:00 Abstract Art</p> <p>12:00 Reiki</p> <p>12:00 Arthritis Exercises</p> <p>1:00 Mah Jongg</p> <p>2:30 Yoga</p>	<p>5</p> <p>10:00 Qigong</p> <p>11:00 Tai-Chi Basics</p> <p>12:00 Bingo!</p> <p>1:00 Massage Therapy</p> <p>1:00 Ping Pong</p> <p>1:00 Cribbage + 45s</p> <p>1:00 Chess Club</p>
<p>8</p> <p>8:00 Health Insurance</p> <p>9:00 Exercise to Music</p> <p>11:00 Zumba Gold</p> <p>1:00 German talk group</p>	<p>9</p> <p>10:00 Coffee Talk</p> <p>12:00 Oil Painting</p> <p>1:00 Bridge</p> <p>1:00 Veterans Meeting</p> <p>3:00 Drawing</p>	<p>10</p> <p>9:00 Exercise to Music</p> <p>10:00 French group</p> <p>1:00 Estate Planning Seminar</p>	<p>11</p> <p>9:00 Zumba Gold</p> <p>9:00 Podiatry</p> <p>10:00 Ballet/Tap</p> <p>12:00 Abstract Art</p> <p>12:00 Reiki</p> <p>12:00 Arthritis Exercises</p> <p>1:00 Mah Jongg</p> <p>2:30 Yoga</p>	<p>12</p> <p>9:00 Dental Clinic</p> <p>10:00 Qigong</p> <p>11:00 Tai-Chi Basics</p> <p>12:00 Bingo!</p> <p>1:00 Massage Therapy</p> <p>1:00 Ping Pong</p> <p>1:00 Cribbage + 45s</p> <p>1:00 Chess Club</p>
<p>15</p> 	<p>16</p> <p>9:00 Ballet/Tap</p> <p>10:00 Coffee Talk</p> <p>11:00 Meditation</p> <p>12:00 Oil Painting</p> <p>1:00 Bridge</p> <p>1:00 PING PONG!</p> <p>3:00 Drawing</p>	<p>17</p> <p>9:00 Exercise to Music</p> <p>10:00 French group</p> <p>1:00 Village Talk</p> <p>1:30 <i>Retired Readers</i></p>	<p>18</p> <p>9:00 Health Insurance</p> <p>9:00 Zumba Gold</p> <p>10:00 Ballet/Tap</p> <p>12:00 Abstract Art</p> <p>12:00 Reiki</p> <p>1:00 Mah Jongg</p> <p>2:30 Yoga</p>	<p>19</p> <p>8:00 Dental cleanings</p> <p>10:00 Qigong</p> <p>11:00 Tai chi Basics</p> <p>12:00 Bingo!</p> <p>1:00 Massage Therapy</p> <p>1:00 Ping Pong</p> <p>1:00 Cribbage + 45s</p> <p>1:00 Chess Club</p> <p>1-3 Drop In Painting</p>
<p>22</p> <p>8:00 Health Insurance</p> <p>9:00 Exercise to Music</p> <p>11:00 Zumba Gold</p> <p>1:00 German talk group</p>	<p>23</p> <p>10:00 Coffee Talk</p> <p>12:00 Oil Painting</p> <p>1:00 Bridge</p> <p>1:00 PING PONG!</p> <p>3:00 Drawing</p>	<p>24</p> <p>10:00 French group</p> <p>1:00 Bay Circuit Trail</p>	<p>25</p> <p>9:00 Health Insurance</p> <p>9:00 Zumba Gold</p> <p>10:00 Ballet/Tap</p> <p>12:00 Abstract Art</p> <p>12:00 Reiki</p> <p>1:00 Mah Jongg</p> <p>2:30 Yoga</p>	<p>26</p> <p>9:00 Dental Clinic</p> <p>10:00 Qigong</p> <p>11:00 Tai chi Basics</p> <p>12:00 Bingo!</p> <p>1:00 Massage Therapy</p> <p>1:00 Ping Pong</p> <p>1:00 Cribbage + 45s</p> <p>1:00 Chess Club</p> <p>1-3 Drop In Painting</p>
<p>29</p> <p>8:00 Health Insurance</p> <p>9:00 Watercolor Painting</p> <p>9:00 Exercise to Music</p> <p>11:00 Zumba Gold</p> <p>1:00 German talk group</p>	<p>30</p> <p>9:00 Ballet/Tap</p> <p>10:00 Coffee Talk</p> <p>11:00 Meditation</p> <p>12:00 Oil Painting</p> <p>1:00 Bridge</p> <p>1:00 PING PONG!</p> <p>3:00 Drawing</p>	<p>31</p> <p>9:00 Exercise to Music</p> <p>10:00 French group</p> <p>1:00 Say No to Elder Abuse</p>	<p style="text-align: center;">For More Information about programs Call Mary Kelly 978-462- 0430</p>	

January 2018 Menu



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p>1</p> 	<p>2</p> <p>Hamburger Gravy Mashed Potato Chef's Veg Dinner Roll Pears</p>	<p>3</p> <p>Potato Bacon Soup Baked Chicken Rice Pilaf Carrots Oat Bread Fresh Fruit</p>	<p>4</p> <p>Honey Garlic Pork White Rice Broccoli Whole Wheat Bread Pineapple</p>	<p>5</p> <p>Swedish Meatballs Pasta Peas Italian Bread Cookie</p>
<p>8</p> <p>American Chop Suey Parmesan cheese Spinach Dinner Roll Mixed Fruit</p>	<p>9</p> <p>Chicken pot pie Mashed Potatoes Green Beans Biscuit Peaches</p>	<p>10</p> <p>Vegetable Soup Breaded Fish Roasted Potatoes Brussels Sprouts Whole Wheat Bread Yogurt</p>	<p>11</p> <p>Ribeque Sweet Potatoes Coleslaw Apple Crisp Burger Bun</p>	<p>12</p> <p>Turkey Gravy Mashed Potatoes Carrots & Parsnip Chef's Dessert Whole Wheat Roll</p>
<p>15</p> 	<p>16</p> <p>Hot Dog Baked Beans Potato Chips Hot Dog Roll Mandarin Oranges</p>	<p>17</p> <p>Beef, Black Bean Soup Chicken Fajitas Sour Cream Rice Summer Squash Tortilla Fresh Fruit</p>	<p>18</p> <p>Pot Roast Gravy Scalloped Potatoes Honey Carrots Whole Wheat Roll cake</p>	<p>19</p> <p>Mac & Cheese Ratatouille Multigrain Bread Pears</p>
<p>22</p> <p>Chicken Drumsticks Gravy, onions, peas Rice Butternut Squash Whole Wheat Bread Pineapple</p>	<p>23</p> <p>Meatloaf Gravy Mashed Potatoes Beets Oat Bread Fruit Loaf</p>	<p>24</p> <p>Broccoli Soup Veg Frittata Roasted Potatoes Baked Apples Whole Wheat Roll Yogurt</p>	<p>25</p> <p>Pulled Pork BBQ Sauce Sweet Potatoes Corn Burger Bun Applesauce</p>	<p>26</p> <p>Seafood Newburg Pasta Chef's Veg Italian Bread Mandarin Oranges</p>
<p>29</p> <p>Turkey Casserole Rice Pilaf Carrots Multigrain Bread Pudding</p>	<p>30</p> <p>Lasagna Meat Sauce Cauliflower Dinner Roll Brownie</p>	<p>31</p> <p>Tomato Soup Chicken Patty Roasted Potatoes Mixed Veg Burger Bun Fresh Fruit</p>	<p>Requested Donation \$2</p>	<p><i>Various factors beyond our control may cause menu changes during the month.</i></p>

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. 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.

February 2018 Menu


MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

			1 Baked Haddock Lemon Pepper sauce Broccoli Vegetable Rice Oatmeal Bread Mixed Fruit	2 Beef Stew with Vegetables and Steamed Potatoes Whole Wheat Roll Mandarin Oranges
5 Mac & Cheese Crumb Topping Peas Oat Bread Pineapple	6 Diced Pork with Apples Sweet Potatoes Brussels Sprouts Whole Wheat Bread Peaches	7 Chick Noodle Soup Cheeseburger Roasted Potatoes Mixed Veg Hamburger Roll Lorna Doones	8 Chicken Pot Pie Mashed Potatoes Green Beans Biscuit Applesauce	9 Vegetable Frittata Roasted Potatoes Baked Apples Whole Wheat Roll Juice Yogurt
12 Chicken Fricassee White Rice Butternut Squash Multigrain Bread Mixed Fruit	13 Vegetable Soup Sausage, Peppers and Onions Roasted Potatoes Corn Whole Wheat Roll	 Eggplant Parmesan Pasta and Sauce Summer Squash Italian Bread Chocolate Mousse	15 Meatloaf w/ Gravy Ketchup Mashed Potatoes Carrots & Parsnip Oat bread Cake	16 Asian Fish Lo Mein Noodles Asian Veg Dinner Roll Mandarin Oranges Fortune Cookie
19 Closed for Presidents Day No meals Served or Delivered	20 Meatballs Pasta with Marinara Creamed Spinach Dinner Roll Peaches	21 Corn Chowder Breaded Fish Mixed Veg Lemon Rice Oat Bread Yogurt	22 Turkey and Gravy Cranberry Sauce Mashed Potatoes Green Beans Whole Wheat Roll Pears	23 Lentil Stew Cornbread Brown Rice Pilaf Green Salad Fresh Fruit
26 Hot Dog Baked Beans Potato Chips Mustard, Relish and Ketchup Mandarin Oranges	27 Beef Burgundy Mashed Potatoes Broccoli Italian Bread Chef's Dessert	28 Tortellini Soup Roasted Chicken Cranberry Sauce Roasted Potatoes Beets Dinner Roll	Requested Donation \$2	<i>Various factors beyond our control may cause menu changes during the month.</i>

RECYCLE THAT!

There are two containers located at Cushing Park on Kent Street. The containers are receptacles for unwanted books. What happens to the collected items? They are sorted to determine the best possible use. Books, CDs and DVDs in good condition are sent to the secondary book market for reuse. As a last resort, items are recycled to recover the basic materials for use in newly manufactured products. By dropping your used items in the collection box, you are reducing the volume sent daily to local landfills and incinerators. And each time the container is emptied, their local community partner, the Friends of Newburyport Council on Aging, earns funds!

NEWBURYPORT COUNCIL ON AGING TRIPS 2018

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.

March 21-23 - 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.**

March 28 – COA Trips & Tours Travelogue – featuring Iceland’s Magical Northern Lights, presented by Collette Tours; 1:00pm @ Newburyport Senior/Community Center. Kindly RSVP 978-462-0430.

April 26 – Kings & Queens of Country – Join us for a Country Hoedown and Line Dancing @ The Log Cabin in Holyoke, MA; featuring the sounds of Patsy Cline, Johnny Cash, Hank Williams, Tammy Wynette and more! Buffet Luncheon includes Honey Glazed Chicken and Country Brisket. \$94pp payable to Royal Tours.

May 22-24 – 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.

June 6 – Jazz ‘n’ Blues Cruise – Aboard the M/S Mt. Washington, Lake Winnepesaukee. \$94pp, Royal Tours.

June 19 – Eaglemania @ Danversport - \$69 Self Drive/\$92 Bus, Best of Times.

July 31 – Spirit of Boston -2 ½ Cruise on Boston’s Historic Harbor; Rock til you Dock, \$98 Bus, Best of Times.

August 5 – Cabbage Island Clambake – Boothbay Harbor, ME; \$125pp, Royal Tours.

August 28-30 – Spectacular Saratoga – 3 days/2nights, 5 meals; \$499pp dbl/\$649 sgl; Best of Times.

September 12 – Kenny & Dolly Tribute Show @ Danversport - \$69 Self Drive/\$92 Bus, Best of Times

October 11 – Buddy Holly Tribute Show @ Lake Pearl, Wrentham - \$69 Self Drive/\$92 Bus, Best of Times

October 17 – Castle in the Clouds & Hart’s Turkey Dinner - \$82pp, Royal Tours.

November 15 – Rod Stewart Tribute Show @ Venus de Milo, Swansea - \$69 Self Drive/\$92 Bus, Best of Times.

November 30-December 6 – Iceland’s Magical Northern Lights - See details above; Collette Tours.

December 8 – The Reagle Players Christmas Show - \$92pp, Royal Tours.



YOU ARE GETTING A NEW MEDICARE CARD



Cards will be mailed between April 2018 – April 2019

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

Here’s how you can get ready:

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



Did you get a new cellphone this holiday season? Cellphones can be recycled. Cellphones are made with precious metals, copper and plastics, all of which can be recycled to make new products. Bring your unwanted cellphones to the senior center and a donation will be made to the Northern Essex Elder Transport, Inc. (N.E.E.T) N.E.E.T provides affordable transportation to elders through our volunteer drivers.

NEWBURYPORT STAMP CLUB

Adults in the Greater Newburyport area who are interested in stamp collecting are invited to attend meetings of the Newburyport Stamp Club. The group meets at the Newburyport Senior/Community Center on the 2nd and 4th Wednesday of each month. Meetings are at 1:30 p.m. The Stamp Club Coordinator is Neil Foley.



COMMUNITY DAY – Wednesday, February 14th

The Forgiveness Support Group, facilitated by Lou Lessard, is a safe, loving and supportive place to learn and share the process of forgiveness. This special event is designed for anyone, no matter the age, gender or background. The goal is to free ourselves from the unnecessary burden of negative feelings, memories and energies that can prevent us from living a happy and healthy life. Forgiveness is a journey and having guidance and a support system can make all the difference!

Lou Lessard is a forgiveness coach, international speaker on the subject of forgiveness and host of "The Power of Forgiveness" radio show. Currently Lou is enrolled in the Chaplaincy Institute of Maine to become an Interfaith Minister with a focus on Love & Forgiveness. His life goal is to serve others by helping make the world a better place by sharing his journey and knowledge about how powerful a tool forgiveness can be in transforming not only our lives but the lives of our families, friends and love ones as well.

