



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

February 2018

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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ASSISTANT TO THE DIRECTOR

Janet Kalashian

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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:

- ▶ February 7th Ten Tax Tips for Seniors
- ▶ February 14th Forgiveness Workshop
- ▶ February 21st The History of Newburyport's South End
- ▶ February 28th Bone Health
- ▶ March 7th Estate Planning with Mark Edward Skandier
- ▶ March 14th Programs to help pay Property Taxes

Look inside for more information about these Community Day topics

TAX HELP PROGRAM

The Newburyport Council on Aging is again providing tax help. The free service is intended for Federal and State tax filers of all ages with moderate incomes. The Tax Help program is staffed by trained and experienced volunteers from AARP. Appointments can be made by calling the Council on Aging 978-462-0430. Appointments times are 8:30 a.m. 9:45 a.m. and 11:00 a.m. on Mondays, Tuesdays, Thursdays and Fridays.



SENIOR CIRCUIT BREAKER TAX CREDIT

Senior citizens in Massachusetts may be eligible to claim a refundable credit on their state income taxes for the real estate taxes they paid on the Massachusetts residential property they own or rent and which they occupy as their principal residence. The maximum credit allowed is \$1,080 for the tax year beginning January 1, 2017. The Tax Help program will assist with this filing. Call for an appointment: 978-462-0430.

COMMUNITY DAYS – 1 pm on Wednesdays – Always Free and open to all.

Wednesday, February 7th

Ten Tax Tips for Seniors

Presenter Stu Steinberg brings more than 25 years of experience and a broad depth of knowledge to his work. He uses his CPA expertise to help people navigate their long-term debt and mortgage, gaining them the best deals and rates possible. Stu is passionate about empowering others through education about tax health. He is highly energetic and brings a sense of optimism, creative problem-solving and a deep level of commitment to everyone he helps.

Wednesday, February 14th

Forgiveness Workshop

The Senior/community Center is a safe, loving and supportive place to learn and share the process of forgiveness. Facilitated by Lou Lessard, 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.

Wednesday, February 21st

The History of Newburyport's South End Presented by Tom Horth

Tom Horth has researched the history of Newburyport's South End, as well as local transportation systems as part of a Historical Society of Old Newbury project. He focused especially on the period between about 1850 and 1950 when the South End was the poor fishing and clamming part of town, and streetcars were the cat's meow in getting places. He'll tell a few of the stories he found and show pictures of life in those days. This event is provided in conjunction with Greater Newburyport Village.

For more information please check out www.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, February 28th

Better Your Bones

Join Registered Dietitian Leigh Hartwell for an interactive nutrition lesson about Bone Health

Exercises for Bone Health - Q&A with a Dietitian - Dairy and Dairy Alternatives - Vitamin/Mineral Recommendations

Wednesday, March 7th

Estate Planning Seminar

An Estate Planning Attorney 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, March 14th

Programs to help pay Property Taxes

Newburyport City Assessor Jill Brennan will describe and explain several types of property tax exemptions and abatements, and provide handouts defining eligibility requirements, application procedures and filing deadlines.

FEBRUARY 2018 Program Calendar

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p>Tax Help Program Every Monday, Tuesday, and Thursday Morning through April 13th. Call for an Appointment 978-462-0430</p>			<p>1 9:00 Zumba Gold 10:00 Ballet/Tap 11:00 Health Insurance 12:00 Abstract Art 12:00 Reiki 12:00 Arthritis Exercises 1:00 Mah Jongg 2:30 Yoga</p>	<p>2 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 Groundhog Day</p>
<p>5 8:00 Health Insurance 9:00 Exercise to Music 11:00 Zumba Gold 1:00 German talk group</p>	<p>6 Brown Bag Day 9:00 Oil Painting w/ Rob 10:00 Coffee Talk 11:00 Meditation 12:00 Oil Painting w/ Rob 1:00 Bridge 1:00 Veterans Meeting 1:00 Ping Pong! 3:00 Drawing w/ Rob</p>	<p>7 9:00 Exercise to Music 10:00 French group 1:00 Community Day Ten Tax Tips</p>	<p>8 9:00 Zumba Gold 9:00 Podiatry 10:00 Ballet/Tap 11:00 Health Insurance 12:00 Abstract Art 12:00 Reiki 12:00 Arthritis Exercises 1:00 Mah Jongg 2:30 Yoga</p>	<p>9 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>12 8:00 Health Insurance 9:00 Exercise to Music 11:00 Zumba Gold 1:00 German talk group</p>	<p>13 9:00 Ballet/Tap 9:00 Oil Painting w/ Rob 10:00 Coffee Talk 11:00 Meditation 12:00 Oil Painting 1:00 Veterans Group 1:00 Bridge 1:00 PING PONG! 3:00 Drawing w/ Rob</p>	<p>14 9:00 Exercise to Music 10:00 French group 1:00 Community Day Forgiveness Workshop 1:30 <i>Retired Readers</i></p>	<p>15 9:00 Zumba Gold 10:00 Ballet/Tap 11:00 Health Insurance 12:00 Abstract Art 12:00 Reiki 1:00 Mah Jongg 2:30 Yoga</p>	<p>16 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>19 Presidents Day COA is Closed today</p>	<p>20 9:00 Ballet/Tap 9:00 Oil Painting w/ Rob 10:00 Coffee Talk 11:00 Meditation 12:00 Oil Painting w/ Rob 1:00 Bridge 1:00 PING PONG! 3:00 Drawing w/ Rob</p>	<p>21 9:00 Exercise to Music 10:00 French group 1:00 Community Day Nbpt's South End</p>	<p>22 9:00 Zumba Gold 11:00 Health Insurance 10:00 Ballet/Tap 12:00 Abstract Art 12:00 Reiki 1:00 Mah Jongg 2:30 Yoga</p>	<p>23 9:00 Dental Clinic 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>26 8:00 Health Insurance 9:00 WatercolorPainting 9:00 Exercise to Music 11:00 Zumba Gold 1:00 German talk group</p>	<p>27 9:00 Oil Painting w/ Rob 9:00 Ballet/Tap 10:00 Coffee Talk 11:00 Meditation 12:00 Oil Painting w/ Rob 1:00 Bridge 1:00 PING PONG! 3:00 Drawing w/ Rob</p>	<p>28 9:00 Exercise to Music 10:00 French group 1:00 Community Day Better Your Bones</p>	<p>For More Information about programs call Mary Kelly 978-462- 0430</p>	

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	 Ash Wednesday 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>

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.



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!

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:

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.

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.

HEALTH and WELLNESS SERVICES

Let the Senior/Community Center help you be stay fit and healthy this year!

- ▶ **Massage Therapy** is offered by Haley Games. A 40 minute session is \$25. A full hour is \$30. Call Haley to schedule an appointment: 978-223-3430
- ▶ **Reiki** is a healing technique based on the principle that the therapist can channel energy into the patient by means of touch, to activate the natural healing processes of the patient's body and restore physical and emotional well-being. This service is free of charge and is available on Thursdays and Fridays. Call 978-465-0245 for an appointment.
- ▶ **Dental Clinics** are offered once each month. For \$30 a Registered Dental Hygienist will provide a dental evaluation, a thorough cleaning and a written report. Call the Council on Aging to schedule appointments.
- ▶ **Foot Care** is provided on the 1st Thursday of each month by a podiatrist from New England Foot & Ankle. He will cut toe nails and address corns and calluses.
- ▶ **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.

NEW ART EXHIBIT

The Photography Interest Group at the Newburyport Art Association has just hung a new exhibit at the Senior/Community Center! Twelve talented photographers provided thirty three of their best pieces to adorn the walls on both the first and second floors. All of the artwork can be enjoyed every weekday between the hours of 8-4 through the end of March.

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 these support opportunities, and for respite care assistance contact a caregiver specialist at your regional Elder Care Agency at 800AgeInfo.com.



SKI CLUB

Calling all Ski Bums!

If you're interested in being part of our 'New' ski club, please join us for a meeting to discuss upcoming ski trips.

Tuesday, February 6th at 10:00 a.m. in the Senior/Community Center library

BROWN BAG PROGRAM Participants in the Brown Bag Program receive a free bag of groceries each month. The contents of the Brown Bag are different each month. A typical bag contains the following: fresh produce (apples, sweet potatoes, green peppers), shelf stable products (cereal, canned soup, crackers, dry pasta) frozen items (ground turkey, whole chicken). Applications are available at the Council on Aging office. You are eligible if your income is below \$21,755 for a single person (\$29,472 for a couple), or if you receive Medicaid, SSI, SSDI, Food Stamps, Fuel Assistance or Veterans Aid.

TUESDAY MORNING DROP IN This is a great way to meet people and learn about the community. Drop in any Tuesday morning at 10. You'll be welcomed by David, and Martha, and a dozen or so other men and women who enjoy good coffee and friendly conversation. There's no 'agenda', sometimes a guest speaker will attend. The Drop In gatherings end at lunch time, so think about staying at the Senior/Community Center for a \$2 mid-day meal.

GERMAN AND FRENCH DISCUSSIONS GROUPS These are not classes that will help you to learn a foreign language. They are lively discussion groups for men and women who are already fluent in German or French. The German group meets on Mondays at 1 pm and the French group meets on Wednesdays at 1 pm. Both groups meet up in the Boardroom at the Senior/Community Center. Sprichst du Deutsch? Tu parles allemand ? You are welcome to attend!

THE SCIENCE OF MEDICAL MARIJUANA

Harvard Neuroscientist and cannabis researcher Dr. Staci Gruber will be at the Newburyport Senior/Community Center on **Wednesday, April 11th at 1 pm** to discuss the science of medical marijuana. This Community Day program is hosted by the Friends of Newburyport Council on Aging. The event is free of charge and open to the public.

MEMORY CAFÉ – Sweethearts and Superbowls – Tuesday, February 6th

Learn fun facts about the Patriots, history of Superbowl, and enjoy music and food to celebrate Valentine's Day. Reservations are Required. Call Cindy Hession-Richard at 978-946-1445.

What exactly is a Memory Café? It is a social gathering where people with memory loss and their care companions can come together in a safe, supportive environment. Guests can share conversation over light refreshments in a relaxed atmosphere that sometimes includes music, art or other forms of entertainment. The Memory Café at the Newburyport Senior/Community Center is provided by Elder Services of the Merrimac Valley, Inc.

GROUNDHOG DAY

Groundhog Day is a holiday celebrated on **February 2** in the United States and Canada. While the exact origins of Groundhog Day are not known, the tradition is believed to have started in Pennsylvania in the late 1800s as an annual custom of settlers of German descent. According to folklore, if the groundhog sees its shadow on Groundhog Day, it will retreat back into its burrow to hibernate for an additional six weeks of winter. If the groundhog does not see its shadow, it will emerge from its burrow, signifying an imminent end to winter and an early start to spring.



OLD CELL PHONES WANTED

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.

BALD EAGLE OUTING



Join Sue McGrath of Newburyport Birders for a Bald Eagle outing along the Merrimack River on Thursday, February 15th. The Bald Eagle is one of our national symbols. Each winter, Bald Eagles from northern New England move south to the lower Merrimack River which provides perfect winter habitat for these majestic birds. These spectacular raptors soar high over the water and then swoop to secure prey with their sharp talons.

We'll enjoy all the natural beauty the lower Merrimack River has to offer. Participants, please dress warmly in layers, including warm footwear, hat and gloves. The group will be meeting in the front lobby of the Senior/Community Center at 8:15 with the van departing at 8:30 SHARP-Please sign-up at the Senior/Community Center if interested 978-462-0430.

WINTER IS HERE

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.

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.

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.

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.



FRIENDS OF NEWBURYPORT COUNCIL ON AGING

- Each month the Friends present an appreciation gift to one of their members. The gift is a \$25 Market Basket Gift Certificate. Last month's winner of the appreciation gift was Paul Bevilacqua. Everyone who becomes a member of the Friends is eligible to win! Call the Council on Aging office to inquire about membership: 978-462-0430.
- 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 books in the collection box, you are reducing the volume sent daily to local landfills and incinerators. And each time the container is emptied the Friends of Newburyport Council on Aging, earns funds!

