



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 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.**

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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 June schedule includes the following great events:

- ▶ July 11th Ice Cream Social
- ▶ July 18th The Joys of Retirement Camping
- ▶ July 25th Third Annual Yard Sale

Look inside for more information about these Community Day topics.

BOCCE AND PICKLEBALL

These two free outdoor games are popular at the Newburyport Senior/Community Center. Stop by and join the fun, make some new friends, and enjoy the summer.

Bocce lessons are offered each Thursday at Noon during the months of July and August. No pre-registration required. Weekly Bocce games are held every Tuesday from 9:00 a.m. to 11:00 a.m. & Thursday from 12:00 p.m. to 3:00 p.m.



Pickleball is offered for players at all levels of experience. Demo paddles are available. Instructions and games are free. Park at the Senior/Community Center parking lot and play on the basketball court near the patio every Monday, Wednesday and Friday. Free lessons from 9-10 for new players. Open play from 10-Noon for all experience levels.

For more information about Pickleball or to subscribe to Newburyport Pickleball's email list for updates and announcements, contact James Jones at jamesjones631@gmail.com. Please include your first and last name, email address, and your hometown.

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.

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

Wednesday, July 11th

Ice Cream Social Ice cream, You Scream, We All Want Some Ice Cream...

Join us at the Newburyport Senior/Community Center for an *ICE CREAM SUMMER SOCIAL*. This fun event is sponsored by Harbor Creamery-39 Pleasant Street, Newburyport, MA Harborcreamery.com. Please bring the whole family! We will be playing some fun summer lawn games. Try your hand at Bocce Ball, PingPong or Cornhole. If you would like to volunteer for this event, please contact Mary Kelly at mkelly@cityofnewburyport.com



Wednesday, July 18th Village Talk

101 Days Across America: The Joys of Retirement Camping

In January, newly retired Village members Kate Derrick and Tom Lochhaas left Newburyport on a coast-to-coast camping trip that ultimately lasted 101 days over almost 10,000 miles. They camped with their 15-year-old Australian shepherd mostly in state and national parks, and enjoyed exploring by bicycling, hiking, and kayaking. While they slept in their 10-foot camper, they spent most of their time outdoors. They met wonderful, interesting people, saw all manner of wildlife, ate regional cuisine, enjoyed live local music, and explored museums and trails everywhere. They will share photos of their experience across America while giving tips based on what they discovered about the many joys of life on the road, unplugged from the media, and living in the present. If you've ever wanted to take such a trip, or just to live vicariously through others who have, you'll not want to miss this armchair adventure!

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. For more information please check out the Event Calendar at www.greaternewburyportvillage.org, email info@greaternewburyportvillage.org, or call 978.206.1821.

Wednesday, July 25th

Indoor Yard Sale

Our third annual summer indoor Yard Sale is being held on Wednesday, July 25th from 1:00 until 3:00. 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. If you would like to volunteer for this event, or if you'd like to reserve a table in this garage sale, please contact Mary Kelly at mkelly@cityofnewburyport.com

PARKINSONS DISEASE SUPPORT GROUPS

- ▶ [Beverly \(MA\) Support Group](#)
Meets every 2nd Monday of the month from 1:00 – 3:00 PM at the Beverly Council On Aging, 90 Colon St., Beverly MA 01905. 978-638-7745 or rcjames@bu.edu
- ▶ [Brentwood \(NH\) Support Group](#)
Meets every 3rd Thursday from 1:00 – 3:00 PM at the Hilton Auditorium in the Rockingham County Nursing Home, 117 North Rd. in Brentwood NH. Paul Gustavson pegustavson@aol.com
- ▶ [The American Parkinson's Disease Association \(APDA\) at Boston University Medical Center](#). An excellent patient-focused help resource, Parkinson's Help Line 800-651-8466 or www.apdama.org
- ▶ [Parkinson's Disease Foundation](#). Another excellent group, affiliated with the American Parkinson's Disease Association. Contact Jill McClure 800-457-6676 or www.pdf.org
- ▶ [Parkinson's Fitness- A fun group](#). Linda Hall 781-572-5918 or www.parkinsonsfitness.org

JULY 2018 Program Calendar


MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p>2</p> <p>8:00 Health Insurance</p> <p>9:00 Exercise to Music</p> <p>11:00 Zumba Gold</p> <p>12:00 Gentle Fitness</p> <p>1:00 Spanish Discussion</p>	<p>3</p> <p>Brown Bag Day</p> <p>9:00 Ballet/Tap</p> <p>10:00 Coffee Talk</p> <p>11:00 Meditation</p> <p>1:00 Bridge</p> <p>1:00 Ping Pong!</p>	<p>4</p>  <p>Happy 4th of July!</p>	<p>5</p> <p>9:00 Foot Care</p> <p>9:00 Zumba Gold</p> <p>10:00 Ballet/Tap</p> <p>10:00 Coffee Talk</p> <p>11:00 Health Insurance</p> <p>12:00 Abstract Art</p> <p>12:00 Reiki</p> <p>1:00 Mah Jongg</p> <p>2:30 Yoga</p>	<p>6</p> <p>10:00 Qigong</p> <p>11:00 Tai-Chi Basics</p> <p>11:00 Learn to Forgive</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>1:00 German talk group</p>
<p>9</p> <p>8:00 Health Insurance</p> <p>9:00 Exercise to Music</p> <p>11:00 Zumba Gold</p> <p>12:00 Gentle Fitness</p> <p>1:00 Spanish Discussion</p>	<p>10</p> <p>9:00 Ballet/Tap</p> <p>10:00 Coffee Talk</p> <p>11:00 Meditation</p> <p>1:00 Bridge</p> <p>1:00 Ping Pong!</p>	<p>11</p> <p>9:00 Exercise to Music</p> <p>10:00 French group</p> <p>1:00 Community Day</p> <p>Ice Cream Social</p>	<p>12</p> <p>9:00 Zumba Gold</p> <p>10:00 Ballet/Tap</p> <p>10:00 Coffee Talk</p> <p>11:00 Health Insurance</p> <p>12:00 Abstract Art</p> <p>12:00 Reiki</p> <p>1:00 Mah Jongg</p> <p>2:30 Yoga</p>	<p>13</p> <p>10:00 Qigong</p> <p>11:00 Tai-Chi Basics</p> <p>11:00 Learn to Forgive</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>1:00 German talk group</p>
<p>16</p> <p>8:00 Health Insurance</p> <p>9:00 Exercise to Music</p> <p>11:00 Zumba Gold</p> <p>12:00 Gentle Fitness</p> <p>1:00 Spanish Discussion</p>	<p>17</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 Veterans Group</p> <p>1:00 Bridge</p> <p>1:00 PING PONG!</p>	<p>18</p> <p>9:00 Exercise to Music</p> <p>10:00 French group</p> <p>1:00 Community Day</p> <p>Retirement Camping</p> <p>1:30 Stamp Club</p> <p>2:00 Retired Readers</p>	<p>19</p> <p>9:00 Zumba Gold</p> <p>10:00 Ballet/Tap</p> <p>10:00 Coffee Talk</p> <p>11:00 Health Insurance</p> <p>12:00 Abstract Art</p> <p>12:00 Reiki</p> <p>1:00 Mass Senior Action</p> <p>1:00 Mah Jongg</p> <p>2:30 Yoga</p>	<p>20</p> <p>9:00 Drum Circle</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>1:00 German talk group</p>
<p>23</p> <p>8:00 Health Insurance</p> <p>9:00 Exercise to Music</p> <p>11:00 Zumba Gold</p> <p>12:00 Gentle Fitness</p> <p>1:00 Spanish Discussion</p>	<p>24</p> <p>9:00 Ballet/Tap</p> <p>10:00 Coffee Talk</p> <p>11:00 Meditation</p> <p>1:00 Bridge</p> <p>1:00 PING PONG!</p>	<p>25</p> <p>9:00 Exercise to Music</p> <p>10:00 French group</p> <p>2:00 Community Day</p> <p>Indoor Yard Sale</p>	<p>26</p> <p>9:00 Zumba Gold</p> <p>10:00 Ballet/Tap</p> <p>10:00 Coffee Talk</p> <p>11:00 Health Insurance</p> <p>12:00 Abstract Art</p> <p>12:00 Reiki</p> <p>1:00 Mah Jongg</p> <p>2:30 Yoga</p>	<p>27</p> <p>9:00 Drum Circle</p> <p>10:00 Qigong</p> <p>11:00 Tai chi Basics</p> <p>11:00 Learn to Forgive</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>1:00 German talk group</p>
<p>30</p> <p>8:00 Health Insurance</p> <p>9:00 WatercolorPainting</p> <p>9:00 Exercise to Music</p> <p>11:00 Zumba Gold</p> <p>12:00 Gentle Fitness</p> <p>1:00 Spanish Discussion</p>	<p>31</p> <p>9:00 Ballet/Tap</p> <p>10:00 Coffee Talk</p> <p>11:00 Meditation</p> <p>1:00 Bridge</p> <p>1:00 PING PONG!</p>			

JULY 2018 Menu


MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

2 Baked Chicken Gravy – Cran. Sauce Butternut Squash Steamed Potatoes Whole Wheat Roll Pudding	3 Baked Egg Dish Sausage Sautéed Spinach Roasted Potatoes Multigrain Bread Fresh Fruit	4 	5 Meatball Sub Marinara Sauce Mixed Veg Potato Chips Peaches	6 Turkey Tetrizzini Pasta Broccoli Oat Bread Pound Cake
9 Lentil Stew Rice Mixed Veg Dinner Roll Pears	10 Cheeseburger Ketchup Ratatouille Roasted Potatoes Fruit Loaf	11 Hawaiian Pork Rice Brussels Sprouts Oat Bread Mixed Fruit	12 BBQ Chicken Sweet Potatoes Corn Whole Wheat Roll Berry Parfait	13 Tuna & Egg Pasta Salad Garden Salad Whole Wheat Bread Mandarin Oranges
16 Ravioli Meat Sauce Cauliflower Whole Wheat Bread Peaches	17 Chicken Marsala Pasta w/ Sauce Mixed Veg Italian Bread Fresh Fruit	18 Ground Beef Shredded Lettuce Shredded Cheese Cherry Tomatoes Black Bean/Corn Salad Tortilla	19 Turkey & Gravy Cranberry Sauce Mashed Potatoes Green Beans Dinner Roll Angel Cake	20 Mac & Cheese Peas Honey Roll Applesauce
23 Ribeque Butternut Squash Roasted Potatoes Burger Bun Mandarin Oranges	24 Hot Dog Baked Beans Coleslaw Ketchup, Mustard, Relish Fruit cup	25 Beef Broccoli Stir Fry White Rice Carrots Multigrain Bread Brownie	26 Chicken Salad Lettuce Pickled Beets Pasta Salad Oat Bread Mandarin Oranges	27 Baked Fish Tartar Sauce Rice Chef's Veg Whole Wheat Bread Pudding
30 Chicken, Broccoli and Pasta Summer Squash Italian Bread Chef's Dessert	31 Egg Salad on Lettuce Three Bean Salad Potato Salad Hot Dog Roll Juice Yogurt		Requested Donation \$2	<i>Various factors beyond our control may cause menu changes during the month</i>

THANK YOU to our sponsors! The following local businesses have been faithful supporters of this monthly newsletter. They deserve our appreciation and our business.

Country Center for Health and Rehabilitation
Avita of Newburyport
Twomey, LeBland & Conte Funeral Home
Brigham Health and Rehabilitation Center
Law Offices of Connolly and Connolly

Nichols Village
Institution for Savings
Community Action, Inc.
Port Healthcare Center
Assisted Living Center - Salisbury

Anna Jaques Hospital
Pavilion Medical Home Care
Lombardi Oil and Gas

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. NewburyportStampClub@comcast.net

NEW! FORGIVENESS GROUP-(time change-Fridays in the Boardroom from 11:00 to 12:00). The Forgiveness Support Group, facilitated by Lou Lessard, is a safe group setting to allow us to learn and practice effective ways to forgive ourselves and others. Each week, the group explores different areas of the vast subject of forgiveness. From the science of why and how we and our loved ones benefit from forgiveness to why forgiveness is more important today than at any point in human history.



NEW! WALKING GROUP- to the warmer weather, walking group will meet on the patio at the Senior/Community Center every Tuesday at 9:00 a.m. The patio is located near the Bocce Ball courts & garden boxes. The Walking Group covers approximately 1 mile per session, and is a great way to get some exercise with friends. Please wear comfortable clothing and remember to bring water.

DRUM CIRCLE Every Friday from 9:00 a.m. to 10:00 a.m. Join this group & get ready to DRUM all of your stress away. This group will meet every Friday in Room B at the Senior/Community Center. Please bring your own drum if you have one. For questions about this group please contact Mary Kelly at mkelly@cityofnewburyport.com



GERMAN, FRENCH and SPANISH 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, French or Spanish. The German group meets on Fridays at 1 pm and the French group meets on Wednesdays at 10 am. The Spanish group meets on Mondays at 1 pm. All three groups meet up in the Boardroom at the Senior/Community Center. Sprichst du Deutsch? Tu parles allemand? ¿Hablas español? You are welcome to attend!

COFFEE TALK DISCUSSION GROUP now meets on Tuesdays AND Thursday at 10:00 a.m. This is a great way to meet new people and learn more about the Senior/Community Center. Meetings are free of charge, coffee is provided and transportation is available for Newburyport residents. Call 978-462-0430 for a ride.

COMPUTER LAB ASSISTANCE Susan is in the Computer Lab on Monday & Wednesday- 12:00 p.m. to 3:00 p.m. Andy is here on Wednesday 9:00 a.m. until 12:00 p.m. Their help is free of charge and they know their stuff!

OLD CELL PHONES WANTED

Have you recently started using a new cellphone and wonder what to do with your old cellphone? 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.

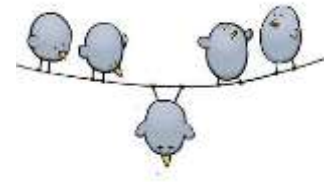


BIRDING AT MAUDSLAY STATE PARK

Date: *Thursday, July 19* Time: 8:30 am - 11:30 am

Meeting Location: Maudslay State Park Parking Lot [bring your senior parking pass]

Experience the quiet beauty of Maudslay State Park, the former Moseley family estate, where you'll find a delightful mixture of wild habitats and formal gardens. We'll explore the park's rolling meadows and towering pine groves for birds. Enjoy views of the Merrimack River.



BIRDING ON NEWBURY'S NEWMAN ROAD

Date: *Thursday August 16* Time: 8:30 am - 11:30am

Meeting Location: Newbury's Lower Green at the junction of Newman and High Roads. Join Sue McGrath of Newburyport Birders on a leisurely walk on Newman Road as we search for birds. This salt marsh crossed by tidal creeks was created in the lowlands and valleys. The unusual, half-upland, half-marine landscape makes for a rich and diverse ecosystem. Wear sturdy footwear. There are no facilities at this site.

FARMERS MARKET COUPONS will be available at the Newburyport Senior/Community Center on Wednesday, August 8th starting at 9 a.m. 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.

GENTLE MOVEMENT Every Monday at Noon - \$5 per class. Here are ten reasons why you should attend:

1. Follows exercise guidelines for individuals aged 50 to 95, offering modifications for all fitness levels
2. Uses safe, easy-to-follow movements derived from multiple Fitness/Dance genres
3. Is designed to increase flexibility, coordination, balance, and strength
4. Can be performed entirely seated (with standing options)
5. Adheres to fitness guidelines for Active Aging, Parkinson's, and Arthritis
6. Is performed to familiar and soothing music
7. Increases vocal ability and facial expression
8. Activates all the senses through deep breathing and relaxation postures
9. Increases confidence in walking and moving
10. Provides a friendly, supportive atmosphere



INTERGENERATIONAL GARDENING 2018 has provided another great growing season! Thank you to teacher John Gangemi, volunteers Amantha Moore and David Hicken, and a very special thanks to the second grade students at Bresnahan School for planting in our Senior/Community Center garden boxes this spring. The Newburyport Seniors really enjoyed watching your garden grow, inch by inch and row by row.

Ongoing opportunities for gardening still exist. 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. Since then it has been maintained by community volunteers. If you are able to help, please contact Joanna Hammond, volunteer organizer, at 978-270-3941.

RETIRED READERS

On the second Wednesday of each month a small group of seniors gathers at the Senior/Community Center for book discussion. The time has been changed to 2pm -3pm starting on July 11th.

Mary and Giselle, well known librarians at the Nbpt Public Library, will come to the July meeting to talk about some program changes and to introduce librarian Jessica. Jessica will get input from members about the kind of books they would like to discuss and how best to choose books for the group. She will also facilitate the July and August book discussions.

NPL will call the members on our Retired Readers list to inform them of the time change and to check if they would like us to request the July book for them. Please consider joining the Retired Readers daytime book group!

These are the books selected for the following months:

July – “*Dream When You’re Feeling Blue*” by Elizabeth Berg

August – “*Imagine Me Gone*” by Adam Haslett

September – “*Funny Girl*” by Nick Hornby

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

July 31 – *The Spirit of Boston* – Come aboard for a 2 ½ cruise on Boston’s historic harbor while you rock til you dock to the music of live DJs; includes all you can eat Grande Buffet; time to explore Faneuil Hall & Quincy Market, and transportation. \$98pp payable to Best of Times.

August 5 - *Cabbage Island Clambake, Boothbay Harbor, ME* –Take a ride on the Bennie Alice to Cabbage Island in Linekin Bay to enjoy a succulent Traditional New England Clambake featuring fish chowder, steamed clams, corn on the cob and 2 steamed lobsters (roasted ½ chicken option, specify on sign up). NOTE: There is uneven walking on this tour, “self service,” (carry your tray from clambake to dining area). Includes transportation and gratuities; \$125pp payable to Royal Tours.

August 28-30 – *Spectacular Saratoga* – 3 days/2nights, 5 meals; Enjoy visits to Saratoga Springs and Saratoga Raceway, with grandstand seating and a special luncheon pkg.; 2 hour scenic Dinner Cruise on Lake George; a train ride along the Hudson River aboard the vintage rail cars of the Saratoga & North Creek Railway, try your luck at the Saratoga Casino. \$499pp dbl/\$649 sgl; payable to Best of Times. \$50 deposit on sign up; balance due 07/17/18.

September 2 – *Steve Martin & Martin Short @ Tanglewood* – Join us for “An Evening You Will Forget for the Rest of Your Lives;” with comedy legend Steve Martin and Tony & Emmy Award winner Martin Short (yes, they’re the real deal)! Includes transportation and luncheon choice of Prime Rib or Stuffed Chicken Breast. \$159pp payable to Best of Times. Sorry, No Refunds after June 1 for this Ticketed Event.

September 12 – *Kenny & Dolly @ Danversport Yacht Club* – An unforgettable Tribute Show; “Together Again” starring Wendy T and Marty Edwards recreating the magic of Country Music’s Favorite Couple – Kenny Rogers & Dolly Parton; includes luncheon choice of Stuffed Chicken Breast or Baked Schrod. \$92 Bus/\$69 Self Drive payable to Best of Times.

Nov. 11 – *Patriots vs. Titans @ Nashville* – Choice of 3 Day/2 Night Pkg. \$1499pp/dbl; 4 Day/3 Night Pkg. \$1999pp/dbl; 5 Day/4 Night Pkg. \$2399pp/dbl. All pkgs. Include RT airfare with transfers from Boston & reserved seats to Pats V. Titans game @ Nissan Stadium. See Flyer for Details. \$600 Deposit plus Ins. Fee (if selected) due on signup; Final Payment Due 09/01/18 payable to Best of Times.

Nov. 30-Dec. 6 - *Iceland’s Magical Northern Lights* – 7 Days; 10 Meals; Includes air and r/t transportation to/from Logan Airport. \$3499pp dbl; \$3999 sgl; payable to Collette. \$500pp deposit due on signup or \$540pp if purchasing Travel Protection Plan. See flyer for details. Reservations made after May 25 based upon availability.

Feb. 22-March 3, 2019 – New Orleans & Western Caribbean Cruise – 10 Days/9 Nights; Includes 3 day/2 night pre-cruise tour in New Orleans, 8 day/7 night cruise aboard the Norwegian Breakaway; R/T airfare from Logan Airport. Starting @ \$2629pp/dbl, add \$500pp Taxes, Tranfers & Govt. Fees. (Optional Ins.available). See flyer for details. \$400pp Deposit required on Sign up; Deposit by 09/01/18 and receive \$100 On Board Credit for Free. Final Paymnet due by 11/16/18 payable to Best of Times.

TRANSPORTATION The Newburyport Council on Aging operates two vans equipped with lifts for passengers who need a little extra help. The transportation program is available for all Newburyport senior residents, and for disabled residents of any age. The most requested destinations are grocery stores, medical offices and hair salons but the vans will bring passengers to any Newburyport destination. Call the Council on Aging office to request a ride; 978-462-0430. A \$2 round-trip donation is appreciated at the time of

VOLUNTEER NEET DRIVERS NEEDED

- ▶ Flexible schedule
- ▶ Mileage reimbursement
- ▶ Supplemental insurance
- ▶ Make a difference
- ▶ Drive locally or to Boston

For the past 36 years **Northern Essex Elder Transport (NEET)** has been a dependable source of safe transportation for senior citizens. NEET drivers use their own cars to bring senior passengers to their appointments and back home again. Being a NEET volunteer driver is one way of being a Community Hero. If you would like more info about NEET or would like to become a NEET volunteer, call the NEET office at 978-388-7474.

THE 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. The June winner of the appreciation gift was **Janice Murray**. 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. The July winner's name will be posted at the Senior/Community Center and in next month's edition of this newsletter.
- Have you seen the wonderful job our highschool artists have done on the book boxes? If you stop by Cushing Park on Kent Street to donate your unwanted books you're in for a real treat! The Friends of Newburyport Council on Aging, in conjunction with students and teachers from the local High Schools, have transformed two generic collection containers into spectacular works of art. The project is not yet finished. It will soon look even better!
- We welcome you as our friend! Open enrollment for membership to the Friends of Newburyport Council on Aging is ongoing. Stop by the Senior/Community Center for an application. You may be interested in an individual, family, business or corporate membership. Gift donations in honor or memory of loved ones are most appreciated.



WORLD ELDER ABUSE AWARENESS DAY
Building Strong Support for Elders
June 15, 2018

PROTECT yourself and your loved ones from
ABUSE, NEGLECT, and EXPLOITATION.
LET'S STOP ELDER ABUSE TOGETHER!

Are you or someone you know...

- Without needed care
- Isolated from friends or family
- Being yelled at or hurt at home
- Going without food or other basic necessities

Call us. We can help.
1-800-922-2275
(24 hours a day, 7 days a week)

Elder Services of the Merrimack Valley, Inc.
Choices for a life-long journey



