



Newburyport Council on Aging
Senior Citizen News

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Newburyport, Massachusetts 01950
978-462-0430

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Donna Holaday, Mayor
www.cityofnewburyport.com

SEPTEMBER 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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Rosemary Coulombe

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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 September schedule includes four interesting topics. See inside for additional information.

- > September 5th Story Dance In The Sacred Circle Tradition
- > September 12th Estate Planning Seminar
- > September 19th Thinking Outside the Mailbox: Stamps and History
- > September 26th Never Stop Growing- Dancing Through Every Age

THE REGISTRY OF MOTOR VEHICLES will offer a free workshop on license renewal and REAL ID for residents **Monday, October 1st** at the Newburyport Senior/Community Center. The event begins at 2 pm. All are welcome.

Topics to be discussed include:

- > What is the difference between “Standard ID” and “Real ID” driver’s licenses and ID cards;
- > How to renew a Massachusetts Driver’s License or Massachusetts Identification (ID) Card;
- > What are the new federal and state requirements for renewing a Driver’s License or ID card

COA WELCOMES ROSEMARY COULOMBE

Last month the Council on Aging welcomed a new office manager, Rosemary Coulombe. Before joining the COA staff, Rosemary was working in the Planning and Finance departments at City Hall for many years where she administered the Housing Rehab program among other responsibilities. Her new position at the Senior/Community Center will include the Transportation Program, bookkeeping for the COA and continued administration of the Housing Rehab program for the City. Stop by and welcome Rosemary!

COMMUNITY DAY EVENTS Always Free and open to all.

Wednesday, September 5th Story Dance In The Sacred Circle Tradition with Ellen Kennedy

Story Dance: in circles, lines and spirals we join hands to learn simple, traditional and newly crafted village dances. Bring your life experience, curiosity, and desire to learn the stories of - and personally explore- these simple and timeless dances (to music with traditional, folk, classical and modern roots) passed on by diverse cultures from around the world. Circle Dance increases balance, flexibility and relaxation.

Each dance will be taught, no experience required, the circle is your partner!!

Wednesday, September 12th Estate Planning Seminar-At this important Free seminar, Attorney Edward Beasley, former chairman of the American Bar Association's Elder Law Committee, will help you plan for critical end-of-life issues, as well as avoiding probate and planning with disability.

Wednesday, September 19th Thinking Outside the Mailbox: Stamps and History

Learn about the history of the U.S. postal system by viewing stamps issued since 1847, plus the very first postage stamp from England. Henry Lukas, Education Director at the Spellman Museum of Stamps and Postal History at Regis College in Weston, shares images of stamps and postal items featuring famous people and events issued over the years. Lukas will explain the wide variety of ways mail has been delivered since colonial times. Also, you will learn about unusual items transported by the Postal Service and famous men and women who were collectors. You don't have to be a stamp collector to enjoy this talk!

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. Talks are free and open to all. For more information please check out the Event Calendar at www.greaternewburyportvillage.org, email info@greaternewburyportvillage.org, or call 978.206.1821.

Wednesday, September 28th Never Stop Growing- Dancing Through Every Age

Documentary by Caterina Masia & Directed by Camille Garro of the Actors Studio of Newburyport-

Dance performances, filmed live and combined with personal interviews, all arranged in a documentary format, explores the inspiration for dancing. From ages ten to eighty, hear why these girls and women decided to dance, what challenges they face and what keeps these dancers dancing! Generations may keep them apart but you'll be surprised to know they have more in common than you'd ever expect!

Need Help
with your Medicare
Plan Comparisons
for Open Enrollment?



It's that time of year again! If you are enrolled in a Medicare Prescription Drug Plan or a Medicare Advantage Plan (HMO/ PPO), expect an information packet from your plan by the end of September. It is important to **understand** and **save** this information: it explains the changes in your plan for 2019. Premiums, deductibles, co-pays, and the drugs covered by your plan can change significantly!

During Medicare Open Enrollment, you can adjust your plan for next year. Open Enrollment begins October 15th and ends December 7th. SHINE Counselors are available at the Senior/Community Center. They will help you understand *your* plan changes as well as *other options* you may have. Call now to make an appointment: 978-462-0430.

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

SEPTEMBER

Program Calendar

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p>3</p> <p>Labor Day holiday</p>	<p>4 Brown Bag Day</p> <p>9:00 Walking Group 10:00 Coffee Talk 11:00 Meditation 1:00 Bridge</p> <p>The Community Rooms are used for VOTING today. Ballet/Tap and Ping Pong are cancelled.</p>	<p>5</p> <p>10:00 Painting with Watercolors</p> <p>10:00 French group</p> <p>1:00 Community Day</p>	<p>6</p> <p>9:00 Foot Care 9:00 Zumba Gold 10:00 Ballet/Tap 10:00 Coffee Talk 11:00 Health Insurance 12:00 Abstract Art 12:00 Reiki 1:00 Mah Jongg 2:30 Yoga</p>	<p>7</p> <p>9:00 Drum Circle 9:00 Dental Clinic 10:00 Qigong 10:00 Knitting 11:00 Tai-Chi Basics 11:00 Learn to Forgive 12:00 Bingo! 1:00 Ping Pong 1:00 Cribbage + 45s 1:00 Chess Club 1:00 German talk group</p>
<p>10</p> <p>8:00 Health Insurance 9:00 Exercise to Music 11:00 Zumba Gold 12:00 Gentle Fitness 1:00 Spanish Discussion</p>	<p>11</p> <p>9:00 Ballet/Tap 9:00 Walking Group 10:00 Coffee Talk 11:00 Meditation 1:00 Bridge 1:00 Ping Pong!</p>	<p>12</p> <p>9:00 Exercise to Music 10:00 Painting with Watercolors 10:00 French group 1:00 Community Day 1:30 Stamp Club 2:00 <i>Retired Readers</i></p>	<p>13</p> <p>9:00 Zumba Gold 10:00 Ballet/Tap 10:00 Coffee Talk 11:00 Health Insurance 12:00 Abstract Art 12:00 Reiki 1:00 Mah Jongg 2:30 Yoga</p>	<p>14</p> <p>9:00 Drum Circle 9:00 Dental Clinic 10:00 Qigong 10:00 Knitting 11:00 Tai-Chi Basics 11:00 Learn to Forgive 12:00 Bingo! 1:00 Ping Pong 1:00 Cribbage + 45s 1:00 Chess Club 1:00 German talk group</p>
<p>17</p> <p>8:00 Health Insurance 9:00 Exercise to Music 11:00 Zumba Gold 12:00 Gentle Fitness 1:00 Spanish Discussion</p>	<p>18</p> <p>9:00 Walking Group 9:00 Ballet/Tap 10:00 Coffee Talk 11:00 Meditation 12:00 Oil Painting 1:00 Veterans Group 1:00 Bridge 1:00 PING PONG!</p>	<p>19</p> <p>9:00 Exercise to Music 10:00 Painting with Watercolors 10:00 French group 1:00 Community Day</p>	<p>20</p> <p>8:15 Birding with Sue 9:00 Zumba Gold 10:00 Ballet/Tap 10:00 Coffee Talk 11:00 Health Insurance 12:00 Abstract Art 12:00 Reiki 1:00 Mah Jongg 2:30 Yoga</p>	<p>21</p> <p>9:00 Drum Circle 10:00 Qigong 10:00 Knitting 11:00 Tai chi Basics 12:00 Bingo! 1:00 Ping Pong 1:00 Cribbage + 45s 1:00 Chess Club 1:00 German talk group</p>
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KNITTING FOR NEWBORNS is back from summer vacation! Join us at 10:00 a.m. every Friday in the art room to craft hats and Afghans for infants born at Anna Jacques Hospital. All skill and experience levels are welcome!

AROMATHERAPY 101 Learn how to use essential oils to enhance a healthy lifestyle!

Jan Swindlehurst, Certified Clinical Aromatherapy Practitioner, from **Common Scents Aromatherapy"**

will show you the basics: what, where, when, why and how to use oils to help with a cold, to scent a room, to make a safer cleaning product. This event will be held at the Senior/Community Center on **Tuesday, October 2nd**

If you are interested in participating in this workshop, or would like details about this workshop, please contact Jan Swindlehurst at Swindlehurst@gmail.com or call # (781)-223-0714.

SEPTEMBER 2018 Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Labor Day holiday	4 Hot Dog Baked Beans Potato Chips Hot Dog Roll Parfait	5 Lasagna with Meat Sauce Zucchini and Summer Squash Wheat Bread Fresh Fruit	6 Oriental Chicken White rice Mixed Veg Whole Wheat Roll Mandarin Oranges	7 Egg Salad on a bed of lettuce Tomato & Cucumber Potato Salad Burger Bun Mixed Fruit
10 BBQ Port Patty Roasted Potatoes Green Beans Burger Bun Pineapple	11 Chicken & Gravy Sweet Potatoes Corn Wheat Bread Fruit Loaf	12 Mongolian Beef Lo Mein Noodles Broccoli Dinner Roll Fresh Fruit	13 Turkey and Cheese Sandwich Pasta Salad Pea Salad Yogurt	14 Seafood Casserole Rice Pilaf Mixed Veg Italian Bread Pears
17 Salisbury Meatballs Mushroom Sauce Mashed Potatoes Chef's Veg Multigrain Bread Peaches	18 Eggplant Parm Pasta with sauce Cauliflower Italian Bread Gelatin	19 Chef's Salad Potato Salad Dinner Roll Fresh Fruit	20 Chicken Pot Pie Mashed Potatoes Green Beans Biscuit Cake	21 Staff Appreciation Day <i>Thanks</i> No Meals Served or Delivered
24 Baked Eggs Roasted Potatoes Creamed Spinach Muffin Yogurt	25 Turkey Divan (turkey in sauce with broccoli and pasta) Carrots Multigrain Bread Blondie	26 Roasted Pork Apple Gravy Mashed Potatoes Garden Salad Dinner Roll Fresh Fruit	27 Breaded Fish Vegetable Rice Butternut Squash Burger Bun Tartar Sauce Chef's Dessert	28 Cold Chicken Salad Pickled Beets Pasta Salad Oat Bread Mandarin Oranges

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

VIOLIN 101 This is a new, 8-week program meant to support and enhance an individual's interest in string instruments and to overcome the common notion that 'it's too late' or 'I'm not musical at all'. The instructor is a retired schoolteacher and musician who loves music and loves to turn others on to playing. He can provide an instrument for each participant to use. If this sounds interesting, contact Mary Kelly at the Senior/Community Center. We need about 10 people to launch the program.

BIRDWATCHING at Parker River National Wildlife Refuge on Plum Island - Thursday, September 20, 2018 Join Sue McGrath of Newburyport Birders for some peaceful time in the salt marsh and maritime forest. This popular birding destination has so much to enjoy in early fall! We'll take brief walks and enjoy all the natural beauty the Refuge has to offer. Meet Sue at the Senior/Community Center at 8:15 a.m. The group will board the Council on Aging van and head to Parker River National Wildlife Refuge on Plum Island. Participants, please bring a windbreaker & wear sturdy footwear. The van will return everyone to the Senior/Community Center by 11:30 a.m.



NEW ART CLASS STARTING IN OCTOBER

Exploring Creativity through Watercolor - Peggy Poppe RN, MSN, Watercolor Artist - PeggyPoppePaints.com

Meet Peggy: "As I learned to paint I became aware of the personal benefits I experience while painting. I become fully engaged with what I see. My mind focuses in the moment and I find I can put aside my worries and any pains I might be experiencing. My goal is to help you to share that experience with you. As I get lost in the process, seeing, exploring how water and paint moves on the paper and the effects of adding different colors, painting wet on wet and painting on dry paper. All results are intriguing. I am a member of the Newburyport Art Association and participate in juried shows. I am the founder of the NAA Watercolor Featured Interest Group. The class I will lead in September will help you to explore your creative side. Have you been looking for ways to quiet your thoughts and focus in the current moment? Did you ever wish you were artistic? Then this is the class is for you. No prior painting experience is required. Although we will explore various watercolor techniques the purpose of the class is to have fun and let go of any judgment and expectations.



This new program will be offered every Wednesday in the Art room from 10:00 a.m. to 12:00 p.m. starting October 3rd. The price is \$10.00 per drop in class.

ART SUPPLIES NEEDED – Would you like to give a gift to your Senior/Community Center? This is what is on the 'Wish List':

- > Arches Watercolor Cold Pressed Paper any size any weight - 9x 12 inch Paper
- > Watercolor tubes, student grade is fine
- > Watercolor paint brushes (Crayola brushes in a 4-pack are great)

RETIRED READERS

The Newburyport Senior/Community Center and the Newburyport Public Library are partnering to offer this great group that meets the second Wednesday of the month at 2:00 p.m. Join us on September 12th at 2:00 p.m. to meet Jessica, one of the wonderful librarians from the NPL and discuss the September book selection, *"The Stars are Fire" by Anita Shreve*. Each month we will read a fiction title and then meet in the Art Room of The Senior/Community Center to discuss! To reserve a copy of the book each month please call the Newburyport Public Library Reference Desk at 978-465-4428 (press 2).

HOSPICE VOLUNTEER TRAINING CLASS

Friday, September 21st - 9:00 am to 4:00 pm - Lunch & Refreshments

Call Jodi to register at [800-331-1044](tel:800-331-1044) - For more information email Deb Goodsell at dgoodsell@hshospice.com

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

COIN CLUB Interested? Call Mary Kelly, Activities Coordinator 978-462-0430. Maybe we can add Coin Club meetings to the schedule!

THANK YOU MARTHA Meals on Wheels driver Martha Webb has been an amazing volunteer since the opening of the Senior/Community Center. In addition to daily delivery of mid-day meals to shut-in elders, Martha took care of the strawberry beds at the Senior Center, harvesting the ripe fruit, making it into jam and donating it back to the Center. That was a really 'sweet' thing to do, and we are grateful!



HALLOWEEN PARTY Save the Date: October 24th at 1:00 p.m. - Halloween Party. Start designing your costume now and join the Senior Center for a Halloween party on October 24th at 1:00 p.m.



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

- ▶ **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.
- ▶ **October 11 – Buddy Holly @ Lake Pearl, Wrentham** – A Tribute to the Music of Buddy Holly, Richie Valens, The Big Bopper & more; includes luncheon choice of Stuffed Chicken Breast or Baked Schrod. \$92 Bus/\$69 Self Drive payable to Best of Times.
- ▶ **October 17 – Castle in the Clouds/Hart’s Turkey Farm** – Visit Lucknow, a 16 room turn-of-the-century mansion with stunning views overlooking Lake Winnepesaukee. Includes lunch @ Hart’s Turkey Farm; choice of Turkey, Roast Beef or Broiled Haddock Dinner (please indicate choice at sign up). \$82pp payable to Royal Tours.
- ▶ **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.**
- ▶ **November 15 – Rod Stewart @ Venus de Milo, Swansea** – The Ultimate Tribute Show starring Rob Caudill; Some Guys Have All the Luck!; includes luncheon choice of Chicken Parm or Baked Schrod. \$92 Bus/\$69 Self Drive 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.**
- ▶ **December 6 – Holiday Pops** – Matinee Show includes lunch @ Venezia Waterfront Restaurant (choice of Chicken Parm or Baked Schrod). \$149 Bus/\$125 Self Drive payable to Best of Times. NOTE: Symphony Hall has limited handicap accessibility, please advise at sign up if assistance is required.
- ▶ **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 \$1 donation each time you board the van is appreciated.



FALL ART LECTURE SERIES

Join us on Thursday, September 6th at 10:00 a.m. in the Art Room for a presentation by Marjet Lesk. Marjet is a Plein Air Painter whose work is well known locally. Her art hangs in Pebble Beach, Mohegan Island and in private collections here in the United States, in Europe and in Asia. Her oils, watercolors and acrylics explode with texture, shape and color. Since moving to Newburyport, Marjet has studied with wonderful teachers including Doris Rice, Judy Wagner, Caleb Stone and Don Andrews. Marjet is a member of the Newburyport Art Association, the Rockport Art Association, the Seacoast Art Association and the Gold Coast Art Association of Florida. She has been accepted in many juried shows throughout New England. Her presentation on September 6th is free of charge.



Please Support the Annual Diaper Drive

Every September the Newburyport Council on Aging works with the Anchor of Hope Diaper Drive to help supply local families with diapers.

Fast Facts

- No state or federal child safety-net program allocates dollars specifically for the purchase of diapers.
- Without transportation, buying diapers at a convenience store rather than a large “big box” store can significantly increase the monthly cost of diapers.
- Infants require up to 12 diapers per day, toddlers about 8.

Negative Consequences

- Babies who remain too long in a soiled diaper are exposed to potential health problems.
- Extended time in dirty diapers can cause excessive crying which is a risk factor for child abuse.
- Most childcare centers, even free and subsidized facilities require parents to provide a day’s supply of disposable diapers.
- Cloth diapers are not accepted at the vast majority of child care centers.
- Many parents cannot go to work or school if they can’t leave their babies at child

How You Can Help

- Please consider donating diapers for the September Diaper Drive!
- We will be accepting both broken and intact packages of diapers.
- Diaper sizes most in demand are sizes 4, 5 and 6
- Donation boxes are located at the Senior/Community Center and in the City Hall lobby.



Behind the Scenes at Parker River National Wildlife Refuge

Thursday, September 20 - The Council on Aging van will bring a group to the Parker River National Wildlife Refuge on Plum Island Turnpike to begin a 3-hour interpretive and environmental educational program. The van will drop off all passengers at the Visitors Center for enjoyment of the displays and viewing of a 12-minute video about the refuge. Then the group will board the Parker River Refuge bus for the short ride to the refuge entrance on Plum Island. The trip will follow the popular Behind the Scenes itinerary down a manmade dike. This road is not open to the public and includes some of the island’s most dramatic scenery.. Brief stops will be made to highlight significant aspects of the refuge and to discuss the purpose and goals of the U.S. Fish and Wildlife Service in protecting this land for wildlife. The ride will take about 2 hours and will include talking points and handouts. Participants will be encouraged to share memories and personal experiences of Plum Island. The group will be delivered back to the visitor center by Noon where the Council on Aging van will be waiting to return them to the Senior/Community Center or to their Newburyport homes. Call the COA to reserve a seat: 978-462-0430.



October 1st is Senior Citizen Day at the Topsfield Fair. The Newburyport Council on Aging will provide a van, an Entrance Ticket, and a Food Voucher for \$20 per person. Depart Newburyport at 9:30 a.m. Stay at the Fair until 2 p.m. Seats and tickets are limited. Call soon to sign up: 978-462-9430.

The Actors Studio of Newburyport and the Firehouse Center for the Arts present a new musical from September 28th thru October 7th. Story and Lyrics written by Camille Garro. Composed by Daniel Connors. Directed by Anna Smulowitz. Choreographed by Linda Zirin.

Don’t miss this story of the love triangle that changed the course of the American Revolution.



