



Newburyport Council on Aging
Senior Citizen News

331 High Street
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978-462-0430

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Donna Holaday, Mayor
www.cityofnewburyport.com

February 2019

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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Every month the Wednesday schedules include free special presentations that are intended to inform, educate, entertain or inspire members of our community.

Community Day - February 6th 1:00-2:00

Disaster Preparedness Come to a free seminar and learn how to protect yourself and cope with disaster by planning ahead. Even if you have physical limitations, you can still protect and prepare yourself. Every Newburyport household should have received the 2019 Emergency Public Information Calendar. It is a vital tool for use during an emergency. Keep the calendar handy and bring it with you to the Preparedness Seminar.

Community Day- February 13th 1:00 -2:00

Flower Arranging Pat Cannon, owner of the Beach Plum Flower shop will lead a workshop on arranging fresh flowers. Create and bring home a centerpiece in time for Valentine's Day. Pre-registration is required, and the event is limited to 40 participants. Payment of \$10.00 per person will be collected prior to the workshop.

Community Day February 20th 1:00 – 2:00

Bill Gette, Naturalist, will lead a photographic adventure exploring Alaska including Nome, Denali, and the Kenai Peninsula. 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.

Community Day February 27th 1:00 -2:00

Storyteller/comedian David Shikes presents a collection of humorous situations and subjects including New England jokes.

START THE DAY WITH A SONG

Robert Kaplan will bring his music to the Senior/Community on Friday afternoons at Noon on February 1, 8 and 15 at 1 pm. Come and sing with him and with others who enjoy singing, listening and foot-tapping. Music words will be provided. Contact Mary Kelly for more info: 978-462-0430.

VALENTINE'S DAY CARD WORKSHOP Come to the Senior Center on Friday, February 8th at 10:00 a.m. for a FREE Valentine's Day card workshop. Join our Friday morning Craft Group to create the perfect Valentine's Cards for your loved ones. Supplies will be provided. Participants do not need to have any crafting or art experience to participate. Supplies will be provided. Happy Valentine's Day!



BIRDWATCHING The Bald Eagle is one of our national symbols. Each winter, eagles from northern New England move south to the lower Merrimack River, which provides perfect winter habitat for these majestic birds. Join Sue McGrath on Friday, February 22nd at 8:15 a.m. to board the Council on Aging van for the February Birdwatching tour. Call the Council on Aging to reserve your seat: 978-462-0320. Participants are asked to dress warmly in layers, including warm footwear, hat and gloves. Bring binoculars if you have them. The group will return to the Senior Center at 11:30 a.m.



RECYCLE OLD CELL PHONES AT THE SENIOR CENTER

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 Northern Essex Elder Transport, Inc. (NEET). NEET is a non-profit organization working with your local COA to recruit volunteer drivers to provide curb to curb transportation for our local seniors. www.driveforneet.org

TAX HELP – AARP is providing free help at the Newburyport Senior/Community Center with State and Federal tax filings. Appointments can be made for Mondays and Wednesdays from February 4 through April 15. The service is available for all low-to-middle income persons (less than \$65,000) regardless of age. Senior Circuit Breaker Tax Credit assistance is also available. Call for an appointment: 978-462-0430.

SELF CARE SPREE - 4 Weeks of self-care tools for Joy and Positivity

Workshops presented by Kerri Morrison of Awaken Holistic Counseling at the Senior/Community Center at 2 pm every Thursday in February to learn a NEW self-care activity which will improve how you feel and increase your self-awareness. Find new and holistic ways to feel good and make your life more enjoyable! This is NOT self-ish ...it's SELF-CARE! These workshops are FREE to the community and open to ALL ages

2/7/19- **"Color Me Happy"**; using color to improve how you feel

2/14/19- **"Feeling the Love"**; guided visualization and meditation

2/21/19- **"Comfort with Crystals"**- Introduction to crystal healing, BONUS Gift included



2/28/19- **"Soothing with Scents"**- Smell your way to peace through awareness



WIN A VALENTINE BOUQUET – One bouquet of fresh flowers will be delivered to a lucky person on February 14th! The blooms are arranged and donated by a local resident. If the winner lives in Newburyport, she will deliver them to the home. Otherwise, the bouquet can be picked up at the Senior/Community Center. Call the Council on Aging to add your name to this Free Raffle: 978-462-0430.

FEBRUARY 2019

Meals on Wheels Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
4 Meatball Sub Broccoli Pasta with Sauce Berry Cup	5 Chinese New Year! Chicken with Asian Vegetables White rice Pineapple Fortune Cookie	6 Cheeseburger Roasted Potatoes Beets Ketchup + Mustard Fresh Fruit	7 Smothered Pork With Mushrooms and Onions Garlic Msh Potatoes Garden Salad Whole Wheat Roll	8 Vegetable Frittata French toast Baked Apples Muffin Yogurt Juice
11 Mediterranean Chicken Stew Polenta Zucchini Biscuit Peaches	12 Ravioli with Meat Sauce Mixed Veg Garden Salad Oat Bread Pudding	13 Fish Sandwich Tartar Sauce Rice Pilaf Brussels Sprouts Fresh Fruit	 Pot Roast Green Beans with Lemon + Garlic Scalloped Potatoes Whole Wheat Roll Candy Kisses	15 Hot Turkey Sandwich Butternut Squash Peas + Onions Cranberry Sauce Applesauce
18 Presidents Day No Meals Served Or Delivered	19 Hot Dog Baked Beans Potato Chips Mandarin Oranges	20 Ground Beef with Peppers and Onions, White Rice and Corn Dinner Roll Fresh Fruit	21 Chicken Cordon Bleu Mashed Potato Honey Carrots Multigrain Bread Cranberry Sauce Cake	22 Eggplant Parmesan Pasta with Sauce Summer Squash Garden Salad Whole Wheat Bread Pineapple Whip
25 Chicken Scallopini Pasta with Sauce Mixed Veg Whole Wheat Bread Mandarin Oranges	26 Pulled Pork BBQ Sauce Sweet Potatoes Green Beans Chef's Dessert	27 Cheese Omelet Roasted Potatoes Creamed Spinach Yogurt Juice Snack Loaf	28 Meatloaf with Gravy Mashed Potatoes Garden Salad Whole Wheat Roll Cream Puff	\$2 Donation Per Meal Is Suggested And Appreciated 



The Traveling Chef is back!

The Newburyport Senior/Community Center will serve an extra special meal once each month during 2019. These Traveling Chef meals are prepared by the same caterer that provides the regular, excellent lunches home-delivered to the Meals on Wheels recipients. The Traveling Chef meals are \$2 per person. They are not available for home delivery.

Reservations are required; 978-462-0430.

Save the Dates for upcoming Traveling Chef lunches at the Senior/Community Center:

Wednesday, February 27th Chicken or Italian Panini with salad, chips and dessert.

Wednesday, March 13th Menu T.B.D.

February 2019 Program Calendar

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p>4</p> <p>8:00 Health Insurance 9:00 Exercise to Music 9:00 Zumba Gold 12:00 Gentle Movement 1:00 Spanish Discussion 1:00 German Discussion</p>	<p>5</p> <p>9:00 Ballet/Tap 10:00 Coffee Talk 10:00 Drawing with Andy 11:00 Meditation 1:00 Bridge 1:00 PING PONG!</p>	<p>6</p> <p>9:00 Exercise to Music No Painting with Watercolors class today. 10:00 French group 1:00 Community Day</p>	<p>7</p> <p>9:00 Foot Care 9:00 Zumba Gold 10:00 Ballet/Tap 10:00 Art Lecture 10:00 Coffee Talk 11:00 Health Insurance 12:00 Abstract Art 1:00 Mah Jongg 2:00 Self Care 2:30 Yoga</p>	<p>8</p> <p>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</p>
<p>11</p> <p>8:00 Health Insurance 9:00 Exercise to Music 9:00 Zumba Gold 12:00 Gentle Movement 1:00 Spanish Discussion 1:00 German Discussion</p>	<p>12</p> <p>9:00 Ballet/Tap 10:00 Coffee Talk 10:00 Drawing with Andy 11:00 Meditation 1:00 Bridge 1:00 PING PONG!</p>	<p>13</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>14</p> <p>No Zumba Gold Today 10:00 Ballet/Tap 10:00 Coffee Talk 11:00 Health Insurance 12:00 Abstract Art 1:00 Mah Jongg 2:00 Self Care 2:30 Yoga</p>	<p>15</p> <p>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</p>
<p>18</p> <p>Presidents Day Holiday</p>	<p>19</p> <p>9:00 Ballet/Tap 10:00 Coffee Talk 10:00 Drawing with Andy 11:00 Meditation 1:00 Bridge 1:00 PING PONG!</p>	<p>20</p> <p>9:00 Exercise to Music 10:00 Painting with Watercolors 10:00 French group 1:00 Community Day</p>	<p>21</p> <p>9:00 Zumba Gold 10:00 Ballet/Tap 10:00 Coffee Talk 11:00 Health Insurance 12:00 Abstract Art 1:00 Mah Jongg 2:00 Self Care 2:30 Yoga</p>	<p>22</p> <p>8:15 Birding with Sue 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</p>
<p>25</p> <p>8:00 Health Insurance 9:00 Exercise to Music 9:00 Zumba Gold 12:00 Gentle Movement 1:00 Spanish Discussion 1:00 German Discussion</p>	<p>26</p> <p>9:00 Ballet/Tap 10:00 Coffee Talk 10:00 Drawing with Andy 11:00 Meditation 1:00 Bridge 1:00 PING PONG!</p>	<p>27</p> <p>9:00 Exercise to Music 10:00 Painting with Watercolors 10:00 French group 1:00 Community Day 1:30 Stamp Club</p>	<p>28</p> <p>9:00 Zumba Gold 10:00 Ballet/Tap 10:00 Coffee Talk 11:00 Health Insurance 12:00 Abstract Art 1:00 Mah Jongg 2:00 Self Care 2:30 Yoga</p>	<p>TAX HELP Will be held in the Computer Lab every Monday and Wednesday From 8-4 Feb 4 – Apr 15</p>

The Council on Aging services and programs at the Senior/Community Center will be cancelled in the event of winter weather. When Newburyport Schools have a Snow Day, so does the Council on Aging.
Call the COA for program updates: 978-462-0430.



LEARN MORE ABOUT ELEMENT CARE on March 6th at 1:00 p.m. at the Newburyport Senior/Community Center. This free event is for everyone interested in knowing more about healthy options for older adults. Please come and learn how PACE can improve your life, or the lives of your loved ones.

I am a 46 year-old medical provider and describe the health care landscape as if we are in a dream sequence where we are running for safety across a tricky and difficult obstacle course only to realize that we are still at the beginning. If I feel this way then one can only imagine how our frail elders are navigating and dealing with the many complex changes. Sad to say many don't do well and often their health fails on many fronts because coordination of care is time consuming and difficult. Many of these people feel forgotten or even beaten down by life.

But what if there existed a program that was a one stop shop that provided an interdisciplinary team who worked to not only do this but provide a social experience that many people could appreciate and thrive in?

Element Care practices the PACE (Program of All-inclusive Care of the Elderly) model across 51 cities and towns in 8 different sites. It works to take in patients who we call our participants to identify their needs and set up a care plan that is specific to them. I have witnessed the ebb and flow of daily life at all of our Adult Day Health sites. What I can take away from all of this is that the PACE model offers many things to potential participants including medical, behavioral health, social services, activities, home services, transportation and physical therapy to name a few. In my opinion, the most vital is helping improve quality of life through reintroduction of hope. Many theorists have studied how the stressors of both physical and mental nature attack the essence of life creating a culture of negativity which is the quickest path to adverse long-term outcomes. The reintroduction of hope and positivity does more for this than any medication or treatment can.

PACE at Element Care has worked to perfect this and gives older adults the social, mental and physical interaction that has shown to be an integral part of longevity and health.

Element Care - As the 6th largest PACE organization in the nation and with over one-thousand participants, PACE at Element Care provides complete and highly personalized care to help adults 55+ live independently, safely and comfortably in their homes for as long as possible.

Promoting Wellness, Engagement and Purposeful Living - Our expert staff helps you find the activities and social opportunities that you enjoy and that help you meet your health and wellness goals. Choose from tai chi, music and art programs – to cultural events, cooking classes, and of course bingo — to our wellness gyms and annual Olympics.

Thrive in YOUR element with Element Care - PACE participants live longer, healthier lives and report less pain and fewer unmet needs¹. They have up to 43% fewer hospitalizations² and 93% of PACE participants say they would recommend the program to a friend or relative³.

Sources: ¹2008 Mathematica report, Beauchamp et al. ²Journal of the American Geriatrics Society 2014, Segelman et al.

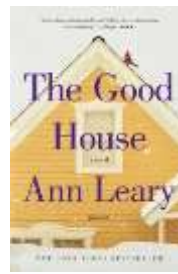
³National PACE Association, 2014

“I love everybody here and that love ripples across the board. It feels like everyone has gone on this journey with me and they really feel my pain. The Element Care team helped keep my spirits up, made my situation livable, and made me realize that I am not alone. I have overwhelming feelings of gratitude.” Susan Alvino

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 February 13th at 2:00 p.m. to discuss the February book selection. Each month we will read a fiction title and then meet in the Boardroom 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). Here are the book selections for the months ahead:

February: “The Lemon Orchard” by Luann Rice
March: “The Good House” by Ann Leary
April: “Lilac Girls” by Martha Hall Kelly
May: “The Residence” by Kate Andersen Brower



TRANSPORTATION The Newburyport Council on Aging operates two vans to provide local transportation to seniors.



The vans are equipped with lifts for passengers who use wheelchairs. 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. A \$2 round-trip donation is appreciated. A team of volunteers using their own cars is on call to drive seniors to out-of-town destinations. Call the Council on Aging office to request a ride; 978-462-0430.

Give the Gift of a Lift

Local seniors need your help with transportation for medical appointments and other important errands. Mileage reimbursement and supplemental insurance provided. Call NEET to become a NEET driver: 978-388-7474. Visit www.driveforneet.org

LOW VISION SUPPORT GROUP promotes confident living with vision loss. 2nd Tuesday of the month except January and February, 10-11:30 at the Newburyport Senior/Community Center. The next meeting will be held on March 12. For more information, call Joanne Maki at 978-792-5667.

COUNCIL ON AGING TRIPS

Please note: Reservations cannot be confirmed until payment is received. For details and to sign up for one of our group tours please contact the Council on Aging in Newburyport @ 978-462-0430

April 17 – Fenway Park & Swan Boats – Start the day with an insider’s tour of Fenway Park followed by a tasty lunch at the S & S Deli Style Restaurant, then (weather permitting) enjoy a ride on the famous Boston Garden Swan Boats. A perfect day to share with friends and family. \$92pp payable to All Around New England, due by March 27.

April 24 - Dancing Dream ABBA Tribute Band @ Danversport – Performing ABBA’s greatest hits from 1973 through 1983. Includes luncheon choice of Stuffed Chicken Breast or Baked Schrod. \$69 Self Drive payable to Best of Times.

April 25-29 International VA Military Tattoo – 5 Days/4 Nights; Includes Tour of U.S. Naval Academy, Annapolis, MD; Musical Stage Show at Toby’s Dinner Theater; Tour of Colonial Williamsburg with Lunch at Historic Tavern; Tour of Norfolk Naval Base; Virginia International Military Tattoo Festival Show (the largest in the U.S.); Tour of Assateague Island, famous for their wild horses. See Flyer for Details. \$999pp/dbl; \$1299 sgl. \$50pp Deposit due on sign up; Final Payment due by March 14 payable to Best of Times.

May 14-16 Penn Dutch Country – 3 Days/2 nights; Includes new hit show “Jesus” at the Sight & Sound Millennium Theater; “Camelot” at the Dutch Apple Dinner Theater; Dinner at Plain & Fancy; visits to the Bird in Hand Farmers Market and Kitchen Kettle Shops in Intercourse; Tour of Longwood Gardens. \$489pp/dbl; \$619 sgl.payable to Best of Times. \$50pp Deposit due on sign-up; Final Payment due by April 2.

June 15 – Rail & Sail Essex, CT. – Enjoy a narrated ride along the Connecticut River Valley aboard a vintage coach pulled by a steam locomotive, then we’ll board the riverboat Becky Thatcher for a 1 ¼ hour ride along the Connecticut River exploring the coves, inlets and rocky shoreline. Includes lunch at a historic inn (choice of Chicken Breast with lemon caper butter sauce or Sliced Sirloin with mushroom gravy). \$108pp payable to All Around New England, due by May 14.

June 18 – 3 Redneck Tenors @ Danversport – Duck Dynasty meets Carnegie Hall; a smorgasbord of songs and music including Gospel, Country, Broadway, Pop and Classical. Includes luncheon choice of Stuffed Chicken Breast or Baked Schrod. \$69 Self Drive payable to Best of Times.

July 16 – Michael Minor @ Foster’s Clambake Restaurant – If you’re a fan of Terry Fator you’ll love Michael Minor, Singer, Comedian, Ventriloquist, Celebrity Impressionist; includes full Lobsterbake luncheon with chowder, steamed mussels, corn on the cob, potatoes and blueberry cake or ½ Barbecue Chicken; specify choice at signup. \$99pp payable to Best of Times.



ADVENTURES IN DRAWING WITH ANDY ROBINSON

This drop-in class is being offered every Tuesday from 10:00 to 11:00 in the Art Room. 'Adventures in Drawing' is an introduction to drawing. We will start with some basics and build on them as we go. We will learn to look at things from a different perspective and kindle imagination as we explore various techniques and medium. Please bring a sketchbook, pencil and eraser with you to each class. The instructor is Andy Robinson, an artist from Boston's north shore with experience in a variety of mediums such as pencil, ink, watercolor, clay, papercraft, recycled sculpture and more. He shares his creativity with not only his community, but spends much of his time fostering imagination in his two young sons at home.



THE FRIENDS OF NEWBURYPORT COUNCIL ON AGING maintains two book bins at Cushing Park on Kent Street. The bins are available for your book donations. We have officially switched over to the new company DISCOVER BOOKS. Their website is www.discoverbooks.com. Sometime soon they will be updating the signage on the bins but will not hide any of the artwork that we have made. If you need to thin out your bookshelves, consider donating your books to the Friends of Newburyport Council on Aging. Your donation will help the Friends provide best programs services and supplies for the Newburyport Council on Aging.

The Friends of Newburyport Council on Aging has begun the 2019 Membership Drive. In addition to individual and family memberships, there are now several Business/Corporate members of the Friends. They are:

Doug Bolick
Jackie Casey's Encore Dancers
Inn St. Barber Shop
Organize – n – Simplify It
Arthur S. Page Insurance
Plum Island Outdoors, Inc.
Adams Imaging Systems

MEDICARE CARDS

Everyone should have received their new Medicare card by now! If you **don't have one**, it could be the Social Security office did not have your current address or it was accidentally thrown away accidentally because the envelope did not have Medicare information on it. No worries! **You can order** your new card by calling **Medicare at 1-800-633-4227**, or set up an account at www.MyMedicare.gov to retrieve a copy of it. Once you receive the new card, you can destroy the old one.

