



Newburyport Council on Aging
Senior Citizen News

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Donna Holaday, Mayor
www.cityofnewburyport.com

March 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.**

Council on Aging Staff:

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Cynthia Muir

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

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

PACE- Program of All-inclusive Care of the Elderly. An exciting option for many!

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

Precision Chiropractic

Community Day March 20th 1:00 – 2:00

Jean Doyle will lead a presentation about the Irish in Newburyport.

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

What is the City doing for young people and families? A presentation by the Newburyport Department of Youth Services

TAX HELP AVAILABLE – Tax preparers are available by appointment at the Newburyport Senior/Community Center to help with filing State and Federal tax returns. This is a free service provided in collaboration with AARP. Tax filers of all ages with income of \$65,000 or less are eligible. One hour appointments are held in the Computer Lab on Mondays and Wednesdays. Call the Council on Aging office to schedule an appointment: 978-462-0430. You will receive a written confirmation of your appointment, together with a list of documents to bring with you.

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 Elders Affairs and from the Friends of Newburyport Council on Aging.

A LETTER FROM STATE SENATOR DIANA DIZOGLIO



Hello,

First off, let me first say how pleased I am to be representing you, the great residents of Newburyport. Since being sworn into the State Senate in January, my office and I have been hard at work drafting and filing bills. As was the case during my three terms in the House of Representatives, many of the animating issues that motivate me as a senator have to do with two groups of people — children and seniors. Often times in our society, the young and elderly alike do not receive the support and help they need to live up to their potential and to live in dignity. That is why I have filed a bill this session to create a joint task force on the safety and welfare of elderly and disabled people living in public housing, along with a bill aimed at protecting people from misleading calls from telemarketers. Merrimack Valley seniors should be able to enjoy their golden years in safety and security.

I look forward to hearing from you! I will be at the Newburyport Senior/Community Center at 10 a.m. on the last Friday of every month. If you have any questions or concerns or would just like to say hello, you can always reach me at diana.dizoglio@masenate.gov.

All the best,
Diana

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



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

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 March 13th at 2:00 p.m. to discuss the March 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:

- March: "The Good House" by Ann Leary
- April: "Lilac Girls" by Martha Hall Kelly
- May: "The Residence" by Kate Andersen Brower



MARCH 2019

Meals on Wheels Menu

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p>\$2 Donation Per Meal Is Suggested And Appreciated</p>	<p>Meals are served at 11:30 a.m. at the Senior/Community Cntr. Call in your Reservation 978-462-0430</p>			<p>1 Roasted Turkey with Gravy and Stuffing Peas and Onions Cranberry Sauce Oat Bread Applesauce</p>
<p>4 Lasagna with Meat Sauce Cauliflower + Carrots Italian Bread Pears</p>	<p>5 Chicken Broccoli Alfredo Pasta with Sauce Summer Squash Whole Wheat roll Gelatin</p>	<p>6 Breaded fish Lemon Rice Green Beans Burger Bun Fresh Fruit</p>	<p>7 Shepard's Pie Garden Salad Whole Wheat Bread Fruit Loaf</p>	<p>8 Lentil Ratatouille Brussels Sprouts Corn Muffin Peaches</p>
<p>11 Chicken with Mushrooms Pasta Spinach Italian Bread Chef's Dessert</p>	<p>12 Meatballs Lemon Cream Sauce Broccoli Rice Multigrain Bread Berry Cup</p>	<p>13 Vegetable Frittata Roasted Potatoes Beets Juice Whole Wheat Bread Fresh Fruit</p>	<p>14 Corned Beef Cabbage + Carrots Steamed Potatoes Whole Wheat roll Cake</p>	<p>15 Ravioli with Marinara Peas Garden Salad Oat Bread Yogurt</p>
<p>18 Hot Dog Baked Beans Carrots Hot Dog Roll Mandarin Oranges</p>	<p>19 Chicken Parmesan Pasta Garden Salad Multigrain Bread Pears</p>	<p>20 Seasoned Beef with Peppers + Onions Spanish rice Chef's Veg Tortilla Fresh Fruit</p>	<p>21 Teriyaki Pork White Rice Mixed Veg Dinner roll Cake</p>	<p>22 Mac & Cheese Peas Whole Wheat Roll Pudding</p>
<p>25 American Chop Suey Zucchini and Summer Squash Whole Wheat Roll Berry Cup</p>	<p>26 Turkey and White Bean Stew with Potatoes Carrots Whole Wheat Bread Mixed Fruit</p>	<p>27 Cheeseburger Potato Chips Mixed Veg Burger Bun Fresh Fruit</p>	<p>28 Chicken Pot Pie Mashed Potatoes Garden Salad Biscuit Yogurt</p>	<p>29 Unbreaded Pollock Green Beans Mashed Potatoes Italian Bread Fig Bar</p>

Thank You, Cindy Rand!

Cindy Lee Rand has retired after 30 years in the kitchen. Cindy was the 'Lunch Lady' at the Senior Center. She coordinated the Meals on Wheels program, working with a team of volunteers who prepped up to 100 meals every weekday for homebound elders in Newburyport, Newbury and Rowley. Cindy started her nutrition career as a Meal Site Aide when the Council on Aging was housed in the Salvation Army building. She was promoted to Site Manager and successfully carried the program through relocations to the Peoples United Methodist Church and the Central Congregational Church before finally reuniting with the Council on Aging at the Senior/Community Center. In retirement, Cindy can relax with her cat Tiger, take occasional trips to Foxwoods and other fun places, and look forward to watching her favorite football games (Go Pats!). **Happy Retirement, Cindy.**

March 2019 Program Calendar




MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

	<p>TAX HELP Will be held in the Computer Lab every Monday and Wednesday from 8-4 thru April 10th</p>			<p>1 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>4 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 BROWN BAG DAY 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 9:00 Exercise to Music 10:00 Painting with Watercolors 10:00 French group 1:00 Community Day</p>	<p>7 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 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 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 9:00 Ballet/Tap 10:00 Coffee Talk 10:00 Low Vision Group 10:00 Drawing with Andy 11:00 Meditation 1:00 Bridge 1:00 PING PONG!</p>	<p>13 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 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>15 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>18 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>19 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 9:00 Exercise to Music 10:00 Painting with Watercolors 10:00 French group 1:00 Community Day</p>	<p>21 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 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 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 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 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 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>29 10:00 Senator DiZoglio 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>

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 – Senior Prom @ Indian Head – Enjoy a fun day that includes a Buffet Luncheon; Welcome Reception; Music of the 50’s & 60’s and more. Get ready to dance the afternoon away! **\$85pp due on sign up** payable to Royal Tours.

May 22-23 – White Mountain Getaway – At The Common Man Inn & Spa, Plymouth, NH; includes Loon Mountain Gondola Ride; Scenic ride on the Hobo Railroad; Tour of Canterbury Shaker Village; Vineyard Tour & Wine Tasting; 2 days/1 night, 3 meals. \$349pp/dbl; \$449 sgl. **\$50 Deposit due on sign up; Final Payment due by April 10** payable to Best of Times.

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.**

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.

July 19-21 – Red Sox V Orioles @ Baltimore – Includes 2 evening games from your Lower Reserved Seats; Tour of Camden Yards and US Naval Academy; See Flyer for Details.. 3 Days/2 Nights, 2 Buffet Breakfasts. \$519pp dbl/\$649 sgl. **\$50 deposit due on sign up. Final Payment due June 7, payable to Best of Times.**

August 3-4 – Red Sox V Yankees @ NYC – Enjoy the game from your Terrace Level Reserved Seats; Includes All You Can Eat Thru 5th Inning; Ferry to both Liberty & Ellis Islands; See Flyer for Details. 2 Days/1 night; \$399pp/dbl/\$499 sgl. **\$50 deposit due on sign up. Final Payment due June 28 payable to Best of Times.**

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.

BIRDWATCHING Signs of Spring Along The Merrimack River

Join Sue McGrath of Newburyport Birders on Friday, March 15th as we search for birds and signs of Spring in habitats along the mighty Merrimack River. The van will leave at 8:30 a.m. from the Senior/Community Center and will return to the SCC at about 11:30 a.m. Call the Council on Aging to reserve a seat, 978-462-0430. Participants, please dress warmly, including warm footwear, hat and gloves.

MORE INFO ABOUT THE MARCH COMMUNITY DAYS

Wednesday, March 6th 1:00 – 2:00 p.m. PACE. 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 needs. They have up to 43% fewer hospitalizations and 93% of PACE participants say they would recommend the program to a friend or relative.

"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

Wednesday, March 13th 1:00 -2:00 p.m. Precision Chiropractic Adding Life to Years: Unlocking the Healer Within. This talk by Dr. Sean Riley will uncover the secrets to a healthier, more vibrant life through an optimized nervous system and reveal how our inner healer works and how to ensure a healthier life as we age.

Wednesday, March 20th 1:00 – 2:00 p.m. Newburyport's Irish Community

A screening of Jean Doyle's documentary about Newburyport's Irish community. This one-hour film tells the story of Irish families in our town from the mid-1800s through Bossy Gillis' terms as mayor from the 1920s to the 1940s. Learn about Newburyport's early Irish immigrants, who arrived during a decline in shipbuilding and a rise in the textile industry. The film discusses how these families were received, and how they bolstered their sense of community by building churches and schools. The film also focuses on notable Irish families: the Gillises and the Cashmans, and shows how feuding between the two families illustrates a divide between the so-called "shanty Irish" and "lace curtain Irish."



Wednesday, March 27th What is the City doing for young people and families? A presentation by the Newburyport Department of Youth Services Do you know Newburyport's Youth Services does more than just youth programming? At Youth Services, we know a youth's connection to their community can impact their success in school and beyond. Come learn what the city is doing to support young people, how these initiatives tie into the larger community and how you can get involved. Adults of all ages have a role to play in the positive development of the young people of Newburyport.

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 meets on second Tuesday of each month from 10-11:30 am.

The Newburyport Low Vision Support Group is sponsored by the Massachusetts Association for the Blind and Visually Impaired (MABVI). Its mission is to inform those who are blind or with lessening vision about resources, devices, and practices that will aid them in adapting and maintaining a full and active life. For more information, call Joanne Maki at 978-792-5667.

PUT MUSIC IN YOUR DAY

Robert Kaplan will continue singing at the Senior/Community at Noon on Fridays in March. 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.



NBPT YAM Youth Art Month

The Senior/Community Center celebrates Youth Art Month with an exhibit of student artwork from Bresnahan Elementary, Molin Upper Elementary, Nock Middle and Newburyport High School. An opening Reception is planned for Thursday, March 7th at 4:30 p.m. Refreshments and music will be provided and the public is welcome to attend.

CHAMBER OF COMMERCE MEMBERS MIXER

A highly enjoyable evening of social networking for Chamber members was held on Wed. Feb. 13th at the Newburyport Senior/Community Center. The event was hosted by the Friends of Newburyport Council on Aging. Attendees were able to take advantage of an opportunity to become familiar with the Center - to tour the facility and become acquainted with the many offerings available to businesses as well as for the community. Attendees were able to get details of the facility's rental opportunity for business and private events during the evening and weekend hours from Christina Manning, the events coordinator.

The event was also an opportunity to learn about who the Friends of the Council on Aging are and what they do. The Friends is a charitable 501(c)(3) non-profit organization providing financial support to the Newburyport Council on Aging, enhancing the visibility of the Friends, the COA, and the Senior/Community Center to the community



The Chamber Mixer was highlighted by a presentation by Friends President Ben Iacono. He described the Friends' new "Business/Corporate Membership Program" and its associated benefits. To date, 11 Business-Corporate Members have already joined the Friends. We are happy to welcome: Attorney Doug Bolick, the Encore Dancers, Inn St.Barber Shop, Organize-n-Simplify It, Arthur S. Page Insurance, Plum Island Outdoors Inc., Exchange Club of Greater Newburyport, Zampell Refractories Inc., Adam Imaging Systems, Northeast Planning Association, and Barb Cullen.

