



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

April 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. There's more information inside about each of these events.

Community Day April 10th 1:00 -2:00
The Painful Thumb

Community Day April 17th 1:00 – 2:00
Living Near the Seabrook Nuclear Plant

Community Day April 24th 1:00 -2:00
Ten Top Tips for Lowering Your Energy and Fuel Bills

SHARPS CONTAINER – The Senior/Community Center now has a container for convenient disposal of used syringes. It is located outside, to the right of the front door. All 'sharps' must be in a puncture-proof vessel, such as a detergent bottle or a coffee can. The sharps container will be emptied at least once each month by the Stericycle disposal company. The day after the container was installed, an article about it was printed on the front page of The Daily News. That same day a dozen people came forward to drop off their sharps. They were all glad to have a safe, convenient place to dispose of their needles correctly. There is another location for disposing of household medical sharps at the Health Department inside City Hall. It is hoped that having two locations will make it easier for more people to dispose of sharps regularly and appropriately.

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.

OPTIMIZE YOUR VOICE

Are you worried about your voice? Do you have difficulty projecting your voice, or do you experience strain, fatigue or a loss of speaking or singing range? Are you curious about how the voice works and want information on how to keep your voice healthy? Come to this drop-in voice session in the Boardroom on Thursday, April 25th from 2:00-3:00 and again on Thursday, May 23rd 2:00-3:00. This is NOT a singing group, but it might encourage you in new ways. Join us as we learn about the voice and practice good voice habits!



LINE DANCE

Come to the Senior/Community Center and kick up your heels. This newest program begins on Wednesday, May 1st. The fun class is open to everyone, even those who have never tried it before. Basic steps will be taught and reviewed each week, then added to when everyone is comfortable. Plan to come every week! The cost is \$5 per class. Songs from multiple music genres will be used - Broadway, folk, swing, standards, traditional, country, and more. The atmosphere will be relaxed and enjoyable. Participants will determine the pace and suggest songs they'd like to dance to. Line Dance instructor is Susan Tribble. Her class will begin at 10:30 a.m. each week starting in May.

YANKEE HOMECOMING 2019 *Reflections of Our Past*

It is that time of year again and we are looking for men and women aged 60+ who have made a difference in the lives of the residents of Newburyport and the surrounding towns by unselfishly giving of themselves by donating their time, efforts and energy. Think about the people you know, and nominate someone special. Nomination forms are available at the Council on Aging office. Deadline for nominations is April 30th, 2019.

WELCOME DONNA FRONCZAK

There's a new face in the Kitchen at the Senior/Community Center! Donna Fronczak is the new Lunch Coordinator. Donna will serve lunch every weekday to all who have made a reservation at the Senior/Community Center. She will also coordinate the daily distribution of Meals On Wheels to homebound elders in Newburyport, Newbury and Rowley. This month, Donna's daily lunch program at the Senior/Community Center will include a Traveling Chef event. A Baked Potato Bar will be offered on Wednesday, April 10th. Don't miss it!

FRIENDS OF NEWBURYPORT COUNCIL ON AGING MEMBERSHIP DRIVE

The response has been great! There have been over 100 responses with many new individual, family, business and corporate memberships. In addition, many donations have received by the FRIENDS in memory/honor of loved ones. These are the special people who received a special tribute thru a membership with the FRIENDS:

In Memory of

Stanley A. Baikewicz
David A. White
Guy and Lydia Lopes
Art T. Markos
Jack Murray
Lawrence Knight
Fermondo

Maria R. Iacono
Joe Markey
Phyllis Packer
Theodore Atkinson
Helene McLaughlin
Maryanne DelSavio
Charles C. Mahler IV

Family and Brother Killed in Korean War
Alice Wade
Mary Lou Gannon
Thomas F Roche Jr.

In Honor of

Janet Kalashian
David McFarlane



APRIL 2019 Meals on Wheels Menu

LUNCH COORDINATOR is Donna Fronczak

MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY

1 Salisbury Steak Mashed Potatoes Gravy Carrots Whole Wheat Bread Fruit Loaf	2 Orange Chicken Mixed Veg White Rice Dinner Roll Pineapple	3 Omelet Sausage Patty Potatoes O'Brien Yogurt Oatbread Juice	4 Pulled Pork BBQ Sauce Sweet Potatoes Cauliflower Burger Bun Pears	5 Eggplant Parmesan Pasta with Sauce Garden Salad Multigrain Bread Fresh Fruit (orange)
8 Chicken Scallopini Pasta with Sauce Carrots Whole Wheat Bread Berry Cup	9 Hot Dog Baked Beans Coleslaw Warm Peach Crisp	10 Breaded fish Herbed Rice Broccoli Burger Bun Fresh Fruit	11 Hot Turkey Sandwich Cranberry Sauce Green Beans Mashed Potato Mixed Fruit	12 Stuffed Shells Meatless Marinara Peas Italian Bread Cookie
15 Patriots Day No Meals Served Or Delivered	16 Meatballs Pasta with Marinara Zucchini Sub Roll Mandarin Oranges	17 Breaded Chicken Vegetable Rice Beets Whole Wheat Bread Fresh Fruit	18 Baked Ham Pineapple Sauce Mixed Veg Mashed Potatoes Cake	19 Mac & Cheese Crumb Topping Mixed Veg Oat Bread Pudding
22 Vegetable Frittata Roasted Potatoes Baked Apples Muffin Yogurt Juice	23 Pork Ragout Pasta Broccoli Whole Wheat Roll Brownie	24 Hamburger Potato Chips Green Beans Burger Bun Berry Cup	25 Chicken Cordon Bleu Mashed Potatoes Garden Salad Italian bread Pears	26 Seafood Casserole Lemon Rice Brussels Sprouts Multi Grain Bread Mixed Fruit
29 BBQ chicken Butternut Squash Spinach Oat Bread Applesauce	30 Turkey and White Bean Stew with Potatoes Carrots Whole Wheat Bread Mixed Fruit		\$2 Donation Per Meal Is Suggested And Appreciated	Meals are served at 11:30 a.m. at the Senior/Community Cntr. Call in your Reservation 978-462-0430



Sing-A-Long Come to the senior center on Fridays and enjoy a good, old sing a long after lunch. No Experience Needed! Come and, or sing, or listen and just tap your feet. Song sheets will be provided, but you probably know the words to all these favorites.

GENTLE MOVEMENT - This standing or seated class taught by Susan Tribble is for anyone who would like to improve their posture, balance, flexibility and mobility, and better control the symptoms associated with aging and conditions such as Arthritis and Parkinson's. Elements of Yoga, Qi Gong and Tai Chi are included. Soothing music plays in the background. Participants pay \$5 per class. An assistant can attend with the participant at no charge. The class meets every Monday at Noon.

April 2019 Program Calendar

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p>1</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>2 BROWN BAG</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! 2:00 Painting w. Pastels</p>	<p>3</p> <p>9:00 Exercise to Music 10:00 Painting with Watercolors 10:00 French group 1:00 Community Day</p>	<p>4</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>5</p> <p>10:00 Qigong 10:00 Knitting 11:00 Tai-Chi Basics 12:00 Bingo! 12:00 Sing-A-Long 1:00 Ping Pong 1:00 Cribbage + 45s 1:00 Chess Club</p>
<p>8</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>9</p> <p>9:00 Ballet/Tap 10:00 Coffee Talk 10:00 Low Vision support 10:00 Drawing with Andy 11:00 Meditation 1:00 Bridge 1:00 PING PONG! 2:00 Painting w. Pastels</p>	<p>10</p> <p>9:00 Exercise to Music 10:00 Painting with Watercolors 10:00 Low Vision group 10:00 French group 1:00 Community Day</p>	<p>11</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>12</p> <p>10:00 Qigong 10:00 Knitting 11:00 Tai-Chi Basics 12:00 Bingo! 12:00 Sing-A-Long 1:00 Ping Pong 1:00 Cribbage + 45s 1:00 Chess Club</p>
<p>15</p> <p>Patriots Day <i>The Council on Aging is Closed today</i></p>	<p>16</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! 2:00 Painting w. Pastels</p>	<p>17</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>18</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>19</p> <p>8:15 Birding with Sue 10:00 Qigong 10:00 Knitting 11:00 Tai-Chi Basics 12:00 Bingo! 12:00 Sing-A-Long 1:00 Ping Pong 1:00 Cribbage + 45s 1:00 Chess Club</p>
<p>22</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>23</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! 2:00 Painting w. Pastels</p>	<p>24</p> <p>9:00 Exercise to Music 10:00 Painting with Watercolors 10:00 French group 1:00 Community Day</p>	<p>25</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>26</p> <p>10:00 Qigong 10:00 Knitting 10:00 Meet with Senator DiZoglio 11:00 Tai chi Basics 12:00 Bingo! 1:00 Ping Pong 1:00 Cribbage + 45s 1:00 Chess Club</p>
<p>29</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>30</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! 2:00 Painting w. Pastels</p>			

A LETTER FROM STATE SENATOR DIANA DIZOGLIO



The weather is getting nicer and nicer in our valley, but my office is working hard both inside and outside the State House to make a difference for our community. Currently, I am awaiting hearing dates for two of my bills regarding the Merrimack River. One bill would create a district commission to assess the river's health and ways to keep it clean, while the other would work to create a flagging system notifying swimmers and boaters of a potential combined sewer overflow, or CSO. With budget season starting up, I am also working with the Department of Environmental Protection to release funding for an emergency generator for the Greater Lawrence Sanitary District, money which was set aside in last year's Environmental Bond Bill. The Sanitary District treats ten billion gallons of wastewater each year. A generator will ensure that, in the case of a power outage, communities bordering the Merrimack River would be protected from the potential overflow of

millions of gallons of sewage. I'm eager to hear back from DEP regarding the release of funding for this important issue. As always, please let me know if you have any thoughts, concerns or input of any kind. I can be reached via email at diana.dizoglio@masenate.gov or call my office anytime at [\(617\) 722-1604](tel:6177221604).

Yours in service,
Diana

NATIONAL HEALTH CARE DECISIONS DAY Tuesday, April 16th - please join Carolyn Rubin and Ellen Graham from Senior Living Advocates, and Attorney Margot Birke from Elder Law Solutions – in the Boardroom from 10:00 to 11:00 - to discuss and answer the questions “what is a health care proxy and why do I need one” and “how can I prepare to care for myself at home for the rest of my life.



RECYCLE OLD CELL PHONES AND HEARING AIDES AT THE SENIOR CENTER

Cellphones and hearing aides can be recycled. Cellphones are made with precious metals, copper and plastics, all of which can be recycled to make new products. Hearing aides can be sanitized and repurposed. Bring your unwanted equipment 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 April 10th at 2:00 p.m. to discuss the April 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:

- April:** “Lilac Girls” by Martha Hall Kelly
May: “The Residence” by Kate Andersen Brower



BIRDWATCHING – Friday, April 19th



I'll meet the van at the Center at 8:15 am for an on time Sign up by calling the Council on Aging office at 978-462-0430. The COA van will depart from the Senior Center at 8:30 am. We'll return to the Center before Noon.

Here's the program description for our April 19th trip:

Spring Along The Merrimack River

Join Sue McGrath of Newburyport Birders as we search for Spring migrants in habitats along the mighty Merrimack River. Participants, please dress for the weather.

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 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.

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.**

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 lunch 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.

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.**

August 5 – CHICAGO @ Winnepesaukee Playhouse – Seduction, Murder, and of course Music take center stage in this bold and brassy Broadway Hit; includes luncheon choice of Grilled Chicken or Baked Haddock @ the Canoe Restaurant & Tavern; \$97pp payable to Royal Tours.

PAINTING WITH PASTEL If you’ve never tried pastels or would like to brush up on pastel skills, artist Ann Harter is offering a new class in pastel painting at the Senior/Community Center. Pastel is the purest and most vibrant medium. It offers rich color control, and quick results. This \$5 class will provide an understanding of the concepts and techniques of pastel painting for every level of experience. Participants will explore different subjects, textures, papers, and application. Beginners will learn the basics, and experienced students will polish their technique. Everyone will gain a deeper understanding of the medium. Painting with Pastel starts April 2nd and will meet every Tuesday at 2 p.m. Class size is limited to 15 students. Call the Council on Aging office to request the list of recommended supplies: 978-462-0430.

SPRING GREETING CARD WORKSHOP Come to the Senior Center on Friday, **April 5th** at 9:00 a.m. for a FREE card making 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.



MORE INFO ABOUT THE APRIL COMMUNITY DAYS

Wednesday, April 10th 1:00 -2:00 p.m. The Painful Thumb

Jennifer Peffer, Occupational Therapist/Certified Hand Therapist from Sports Medicine North/Physical Therapy North, will lead an interactive discussion on Thumb pain. What is it? How can it be treated? Can it be fixed? What can be done about it? Come enjoy paraffin wax demos, learn about adaptive equipment and effective thumb orthotics help you. Thumbs up!!

Wednesday, April 17th 1:00 – 2:00 p.m. Living Near the Seabrook Nuclear Plant

Join this month's Village Talk to learn more about the C-10 Research and Education Foundation, and issues related to safety at Seabrook Station nuclear plant. C-10 is a Newburyport non-profit whose mission is to protect public health and the environment surrounding the Seabrook Station. C-10 operates a field monitoring network to measure airborne radiological emissions in the communities surrounding Seabrook. C-10 also serves as watchdog on safety concerns at Seabrook, most notably a serious irreversible type of concrete degradation that has put the plant's operating license into question. These issues are critical now, as the plant has requested a 20-year license extension until 2050. C-10's executive director, Natalie Hildt Treat, will tell us why and how they monitor radiation and give updates on the group's legal fight for tougher federal oversight of the Seabrook's concrete troubles. There will be an opportunity to ask questions about what living near Seabrook means to you.

Wednesday, April 24th 1:00 – 2:00 p.m. Ten Top Tips for Lowering Your Energy and Fuel Bills

Find out easy ways to locate unnecessary waste in your electricity and fuel use at home. The benefits of this information are in three key opportunities:

- You can lower your utility and fuel bills
- You can Increase your comfort at home
- You can reduce pollutants that contribute to climate change

The program offers some 'no cost' services to everyone. These include a Home Energy Assessment, air sealing, and some additional insulation. These services are already paid for by residents on National Grid bills. Our job is to make you aware of that and encourage everyone to take advantage of them. The Home Energy Assessment itself further offers some 'no cost' products to all residents, including replacement of all incandescent bulbs with LED bulbs, an energy saving power strip, faucet aerators that save water, and \$75 to take away your old inefficient refrigerator or freezer

SOMETHING TO LOOK FORWARD TO

We have some interesting Community Day topics in the months ahead. Plan to visit the Newburyport Senior/Community Center on Wednesdays at 1 pm.

May 1: Estate Planning

May 8: Songs of WWII

May 22: Habitat for Humanity

September: Alzheimer's Assoc. Free Educations Programs

A representative from Senior Whole Health will be at the Senior/Community Center on Wed April 3 and Wed April 17. A great opportunity to pick up some information and handouts when you attend Community Day!



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.

SHOES FOR DIABETICS You may be eligible to receive a pair of Diabetic Shoes and Inserts at little or no cost to you if Medicare is your primary insurance. A representative from Pro Medical East will be at the Newburyport Senior/Community Center on Monday, June 10th. Call the Council on Aging to make an appointment for your 10-minute fitting: 978-462-0430. You must bring your Medicare information, your supplemental insurance information (if you have any) and a completed medical form (available at the Council on Aging office). For more information see www.drcomfort.com.



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

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Seniornewsletter@aol.com



