



Newburyport Council on Aging
Senior Citizen News
331 High Street
Newburyport, Massachusetts 01950
978-462-0430

Donna Holaday, Mayor
www.cityofnewburyport.com

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JUNE 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. All are welcome!

Community Day June 5 1:00 -2:00

Grief and Loss Specialist Louise Strassenburgh will share how she turned her personal experience into an effective means of recovery. This event will be helpful for those coping with personal loss, or anyone willing to journey with another thru their experience of grief and loss.

Community Day June 12 1:00 – 2:00

Estate Planning, Avoiding Probate, end of life Planning, and Protecting Assets.

Community Day June 19 1:00 -2:00

If This House Could Talk presented by local historian Jack Santos. Find out where the idea of "Talking Houses" came from, and some of the challenges in creating the program. Where else is this being done? Why do people participate? What has it accomplished? And what's in store for the future – will it include your house? Jack will give us tips on how to write about our own home's story.

Community Day June 26 1:00 -2:00

Wire Art Sculptor Ryan Kelley will bring his wire and hand tools to demo different wire sculpting techniques.

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

While the state legislature continues work on the budget for the coming fiscal year, we are also evaluating bills that have been filed in this session, many of which affect senior citizens. Among these bills is a piece of legislation I have co-sponsored, House Bill 622, An Act relative to construction and rehabilitation of senior centers. This legislation would create a statewide board to assist in building or rehabilitating additional buildings with which to house senior centers across the Commonwealth. With communities in the Merrimack Valley seeing their populations grow older, it is imperative that we do all we can to help seniors in maintaining the highest quality of life. Additional senior centers in rural and suburban communities will mean greater social opportunities for seniors as they enter a phase of life that all too often can be marked by isolation. I strongly support this bill and am committed to advocating for its passage during the legislative session.



As always, I welcome any and all feedback from my constituents. Please feel free to contact me anytime on this or any other issue via email at diana.dizoglio@masenate.gov or phone at (617) 722-1604.

LINE DANCE

Come to the Senior/Community Center and kick up your heels. This newest program began last month. 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 begins at 10:30 a.m. every Wednesday. Come have fun!



BIRDWATCHING – Friday, June 21 Sue McGrath of Newburyport Birders will meet the COA van at the Senior Center at 8:15 am for an 8:30 departure to Newburyport parks in search of terns and plovers. The van will return to the Center before Noon. . Pre-register for this birdwatching trip by calling the Senior Center; 978-462-0430. Seating is limited.

ART CLASSES AT THE SENIOR CENTER – SO MUCH TO CHOOSE FROM

Monday	Watercolor with Bill Duke (9-Noon on June 24)
Tuesdays	Drawing Class (10-11 a.m.) Pastel Painting (2-3 p.m.)
Wednesdays	Watercolor Painting with Peggy Poppe 10-Noon)
Thursdays	Abstract Art (12-2 p.m.)
Friday	Card Making Workshop (11-Noon on June 7)

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



LOW VISION SUPPORT GROUP

promotes confident living with vision loss. The group is sponsored by the Massachusetts Association for the Blind and Visually Impaired. The mission is to provide information about resources, devices and practices that will aide in adapting and maintaining a full and active life for those who are blind or with lessening vision. The group meets on the 2nd Tuesday of the month from 10- 11:30 at the Newburyport Senior/Community Center. For more information contact Joanne Maki at 978-792-5667.



JUNE 2019

Meals on Wheels Menu LUNCH COORDINATOR is Donna Fronczak

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p>3 Chicken Stir Fry White Rice Mixed Veg Whole Wheat Roll Pineapple</p>	<p>4 Meatballs Pasta with Marinara Mixed Veg Italian Bread Cookie</p>	<p>5 Egg Salad Potato Salad Garden Salad Juice (instead of milk) Hot Dog Roll Yogurt</p>	<p>6 Ribeque with BBQ Sauce Sweet Potatoes Cauliflower Burger Bun Fresh Fruit</p>	<p>7 Salmon with Dill Sauce Mashed Potatoes Brussels Sprouts Oat Bread Mixed Fruit</p>
<p>10 Ravioli with Meat Sauce Creamed Spinach Italian Bread Peaches</p>	<p>11 Hot Dog Baked Beans Coleslaw Hot Dog Bun Mandarin Oranges</p>	<p>12 Apricot Chicken Rice Pilaf Garlic Green Beans Whole Wheat Bread Berry Cup (MOW)</p>	<p>13 Beef Diane Garlic Mashed Potatoes Peas & Onions Whole Wheat Roll Brownie</p>	<p>14 Seafood Salad Garden Salad Orzo Salad Multigrain Bread Chef's Dessert</p>
<p>17 Cheese Omelet Roasted Potatoes Baked Apples Juice (instead of milk) Muffin Yogurt</p>	<p>18 Sloppy Joe's Potato Chips Mixed Veg Burger Bun Fresh Fruit</p>	<p>19 Garden Salad with Chicken Lentil Salad Pita Bread Mixed Fruit</p>	<p>20 Eggplant Parmesan Pasta with Sauce Chef's Veg Whole Wheat Bread Cake</p>	<p>21 Beef Steak with Peppers & Onions White rice Cauliflower Multigrain Bread Pineapple</p>
<p>24 Mac & Cheese Peas Italian Bread Cookie</p>	<p>25 Pulled Pork Sweet Potatoes Collard Greens Corn Bread Applesauce</p>	<p>26 Turkey with Gravy Cranberry Sauce Mashed Potatoes Carrots Whole Wheat Roll Pudding</p>	<p>27 Volunteer Appreciation Day No Meals today</p>	<p>28 Chicken Salad Four Bean Salad Pasta Salad Multigrain Bread Berry Cup</p>
<p><i>A very special meal will be offered at the Senior/Community Center on Wednesday, June 12th. This month the Traveling Chef is bringing CHERRIES JUBILEE! The cost of the meal plus dessert is \$2. Reservations are required and can be made by calling the Council on Aging: 978-462-0430.</i></p>			<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>

JUNE 2019 Program Calendar

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p>3</p> <p>8:00 Health Insurance 9:00 Exercise to Music 11:00 Zumba Gold 12:00 Gentle Movement 1:00 Spanish Discussion 1:00 German Discussion</p>	<p>4 BROWN BAG</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>5</p> <p>9:00 Exercise to Music 10:00 Painting with Watercolors 10:00 French group 1:00 Community Day</p>	<p>6</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 2:30 Yoga</p>	<p>7</p> <p>9:00 Knitting + Crafts 10:00 Qigong 11:00 Tai-Chi Basics 12:00 Sing-A-Long 1:00 Ping Pong 1:00 Cribbage + 45s 1:00 Chess Club</p>
<p>10</p> <p>8:00 Health Insurance 9:00 Exercise to Music 11:00 Zumba Gold 12:00 Gentle Movement 1:00 Spanish Discussion 1:00 German Discussion</p>	<p>11</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>12 <i>Traveling Chef!</i></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 Art Lecture 10:00 Coffee Talk 11:00 Health Insurance 12:00 Abstract Art 1:00 Mah Jongg 2:30 Yoga</p>	<p>14</p> <p>9:00 Knitting + Crafts 10:00 Qigong 11:00 Tai-Chi Basics 12:00 Sing-A-Long 1:00 Ping Pong 1:00 Cribbage + 45s 1:00 Chess Club</p>
<p>17</p> <p>8:00 Health Insurance 9:00 Pickle Ball 9:00 Exercise to Music 11:00 Zumba Gold 12:00 Gentle Movement 1:00 Spanish Discussion 1:00 German Discussion</p>	<p>18</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>19</p> <p>9:00 Pickle Ball 9:00 Exercise to Music 10:00 Painting with Watercolors 10:00 French group 1:00 Community Day</p>	<p>20</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 2:30 Yoga</p>	<p>21</p> <p>9:00 Pickle Ball 8:15 Birding with Sue 9:00 Knitting + Crafts 10:00 Qigong 11:00 Tai-Chi Basics 1:00 Ping Pong 1:00 Cribbage + 45s 1:00 Chess Club</p>
<p>24</p> <p>8:00 Health Insurance 9:00 Pickle Ball 9:00 Bill Duke painting 9:00 Exercise to Music 11:00 Zumba Gold 12:00 Gentle Movement 1:00 Spanish Discussion 1:00 German Discussion</p>	<p>25</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>26</p> <p>9:00 Exercise to Music 9:00 Pickle Ball 10:00 Painting with Watercolors 10:00 French group 1:00 Community Day 1:30 Stamp Club</p>	<p>27</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 2:30 Yoga</p>	<p>28</p> <p>9:00 Knitting + Crafts 9:00 Pickle Ball 10:00 Qigong 11:00 Tai chi Basics 1:00 Ping Pong 1:00 Cribbage + 45s 1:00 Chess Club</p>



Father's Day Card Making Workshop on Friday, June 7th 11:00 a.m. in the Arts and Crafts Room. Free program and open to all ages.

SHARPS CONTAINER – The Senior/Community Center now has a container for convenient disposal of used syringes. It is located outside, near the front door, so it is available 24/7. All ‘sharps’ must be in a puncture-proof vessel, such as a detergent bottle or a coffee can. The Stericycle Disposal Company is responsible for emptying both the container at the Senior/Community Center and a similar container at the Health Department at City Hall. Residents who need to dispose of medication should bring that to a container inside the Newburyport Police Station. The container at the Senior/Community Center is for sharps and only sharps.

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



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



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.

OUR SPONSORS MAKE THIS NEWSLETTER POSSIBLE – PLEASE SUPPORT THEM!

Your Personal Assist, Deb Rogers-Thornton 978-815-6492
Element Care
Twomey, LeBlanc, & Conte Funeral Home 978-465-9323
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Law Offices of Connolly & Connolly 978-462-2251
Avita of Newburyport 978-225-7000
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Port Healthcare Center 978-462-7373
Nichols Village 978-372-3930
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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

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 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.

August 10 – Rhode Island Lighthouse Cruise – This 90 minute narrated cruise through Narragansett Bay features 10 of the most picturesque lighthouses in Rhode Island. Includes Brunch Buffet at a local country club. \$98pp Payable to All Around New England.

September 17 – Atlantic City Boys @ Danversport – Featuring music of The Beach Boys, The Drifters, The Bee Gees, Frankie Vallie & the 4 Seasons, plus more! Includes luncheon choice of Stuffed Chicken Breast or Baked Schrod. \$69pp Self Drive payable to Best of Times.

September 19 – Giselle @ Boston Opera House –The COA Encore Dancers invite you to join them on a field trip to see this romantic tale of love, betrayal and forgiveness performed by the Boston Ballet Company. Includes evening performance and transportation; space is limited. \$125pp payable to COA dance teacher Jackie Casey.

September 24 – Vermont Foliage Trip – Featuring a tour and demo @ Simon Pearce Glassblowing Factory; a stop at Scenic Queechee Gorge; visit & tour King Arthur Factory, stop at the Gift Shop for some tasty treats! Includes lunch @ the Mill Restaurant; choice of Roasted Shetland Salmon or Tamarack Farms Lamb Burger. \$119pp payable to Best of **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

October 3-5 – Break for Moose @ Sunday River Resort – Includes admission to Fryeburg Fair, Gondola Ride to top of North Peak overlooking the Mahoosuc Mountain Range, Moose Safari, Sunday River Fall Festival featuring Wife Carrying Contest, 2 night stay @ Grand Resort Hotel with 2 Buffet Breakfasts/2 Dinners; \$479pp/dbl; \$649 sgl. **\$50pp Deposit due on sign up, Final Payment due August 22 payable to Best of Times.** Cancellation Insurance available, see flyer for details.



October 18 – The Turkey Train is Back! – Includes a visit to Pepi Hermann’s Crystal Studio, one of the few Master Glass Cutters in the U.S. Enjoy Hart’s Roast Turkey Dinner served to you on the train during your 2 hour ride along the shores of Lake Winnepesaukee. A great way to enjoy a Fall day! \$87pp payable to Best of Times.

LINE DANCE

Come to the Senior/Community Center and kick up your heels. 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 is relaxed and enjoyable. Participants determine the pace and suggest songs they'd like to dance to. Line Dance instructor is Susan Tribble. Her class begins at 10:30 a.m. every Wednesday.

CELEBRATE THE LONGEST DAY at Avita of Newburyport on June 21st from 11a – 3 p.

Avita of Newburyport will be hosting a Health & Wellness Fair featuring a variety of vendors, Eat Fresh, Eat Local small bites and live music by Rockwood Taylor! Held on the Summer Solstice, The Longest Day is a tribute to our caregiver heroes and those living with Alzheimer's. It's a day of hope, love, and resilience. It's a day to rally together and show the world that Alzheimer's can't break our spirits. We hope you'll join us!

WALKING GROUP every Tuesday morning at 9:00 a.m. a group leaves from the outside patio at the Senior/Community Center for a bit of exercise and fresh air. This group is free of charge.

COMPUTER HELP There are two excellent assistants available at the Senior/Community Center who can help seniors overcome their fear or frustration with computers. Susan is available on Mondays and Wednesdays from Noon until 3 p.m. Andy is the assistant every Wednesday from 9 until Noon.



Thank you John Elwell from Maple Crest Farm!-103 Moulton Street, West Newbury, MA for donating plants and assisting the Bresnahan school students with our Intergenerational Garden Box Project. The garden boxes are on the patio side of the Newburyport Senior/Community Center. Come sit under an umbrella at a patio table and enjoy time with family and friends. Swing by Maple Crest Farm during the month of June for Strawberry picking and in July for Blueberry picking...best berries around!

BOCCE BALL – Bocce is an Italian ball sport that combines elements of curling and bowling into a fun lawn sport. Bocce is often played in teams and is a relaxing way to spend time outdoors with friends. No experience is necessary to have a ball at Bocce. Open play at the Senior/Community Center every Monday thru Friday 8-4. Instruction is available on Thursdays at 1 pm. Come play!



Every year on June 15, World Elder Abuse Awareness Day is commemorated in America and around the world. You can take action to protect yourself and your loved ones from abuse, neglect, and exploitation. Let's stop elder abuse together!

WHAT IS ELDER ABUSE?

Elder abuse refers to intentional or negligent acts by a caregiver or "trusted" individual that causes (or potentially causes) harm to an older adult.

WHO IS AT RISK?

Elder abuse can occur anywhere – in the home, in nursing homes, or other institutions. It affects seniors across all socioeconomic groups, cultures, and races.

WHAT SHOULD I DO IF I SUSPECT ELDER ABUSE?

Report your concerns.

Remember: Most cases of elder abuse go undetected. Don't assume that someone has already reported a suspicious situation.

In cases of immediate danger, call 911. Otherwise, call the Elder Abuse Hotline call 800-922-2275

PICKELBALL IS BACK

What is pickleball: Pickleball combines elements of tennis, badminton, and ping pong. It's easy to learn, great exercise, and a lot of fun. There are over 2.8 million players in the U.S., over 5,000 places to play throughout the country, in all 50 states and Canadian provinces and over 20 countries.

Learn this summer: In partnership with Newburyport Pickleball, the Senior Community Center is offering complimentary pickleball lessons and opportunities to play beginning Monday, June 17th.

Who: Opened to the public. All level of players welcome.

What: Complimentary lessons and play. Demo paddles are available to use.

Where: Bresnahan Elementary School's basketball court.

When: Monday, Wednesday, Friday 9:00 a.m. – 12:00 p.m. beginning Monday, June 17th.

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

Step Into Your Grandfather's Shoes



A Community Puzzle

Photo taken at the Bartlett Mall, Newburyport, MA
July 4th, 1919 of local WWI soldiers and Ted Wright's Band

A priceless photo of soldiers of the First World War is on display at the Newburyport Senior/Community Center during the month of June. An unknown photographer took the picture at the Bartlett Mall one hundred years ago - on July 4, 1919. The photo is about 3 feet long, and shows dozens of veterans of 'The Great War' in their doughboy uniforms. The gathering took place about seven months after the signing of the armistice, marking the end of "the war to end all wars". The day before the photo was taken, there was a banquet at Newburyport City Hall to celebrate and thank the soldiers who served in the war. About 600 attended. The following day there was a big parade in honor of these same soldiers. This picture was taken that same day.

The rolled-up picture was found at the dump about 50 years ago. Fortunately it was still in pretty good shape. Someone who worked for the local trash company at the time brought the photo to Merrimac Street resident George Mason. Mason's father, Wesley Mason was one of the soldiers in the photo. Since that time, George Mason has devoted countless hours to identifying the other men pictured in the photo.

George Mason can be reached at ww1.photo.nbpt@comcast.net.

Help us solve this Community Puzzle!

**Visit the Newburyport Senior/Community Center and take a good look at the picture.
Contact George Mason with any thoughts you have about the identities of the men pictured.
100 years ago our men helped us, please help us remember them!**

