

## West Newbury Council on Aging

381 Main Street, West Newbury Ma. 01985

Phone Number: 978-363-1104

Theresa Woodbury-Director

coa@wnewbury.org

Jennifer Vincent- Meal Site Manager

Henry Cross- Van Driver

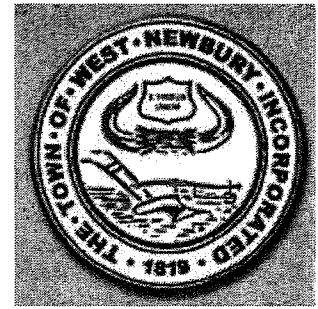
Hours: Monday- Thursday

Friday:

8:00am- 4:00pm

8:00am- 12:00pm

February 2019



# "Connections"

## Dates to Remember:

February 7th- COA Board Meeting

February 15th- Lunch Series

February 18th-Closed

February 21st-Circuit Breaker Talk

February 28th- Lunch

## Looking ahead:

March 7th- Board Meeting

March 12th- Early Bird

March 20th- Heritage Films

March 21st- Lunch Series

March 27th- Honoring Choices

March 29th- Lunch Series

## Speaker Lunch:

February we will be welcoming Wayne Amarl, the new DPW director for the lunch series on February 15th at 11:30. Wayne will be talking about the DPW, answering questions and getting to know you. Please RSVP for this great series!!!

## Directors Note:

As I start my 14th year at the Center I am always looking for ways to

reach more people. Often the ones that we services are the ones that are seeking us out. We often don't see the ones that could benefit from our services. I hear the line "I'm not old enough " or "I don't know how you can help me." often. I went to my conference thinking, how can I help understand and teach others about aging in West Newbury.

One of the presentations I went too was 100 cups of Coffee campaign. I am excited to bring it to West Newbury. I have set a goal for 2019 to have 100 cups of coffee to help identify needs, develop relationships, gain perspectives and discover opportunities. I would love to sit down and meet with you or someone you know that has a great story to tell. It could be a resident, educator, health care official, community leader, non-profit staff, faith leader, local business owner or family. I want to hear from you!!!! Please feel free to call 978-363-1104 or email

coa@wnewbury.org to set up a meeting. I look forward to hearing from you!!!!

## **Board Members:**

Chair Person-Marge Peterson

Vice Chair- Joe Publicover

Treasurer- Dot Cavanaugh

Secretary-Barbara Warne

George Allen

Liz Bartlett

Gail DiNaro

Mary Harada

Jacquie Johnston

Richard Preble

## **Mission Statement:**

The mission of the West Newbury COA is to provide support services and programs which will enrich the lives of West Newbury Citizens ages 60 and over. The council maintains information, knowledge, and interest in the local, state and federal affairs which relate to the welfare of our residents.

## **Facebook:**

Don't forget we are on Facebook. "Like us" to stay up to date on all the latest happenings.

## **Upcoming Meetings:**

*Council on Aging—  
February 7th*

**Council on Aging** will be meeting on January 3rd at 10:00am in the 1st floor hearing Room. All are welcome to join us.

**Friends of the West Newbury**  
The Friends will be meeting quarterly. Stay tuned for their next meeting date. We are always looking for volunteers if you are interested please stop by our next meeting or email at friend-sofwncoa@gmail.com

**CCC: Community Center**  
Committee will meeting again on January 28th at 6:00pm. Stop by the Senior Center to join us and share any ideas that you might have.

**Senator Tarr's Office Hours at Senior Center:** Please note the change in time for the office hours, **February 11th from 9:30-10:30am. Office hours will be in the town hall.**

## **Zumba Gold**

Enjoy a dance fitness program performed to energetic music.

Cost is \$5.00 per session with an open enrollment

**Monday: 4 pm to 5 pm in the Town Office Building Annex**

## **Gentle Yoga:**

Improve your flexibility, balance, core strength and well being. Led by Mary Van Abs, certified Pathway Yoga Teacher, these gentle movements can provide health benefits to both men and women.

Cost is \$5.00 per session with an open enrollment.

**Tuesday: 3:45 pm to 4:45 pm Town Hall Annex**

**Friday: 9:30 am to 10:30 am Town Office Building, 2nd Floor Hearing Room**

## **Tai-Chi Tai-Chi**

"Tai-Chi Chuan" is a low impact Taoist martial arts practice initially performed with slow and graceful steps with distinct internal postures. The Journal of the American Heart Association reports that Tai-Chi Chuan reduces high blood pressure and bad cholesterol levels. Medical researchers identify Tai-Chi Chuan as evidence-based exercise that supports balance, reduces anxiety and COPD (chronic obstructive pulmonary disease). The Arthritis Foundation supports the practice of Tai-Chi Chuan for pain control. Today many cultures around the world have benefited from this fascinating art form!

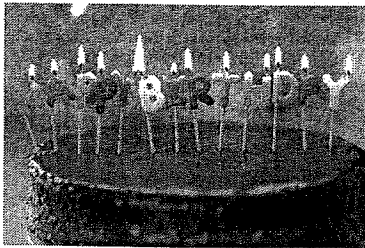
Taught by certified instructor Nicanor Snow (Kāmpa Vashi Deva) who has practiced for over 35 years. This class is a multi level program constructed to guide you through all aspects of traditional Tai-Chi Chuan including balance, posture, body control, meditation, partners exercise and push hands. Prepare yourself to take on this insightful martial arts tradition and challenge yourself on how to practice Tai-Chi Chuan at home!

Meet the instructor and the community on Mondays at 11:00am. \$5 Drop-ins welcome.

## **Ultimate Walking**

"Ultimate Walking Class" is a meditation practice that trains us how to maintain a balanced stride when walking. Increase your balance and enjoy the benefits of walking with style and technique. Learn several methods to re-stabilize your walk with confidence. This is a very simple program that gets you back on your feet with pride! You were born to walk with two legs, let's rejuvenate them with "Ultimate Walking". This program is a mindfulness class that improves balance, posture and of course, progress in your walk. Includes basic Tai-Chi, Qigong movements and Meditation.

Meets every Monday at 10:00am. \$5 Drop-ins welcome. Meets in the Annex.



## **Upcoming**

### **Lunches/**

### **Programs:**

#### **February Birthdays:**

We would like to wish  
a Happy Birthday to

everyone who celebrates a birthday in February! Join us on February 28th for a celebration. Menu is Chicken Scampi for our birthday lunch in February. Please give us two days advance notice so we have enough food for everyone!!! If you are celebrating your birthday, lunch is on us.

**Lunch Series:** The lunch Series is February 15th at 11:30. Lunch will be Salisbury Steak. Wayne A will be our speaker this month. Stop by and enjoy a nice home cooked meal with friends.

#### **Hot Lunches:** Hot lunch is served Monday-

Thursday at 11:30. Elder Services of Merrimack Valley contracts Lindley to cook and deliver meals to the center. A suggested donation of \$2.00 is requested. No senior, aged 60 or older, will be denied a meal due to the inability to pay. Reservations are required at least 2 days in advance by 11:30am. See this month's menu in the centerfold.

**MOW's:** Mow's can be arranged by calling Merrimack Valley Elder Services. The number is 800-892-0890 and ask for the intake department. They will take the information needed in order to sign you up for Meals.

**Food Pantry:** If you or someone you know needs a little extra help please stop by and visit. This month the pantry will open on 1st Monday and the 3rd Tuesday of the month. If you are unable to make it on a Monday please call the center to make an appointment. We ask that you stop by the senior center to fill out a brief intake form. And then we will help you load the bags and bring them to your car.

We are always accepting donations to the food pantry. Please remember that all items must be unopened and unexpired!!! Thank you for your continued generosity for this program.

## **Grocery Shopping:**

We will be going Grocery Shopping on February 1st and 15th. We will make a Newburyport run (Shaw's Plaza or Market Basket). Pickups start at 12:30. Please have your shopping list ready and only purchase what you can carry.

### **Blood Pressure Clinic:**

The West Newbury Fire Department will be hosting a Blood Pressure Clinic on Friday, February 22nd at 10:30am. Stop by the Senior Center to have yours checked.

## **Northern Essex Elder Transport**

NEET is a volunteer program offered to Seniors in the area. Please call 978-363-1104 at least two days in advance and let us know where you are going, when you are going and approximately how long you will be. We take care of the rest finding you a ride. A suggested donation of .43 cents per mile is requested. Please make all reservations through the Senior Center.

**Volunteers:** A dependable car, a good driving record and a little time each month are all you need to become a NEET volunteer. The NEET program drives seniors from their homes to medical appointments. All of the seniors requesting rides are independent and ambulatory. The NEET drivers are reimbursed at 43 cents per mile.

**Ring and Ride:** Ring & Ride is a curb-to-curb transportation service for the residents of West Newbury. This service allows the residents of West Newbury to commute anywhere within those towns (Boxford, Georgetown, Groveland, Newbury/Byfield) as well as anywhere in Amesbury, Haverhill, Lawrence, Methuen, North Andover, as well as to the Rowley Train Station and Market Basket in Rowley. The service will also allow you to connect to the MVRTA fixed route bus system.

## **News from the Friends of the WNCOA**

Time to renew your membership to the Friends of the WNCOA!!!! The membership fees are \$5.00 for Seniors, \$10.00 for Individuals, and \$25.00 for Family. Business members are welcomed starting at \$50.00 per year. Please see the attached form at the back of the newsletter.

JOIN US FOR

# Blood Pressure

Sponsored by  
The Fire Department & COA

LAST FRIDAY OF THE MONTH  
10:30-11:30AM

381 MAIN STREET  
WEST NEWBURY, MA. 01985

## EMERGENCY PREPAREDNESS INFORMATION FORM

Today's Date: \_\_\_\_\_

\*\*\*\*If you need assistance in filling out this form please call the Council on Aging at 978-363-1104.

Name \_\_\_\_\_ Address \_\_\_\_\_

Phone \_\_\_\_\_

Emergency Contact name and Number: \_\_\_\_\_

Relationship to you? \_\_\_\_\_

1. In an emergency, do you wish us to contact you or do a well being check on you to make sure you are okay? Yes No

2. If you needed to be evacuated, do you have transportation to leave your home?  
Yes No

3. If you are evacuated, who would you want us to contact to inform where you are?  
Name \_\_\_\_\_ Relationship \_\_\_\_\_ Phone # \_\_\_\_\_

4. Do you have any medical needs or allergies? Yes No  
If yes, please list them for us \_\_\_\_\_

5. Do you or anyone in your home have a memory impairments, mental health issues or cognitive difficulties? Yes No Who: \_\_\_\_\_  
What Impairment \_\_\_\_\_

6. Do you have any pets in the home? Yes No What Kind? \_\_\_\_\_  
Name \_\_\_\_\_

You must have a photo of your pet ready if you are evacuated along with a record on paper of your pet's immunizations. **This is required at all shelters.**

7. Do you have an updated File of Life? Yes No

8. Do you have an emergency preparedness kit ready in your home? Yes No  
**The kit may include such items as: File of Life, eye glasses, hearing aide batteries, phone/address book, flashlight, bottles of water, 3 days supply of meds, copy of homeowner insurance, Social Security Annual benefits letter, prepaid phone card.**

9. Do you have a Grab 'N Go Bag? Yes No

10. Do you have any important dietary concerns? Yes No  
What are they \_\_\_\_\_?

11. Do you have any medical apparatus that requires electricity? Yes No

**If you need additional space please use the back of this page!!!**  
**THE ONLY PERSONNEL WITH ACCESS TO THIS FORM ARE POLICE, FIRE**  
**AND THE COUNCIL ON AGING!!!!**

## February 2019 Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>**Recipe: <a href="http://mycarolinakitchen.blogspot.com/2013/10/mediterranean-chicken-stew-on-polenta.html">http://mycarolinakitchen.blogspot.com/2013/10/mediterranean-chicken-stew-on-polenta.html</a></b> <b>**Recipe: <a href="https://www.readyseteat.com/recipes-Unstuffed-Peppers-6973">https://www.readyseteat.com/recipes-Unstuffed-Peppers-6973</a></b>				
<b>4</b> Meatball Sub: Meatballs w/marinara sauce 3pc Broccoli ½ cup Pasta (w/sauce) ½ cup Sub Roll 1pc Berry Cup 1pc Parm Cheese 1pc	<b>5 Special – Chinese New Year</b> Chicken 3oz w/Asian Blend Vegetables ½ cup White Rice ½ cup MG Bread 1pc Fortune Cookie 1pc Pineapple ½ cup	<b>6</b> Chicken Noodle Soup* 6oz Cheeseburger 1pc Roasted Potatoes ½ cup Beets ½ cup Hamburger Roll 1 pc Fresh Fruit (orange) 1pc Ketchup and Mustard 1 pc	<b>7</b> Smothered Pork 1pc (with Mushrooms and onions 2oz) Garlic Mashed Potatoes ½ cup Garden Salad ½ cup Tart 1pc/Cookie 1pc WW Roll 1pc Salad Dressing 1pc	<b>1</b> Seafood Newburg 6oz Pasta 4oz Chef's Veg 4oz Mandarin Oranges 4oz WW Bread 1pc
<b>11 New Menu Item**:</b> Mediterranean Chicken Stew 6oz Polenta ½ cup Zucchini ½ cup Biscuit 1pc Peaches ½ cup	<b>12</b> Ravioli w/meat sauce 5oz Mixed Veg ½ cup Garden Salad ½ cup Oat Bread 1pc Pudding/DT Pudding ½ cup Salad Dressing 1pc Parm Cheese 1pc	<b>13</b> Clam Chowder* 6oz Fish Sandwich - Breaded Fish (WG Pollock) 1pc Rice Pilaf 4oz Brussels Sprouts 4oz Fresh Fruit 1pc Burger Bun 1pc Tartar Sauce 1pc	<b>14 Valentine's Special:</b> Yankee Pot Roast 1pc Jardinière Gravy 2oz G.Beans w/lemon & Garlic 1/2c Scalloped Potatoes 1/2c WW Dinner roll 1pc Cookie (R)/Diet Cookie 1pc Chocolate Candy Kisses 1pc	<b>8</b> Vegetable Frittata 1pc French Toast 1pc Baked Apples ½ cup Muffin 1pc Yogurt 1pc (no milk) Juice 1pc Syrup 1pc
<b>18</b> <b>President's Day</b> <b>No Meals Served</b>	<b>19</b> Hot Dog 1 pc Pork Baked Beans ½ cup Potato Chips 1pc Hot Dog Roll 1 pc Mandarin Oranges ½ cup	<b>20</b> Cheddar Cheese Soup* 6oz "Unstuffed Peppers***" 5oz Ground Beef 3oz w/Peppers and Onions 2oz White Rice ½ cup Corn ½ cup	<b>21 Birthday:</b> Chicken Cordon Blue 1pc Mashed Potato ½ cup Honey Carrots ½ cup B-Day Cake/Angel Cake 1pc	<b>15</b> Open Faced Turkey Sandwich (3 oz turkey on 1 slice bread) w/ Gravy 2oz Butternut Squash 1/2 cup Peas & Pearled Onions ½c Cran Sauce 1pc – NO BREAD Applesauce ½ cup
<b>25</b> Chicken Scallopini 1pc Sauce 2oz Pasta (w/sauce) ½ cup Capri Blend Veggies ½ cup WW Bread 1pc Mandarin Oranges ½ cup	<b>26</b> Pulled Pork 3oz BBQ sauce 2oz Sweet Potatoes ½ cup Green Beans 4oz Chef's Dessert ½ cup Burger Bun 1pc	<b>27</b> Vegetable Barley Soup 6oz Cheese Omelet 1pc Roasted Potatoes 1/2 cup Creamed Spinach ½ Cup Snack n'Loaf 1pc Juice 1/2 cup (NO Milk) Yogurt 1pc	<b>28</b> Meatloaf 1pc Gravy 2oz Mashed Potatoes 1pc Garden Salad 1/2 cup WW Roll 1pc Ketchup 1pc Cream Puff 1pc/Dt Cookie 1pc	<b>22</b> Eggplant Parmesan 1pc Pasta (w/sauce) ½ cup Summer Squash ½ cup Garden Salad 1pc WW Bread 1pc
<b>*Soup for Congregate only</b> <b>Soup on the 27<sup>th</sup> for MOW and Congregate.</b>				

# February 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3	4 Food Pantry Tai Chi Meditation	5 Yoga	6	7 Art Class Quilting Class Board Meeting	8 Grocery Shopping Yoga	9
10	11 Tai Chi Meditation	12 Yoga Ipad Class	13	14 Art Class Quilting Class	15 Pedicures Yoga Lunch Series	16
17	18 <b>CLOSED</b>	19 Yoga Food Pantry	20	21 Art Class Quilting Class	22 Pedicures Grocery Shopping Blood Pressure Yoga	23
24	25 Tai Chi Meditation	26	27	28 Quilting Class Art Class Birthday Lunch		



## Health Care Services

### On Going Programs:

**Quilting Class:** They meet in the Senior Center on Thursday afternoons from 3:15pm-5:15pm. A donation for \$3.00 per class. The class is geared towards sewers of all abilities. Class is ongoing and drop in.

### Ipad/Iphone Class:

Ipad/Iphone class is starting back up. They will be meeting on February 8th at 9:00am. Class is offered once a month. Stop by with your questions.

### Mah-Jong:

Our Mah-Jong group meets every Thursday in the first floor hearing room. Stop by around 11:45 to play a game.

### New Year:

As we enter the New Year we are asking you to fill out an Emergency Contact sheet. Please take a moment to fill this out and return to the Senior Center. The information is only used in case of an emergency.

### Foot Care:

Have your feet soaked in warm water, toe nails cut and filed to smooth the edges. Your feet will be moisturized by Heidi Garozzo, Licensed Manicurist.

This is approximately a 20 min service for both men and women. We are scheduling through the winter months. Please plan accordingly. Space is limited. Cost is \$15.00. Please bring a small hand towel. If you are more than 5 minutes late for your appointment we will need to reschedule you.

**SHINE:** Do you need help with your Medicare??? Have questions about your plan? Call the COA to schedule a SHINE appointment

**Medical Closet:** Medical equipment is donated to us and then loaned out to residents in need. Please give us a call to ensure that we have what you need. Equipment is available as long as you need it. If the center is closed when you need the equipment please call the NON-EMERGENCY POLICE NUMBER at 978-363-1213.

### The Friends of West Newbury COA needs your Help!

Do you like to get involved?

We need new members to bring fresh ideas for promoting the Friends group and participating in fundraising events. If this sounds like something you would be interested in, then we need you to serve on this committee.

The Friends meet the second Wednesday of the month @ 3PM in the senior center,

Please call or email for more information as we would love to have you become a member of the Friends.

978-363-1104 [Friendsofwncoa@gmail.com](mailto:Friendsofwncoa@gmail.com) Find us on Twitter #friendsofwncoa

The Friends was established to raise and allocate funds to benefit the West Newbury senior population. Funds will be used to support programs, projects, special activities or needs, which enrich the lives of West Newbury's senior Citizens, including support for the senior center,



Join the Friends of the  
West Newbury COA  
I wish to join at the following level:

- ☐ Senior \$5.00
- ☐ Individual \$10.00
- ☐ Family \$25.00
- ☐ Business \$50.00

Name\_\_\_\_\_

Address\_\_\_\_\_

Phone/Email\_\_\_\_\_

Please return to the West Newbury Senior Center 381 Main Street  
West Newbury Ma

West Newbury  
Council on Aging

381 Main Street  
West Newbury, Ma.  
01985

