

West Newbury Council on Aging

381 Main Street, West Newbury Ma. 01985
Phone Number: 978-363-1104

January 2019

Theresa Woodbury-Director

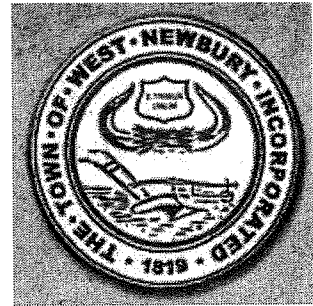
coa@wnewbury.org

Jennifer Vincent- Meal Site Manager

Henry Cross- Van Driver

Hours: Monday- Thursday
Friday:

8:00am- 4:00pm
8:00am- 12:00pm



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

"Connections"

Dates to Remember:

January 1st- Closed

January 3rd- Board Meeting

January 17th- Birthday Lunch

January 21st- Closed

January 25th- Speaker Lunch

Looking ahead:

February 7th- Board Meeting

February 14th- Lunch Series

February 18th- Closed

February 22nd- Speaker
Lunch

have. Please call to RSVP for
this information session.

Food Pantry:

Our food pantry is in desperate need of toiletry items. We are always looking for paper towels, diapers (size 5), toilet paper, and other shower supplies. We have an active Amazon wish list if you would like to donate from there. Donations can be dropped in the town offices lobby.

Speaker Lunch:

January we will be welcoming Dr. Bartholomew for the lunch series on January 25th at 11:30. Dr. Bartholomew will be talking about the possibility of a new school. Dr. B will be able to answer any questions that you might

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.

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—
January 3rd & 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 friendsofwncoa@gmail.com

CCC: Community Center

Committee will meeting again on January 14th 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, **January 14th from 9:30-10:30am. Office hours will be in the town hall. A**

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.

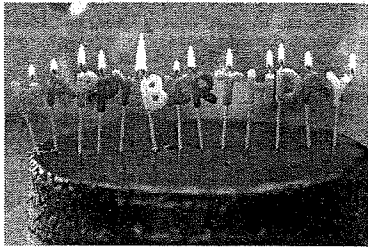
Meets every Monday at 10:00am. \$5 Drop-ins welcome. Meets in the Annex.

Upcoming Lunches/Programs:

January Birthdays: We would like to wish a Happy Birthday to everyone who celebrates a birthday in January! Join us on January 10th for a celebration. Menu is tbd for our birthday lunch in January. 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 Se-

lunch Series
ary 25th at
Lunch will be
Bartholomew
our speaker



ries: The
in Janu-
11:30.
tbd. Dr.
will be
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. The pantry will be eligible for all residents of West Newbury. 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 January 4th and 18th. 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 January 25th at 10:00am. 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 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

January 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Meditation-10:00 Tai-Chi-11:00 Zumba-5:15pm	1 Yoga-3:45pm	2	3 COA Board Meeting Quilting Class-3:00pm Art Class	4 Grocery Shopping	5
6	7 Tai-Chi-11:00 Zumba-5:15pm	8 Yoga-3:45	9 Friends Meeting	10 Quilting Class3:00 Art Class	11 Pedicures	12
13	14 Meditation-10:00 Tai-Chi-11:00 Zumba-5:15pm	15 Yoga-3:45pm	16	17 Quilting Class3:00 Art Class Lunch	18 Pedicures Grocery Shopping	19
20	21 Closed	22 Yoga-3:45pm	23	24 Quilting Class3:00 Art Class	25 Lunch	26
27	28 Meditation-10:00 Tai-Chi-11:00 Zumba-5:15pm	29	30	31 Quilting Class3:00		

Join us for Lunch with
Superintendent
Dr. Barthlemew

On January 25th at 11:30.

He will be on hand to answer questions
about the upcoming school projects.

Reservations are required-lunch will be served. 978-363-1104

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!!!!**

<p>JANUARY 2019 Regular Menu</p>	<p>1</p> <p>Happy New Year! No Meals Served</p>	<p>2 Tomato Soup* 6oz Breaded Fish 1pc Potatoes O'Brien 1/2c Capri Bled Veg 1/2c Fresh Fruit 1pc Burger Bun 1pc Tartar Sauce 1pc</p>	<p>3 Special: Chicken Cordon Blue 1pc Mashed Potatoes 1/2c Carrots 1/2c Tapioca /Dt pudding 1/2c Honey-Wheat Roll 1pc Cranberry Sauce 1pc</p>	<p>4 Chick pea and Spinach Stew* (recipe below) 6oz Rice Pilaf 1/2c Salad (cukes/tom for cong) WW Bread 1pc Applesauce 1/2c Salad Dressing 1pc</p>
<p>7 Shepard's pie (corn, beef and potatoes) 1pc Green Beans 1/2c Pears 1/2c Dinner Roll 1pc</p>	<p>8 Lasagna/sauce (no meat) Peas 1/2c Salad (cukes/tom for cong) Italian Bread 1pc Berry Cup 1pc Parm Cheese 1pc Salad Dressing 1pc</p>	<p>9 Southwestern Soup* 6oz Chicken Fajitas (3oz chicken 2oz Peppers/onions) Corn 1/2c Beans 1/2c Tortilla 1pc Fresh Fruit (orange) 1pc</p>	<p>10 Soy/ginger Pork 5oz White Rice 1/2c Asian Blend Veggies 1/2c MG Bread 1pc Mandarin Oranges 1/2c</p>	<p>11 Omelet 1pc Sausage 1pc Baked Apples 1/2c Fruit Loaf 1pc Yogurt 1pc Juice (no milk) 1pc</p>
<p>14 Sweet n'sour Meatballs 3pc White Rice 1/2c Broccoli 1/2c Mixed Fruit 1/2c WW Bread 1pc</p>	<p>15 Turkey a la king 5oz Pasta 1/2c Carrots 1/2c Diet Gelatin 1/2c Biscuit 1pc</p>	<p>16 Beef & Veg Soup* 6oz Cheeseburger 1pc Roasted Potatoes 1/2c Brussel Sprouts 1/2c Burger Bun 1pc Fresh Fruit 1pc</p>	<p>17 Birthday: Seafood Casserole 5oz Mashed Potatoes 1/2c Chef's Veg 1/2c B-Day Cake/Angel Cake 1pc Oat Bread 1pc</p>	<p>18 BBQ Chicken 1pc Sweet Potatoes 1/2c Salad (cukes/tom for cong) Corn Muffin 1pc Peaches 1/2c</p>
<p>21 MLK DAY No Meals Served</p>	<p>22 Hot Dog 1pc Baked Beans 1/2c Mixed Veg 1/2c Hot Dog Roll 1pc Fig Bars/Lorna Doones 1pc Ketchup, Mustard, Relish</p>	<p>23 Lentil Soup* 6oz Breaded Chicken 1pc Beets 1/2c Vegetable Rice 1/2c Fresh Fruit (orange) 1pc Burger Bun 1pc</p>	<p>24 Mac n' Cheese 8oz Peas 1/2c WW Bread 1pc Berry Cup 1pc</p>	<p>25 Liver with Onion gravy 2oz Carrots ½ cup Mashed Potatoes ½ cup MG Bread 1pc Chef's Dessert 1pc</p>
<p>28 Stuffed Shells 2pc w/meat sauce 1/2c Cauliflower 1/2c Italian Bread 1pc Pudding/Diet Pudding 1/2c</p>	<p>29 Chicken w/mushroom Sauce 1pc, 2oz sauce Cheesy Grits 1/2c Salad (cukes/tom for cong) Oat Bread 1pc Fresh Fruit 1pc Salad Dressing 1pc</p>	<p>30 Butternut Soup* 6oz Frittata 1pc Roasted Potatoes 1/2c Zucchini & Tomatoes 1/2c Muffin 1pc Yogurt 1pc Juice (no milk) 1pc</p>	<p>31 Turkey 3oz w/ gravy 2oz Mashed Potatoes 1/2c Green Beans 1/2c Dinner Roll 1pc Mixed Fruit 1/2c Cranberry Sauce 1pc</p>	<p>*Oyster Crackers with all soups (congregate only)</p>

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 January 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.

Van Policies:

We have recently revisited our van policies. Look for a copy of them in this newsletter. If you have any questions regarding them, please give the center a call. We are happy to answer them.

Health Care Services

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 summer 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.

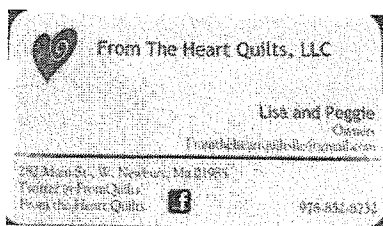
SHINE: Do you need help with your Medicare??? Have questions about your plan? Call the COA to schedule a SHINE appointment

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.

Get excited for NEW CLASSES !

Is there are a class you would like to see offered at the Senior Center? We are looking for ideas for the Fall. So far we have reached out to start a once a month Genealogy class and are waiting to hear back. We are hoping to get our Art Class back in full swing come September too. But are still looking to fill other times during the day! What are you interested in learning? Is there a one time class or an ongoing class? Do you have a special skill that you would like to share with others? Give us a call and we will try and put things together.

Check out our Sponsors.
Without them the newsletter wouldn't be possible!!!



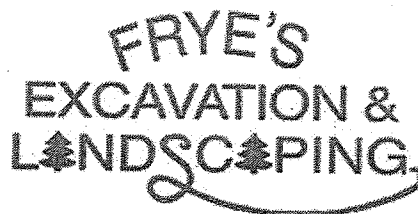
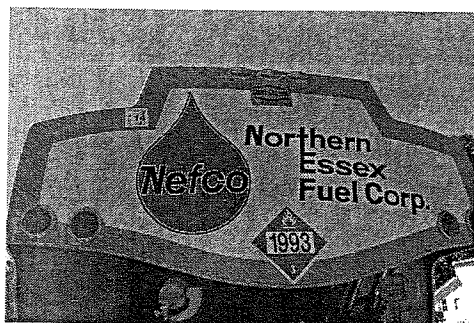
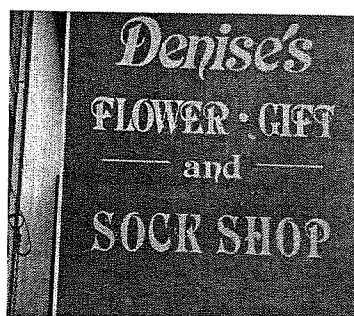
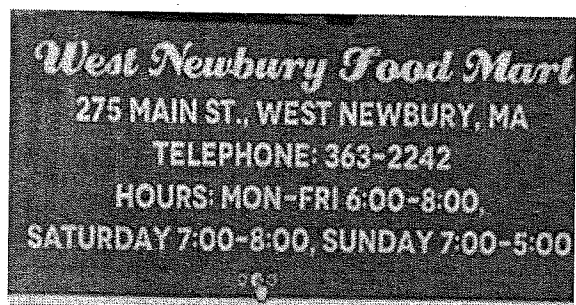
Endeavor Farm

W. Newbury

Proud Sponsor of
WN Friends of COA

River Valley Real Estate

Patricia Skibbee, Realtor
800-773-9900



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 inter-
ested 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 infor-
mation as we would love to have
you become a member of the
Friends.

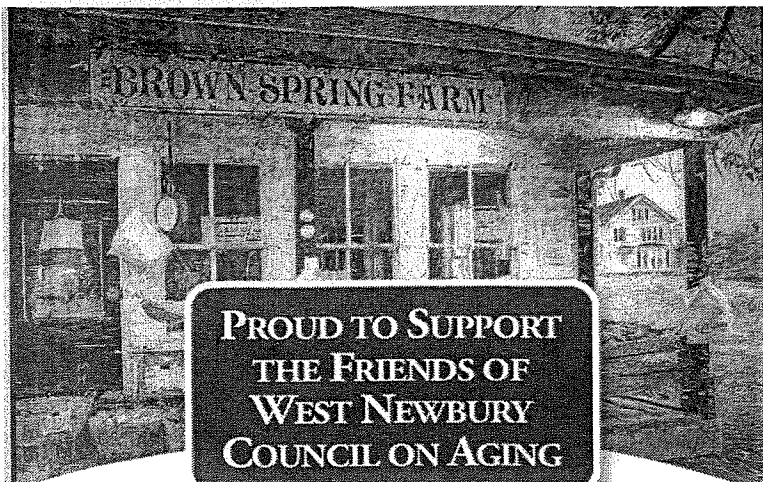
978-363-1104

Friendsofwncoa@gmail.com

Find us on Twitter
#friendsofwncoa

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


It's time to renew your friends
membership. Please help us to
support the COA and its various
programs.



BROWN SPRING FARM

**PROUD TO SUPPORT
THE FRIENDS OF
WEST NEWBURY
COUNCIL ON AGING**

We remain true to our vision to positively affect the lives of every person, business and organization within the communities we serve.



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West Newbury
Council on Aging

381 Main Street
West Newbury, Ma.
01985

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

