

## 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

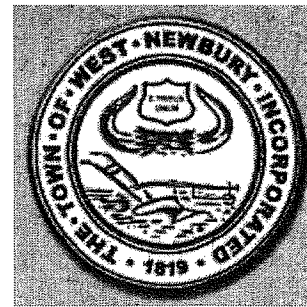
Hours: Monday- Thursday

Friday:

8:00am- 4:00pm

8:00am- 12:00pm

July 2019



# "Connections"

## Dates to Remember:

July 4th- Closed

July 9th- Early Bird Dinner

July 18th- Birthday Lunch

July 26th- Lunch Series

## Director's Note:

I want to thank everyone that has reached out to me for a cup of coffee. I have enjoyed meeting and talking with everyone. Since I started, I have had 17 cups of coffee (only 83 more to go!!!) I have learned a lot about our community, the needs and wants. The center has gained three new volunteers, started three new classes. If you would like to schedule a cup of coffee feel free to call me at 978-363-1104 or email coa@wnewbury.org to set up a meeting. Will you be my next cup of coffee???

## News from

### Representative Lenny Mirra:

The House and Senate have completed budget sessions and now the two chambers will meet in Conference Committee to send a final budget to the Governor's desk where Charlie Baker will get a chance to make a final review. The good news is that tax revenues have been coming in higher than expectations; the better news is that we expect to increase our investments into local aid so that cities and towns can keep property taxes in check.

We've heard from many sources about the

frustrations of driving in the Commonwealth and complaints about traffic and long commute times have not gone unnoticed. All parties on Beacon Hill are on board with making improvements to public transportation and infrastructure.

Here's hoping that we can get Congress on board to pass an infrastructure bill!

In the meantime we've also been getting reports about fraud attempts aimed at seniors. These can be in the form of robocalls, pop-up computer messages, and "spoofing" with fake caller ID's that make incoming calls seem local. Reports of fraud and other financial abuse climbed from 325,500 in 2001 to nearly 3 million last year according to the Federal Trade Commission. There are precautions we can take to protect against this kind of fraud, like not answering calls when an unfamiliar number shows up on caller ID, even if it has a local area code. And if a person does take a call they should never give out a Social Security number or bank account number, or respond to requests to confirm identity.

The most common scams were fake collection bids where fraudsters pretend to be government or business agents. Sometimes these callers will pretend to be grandchildren who are in trouble and need money. Suspicious calls can be reported to the Attorney General's office which has a statewide toll-free Elder Hotline to help seniors with this or any other issues at (888) AG-ELDER or (888)243-5337.

Most importantly of all, let's get out and enjoy some nice weather, we've earned it!

## Board Members:

Chair Person-Marge Peterson

Vice Chair- Joe Publicover

Treasurer- Dot Cavanaugh

Secretary-Barbara Warne

George Allen

Liz Bartlett

Gail DiNaro

Mary Harada

Jacque 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—  
September 5th*

**Council on Aging** is on Summer break. Join us in September for our next meeting!!! Enjoy the summer!!!

Friends of the West Newbury COA The Friends meet quarterly. Our next meeting will be held on September 4th at 3:00pm in the Senior Center. We are always looking for volunteers. If you are interested please stop by our next meeting or email at [friendsofwncoa@gmail.com](mailto:friendsofwncoa@gmail.com)

**Senator Tarr's Office Hours at Senior Center:** Please note the change in time for the office hours, **Monday July 15th from 9:00-10:00am. Office hours will be in the town office building.** A representative will be on hand to answer your questions and listen to your concerns.

## Yoga/Pilates

**Yogalates** is the beautiful pairing of two revered movement practices: Pilates and Yoga. It utilizes familiar Yoga poses (asanas), and core-centered Pilates movements. Yogalates also incorporates stretching, toning, and balance, all paired with constant flowing breath (pranayama). Participants leave relaxed and refreshed. Bring a yoga (sticky) mat.

NOTE: These classes are designed for all ages and abilities. No experience is needed. Wear comfortable, loose-fitting clothes and bring drinking water.

Cost is \$5.00 per session with an open enrollment

**Monday: 6:00 pm to 7:00 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**

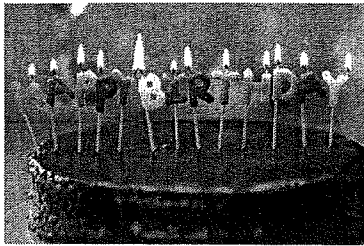
**Friday: 9:30 am to 10:30 am Town Office Building, 2nd Floor Hearing Room**

**Tile Class:** We will be offering a Mosaic Tile Class for four weeks starting Tuesday July 9th at 1:00pm. We will be making four coasters during the four week course. Sign up is required and a donation of 40 dollars to cover the cost of materials is suggested.

**Foxwoods:** We will be making a trip to Foxwoods on **Thursday July 25th**. Generally the bus leaves at 7:30 and returns back around 6:00pm. We ask for a donation of \$20. Space is limited if you are interested in going please contact the Council on Aging.

**Trips:** Are there any day trips that you are interested in? We have had a request for a trip to Ikea for lunch and shopping. We are planning this for August 22nd. If you are interested in Ikea or any other destinations please contact the Council on Aging.

**Early Bird:** Join us for Pizza on Tuesday July 9th at 5:00pm for our Early Bird Dinner. Reservations are required to ensure we have enough food. Stop by and catch up with friends.



## **Upcoming**

### **Lunches/**

### **Programs:**

**July Birthdays:** We would like to wish a Happy Birthday to

everyone who celebrates a birthday in July! Join us on July 18th for a celebration we will be having Tuna melts. 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 July 26th at 11:30. Lunch will be Chicken Caesar Salad. 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.

**Meals on Wheels:** 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, 3rd and 5th Monday 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 July 5th & July 19th. 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:**

There will be no blood pressure during the month of July. We will start back up again in August. If you need yours checked please feel free to call the Senior Center and we will make an appointment for you.

## **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

Join us on

# August 8<sup>th</sup> at 2:00pm

For a Fall Sign Making Party



(Picture is an example project)

Everything you need to complete a project will be provided.

Cost is \$30.00

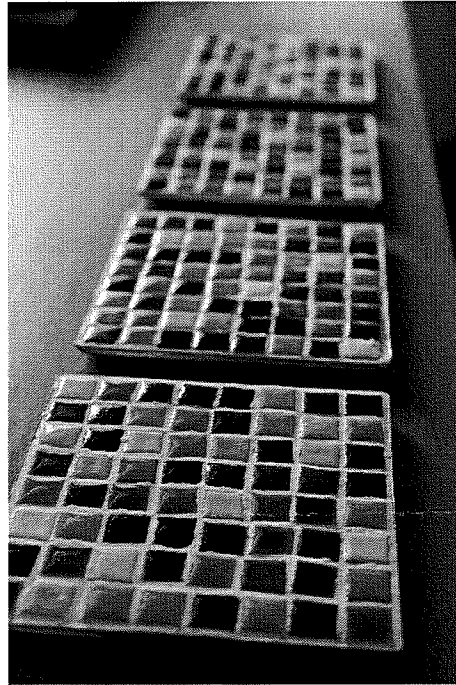
Space is limited

Sign up today at 978-363-1104

Join us on

**July 9<sup>th</sup>** for 4 weeks

For Stained Glass Tile Mosaic Class



You will complete 4 coasters over 4 weeks.

Space is limited.

Sign up today 978-363-1104

# July 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Hamburger 1pc Roasted Potatoes ½ cup Ratatouille ½ cup Burger Bun 1pc Pears ½ cup Ketchup 1pc	2 Special: BBQ Chicken 1pc Corn ½ c (cob congregated) Berry Crisp (warm) ½ cup Garden Salad ½ cup Dinner Roll 1pc Salad Dressing 1pc	3 Stuffed Shells 2pc Marinara Sauce ¼ cup Cauliflower ½ cup Yogurt 1pc WW Bread 1pc Parmesan Cheese 1pc	4 No Meals Served Independence Day	5 Salmon Teriyaki 1pc Coconut Rice ½ cup Bok Choy & broccoli w/garlic ½ cup MG Bread 1pc Mandarin Oranges 1pc
8 Egg Omelet 1pc Roasted Potatoes ½ cup Warm Peaches ½ cup Snack n'loaf 1pc Yogurt 1pc Juice 1pc (no milk) Ketchup 1pc	9 Salisbury Steak 1pc Gravy 2oz Mashed Potatoes ½ c Mixed Veg ½ cup Oat Bread 1pc Baked Good/Modified Dessert	10 Potato Crusted Fish 1pc Mac n' Cheese ½ cup Brussels Sprouts ½ cup Burger Bun 1pc Melon 1pc Tartar Sauce 1pc	11 Cold: Hawaiian Ham Salad w/pineapple 3oz Marinated Green Beans ½ cup Potato Salad ½ cup MG Bread 1pc Applesauce ½ cup	12 Chicken Fajitas: Chicken w/peppers & Onions 5oz Corn & Black Beans ½ cup Spanish Rice ½ cup Tortilla 1pc Pears ½ cup Sour Cream 1pc
15 Hot Dog 1pc Potato Chips 1pc Baked Beans ½ cup Hot Dog Bun 1pc Strawberry Cup 1pc Mustard, relish, ketchup	16 Hot Turkey Sandwich Turkey w/gravy 5oz over bread 1pc Mashed Potatoes ½ cup Carrots ½ cup Chef's Dessert Cranberry Sauce 1pc	17 Cold: Egg Salad 3oz Marinated Beets ½ cup Orzo Salad ½ cup WW Bread 1pc Mandarin Oranges ½ cup	18 Birthday: Chicken Cordon Bleu 1pc Herbed Rice Pilaf ½ cup Creamed Spinach ½ cup B-day cake/diet dessert 1pc WW Dinner Roll 1pc	19 Lasagna 1pc w/meat sauce 2oz Garden Salad ½ cup Oat Bread 1pc Fresh Fruit 1pc Parmesan Cheese 1pc Salad Dressing 1pc
22 Beef steak w/ peppers & onions 5oz White Rice ½ cup Asian blend veg ½ c Pineapple ½ cup MG bread 1pc	23 Crustless Chicken Pot Pie Chicken/Veggies/Sauce 7oz Mashed Potatoes 1pc Green Beans ½ cup Puff Pastry (congregated) 1pc Dinner Roll (HDM) 1pc Pears ½ cup Cranberry sauce 1pc	24 BBQ Pulled Pork 3oz Coleslaw ½ cup Butternut Squash ½ cup Fresh Fruit 1pc Burger Bun 1pc	25 Meatball Sub: Meatballs 3pc w/Marinara ¼ c Pasta ½ cup Capri Blend Veg ½ cup Baked Good/Modified 1pc Sub Roll 1pc Parmesan Cheese 1pc	26 Cold: Vegetarian Chef Salad: Lettuce 1cup, Egg 1oz Chick Pea 1oz, Cheese 1oz Potato Salad ½ cup Pita bread ½ round Salad Dressing 1pc Yogurt 1pc Juice 1pc (no milk)
29 Breaded Chicken 1pc Sweet Potatoes ½ cup Mixed Veg ½ cup Burger Bun 1pc Chocolate pudding/diet pud- ding 1pc Honey Mustard Sauce 1pc	30 Meatloaf 1pc Gravy 2oz Au Gratin Potatoes ½ cup Chef's Veg ½ cup Fresh Fruit 1pc Oat Bread 1pc	31 Cold: Seafood Salad 1pc Pasta Salad ½ c Cucumber & tomato salad ½ c WW Bread 1pc Strawberry Cup 1pc		



# July 2019

Monday	Tuesday	Wednesday	Thursday	Friday
1 Food Pantry 9:30 Yogalates-6:00pm	2 Yoga-3:45pm	3	4 Closed! Happy 4th of July!!!!	5 Grocery Shopping Yoga-9:30am
8 Yogalates 6:00pm	9 Yoga-3:45pm Tile Class-1:00pm Early Bird-5:00pm	10	11 Quilting Class-3:00 Mahjong-11:45	12 Yoga-9:30am Pedicures-By Appt
15 Food Pantry 9:30 Yogalates-6:00pm	16 Yoga-3:45pm Tile Class-1:00pm	17	18 Quilting Class-3:00 Birthday Lunch- 11:30 MahJong-11:45	19 Pedicures-By appt Yoga-9:30 Grocery Shopping
22 Yogalates-6:00pm	23 Yoga-3:45pm Tile Class-1:00pm	24	25 Quilting Class-3:00 Mahjong-11:45 Foxwoods	26 Yoga-9:30 Lunch Series-11:30 **NO Blood Pressure today!! **
29 Food Pantry- 9:30 Yogalates-6:00pm	30 Yoga-3:45 Tile Class-1:00pm	31		



## Health Care Services

### Ongoing Programs:

**Quilting Class:** They meet in the Senior Center on Thursday afternoons from 3:00pm-5:00pm. 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:

Our next class will be offered in October. If you have any questions in the meantime please feel free to come in and see me and I will try and help.

### Mahjong:

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

**Yard Sale:** The Friends are scheduling their Yard Sale for Saturday September 28th from 8:00am-1:00pm. Applications will be available in the upcoming weeks. Please call the Senior Center if you are interested.

### 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. Please plan accordingly as 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

### New Programs:

**Stain Glass Mosaic Tile Class:** We will be offering a 4 week Stain Glass Mosaic Class starting Tuesday July 9th. In this class you will decorate 4 coaster tiles with stain glass tiles. Class is \$40.00 for the 4 weeks. Cost covers your supplies. No need to bring anything.

### Past is Prologue:

#### *The Essence of a Community told thru Art & History*

Free multi-media arts and history exhibit

Open daily from noon to 6 p.m.

July 6-11

Historic Old Town Hall, 491 Main St, West Newbury

An artistic collaboration in celebration of Bicentennial Week in West Newbury, featuring original artwork, historic town artifacts, and overlay mapping of some key tracts in West Newbury --then and now...Learn the amazing connection between the Arts and Local History! Discover what on which well-known piece of land an artist commune once flourished!

**PLUS: "Voices of West Newbury"** a heartwarming public art film starring long time residents reflecting on local traditions and lore. Directed by Kevin Bowe. The 30-min film will run on a loop during the exhibit. Artist Reception: July 8 6 to 8 p.m.

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

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Council on Aging

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