

## West Newbury Council on Aging

381 Main Street, West Newbury Ma. 01985

Phone Number: 978-363-1104

July 2018

Theresa Woodbury-Director

coa@wnewbury.org

Jennifer Vincent- Meal Site Manager

Henry Cross- Van Driver

Hours: Monday:

Tuesday & Wednesday:

Thursday:

Friday:

8:00am-4:00pm

8:00am-3:00pm

8:00am-6:00pm

8:00am- 1:00pm

# "Connections"

## Dates to Remember:

July 4th- Closed

July 10th- Early Bird Dinner

July 17th- Foxwoods

July 19th- Birthday Lunch

July 27th- Lunch Series

## Looking ahead:

August 21st- Foxwoods

August 23rd - Birthday Lunch

August 31st- Lunch Series

## **Email:**

Would you rather receive the newsletter via email? We are happy to email it to you!!! Just send us an email and we will put you on the email list. We are looking at ways to cut back on our cost and this will help!!!

## **Food Pantry:**

As a reminder our Food Pantry is open every other Monday of the month. The food pantry will be open on July 2nd & July 16th & July 30th.

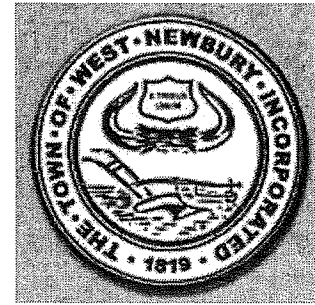
There is a donation box in the lobby of Town Office Building. If you prefer to leave your name please drop off your donation during regular business hours.

## **Senior Tax Work Off:**

We are currently accepting applications for the Senior Tax Work Off. If you are interested in participating in the program please reach out to the Senior Center. We are working with department heads to find positions for everyone.

**Foxwoods:** Join us for a trip to Foxwoods on Tuesday July 17th. The bus will leave the Senior Center at approximately 7:30 and return around 6:30pm. Cost for the trip is \$20.00. Reserve your seat today.

**Fall Trips:** Somewhere you would like to go in the fall? Let us know we are starting to plan our fall trips now!!! Call the center today to give us some ideas!!!



## **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

## **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—*

Council on Aging takes the summer off. We will be meeting again in the fall. Stay tuned for our upcoming meeting in September!!!

#### Friends of the West Newbury

The Friends will be meeting July 11th in Senior Center.

#### CCC: Community Center

Committee will meeting again on July 16th 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, **July 12th from 11:am-12:00pm. Office hours will be in the town hall.** A representative will be on hand to answer your questions and listen to your concerns.

### 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**

### Yogalates

A beautiful pairing of two revered movement practices: Pilates and Yoga.

\$5.00 per session with an open enrollment

**Monday: 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**

### Walking Club:

Pentucket Regional High School. Transportation provided from the Senior Center. Please advise if you will be attending.

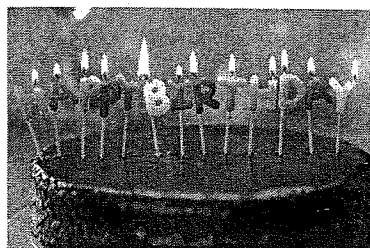
**Monday: 10:45 am Van leaves Senior Center , back parking lot.**

**Tai-Chi** This class is a multi-level basic program constructed to guide you through all aspects of traditional Tai-Chi Chuan including balance, posture, and body control led by certified instructor Nicanor Snow (Kampa VaShi Deva) who has trained for over 33 years. Prepare yourself to take on this insightful martial arts tradition and challenge yourself on how to practice Tai Chi at home! **Every Monday from 11-12 Cost is \$5.00**

**Tao-yin Qigong** also referred to, as Taoist Yoga is a focused practice of culminating Qi (energy) using specific hand and body movements, with postures, pranayama (breath control), meditation and Tui-na-massage. This amalgam of methods increases the sensitivity of Qi cultivation. **Every Monday 10-11 Cost is \$5.00**

## 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 19th Birthday Celebration. We will be having Sausage and Pepper Subs for our birthday lunch in July. 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

lunch Series

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month but stop by and enjoy a nice home cooked meal with friends.

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**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. 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 July 6th, & 20th. Our August trips will be on the 3rd, 17th & 31st. 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 July 27th 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

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

## **West Newbury Council on Aging Transportation Policy:**

### **General Information:**

- Senior Center offers transportation from your home to the Senior Center or to Medical appointments
- Service Area includes: Newburyport, Amesbury, Haverhill, Lawrence, Peabody, Danvers, Beverly, Burlington, Methuen
- 1<sup>st</sup> & 3<sup>rd</sup> Friday the bus is available for grocery shopping and local errands in the Newburyport area.
- Medical appointments take priority over non-medical appointments
- Van runs from 8:00am to 5:00pm Monday through Friday.

### **Rates:**

No Charge for rides to Senior Center for an event.

\$3.00 Round trip per ride for local rides (Newburyport, Amesbury, Haverhill, Lawrence area)

\$5.00 Round trip per ride for further (Burlington, Peabody, Danvers, Beverly)

### **Reserving a Ride:**

Reservations should be made 48 business hours before the ride is needed. To reserve a ride, please call 978-363-1104 or visit the Senior Center. The driver CANNOT accept reservations. You will receive a call back to confirm your request and pick up time. If appointment is more than 3 months out than request must be made in writing. Requests can only be made for current calendar year (with exceptions made in November & December).

### **Cancelling a ride:**

If you need to cancel a ride, please do so as far ahead as possible. Rides cannot be cancelled through the van driver. They can only be cancelled by calling the Senior Center at 978-363-1104.

### **Drivers Wait Time:**

To avoid delaying other passengers, drivers can only wait **5 minutes** for you. The bus driver will either phone ahead to let you know their arrival time or upon arrival to your address, they will beep their horn. Please be ready to leave when your driver arrives. The driver will call the passenger before they leave if the passenger does not come out.

**Delays:**

We will make every effort to pick you up on time, but traffic, weather or other delays may sometimes result in an unavoidable late pick-up. We will try and contact you when there is a delay and reasonable time affords a phone call. Please call the Senior Center if you have any questions regarding the bus being later than the expected arrival time.

**Inclement Weather:**

The Senior Center runs on the school closing schedule. Please check the local television station to determine if the Senior Center will be open. If the Senior Center is closed, the Van Driver will make the decision if it is safe for the van to run.

**Shopping Bags:**

Please limit the number of shopping bags/carry-ons to no more than 4 bags of average size. We would appreciate it if bags are not extremely heavy. Drivers will be happy to assist you with loading and unloading your packages to your front door, but not past the threshold.

**Safety:**

For your safety and the safety of others, you must use a seatbelt at all times. If you need assistance, please ask your driver. If you are traveling in a wheelchair or other mobility device, your driver will secure you using a four-point system along with a lap and shoulder belt, which you must use in addition to any belts you may have on your mobility device. In the event of an emergency, follow the directions of your driver.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Baked Chicken 1pc Gravy 2oz Butternut ½ cup Steamed Potatoes ½ cup WW Dinner Roll 1pc Pudding/Diet pudding ½ cup Cranberry Sauce 1pc	3 Baked egg Dish w/ Sage 1pc Sautéed spinach 4oz Roasted Potatoes ½ cup Fresh Fruit 1pc MG Bread 1pc	4  No Meals  Happy 4 <sup>th</sup> of July	5 Meatball Sub – M.balls 3pc Marinara Sauce 2oz Mixed Veg ½ cup Potato Chips 1pc Sub Roll 1pc Peaches ½ cup Parm Cheese 1pc	6 Turkey tetrazzini 6oz Pasta ½ cup Broccoli ½ cup Oat Bread 1pc Pound Cake/Angel Cake 1pc
9 Lentil Stew w/ potatoes 6oz Rice 4oz Vegetable Blend ½ cup Dinner Roll 1pc Pears ½ cup	10 Cheeseburger 1pc Ratatouille ½ cup Roasted Potatoes ½ cup Burger Bun 1pc Ketchup 1pc Fruit Loaf/Grahams 1pc	11 Hawaiian Pork 5oz Rice ½ cup Brussel's Sprouts ½ cup Mixed Fruit ½ cup Oat Bread 1pc	12 Special – BBQ chicken 4oz Sweet Potatoes ½ cup Corn ½ cup (corn on the cob for congregate) Berry Parfait 1 cup WW Dinner Roll 1pc	13 Tuna & Egg Pasta Salad 8oz Garden Salad ½ cup Mandarin Oranges ½ cup WW Bread 1pc Dressing 1pc
16 Ravioli 14pc Meat Sauce ½ cup Cauliflower ½ cup WW Bread 1pc Parm Cheese 1pc Peaches ½ cup	17 Chicken Marsala 1pc Pasta w/Sauce ½ cup Capri Blend ½ cup Italian Bread 1pc Fresh Fruit 1pc	18 Southwestern Salad Shredded Lettuce 1 cup Ground Beef (drained) 3oz Shredded Cheese 1oz Cherry tomatoes 3 each Black bean & Corn Salad ½cup Tortilla 1pc D.Gelatin ½ cup	19 Bday - Turkey & Gravy 3oz Mashed Potatoes ½ cup Green Beans ½ cup Dinner Roll 1pc Angel cake 4oz Cranberry Sauce 1pc	20 Mac n' Cheese 8oz Peas ½ cup Honey Roll 1pc Applesauce 4oz
23 Ribeye 1pc Butternut ½ cup Roasted Potatoes ½ cup Burger Bun 1pc Ketchup 1pc M Oranges ½ cup	24 Hot Dog 1pc Baked Beans ½ cup Coleslaw ½ cup Fruit Crisp (warm)/Fruit 1pc Hot dog bun 1pc Ketchup, Mustard, Relish 1pc	25 Beef Broccoli Stir Fry 8oz White Rice ½ cup Carrots ½ cup Brownie/Lorna Doones 1pc MG Bread 1pc	26 Chicken Salad 4oz On a bed of lettuce Pickled Beets ½ cup Pasta Salad ½ cup Mandarin Oranges ½ cup Oat Bread 2pc	27 Baked Breaded Fish 1pc Rice ½ cup Chef's Veg 1/2cup Pudding/diet pudding ½ cup WW Bread 1pc Tarter Sauce 1pc
30 Chicken, broccoli and Pasta 8 oz Summer Squash 4 oz Italian Bread 1 pc Chef's Dessert 4oz	31 Egg Salad on lettuce 4oz Three Bean Salad ½ cup Potato Salad ½ cup Hot Dog Roll 1pc Yogurt 1pc Juice 1pc (no milk)			



### On Going Programs:

**Quilting Class:** They meet in the Senior Center on Thursday afternoons from 4:00pm-6:00pm. 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:

Ipad class is on hold until the Fall. If you have any questions that I can help with please stop by the Senior Center with your device and I am more than happy to try and help.

### 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.

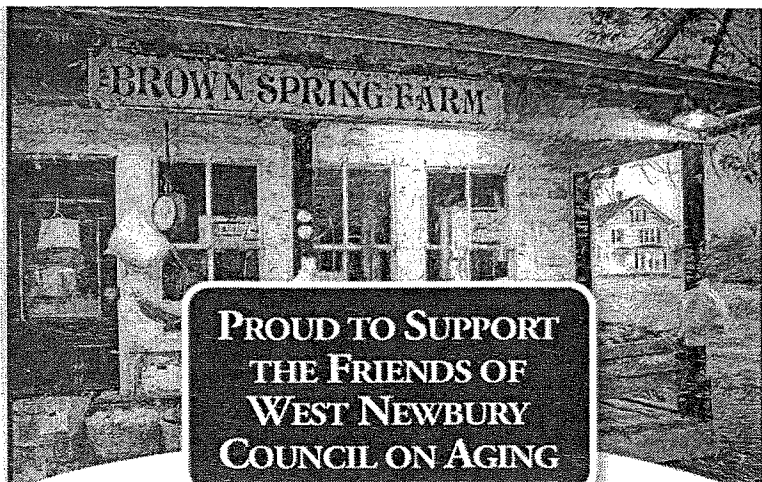
**Medicare:** Are you turning 65 in the upcoming months? Are you planning on retiring and needing to go on Medicare? We will be holding a talk on the ins and outs of joining Medicare Part A, B, C & D on Thursday June 28th at 5:30pm. Please RSVP to Theresa at 978-363-1104 so that we have enough hand outs.

The Friends want to Thank you for attending our Ice Cream Social!!! A



great time was had by all!!! What a great way to celebrate the start of summer!! We hope that you can join us next time! Keep an eye out for our next event. Remember your memberships help sponsor these events. Stop by with your friends to enjoy them!!!






**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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Member FDIC  
Member DIF

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

