

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

November 2018

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

"Connections"

Dates to Remember:

November 1- Council Board meeting
November 12th- Closed
November 14- Abatements and Open Enrollment
November 15th- Birthday Lunch
November 22nd- Closed
October 26th- Lunch Series

Looking ahead:

November 6th- Election Day
November 12- Closed
November 15th- Birthday Lunch
November 22nd- Closed
November 30th- Lunch Series

Abatements & Medicare:

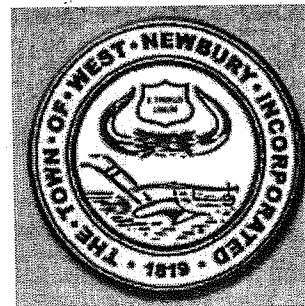
The Assessors office and the COA has teamed up again to offer a brief presentation regarding Abatements through the town and Open Enrollment for Medicare. The first presentation will be on **Wednesday November 14th starting at 12:00pm** in the Senior Center. Lite lunch will be provided. Our second presentation will be on Wednesday December 5th starting at 5:30pm. Reservations are required for both presentations. Call

Theresa at 978-363-1104.

Time for Medicare Plan Review with SHINE

It's that time of year again! If you are enrolled in a Medicare Prescription Drug Plan or a Medicare Advantage Plan (HMO/ PPO), you should receive an information packet from your current plan by the end of September. It is important to review and understand this information because it explains the changes in your plan for 2019. Even though you may have the **best** plan this year, it's important to review **all** of your options for 2019 because premiums, deductibles, co-pays, and the drugs covered by your plan can **change** significantly year to year!

Coming up quickly is Medicare's Annual Open Enrollment: **October 15 through December 7th**. Be a wise consumer and take this opportunity to review and possibly change your plan for next year. You are likely already receiving a LOT of information in the mail, email and on television and radio ads about Medicare choices. SHINE (Serving the Health Insurance Needs of Everyone) can help.



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— November 1st & December 6th

Council on Aging will be meeting on November 1st 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 again on December 5th at 3:00pm. We are always looking for volunteers if you are interested please stop by our next meeting or email at friendsowfncoa@gmail.com

CCC: Community Center

Committee will meeting again on November 13th 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, **December 6th from 9:30-10:30am. Office hours will be in the town hall. A**

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Through the federally funded SHIP program, SHINE counselors offer free, confidential counseling on all aspects of Medicare and related health insurance programs. Meet with a certified SHINE Counselor who will help you review the 2019 most cost-effective options for **YOU** as an individual. Call now to schedule your SHINE appointment, and bring your new (or old) Medicare card and your list of medications to the appointment.

To schedule a SHINE appointment, call **978-363-1104**

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.

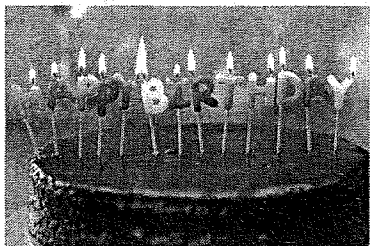
Ultimate Walking

"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:

November Birthdays: We would like to wish a Happy Birthday to everyone who celebrates a birthday in November! Join us on November 15th for a celebration. We will be having a Baked Chicken for our birthday lunch in November. 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: November 30th. will be Italian

ries: The in No-Lunch Wedding

Soup. We don't have a speaker this month but 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. 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 November 2nd, 16th and 30th. December the dates will be the 7th and 21st. 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 November 30th 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**



AN AFTERNOON LUNCH & VISIT TO THE SEA FESTIVAL OF TREES

Holiday Lunch By the Sea

Our specially priced, all-inclusive three-course Group Holiday Luncheon Menu includes a visit to the spectacular Sea Festival of Trees—150 sparkling themed Christmas Trees magnificently decorated and set against a panoramic ocean backdrop! Begin with lunch catered by Seaglass Restaurant set to holiday music, then enjoy a stroll through the trees and see our Giant Gingerbread House Castle.



A wonderful way to kick-off the holiday season.

Our oceanfront venue is fully handicapped accessible.

Tuesday November 20th, 2018 Leaving from the Senior Center at 11:00am

11:30am-1:30pm. Reservations required.

FIRST COURSE

Mista Salad

Mixed Baby Lettuces + Fresh Vegetables + Red Wine Vinaigrette

SECOND COURSE ~ CHOICE OF TWO

Chicken Marsala

medallions of chicken, roasted bella mushrooms, marsala sauce
Yukon Whipped Potatoes + Chef's Choice Vegetable

6 oz. North Atlantic Baked Haddock Filet

New England Style Bread Crumbs + Yukon Whipped Potato + Chef's Choice Vegetable

Pasta Primavera

Summer Squash Zucchini + Plum Tomato + Baby Spinach +
Gemelli Pasta + Traditional White Garlic Butter Sauce

THIRD COURSE ~

French Vanilla Ice Cream

Warm Rolls and Butter

Coffee, Decaf or Tea service

Tax and Administrative Fee

\$25 PP



Now taking reservations!

Call Theresa at 978-363-1104

**West Newbury Fire Department
&
West Newbury COA**

Invites you to a
Turkey & the Fixings
November 5th, 2018
5:00pm-7:00pm
Fire Department Bay



Transportation can be provided.
Please RSVP to Theresa at 978-363-1104

West Newbury Council on Aging

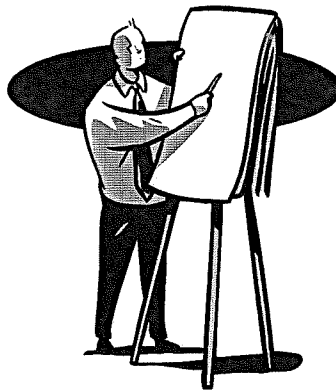
With the

Assessor's Office

Presents a talk regarding Abatements &
Open Enrollment

When: Wednesday November 14, 2018 @ 12:00pm
&
Wednesday December 5th, 2018 @ 5:30

Where: West Newbury Town Office Building
Senior Center.



Please Call Theresa at 978-363-1104, to RSVP

November 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 Board Meeting Art Class Quilting Class	2 Grocery Shopping	3
4	5 Tai-Chi Zumba Food Pantry Firemans Dinner 5-7	6 Yoga Art Class	7	8 Art Class Quilting	9 Pedicures	10
11	12 Closed-Veterans Day	13 Yoga Art Class	14 Assessor's Talk	15 Birthday Lunch Art Class Quilting Class El Paperwork help	16 Pedicures Grocery Shopping	17
18	19 Tai-Chi Zumba Food Pantry	20 Yoga Art Class Festival of Trees Trip	21	22 Closed	23	24
25	26 Tai-Chi Zumba	27 Yoga Art Class Foxwoods	28 Medicare Talk	29 Art Class Quilting	30 Lunch Series Blood Pressure	

November Menu - 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
5 Meatball Sub - 3 meatballs Chef's Veggies ½ cup Pasta w/sauce ½ cup Sub Roll 1pc Pears 4oz Parmesan 1pc	6 Hot Dog 1pc Pork Baked Beans 4oz Coleslaw 1pc Hot Dog Roll 1pc Pineapple 4oz Ketchup, Mustard, Relish 1pc	7 Tomato Soup 6oz Herb Roasted Chicken 1pc Rice Pilaf ½ cup Brussel's Sprouts ½ cup WW Bread 1pc Fresh Fruit 1pc Cranberry Sauce 1pc	8 Beef Stew 7 oz Potatoes 4oz Garden Salad (tomatoes and cukes for congregate) 4oz Fruit Crunch Bar 1pc Dinner Roll 1pc Salad Dressing 1pc	9 Breaded Fish 1pc Mac n'cheese ½ cup Peas & Carrots ½ cup Diet Gelatin ½ cup MG Bread 1pc Tartar sauce 1pc
12 No Meals Served Veterans Day	13 Lentil Stew & Chick peas with Pumpkin 6 oz Rice ½ cup Cauliflower ½ cup Oat Bread 1pc Pudding/DT Pudding ½ cup	14 Chicken Noodle Soup 6oz Cheeseburger 1 pc Roasted Potatoes ½ cup Mixed Veggies ½ cup Hamburger Roll 1 pc Fresh Fruit 1pc Ketchup and Mustard 1 pc	15 Thanksgiving Special Turkey 3 oz with Gravy 2 oz Mashed Potatoes ½ cup Stuffing ¼ cup Green Bean Casserole ½ cup Dinner Roll 1 pc Cranberry Sauce 1 pc Pie 1/10 1pc	16 Lasagna 1pc Meat Sauce ½ cup Zucchini ½ cup Italian Bread 1pc Mixed Fruit ½ cup Parmesan 1pc Salad Dressing 1pc
19 Frittata w/vegetables 1pc Steamed Beets ½ cup Roasted Potatoes ½ cup Fruit Paf/Grahams 1pc Juice (no milk) 1pc Oat Bread 1pc Ketchup 1pc	20 Shepard's Pie (corn, beef and potatoes) 1pc Garden Salad (tomatoes and cukes for congregate) 4oz WW Roll 1pc Pears ½ cup	21 Tortellini Soup 6oz Breaded Chicken bites 7pc Vegetable Rice ½ cup Peas ½ cup Dipping Sauce 1pc Berry Cup/Fresh Fruit 1pc MG Bread 1pc	22 No Meals Served Thanksgiving	23 No Meals Served Thanksgiving
26 Chicken Broccoli Alfredo 5oz Pasta ½ cup Summer Squash ½ cup MG Bread 1pc Peaches ½ cup	27 Seafood Casserole 6oz Butternut Squash ½ cup Rice Pilaf ½ cup Cookie/Lorna Doones 1pc WW Bread 1pc	28 Minestrone Soup 6oz BBQ Pork Patty 1pc BBQ sauce 2oz Roasted Potatoes ½ cup Green Beans ½ cup Yogurt (no milk) 1pc Burger Bun 1pc	29 Pot Roast 1pc w/gravy 2oz Yams ½ cup Creamed Spinach ½ cup Dinner Roll 1pc Applesauce ½ cup	30 Ravioli w/lemon Butter and peas 6oz Cauliflower & Red Peppers ½c Italian Bread 1pc Chef's Dessert 1pc Parmesan 1pc

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/Iphone class is starting back up. They will be meeting on Tuesday November 14th at 9:00am. Class is offered once a month-November will be 14th. 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.

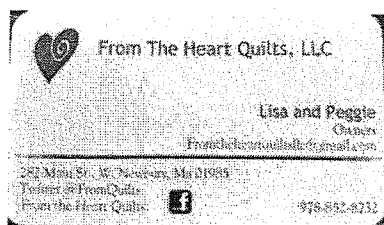
SHINE: Do you need help with your Medicare??? Have questions about your plan? Call the COA to schedule a SHINE appointment

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!!!



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.

Endeavor Farm

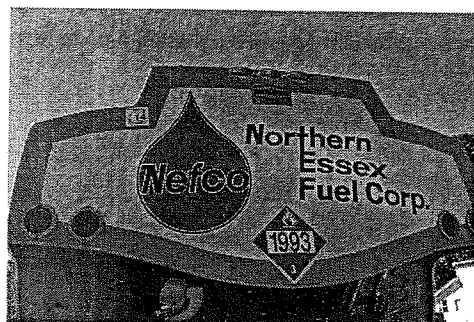
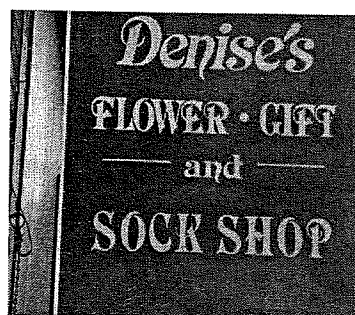
W. Newbury

Proud Sponsor of
WN Friends of COA

River Valley Real Estate

Patricia Skibbee, Realtor

800-773-9900





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 DIF



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

