

Issue:

January/February 2022

CONNECTIONS

West Newbury
Council on Aging
Newsletter



Hours

Monday-Thursday 8 am-4:30 pm
Friday 8 am-noon

Contact

Phone: 978-363-1104
Email: coa@wnewbury.org

Staff

Christine Marshall, Interim
Director
Jennifer Vincent, Meal Site
Manager
Henry Cross, Van Driver

Board Members

Laurie Spielvogel, Chair
Marjorie Peterson, Vice-Chair
M. Dorothy Cavanaugh,
Treasurer
Jacqueline Johnston, Secretary
Gail Dinaro
Dianne Faulkner
Jessa Haynes
Mary Joyce-Acosta
Richard Preble
Joseph Publicover
Barbara Warne

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.

Thank you and
best wishes to Theresa!



On behalf of the Council on Aging Board, Senior Center and Town Offices staff, I would like to thank Theresa Woodbury for serving the residents of West Newbury for the past 16 years. Theresa's commitment and dedication has impacted many over the years, from organizing activities such as trips and exercise classes, to helping ensure a fully-stocked Food Pantry, to personally delivering sand buckets for winter. Please join me in wishing Theresa continued happiness and professional success!

-Angus Jennings, Town Manager

JANUARY/FEBRUARY HIGHLIGHTS

Senior Center will reopen on February 1st

- ◆ Council on Aging Board Welcomes New Member, Mary Joyce-Acosta
- ◆ NEW Coffee and Conversation - Stop by the Center for coffee hours with Board members and staff. (page 2)
- ◆ Grocery Shopping Van Trips to Market Basket are Back! Call the Senior Center at 978-363-1104 to schedule. (page 3)
- ◆ Information on Tax Exemptions! (pages 4 and 5)
- ◆ Blood Pressure Clinics return to the Senior Center! (page 6)
- ◆ If you wish to receive the newsletter electronically via email, please call 978-363-1104 to request this service or email coa@wnewbury.org - thank you! Receive your newsletter quicker and save paper!

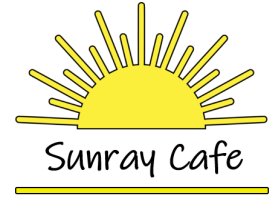


381 Main Street, West Newbury, MA 01985

MONTHLY PROGRAMS

Sunray Café - Wednesday Lunches

We are happy to announce that Jen's homemade meals are being offered **weekly** to residents over the age of 60. Please call the Senior Center at 978-363-1104 to sign up. Meals for January and February will continue to be delivered. Meals are limited to the first 45 residents that sign up.



January 19: Chicken Fajita

February 9: Chicken Piccata

January 26: French Toast Casserole

February 16: Greek Salad Plate

February 2: Tomato Tortellini Soup

February 23: Turkey Chili

Council on Aging Board Meeting

February 3 at 10:00 am

The COA Board meets in the First Floor Hearing Room in Town Offices. All are welcome to attend!

Food Pantry

Jan. 18, 31 | 9-10:30 am (and by appointment)

Feb. 7, 22 | 9-10:30 am

If you or someone you know needs a little extra help, please stop by. The pantry is open the 1st, 3rd and 5th Monday of every month or call for an appointment. (Open on Tuesday if Monday is a holiday.) We accept donations to the food pantry of unexpired food items, toiletries and paper goods. Monetary donations can be made on the Town's web site / click on *Pay Bills* icon / *Donation* or by check payable to "Town of West Newbury." Thank you for your support!

Coffee and Conversation

February 10, 24 | 9:00 am

Please join our Thursday Coffee Hours to chat with the Council on Aging Board members and staff. We would love to hear your ideas as we move towards more in-person programming. Coffee and refreshments will be served. Social distancing will be maintained.

STATE & LOCAL REPRESENTATIVES OFFICE HOURS

Office of Senator Bruce Tarr

Wednesday, January 19 | 9:00-10:00 am

Monday, February 14 | 9:00-10:00 am

Veterans' Agent, Karen Tyler

Thursday, January 13 | 10:00-11:00 am

Thursday, February 10 | 10:00-11:00 am

Office hours are in-person and held in the lobby of Town Offices, 381 Main Street, West Newbury.

STAY ACTIVE, STAY FIT

Yoga is for Any Body

Fridays at 10:00 am

Yoga is for the body you have today, not the one you had yesterday or the one you will have tomorrow. In this introductory class, we will build a gentle practice, guided by the breath, that will release, strengthen and stretch the body. Using both dynamic and static movement, breathing techniques and poses that will help release muscle tension, strengthen postural muscles, and support activities of daily life. Explore alignment supported by a chair, both seated and standing, and experience the balance between effort and ease and how this may impact the state of balance in broader areas of our lives. This class is welcoming and accessible to all. All are welcome to attend. Please wear comfortable clothing and bring a towel or mat. \$5 suggested donation. Class is in the Annex of Town Offices.

3B Class - Balance, Bones and Brain

Thursdays at 9:00 am

Fitness with Brian Coyne - Drop In Participants Welcome

3B Fitness is a high energy and results driven class that incorporates balance exercise to help prevent falls, strength training to improve bone density, and trivia and brain games to help with cognition. All this with great music will keep you motivated and accountable. This class is appropriate for all fitness levels and is run by certified personal trainer, Brian Coyne, who has over 15 years of experience. Take the first step and register today at 978-363-1104. \$5 suggested donation. Class is in the Annex of Town Offices.

TRANSPORTATION

Grocery Shopping Trips to Market Basket

Jan. 28 | Feb. 11, 25

Van trips to Market Basket have returned on Fridays! Limit of 2 passengers on van; van is sanitized before and after each trip. Please call the Senior Center at 978-363-1104 to sign up 48 hours prior.

Medical Transportation Rides

Do you need rides to your medical appointments? Please call the Senior Center at 978-363-1104 at least 48 hours in advance to schedule - the earlier the better! Donations accepted.

Senior Center Van Rides

Want to visit a friend, pick up a book at the library, or have your hair done? We can help make that happen. Please call the Senior Center at 978-363-1104 at least 48 hours in advance to schedule - the earlier the better! Donations accepted.

A MESSAGE FROM THE ASSESSOR

A Message from Christian Kuhn, Chief Assessor/GIS Coordinator

Exemption applications must be filed each year by **April 1st (no exceptions)**

Eligibility requirements for exemptions must be met as of July 1st of that fiscal year.

In most circumstances, you may only receive one exemption per household. If you do qualify for more than one exemption, you will receive the one that provides the greatest benefit.

You must own and occupy the property as your domicile. If you hold a life estate in the domicile, you are a qualified owner for an exemption. If your property is being held in a trust, you must submit the full trust documents to show that you are a trustee and beneficiary to be considered a qualified owner for an exemption.

Exemption amounts shown below are for the initial fiscal year of application. The exemption amount may increase up to 100% to cover any increase of taxes in subsequent years.

Information provided below is for fiscal year 2022:

SENIOR, SURVIVING SPOUSE, AND SURVIVING MINOR EXEMPTION- CLAUSE 17D

- \$175.00 exemption amount
- Exemption intended for surviving spouses (who never remarry), minors with a deceased parent, or seniors 70 years or older. If applying for this exemption as a senior, applicant must have owned and occupied the property for five years. Required whole estate asset limit of \$65,636 if married, and \$47,738 if single. This does not include cemetery plots and household items.

LOW INCOME SENIOR EXEMPTION- CLAUSE 41C

- \$500.00 Exemption Amount
- Exemption intended for low income seniors 65 years or older. Applicants must have lived in Massachusetts for ten consecutive years, and have owned and occupied a property in Massachusetts for any five years. Required income limit of \$36,728 if married, and \$23,863 if single. Required whole estate asset limit of \$64,578 if married, and \$46,946 if single. This does not include cemetery plots and household items.

VETERANS EXEMPTIONS- CLAUSE 22

Clause 22

- ◇ \$400 exemption amount - Intended for veterans with at least 10% service-connected disability, or veterans awarded the Purple Heart, or spouses who own the property of the qualifying veteran, surviving spouses of deceased qualifying veterans (and not remarried).

ABOUT REAL ESTATE TAX EXEMPTIONS

Clause 22A

- ◇ \$750 exemption amount - Intended for veterans (or the spouse/surviving spouse) who (1) suffered in the line of duty the loss or permanent loss of use of one foot, or one hand, or one eye or (2) received the Congressional Medal of Honor, Distinguished Service Cross, Navy Cross, or Air Force Cross.

Clause 22B

- ◇ \$1,250 exemption amount - Intended for veterans (or the spouse/surviving spouse) who suffered in the line of duty the loss or permanent loss of use of both feet, both hands, a hand and a foot, or both eyes.

Clause 22C

- ◇ \$1,500 exemption amount - Intended for veterans (or the spouse/surviving spouse) who suffered total disability in the line of duty and received assistance in acquiring "specially adapted housing"

Clause 22D

- ◇ Full exemption of property taxes - Intended for surviving spouses (who never remarry) of military personnel who either (1) were killed, or went missing in action and are presumed to have been killed, or (2) died as a proximate result of injuries sustained or diseases contracted in a combat zone.

Clause 22E

- ◇ \$1,000 exemption amount - Intended for veterans (or the spouse/surviving spouse) who have a service connected disability of 100%. Must submit VA benefit letter with annual application

Clause 22F

- ◇ Full exemption of property taxes - Intended for veterans (or the spouse/surviving spouse) who are paraplegics or blind from service connected injuries.

Clause 22H

- ◇ Full exemption of property taxes - Intended for parents of (1) active duty military personnel who went missing in action and are presumed to have died or (2) veterans who died as a proximate result of injuries sustained or of diseases during active duty

LEGALLY BLIND EXEMPTION- CLAUSE 37A

- \$500 exemption amount - Applicant must submit "Certificate of Legal Blindness" from MA Commission for the Blind with yearly application

COMMUNITY PRESERVATION FUND EXEMPTION

- Exemption of 100% of calculated community preservation fund for the property. Applicant must submit 2020 income tax return with completed application.

Call the Assessor's Office at 978-363-1100 ext. 117 for more information

HEALTH & RESOURCES

Covid-19 Shots and Booster Vaccinations

January 17, 24, 31

The Lower Merrimack Valley Regional Collaborative will continue to add future clinics as needed. Stay tuned for updates on the Town website under Town News. These clinics will be from 5-8:00 pm at the West Newbury Annex. All vaccines (Moderna, Pfizer, Pedi Pfizer, and Johnson & Johnson/Janssen) will be available to all eligible age groups, including 1st, 2nd & booster. Please register using the following link: <https://home.color.com/vaccine/register/amesbury> or call the Center at 978-363-1104 for assistance.

Meals on Wheels

Call AgeSpan at 1-800-892-0890

Meals on Wheels can be arranged by calling AgeSpan (formerly Elder Services of the Merrimack Valley & North Shore) at 1-800-892-0890 and ask for the Intake Department. Access to nutritious food is important for healthy aging. AgeSpan offers a variety of nutrition services designed to help people stay healthy and independent in their community.

Blood Pressure Clinics

February 8 & 22 | 1:00-2:00 pm

Together with the West Newbury Fire Department, the Council on Aging is offering FREE Blood Pressure Screenings at the Senior Center, 381 Main Street, Ground Floor. Please stop by the Senior Center for your free screening.



Foot Care Appointments

Appointments are available during the early evening and one Saturday per month. Please call Valerie to schedule your appointment at 781-424-7707.



Medical Equipment Closet

Medical equipment is donated to us, we sanitize the equipment, and loan it 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, please call the NON-EMERGENCY Police Number at 978-363-1213.

Need Help With Medicare? SHINE Can Help!

Regional SHINE Office at 978-946-1374

SHINE = **S**erving **H**ealth **I**nsurance **N**eeds of **E**veryone...on or eligible for Medicare. Certified SHINE counselors offer free, unbiased, confidential counseling on all aspects of health insurance to anyone on or eligible for Medicare. Are you turning 65 this year and have questions about Medicare? Call the **Regional SHINE Office at 978-946-1374**. A Shine counselor will return your call within 48 hours.

What is SHINE?

SHINE: Serving the Health Insurance Needs of Everyone
(on or eligible for Medicare)

- Provides free and unbiased insurance information and counseling to Medicare beneficiaries and their caregivers
- 600+ highly trained, certified SHINE counselors in Massachusetts, in-kind and volunteers
- SHINE counselors are available at Senior Centers, Councils on Aging (COAs), community hospitals and many other community-based sites



Elder Services of the Merrimack Valley, Inc.

Choices for a life-long journey



NORTH SHORE
ELDER SERVICES

RECIPE BOX

Crock Pot Hearty Beef Stew

6 potatoes, peeled and cubed
6 carrots, peeled and cut into 3 inch pieces
3 lbs. stew beef, cut into 1 1/2 inch cubes
1/3 cup soy sauce
1 tsp. paprika
1 tsp. salt
1/2 tsp. pepper
3 Tbsp. all-purpose flour
12 oz pkg. frozen chopped onion
or 1/2 fresh onion chopped
10 1/2 oz. can beef broth
8 oz. can tomato sauce

Recipe:

Instructions:

Arrange potatoes in a slow cooker; top with carrots. Add beef; sprinkle with soy sauce, seasonings, flour and onions. Combine broth and tomato sauce; pour over top. Cover and cook for 9 to 10 hours on low setting or 4 to 5 hours on high setting.

Serves 6-8

Freeze some for another time or cut recipe in half.



Submitted by Christine Marshall 💖 "one of my Mom's favorites"

Please submit your favorite recipe for a future newsletter. Drop your recipe off at the Senior Center or email coa@wnewbury.org. Thank you for participating!

FUN & GAMES



Winter Word Search

COAT
COLD
FROST
ICE

IGLOO
SCARF
SNOW
WINTER



JOIN THE FRIENDS OF THE WEST NEWBURY COA

I wish to join the Friends Group at the following level:

- | | | | | | |
|--------------------------|--------|---------|--------------------------|------------|---------|
| <input type="checkbox"/> | Senior | \$5.00 | <input type="checkbox"/> | Individual | \$10.00 |
| <input type="checkbox"/> | Family | \$25.00 | <input type="checkbox"/> | Business | \$50.00 |

Name: _____

Address: _____

Phone: _____

Email: _____

Please return to the West Newbury Senior Center, 381 Main Street, West Newbury, MA 01985

Affordable Housing Trust Bylaw

Public Listening Session

January 26, 2022 at 7:00 p.m.

by remote participation

Please join the Affordable Housing Trust Bylaw Committee at our Public Listening Session.

The Committee was appointed by the Select Board and charged with developing a draft bylaw for voter consideration at the 2022 Annual Town Meeting. This bylaw will implement the vote taken under Article 12 of the 2021 Special Town Meeting to establish an Affordable Housing Trust.

As part of this charge, the Committee is to gather public input on how the Affordable Housing Trust should be established, funded and operated. Your input on these topics will help make sure the bylaw reflects the town's preferences and needs for affordable housing.

For more information on affordable housing, please visit the Committee's webpage:

<https://www.wnewbury.org/affordable-housing-trust-bylaw-committee>

Zoom Link: <https://us06web.zoom.us/j/85715312684?pwd=amt4V1NJRWNtSkQ4WUJZbHhGMkVWdz09>

Meeting ID: 857 1531 2684

Passcode: 513747