



# SAGE CENTER NEWS

*social | activities | growth | education*

**Issue:** January / February 2024

## Hours

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

## Contact

Phone: 978-363-1104  
Fax: 978-363-1826  
Email: [coa@wnewbury.org](mailto:coa@wnewbury.org)  
Mail: 381 Main Street  
West Newbury, MA 01985

## Staff

Christine Marshall, Director  
Jen Vincent, Nutrition Coordinator

## Board Members

Dianne Faulkner, Chair  
Richard Preble, Vice-Chair  
Jessa Haynes, Treasurer  
Julie Ruscio, Secretary  
Victoria Beaumier  
Heather Conner  
Gail DiNaro  
Marjorie Peterson  
Joseph Publicover  
Robert Veator  
Barbara Warne



## SPECIAL EVENTS

- Lunch & Learn Speaker Series - SNAP Benefits page 5
- Meet & Greet Breakfast with Veterans' Agent, Steve Bohn page 5
- Greeting Card Workshop - Valentine's Cards page 4
- Sunray Café Valentine's Lunch - French Bread Pizza page 4

## MISSION STATEMENT

The mission of the West Newbury Council on Aging 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.

## MEMBERSHIP & REGISTRATION

Membership is open to anyone age 60 or over and is not restricted to residents of West Newbury. There is no membership fee. Registration is required for most programs. Please email [coa@wnewbury.org](mailto:coa@wnewbury.org) or call 978-363-1104 to register. If there is a financial hardship preventing you from participating, please contact Christine. Please complete a Membership Form next time you stop by the Center.

## ELECTRONIC NEWSLETTER

If you wish to receive the newsletter electronically via email instead of by mail, please call 978-363-1104 to request this service or email [coa@wnewbury.org](mailto:coa@wnewbury.org) - thank you! The newsletter is also available on the Town web site at: [www.wnewbury.org/sage-center/newsletters](http://www.wnewbury.org/sage-center/newsletters)

## INCLEMENT WEATHER POLICY

When the Pentucket School district closes due to extreme weather, the SAGE Center programs will be cancelled. This includes meals on wheels, congregate lunch, exercise classes, and other programs. SAGE Center staff will be working and available by phone or email.

## UPCOMING CLOSURES

- ◆ Monday, January 1; Monday, January 15
- ◆ Monday, February 19





# NUTRITION & RESOURCES

## Meals on Wheels

Call AgeSpan at 1-800-892-0890

Meals on Wheels can be arranged by calling AgeSpan 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.

## Congregate Lunch

Lunch served each day Monday through Friday at 11:30 am

Congregate lunch for participants age 60 and over is served daily at the Senior Center. Call for a menu, and we will mail one to you. When a special event is planned, the meal served will be the special event meal. Please call 978-363-1104 to sign up at least 2 business days in advance. Suggested donation \$2.

## SHINE / Medicare 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? SHINE counselors can help you with all things Medicare! Call the **Regional SHINE Office at 978-946-1374**. A SHINE counselor will return your call within 48 hours.

## Food Pantry

Jan. 2, 16, 30 | Feb. 6, 20 | 9-10:30 am (and by appointment)

If you or someone you know needs a little extra help, please stop by. The pantry is open the 1st, 3rd and 5th Tuesday of every month or call for an appointment. (Open on Wednesday if Tuesday 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!

## Food Pantry Donation Wish List

Breakfast Cereal	Applesauce (individual)	Toilet Paper (individual)
Peanut Butter / Jelly	Boxes of Pasta	Paper Towels (individual)
Canned Tuna / Chicken	Pasta / Alfredo Sauce	Laundry Detergent (small)
Canned Soups	Ramen Noodles	Toothpaste / Toothbrushes
Canned Vegetables (no beans)	Granola Bars	Bar Soap / Deoderant
Canned Fruit	Crackers / Cookies (individual)	Cleaning Supplies

*The pantry has a refrigerator and freezer to accommodate fresh or frozen donations. Please no bulk items. Small sizes and individually wrapped items are best for our pantry.*

## Donations

The West Newbury Council on Aging (COA) is able to accept donations into the COA Gift Account and the West Newbury Food Pantry Gift Account. Donations can be made on the town web site at [www.wnewbury.org](http://www.wnewbury.org) and clicking on the "Pay Bills" icon. Donations can also be made by check payable to the "Town of West Newbury" and mailed to the SAGE Center. Please note on your check which account your donation is intended for.

# COMMUNITY RESOURCES



## Our Neighbors' Table

978-388-1907

Our Neighbors' Table is committed to establishing a community that provides for the whole person with nourishing food, kindness, and dignity. Our Neighbors' Table's innovative approach is aimed at providing universal food access to the twelve communities in Northeastern Essex County.



Our Neighbors' Table is a **SNAP Outreach Partner**, which means staff can help Massachusetts residents apply for SNAP (Supplemental Nutrition Assistance Program).

**The Amesbury Market**, located at the Jardis-Taylor Center, 194 Main Street, Amesbury, is open: Thursdays: 10:00 am-6:30 pm; Fridays: 9:00 am-3:00 pm; Saturdays: 9:00 am-1:00 pm

## The Pettengill House, Inc.

978-463-8801

The Pettengill House, Inc. is a nonprofit community social service agency providing comprehensive case management, basic needs support, emergency assistance, crisis intervention, and an array of essential programs and services for individuals, children, and families of all ages. The Pettengill House Main Office is located at 21 Water Street, Suite 4A in Amesbury.



**Food Pantry** is located at 13 Lafayette Road in Salisbury. The Food Pantry is open by appointment on Tuesdays from 9:00 am - 6:00 pm. It is also open by appointment for seniors and medically compromised individuals on Wednesdays from 9:00 am - 1:00 pm. Call 978-463-8801 to schedule an appointment to pick up groceries.

**MassHealth Services** - The Pettengill House is an approved MassHealth site; Pettengill House trained staff are state Certified Application Counselors, providing information and application assistance in completing the initial application for subsidized MassHealth or MassHealth Connector insurance. Pettengill House also provides disability application support and follow up requirements, including accessing Primary Care Physicians and Mental Health and Substance Addiction providers.

**SNAP (Supplemental Nutrition Assistance Program)** - The Pettengill House is an approved state Outreach Partner site; trained Pettengill House staff complete food stamp applications and renewals on site through the state supported Department of Transitional Assistance Connect web program.

## Community Service of Newburyport

978-465-7562

Community Service of Newburyport, Inc. is a privately funded 501(c)3 social service organization established in 1912, which serves children, individuals, and families from Newburyport, Newbury, and West Newbury. It's mission is to improve the quality of life by providing economic and social support for the residents of Newbury, Newburyport, and West Newbury. They provide the following services: comprehensive referral services, medical/dental/prescription assistance, heating/utility assistance, housing assistance, personal care products, diapers, holiday gift assistance, camp scholarships. An intake with required verification is necessary to receive services. Office location: Annex at St. Paul's Church, 35 Summer St., Newburyport.





# PROGRAMS & EVENTS

## Coffee and Conversation

Thursday, Jan. 4 & Feb. 1 | 10-11:00 am

with Therapy Dog, Frasier

Join our monthly breakfast gathering to socialize with friends and make new ones! Coffee and homemade baked goods will be served.

**Location: SAGE Center | Drop-In | FREE**



## Greeting Card Workshop

Thursday, February 1 | 1:00-2:00 pm

Making Handmade Valentine's Cards

Our volunteer Nancy will be leading this fun and crafty workshop. All supplies will be provided, but you are welcome to bring supplies if you wish. Please call the SAGE Center at 978-363-1104 or email [coa@wnewbury.org](mailto:coa@wnewbury.org) to register.

**Location: SAGE Center | FREE**



## Card Games!

Every Monday | 1:00-3:00 pm

This group meets weekly at SAGE; led by volunteer, Vicky Beaumier. Come play, teach others and socialize. This is a drop-in program, and refreshments will be served.

**Location: SAGE Center | FREE**



## Activities with Pentucket Student Volunteers

Tuesdays Jan. 9 & 23 | Feb. 13 & 27 | 12:30-1:30 pm

Please join our intergenerational program with a group of Pentucket student volunteers. This will be a fun hour of games, puzzles, coloring or crafts. Please call the SAGE Center at 978-363-1104 or email [coa@wnewbury.org](mailto:coa@wnewbury.org) to register.

**Location: SAGE Center | FREE**

## Sunray Café Luncheon

Wednesday, Feb. 14 | 11:30 am | French Bread Pizza

Our Sunray Café Luncheons are in-person homemade meals - cooked here at the SAGE Center from scratch by Jen. Please call the SAGE Center at 978-363-1104 or email Jen at [mow@wnewbury.org](mailto:mow@wnewbury.org) to register.

**Location: SAGE Center | Suggested donation \$5**



# PROGRAMS & EVENTS



## Lunch and Learn Speaker Series

Thursday, January 18 | 11:30 am-1:00 pm

### SNAP Benefits with Nancy Thomas from Our Neighbors' Table

Lunch: Hearty Chicken Soup & Salad

Please join us for lunch and learn more about SNAP (Supplemental Nutrition Assistance Program) benefits. Nancy will explain how to apply for SNAP, how you might qualify for an increase in your monthly benefit, and be available for your questions. Please call the SAGE Center at 978-363-1104 or email [coa@wnewbury.org](mailto:coa@wnewbury.org) to register. **Location: SAGE Center | FREE**



## Meet and Greet Breakfast with Veterans' Agent, Steve Bohn

French Toast Casserole, Bacon, Fruit, Pastries & Coffee

Friday, January 26 | 10:00 am

Please join us in welcoming Steve Bohn, the new Veterans' Agent for the Eastern Essex District of the Department of Veterans' Services. This event is open to all Veterans and their spouses or family members.

Please call the SAGE Center at 978-363-1104 or email [coa@wnewbury.org](mailto:coa@wnewbury.org) to register. Please register by January 19th.

**Location: SAGE Center | FREE**



## A MESSAGE FROM CHIEF DWYER



If you have life-support devices, such as home dialysis or breathing machines or other medical equipment or supplies that depend on electricity:

- o Talk to your health care provider about how to use them during a power outage;
- o Contact your local electric company and equipment suppliers about your power needs. Some utility companies will put you on a "priority reconnection service" list;
- o Let the Fire Department know that you are dependent on life-support devices.
- o If you have medication that requires refrigeration, check with your pharmacist for guidance on proper storage during an extended outage.

Please call the NON-EMERGENCY Police Number at 978-363-1213 with any questions.



# SAGE CALENDAR 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>JANUARY 2024</b>				
<b>CLOSED</b> 1	2 9:00 Food Pantry 11:30 Lunch	3 9 Greet the Day Yoga 11:30 Lunch	4 9:00 3B Exercise <b>10 Coffee &amp; Convo / Therapy Dog</b> 11:30 Lunch	5 11:30 Lunch
8 9:00 3B Exercise 11:30 Lunch 1:00 Card Games	9 10:00 COA Meeting 11:30 Lunch <b>12:30 Pentucket Volunteer Program</b> 1:00 Blood Pressure	10 9 Greet the Day Yoga 11:30 Lunch	11 9:00 3B Exercise <b>10:00 Veterans' Agent Office Hours</b> 11:30 Lunch	12 11:30 Lunch
<b>CLOSED</b> 15	16 9:00 Food Pantry 11:30 Lunch	17 9 Greet the Day Yoga 11:30 Lunch	18 9:00 3B Exercise <b>11:30 Lunch &amp; Learn– topic SNAP Benefits</b>	19 11:30 Lunch
22 9:00 3B Exercise <b>9:30 Senator Tarr's Office Hours</b> 11:30 Lunch 1:00 Card Games	23 11:30 Lunch <b>12:30 Pentucket Volunteer Program</b>	24 9 Greet the Day Yoga 11:30 Lunch	25 9:00 3B Exercise 11:30 Lunch	26 <b>10:00 Meet &amp; Greet Breakfast with Veterans' Agent</b> 11:30 Lunch
29 9:00 3B Exercise 11:30 Lunch 1:00 Card Games	30 9:00 Food Pantry 11:30 Lunch	31 9 Greet the Day Yoga 11:30 Lunch	<b>FEBRUARY</b> 1 9:00 3B Exercise <b>10 Coffee &amp; Convo / Therapy Dog</b> 11:30 Lunch 1:00 Greeting Card Workshop	2 11:30 Lunch
<b>FEBRUARY 2024</b>				
5 9:00 3B Exercise 11:30 Lunch 1:00 Card Games	6 9:00 Food Pantry 11:30 Lunch	7 9 Greet the Day Yoga 11:30 Lunch	8 9:00 3B Exercise <b>10:00 Veterans' Agent Office Hours</b> 11:30 Lunch	9 11:30 Lunch
12 9:00 3B Exercise 11:30 Lunch 1:00 Card Games	13 10:00 COA Meeting 11:30 Lunch <b>12:30 Pentucket Volunteer Program</b> 1:00 Blood Pressure	14 9 Greet the Day Yoga <b>11:30 Sunray Café Special Valentine's Day Lunch serving- French Bread Pizza</b>	15 9:00 3B Exercise 11:30 Lunch	16 11:30 Lunch
<b>CLOSED</b> 19	20 9:00 Food Pantry 11:30 Lunch	21 9 Greet the Day Yoga 11:30 Lunch	22 9:00 3B Exercise 11:30 Lunch	23 11:30 Lunch
26 9:00 3B Exercise <b>9:30 Senator Tarr's Office Hours</b> 11:30 Lunch 1:00 Card Games	27 11:30 Lunch <b>12:30 Pentucket Volunteer Program</b>	28 9 Greet the Day Yoga 11:30 Lunch	29 9:00 3B Exercise 11:30 Lunch	



# HEALTH & FITNESS

## 3B Class - Balance, Bones and Brain

Mondays and Thursdays at 9:00 am

3B 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.



**Located in Annex | \$5 per class paid directly to Brian Coyne by cash or check**

## Greet the Day Yoga

Wednesdays at 9:00 am

This weekly intergenerational yoga series is offered by the G.A.R. Memorial Library in collaboration with the SAGE Center. The focus is on slow, mindful movement to create a sense of calm and stability in the body and mind. With an educational background in Physical Therapy and Sports Medicine, Sharon Gordon has always understood the importance of health, strength, stability and mobility. Sharon became a yoga teacher in 2015 and continued her studies in child and restorative yoga. Additionally, she has studied Ayurveda at the Himalayan Institute and has received certifications as an Ayurvedic Yoga Specialist and Ayurvedic Health Counselor. **Located in Annex | Bring a mat or beach towel | Drop-in | \$5 per class paid directly to Sharon Gordon by cash or check**



## Blood Pressure Checks with Courtney

Tuesdays, Jan. 9 & Feb. 13 | 1-2 pm

Courtney Krigest, Clinical Consultant Pharmacist, will be available for blood pressure readings each month. She can also answer questions about your prescriptions and over-the-counter medications. Please stop by to meet her at the SAGE Center, 381 Main Street, Ground Floor.



**Located at the SAGE Center | Free**

## 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.

## Foot Care

Pedicure appointments are available two days per month. Please call Valerie to schedule your appointment at 781-424-7707. Valerie is a licensed manicurist with the Commonwealth of Massachusetts.



**Pedicure \$25**

**Pedi & Polish \$30**

# TRANSPORTATION



## NEET (Northern Essex Elder Transport, Inc.)

Call 978-363-1104

We have been partnering with NEET, a non-profit volunteer program providing transportation to medical appointments and errands for residents age 60 and over. Simply complete the application process; and when you have an upcoming appointment, call Christine at SAGE with the details. Rider applications are available at the SAGE Center, on the town website at [www.wnewbury.org/sage-center/transportation](http://www.wnewbury.org/sage-center/transportation) and on NEET's website at [www.driveforneet.org](http://www.driveforneet.org). Don't miss an appointment - please contact Christine at 978-363-1104 for more information!



## Mini MeVa Ring & Ride

Call 978-469-6878 press option 3

NOW Mondays thru Fridays 5 am-8 pm & Saturdays 7 am-7 pm

**FARE FREE**

Ring & Ride (now mini MeVa) is a curb-to-curb transportation service provided by the Merrimack Valley Regional Transit Authority (MeVa) for the communities of Amesbury, Andover, Boxford, Georgetown, Groveland, Haverhill, Lawrence, Methuen, Newbury, North Andover, Rowley, Salisbury, West Newbury. All mini MeVa vans have wheelchair lifts and are handicapped accessible. This service allows residents to travel anywhere within the MeVa service area. The service also allows you to connect to any of the MeVa fixed route bus systems. **For reservations call 978-469-6878, press option 3 between 8 am and 4:30 pm Monday through Friday at least two days in advance.**

## MeVa offers Free Transportation to the VA Bedford Healthcare System



The VA Bedford Medi MeVa is a curb-to-curb transportation service for Veterans and their families. This service allows riders to access the VA Bedford Healthcare System, located in Bedford, MA. Rides to the Bedford VA will be available on Wednesdays and Fridays. You can sign up and reserve a ride by simply calling MeVa at 978-469-6878 (option 3).

# GROUPS & MEETINGS



## Council on Aging Board Meeting

Tuesdays, Jan. 9 & Feb. 13 | 10:00 am

The COA meets on the second Tuesday of each month at 10:00 am (does not meet in July and August).

## Office of Senator Bruce Tarr

Mondays, Jan. 22 & Feb. 26 | 9:30-10:30 am

Mary Ann Nay, Senior District Director for Senator Tarr, holds office hours each month.

## Veterans' Agent Office Hours

Thursdays, Jan. 11 & Feb. 8 | 10:00-11:00 am

Veterans' Agent Steve Bohn holds office hours on the second Thursday of each month from 10-11 am.

Office hours are in-person and held in the lobby or SAGE Center, 381 Main Street, West Newbury



**DURING THE MONTH OF FEBRUARY THE G.A.R. MEMORIAL LIBRARY WILL BE COLLECTING:**

**SHAMPOO & SENSITIVE SKIN BARS OF SOAP**

Personal care products cannot be purchased with federal assistance benefits (SNAP and WIC). The items donated will be shared with Community Service of Newburyport and the West Newbury Food Pantry.



The mission of Community Service of Newburyport is to improve the quality of life by providing economic and social support for the residents of Newbury, Newburyport, and West Newbury. CSN is located at 35 Summer Street, Newburyport. For more info: [www.csn1912.org](http://www.csn1912.org)

The West Newbury Food Pantry is open to all ages, families, and surrounding communities. The pantry is located at the Sage Center, 381 Main Street, West Newbury. For more info: [www.wnewbury.org/food-pantry](http://www.wnewbury.org/food-pantry)



**WEST NEWBURY FOOD PANTRY  
VOLUNTEERS DISTRIBUTE  
HOLIDAY FOOD BAGS**