

Issue:

March/April 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
Mail: 381 Main Street
West Newbury, MA 01985

Staff

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

Board Members

Laurie Spielvogel, Chair
Marjorie Peterson, Vice-Chair
M. Dorothy Cavanaugh, Treas.
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.

The Senior Center is OPEN every day!

watch the news - read the newspaper - socialize - enjoy a cup of coffee - borrow a book or puzzle - VISIT US TODAY!

SPOTLIGHT

- ◆ NEW - You asked for another exercise class and you got it! Brian Coyne has added Mondays to the schedule starting April 4 with another 3B Class.
- ◆ NEW - Craft Corner (page 4)
- ◆ Therapy Dog Lulu Visits Us! (page 4)
- ◆ NEW - DIY Spring Sign Painting Class (page 5)
- ◆ West Newbury Garden Club Plant and Bake Sale (page 5)
- ◆ Holiday Closure - Patriots' Day on Monday, April 18, 2022



VOLUNTEERS

We are looking for volunteers to lead programs, deliver Sunray Café meals and help with newsletter mailings. If you have a program idea - maybe a card game or craft - please consider being a group leader. We will work together to design a program. If you have time to spare and would like to get involved, please contact Christine or Jen at 978-363-1104.



ELECTRONIC NEWSLETTER



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!

The newsletter is also available on the Town web site at www.wnewbury.org/council-aging-senior-center



STAY ACTIVE, STAY FIT

3B Class - Balance, Bones and Brain

Thursdays at 9:00 am

Fitness with Brian Coyne - 3B Fitness 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.

\$5 suggested donation. Located in Town Offices Annex.

NEW

NEW 3B CLASS starts on APRIL 4 - additional day by request **Mondays at 9:00 am!**

Yoga is for Any Body

Fridays at 10:00 am

Yoga for everyone - every age - every body - every gender. Yoga unites the mind, body and soul in a way that eases tension, reduces inflammation and promotes health and well being. Yoga not only helps improve your body, but also helps with mindfulness and meditation. Focusing on your breath during practice is key to staying in tune with your mind and body. All are welcome to attend. Please wear comfortable clothing and bring a towel or mat. \$5 suggested donation. Located in Town Offices Annex.

TRANSPORTATION

Senior Center Van Rides & Medical Transportation Rides

Do you need rides to your medical appointments? 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.

Grocery Shopping Trips to Market Basket

March 11, 25 | April 8, 22

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.

NEET (Northern Essex Elder Transport, Inc.)

We have partnered with NEET, a non-profit volunteer program providing transportation to medical appointments and errands. This is a great option when our van driver is already booked! Don't miss an appointment - contact us at 978-363-1104 for more information.

Ring & Ride

Ring & Ride is a curb-to-curb transportation service provided by the Merrimack Valley Regional Transit Authority (MVRTA) for the residents of West Newbury. This service allows residents to travel anywhere within the MVRTA communities of Amesbury, Boxford, Georgetown, Groveland, Haverhill, Lawrence, Methuen, Newbury, North Andover, Rowley, and West Newbury. The service also allows you to connect to the MVRTA fixed route bus system. For reservations call 978-469-6878 press option 3 between 8 am and 4:30 pm Monday through Friday at least one day in advance. Rides cost only \$2.

HEALTH & RESOURCES

Covid-19 Shots and Booster Vaccinations

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 or call the Health Department at 978-363-1100 ext. 118 or 119.

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

March 8 & 22 | April 12, 26 | 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 and enjoy a healthy snack!



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



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 March and April will continue to be delivered. Meals are limited to the first 45 residents who sign up.

| | | | |
|-----------|---------------------|-----------|-------------------------|
| March 2: | Baked Ziti | April 6: | Chef Salad Plate |
| March 9: | Shepherd's Pie | April 13: | sorry no meal this week |
| March 16: | Chicken Noodle Soup | April 20: | Meatloaf |
| March 23: | American Subs | April 27: | Hearty Minestrone Soup |
| March 30: | Corn Chowder | | |



Therapy Dog Visit with Lulu

Wednesday, April 6 at 1:00 pm

Please join us for an hour of socializing with Therapy Dog, Lulu, in the Town Offices Annex. You may have heard that Sherrie and Lulu visit the Library on Saturdays, and now it's our turn! Lulu is a member of the Pets and People Foundation. Well-established studies document the beneficial effects of petting and interacting with a gentle dog or cat. Pets & People therapy teams deliver their mission to ease sadness and spread joy, laughter, comfort and warmth.

Please register by calling the Senior Center at 978-363-1104.



Craft Corner

Every Thursday at 1:00 pm

Calling all crafters! Join our drop in group every Thursday from 1:00-3:00 pm in the Senior Center. Bring the project you are working on - knitting, crochet, cross stitch, sewing, etc. and share your ideas with fellow crafters. We hope to see you soon!

Council on Aging Board Meeting

March 3 | April 7 at 10:00 am

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

Food Pantry

March 7, 21 | April 4, 19 | 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 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

March 17 | April 21 at 10:00 am

Please join our monthly Coffee Hour 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.

MONTHLY PROGRAMS

DIY Sign Painting Class

Wednesday, March 30 | 1:00-4:00 pm

What better way to celebrate spring than with a new door hanger or wall sign? Sign up today for this fun DIY class with Courtney Krigest. \$10 suggested donation for supplies. Advanced registration required. Limit of 10 participants. Pick a sign from below and pick stained or painted background. Dimensions are as follows: square sign is 14"x12" and round is 12". Call to register 978-363-1104.



(A)



(B)



(C)



(D)

West Newbury Garden Club Plant and Bake Sale

Mark your calendar...

Saturday, May 21, 2022 | 8:30 am-Noon

The annual WNGC Plant and Bake Sale will be held on Saturday, May 21, 2022 on the Training Field in West Newbury. In the event of heavy rain, the sale will be held on Sunday the 22nd. The hours of the sale are 8:30 a.m. to 12:00 p.m. Perennials, herbs, vegetables, shrubs, trees and native plants will be ready for you to plant in your gardens. This year we will have a larger assortment of native plants due to their demand at last year's sale. Our plants disappear quickly, so plan to shop early.

If you would like to donate some of your plants to the Plant Sale but need help digging, please call, text or email the contact name below. We will begin digging when the ground is no longer frozen, and the plants are a few inches tall. We find it's better to pot plants at this size, so they develop strong root systems before they are sold.

The proceeds from our Plant Sale are used to fund scholarships we award to graduating high school students planning study in environmentally related fields. The proceeds also fund the speaker series program at our monthly meetings. New members are always welcome.

Contact Gail DiNaro at: gdiaro@comcast.net
or cell: 508-633-7609



CALENDAR OF EVENTS

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|----------------------------|---------------------|--|---|----------------------------------|
| MARCH | 1 | 2 | 3 | 4 |
| | | Sunray Café | 9:00 3B Class 10:00 COA Meeting 1:00 Craft Corner | 10:00 Yoga |
| 7 | 8 | 9 | 10 | 11 |
| 9:00 Food Pantry | 1:00 Blood Pressure | Sunray Café | 9:00 3B Class 10:00 Veterans' Agent 1:00 Craft Corner | 10:00 Yoga Market Basket Trip |
| 14 | 15 | 16 | 17 | 18 |
| 9:00 Senator Tarr's Office | | Sunray Café | 9:00 3B Class 10:00 Coffee & Conversation 1:00 Craft Corner | 10:00 Yoga |
| 21 | 22 | 23 | 24 | 25 |
| 9:00 Food Pantry | 1:00 Blood Pressure | Sunray Café | 9:00 3B Class 1:00 Craft Corner | 10:00 Yoga Market Basket Trip |
| 28 | 29 | 30 | 31 | APRIL |
| | | Sunray Café 1:00 DIY Spring Sign Painting | 9:00 3B Class 1:00 Craft Corner | 10:00 Yoga |

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|---------------------|--------------------------------------|---|----------------------------------|
| APRIL | 5 | 6 | 7 | 8 |
| 9:00 Food Pantry 9:00 3B Class | | Sunray Café 1:00 Therapy Dog Lulu | 9:00 3B Class 10:00 COA Meeting 1:00 Craft Corner | 10:00 Yoga Market Basket Trip |
| 11 | 12 | 13 | 14 | 15 |
| 9:00 3B Class 9:00 Senator Tarr's Office | 1:00 Blood Pressure | | 9:00 3B Class 10:00 Veterans' Agent 1:00 Craft Corner | 10:00 Yoga |
| 18 | 19 | 20 | 21 | 22 |
| CLOSED PATRIOTS' DAY | 9:00 Food Pantry | Sunray Café | 9:00 3B Class 10:00 Coffee & Conversation 1:00 Craft Corner | 10:00 Yoga Market Basket Trip |
| 25 | 26 | 27 | 28 | 29 |
| 9:00 3B Class | 1:00 Blood Pressure | Sunray Café | 9:00 3B Class 1:00 Craft Corner | 10:00 Yoga |

RECIPE BOX

Magic Cookie Bars

- 1/2 cup salted butter melted
- 1 1/2 cups graham cracker crumbs
- One 14 ounce can sweetened condensed milk
- 2 cups semi-sweet chocolate chips
- 1 1/3 cups flaked coconut
- 1 cup chopped nuts

Submitted by Jen Vincent

Instructions:

- 1) Pre-heat oven to 350 or 325 for glass dish
- 2) Spray 9x13 pan with cooking spray or line with parchment paper
- 3) Combine graham cracker crumbs and melted butter
- 4) Press mixture into bottom of pan
- 5) Pour sweetened condensed milk evenly over crust
- 6) Sprinkle even layers of chocolate chips, coconut & nuts
- 7) Press down firmly with back of spoon into condensed milk (but don't break through to the crust)
- 8) Bake for 25 minutes in preheated oven or until lightly browned all over. If you notice top browning too fast, you can cover with tinfoil for a few minutes and keep baking.
- 9) Cool bars completely before slicing.
- 10) Store covered at room temperature or in a closed container in the freezer for up to 3 months.

FUN & GAMES

DESSERTS

WORD SCRAMBLE

- CAECKPU _____
- EIP _____
- BINOERW _____
- YLEJL _____
- TUNGUHOD _____
- IRUSAIMT _____
- BORETS _____
- ICKOEO _____
- FWELFA _____
- FUNFIM _____
- DUPINGD _____
- LTOCAHOEC _____
- FEGDU _____
- ACEK _____
- SMOESU _____

Chevron Lemon | www.chevronlemon.com | For personal use only

Recipe

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!



STATE & LOCAL REPRESENTATIVES OFFICE HOURS

Office of Senator Bruce Tarr

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

Monday, April 11 | 9:00-10:00 am

Veterans' Agent, Karen Tyler

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

Thursday, April 14 | 10:00-11:00 am

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

WEST NEWBURY IMPORTANT DATES

Last day to obtain **Nomination Papers** is Thursday, March 10, 2022

Last day to **Register to Vote** before election is Tuesday, April 5, 2022

Town Election is Monday, May 2, 2022 from 7am-8pm

Annual and Special Town Meeting is Saturday, May 14, 2022 starting at 9am



West Newbury Council on Aging
381 Main Street
West Newbury, MA 01985

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