



SAGE CENTER NEWS

social | activities | growth | education

Issue: March / April 2023

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
Mail: 381 Main Street
West Newbury, MA 01985

Staff

Christine Marshall, Director
Jen Vincent, Nutrition Coordinator

Board Members

Jacqueline Johnston, Chair
Richard Preble, Vice-Chair
M. Dorothy Cavanaugh, Treas.
Marjorie Peterson, Secretary
Victoria Beaumier
Gail DiNaro
Dianne Faulkner
Jessa Haynes
Joseph Publicover
Laurie Spielvogel
Barbara Warne



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 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 - thank you! The newsletter is also available on the Town web site at: www.wnewbury.org/sage-center/newsletters

DOG LICENSES - Free to residents over the age of 70

There is no charge for dogs owned by residents over the age of 70 or service dogs; however, a license still must be obtained annually. Contact the Town Clerk at 978-363-1100 ext. 110 for more details.

COMING SOON

- Mark your calendar for another Page School Chorus and Luncheon on Thursday, May 25!

UPCOMING CLOSURES

- ◆ Monday, April 17, 2023





HEALTH & 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.

Wellness Check with Courtney

Tuesdays, March 14 & April 4 | 1:00-2:00 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.

Foot Care

Pedicure appointments are available two Saturdays 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.

Food Pantry

March 7, 21 | April 4, 18 | 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!

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.

STAY ACTIVE, STAY FIT

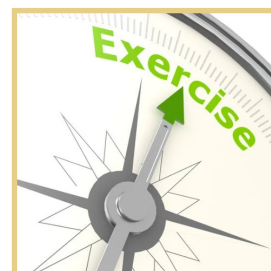


3B Class - Balance, Bones and Brain

Mondays and Thursdays at 9:00 am

ANOTHER 3B CLASS ADDED Wednesdays at 3:30 pm starting April 5

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 Town Offices Annex. | \$5 suggested donation

Yoga is for Any Body -

Chris returns on March 10

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. Please wear comfortable clothing and bring a towel or mat.



Located in Town Offices Annex | \$5 suggested donation

Outdoor Adventure Walking Group

Riverside Trail at Haverhill Stadium | Tuesday, April 4 | 9:00 am

Riverside Trail at Haverhill Stadium | Tuesday, April 18 | 1:00 pm

We are welcoming back our Outdoor Adventure Walking Group led by volunteer, Liz Bartlett! This group will venture off to walk the local rail trails, parks and boardwalks. Walk at your own pace or with a buddy. Share your ideas with Liz on your favorite walking spots. Wear comfortable clothing and bring your water bottle. We will schedule a make-up date if it rains, and cancellations will be communicated via email. Riverside Trail is located at 155 Lincoln Avenue, Haverhill.



Register by email at: coa@wnewbury.org or by calling 978-363-1104 and complete the SAGE Center membership form and waiver.

Meet at the SAGE Center to carpool | FREE



PROGRAMS & EVENTS

Guided Meditation, Reiki & Aromatherapy Series

Tuesdays starting March 14 | 10:00-11:15 am

We are excited to offer another Guided Meditation, Reiki & Aromatherapy Series for four weeks; instructed by Jamie MacKenzie, M.Ed. Jamie, Reiki Master, has 22 years of teaching experience and over a decade working in the wellness profession. To register, please call the SAGE Center at 978-363-1104 or email coa@wnewbury.org and complete the SAGE Center membership form and waiver.



Limited to 15 participants | Cost: FREE | Location: Annex

This program is funded by a Mass Cultural Council Grant

Games & Puzzles with Pentucket Student Volunteers

Tuesdays, March 14 & 28 | 12:30-1:30 pm

Tuesdays, April 11 & 25 | 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 and puzzles. Please call the SAGE Center at 978-363-1104 or email coa@wnewbury.org to register.

Location: SAGE Center | FREE



Cooking for One or Two

Wednesday, April 12 | 12:30-1:30 pm

Sheet Pan Recipe for BBQ Pork Tenderloin with Green Beans & Cauliflower

Come join a cooking demonstration by Jennifer Vincent, our SAGE Center chef. She will demonstrate and share a recipe for an easy meal you can make at home. This class is focused on cooking for one or two people. At the end of class, we will taste a sample of the meal.

Location: SAGE Center | FREE



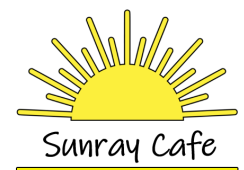
Sunray Café Luncheon

Wed., March 8 | 11:30 am | Grilled Cheese & Tomato Soup

Wednesday, April 5 | 11:30 am | Baked Potato Bar

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

Location: SAGE Center | Suggested donation \$5



PROGRAMS & EVENTS



Lunch and Learn Speaker Series Transportation Info Session with Northern Essex Elder Transport (NEET)

Lunch: Chicken Salad Croissant

Thursday, March 23 | 11:30 am-1:00 pm

One in five Americans 65 years of age and older are no longer driving. Many are not receiving health care, as the transportation to and from a doctor's appointment is difficult to access and maneuver.

Please join us to learn more about medical transportation services provided by NEET. NEET is a nonprofit volunteer driving organization and was established in 1981. NEET volunteer drivers provide transportation both locally, as well as to metro Boston, Burlington and the Danvers/Peabody area. Dori Sawyer, Executive Director of NEET will provide information on receiving rides and how to volunteer to drive for NEET!



Location: SAGE Center | Suggested donation \$5

Lunch and Learn Speaker Series Town Meeting Q&A Forum

Lunch: Chef Salad Plate

Thursday, April 13 | 11:30 am-1:00 pm

Please join us for lunch and forum to discuss Town Meeting. Town Manager, Angus Jennings and Town Clerk, Jim Blatchford will discuss and answer your questions about Town Meeting, including proposed articles and next year's operating budget.



Location: SAGE Center | Suggested donation \$5

Dinner at SAGE

Wednesday, March 29 | 4:30 pm | Meatloaf

Wednesday, April 19 | 4:30 pm | Sesame Chicken

All of our Dinner events are homemade meals - cooked here at the SAGE Center by Jen. Please call the SAGE Center at 978-363-1104 or email Jen at mow@wnewbury.org to register.

Location: SAGE Center | Suggested donation \$10

Coffee and Conversation with Therapy Dog, Fraser

Thursdays, March 9 & April 6

from 10:00-11:00 am

Join our monthly breakfast gathering to socialize with friends and make new ones! This is a drop in event. Coffee and breakfast food will be served.

Location: SAGE Center | FREE





MARCH CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 11:30 Lunch	2 9:00 3B Class 11:30 Lunch 1:00 Craft Corner	3 10:00 Yoga 11:30 Lunch
6 9:00 3B Class 11:30 Lunch 1:00 Cribbage	7 9:00 Food Pantry 11:30 Lunch	8 11:30 SUNRAY CAFE Lunch (In- Person)-Grilled Cheese & Tomato Soup 1:00 CORNHOLE	9 9:00 3B Class 10:00 Coffee & Conversation 10:00 Veterans' Agent 11:30 Lunch 1:00 Craft Corner	10 10:00 Yoga 11:30 Lunch
13 9:00 3B Class 11:30 Lunch 1:00 Cribbage	14 11:30 Lunch 9:00 COA Meeting 10:00 REIKI 12:30 Games with Pentucket 1:00 Wellness Check	15 11:30 Lunch	16 9:00 3B Class 11:30 Lunch 1:00 Craft Corner	17 10:00 Yoga 11:30 Lunch
20 9:00 3B Class 9:30 Office Hours- Senator Tarr 11:30 Lunch 1:00 Cribbage	21 9:00 Food Pantry 10:00 REIKI 11:30 Lunch	22 9:30 Office Hours- State Rep. Ramos 11:30 Lunch 1:00 CORNHOLE 6:00 Zoom Watch Party-Skimming Devices	23 9:00 3B Class 11:30 LUNCH & LEARN-NEET medical transpor- tation 1:00 Craft Corner 4:00 Climate Change w/ Harvey Leonard @ Newburyport COA	24 10:00 Yoga 11:30 Lunch
27 9:00 3B Class 11:30 Lunch 1:00 Cribbage	28 11:30 Lunch 10:00 REIKI 12:30 Games with Pentucket	29 11:30 Lunch 4:30 Dinner at SAGE-Meatloaf	30 9:00 3B Class 11:30 Lunch 1:00 Craft Corner	

APRIL CALENDAR



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 9:00 3B Class 11:30 Lunch 1:00 Cribbage	4 9:00 Food Pantry 9:00 Outdoor Adv. Walking Group 10:00 REIKI 11:30 Lunch 1:00 Wellness Check	5 11:30 SUNRAY CAFE Lunch (In-Person)-Baked Potato Bar 3:30 3B Class	6 9:00 3B Class 10:00 Coffee & Conversation 11:30 Lunch 1:00 Craft Corner	7 10:00 Yoga 11:30 Lunch
10 9:00 3B Class 11:30 Lunch 1:00 Cribbage	11 9:00 COA Meeting 11:30 Lunch 12:30 Games with Pentucket	12 11:30 Lunch 12:30 Cooking for One or Two with Jen 1:00 CORNHOLE 3:30 3B Class	13 9:00 3B Class 10:00 Veterans' Agent 11:30 LUNCH & LEARN-Town Meeting 1:00 Craft Corner	14 10:00 Yoga 11:30 Lunch
17 CLOSED	18 9:00 Food Pantry 9:00 Outdoor Adv. Walking Group 11:30 Lunch	19 11:30 Lunch 3:30 3B Class 4:30 Dinner at SAGE-Sesame Chicken	20 9:00 3B Class 10:30 Age-Friendly Discussion Group 11:30 Lunch 1:00 Craft Corner	21 10:00 Yoga 11:30 Lunch
24 9:00 3B Class 9:30 Office Hours-Senator Tarr 11:30 Lunch 1:00 Cribbage 7 pm Annual & Special Town Meetings	25 11:30 Lunch 12:30 Games with Pentucket	26 9:30 Office Hours-State Rep. Ramos 11:30 Lunch 1:00 CORNHOLE 3:30 3B Class 6:00 Zoom Watch Party-Home Improvement Contractors	27 9:00 3B Class 1:00 Craft Corner	28 10:00 Yoga 11:30 Lunch

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. Cancellations will be posted on the Town web site and social media sites. SAGE Center staff will be working and available by phone or email.

ADDITIONAL SHINE INFORMATION

SHINE Counselor Training

Are you considering an exciting volunteer opportunity?



Being a SHINE counselor is rewarding – you assist people with navigating Medicare while enjoying an ongoing learning opportunity. SHINE: Serving the Health Insurance Needs of Everyone (on or eligible for Medicare) is a federally funded SHIP program (State Health Insurance Assistance Program).

SHINE counseling is a free, objective and confidential service offered throughout the country to help people sort through confusing information about Medicare and related health insurance. How does it work? Local community organizations partner with trained counselors who provide Medicare information, counseling, and education services in your community.

SHINE counselors attend an extensive training and ongoing support to learn how to assist beneficiaries and their families about their unique situations and help them make informed decisions to meet their Medicare needs.

If you are interested in learning more about the next training beginning in April, call the Regional SHINE office to ask for an application: 978-946-1374, or email: rose@agespan.org

Medicare Advantage Open Enrollment

Is your Medicare Plan best for you?

If you are currently enrolled in a Medicare Advantage Plan, you can make a change to your coverage from January 1 through March 31. This time is called the Medicare Advantage Open Enrollment Period.

You can change your plan to a different Medicare Advantage Plan, or you can change to Original Medicare with a supplement and a Part D drug plan. There are differences with Medicare Advantage Plans and Original Medicare, and you want to be sure you're in the plan that best fits your health care needs and your budget. The changes you make become effective the first day of the following month. Remember that this enrollment period is only for people who already have a Medicare Advantage Plan. However, if you find yourself with a Medicare plan that is not working for you, call SHINE all year to determine what your options are.

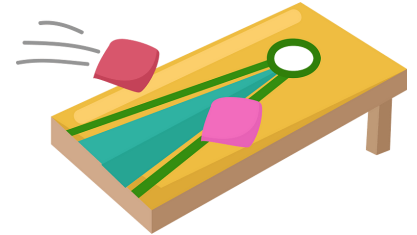
If you are considering a change, or considering review of your plan, your local SHINE counselor will review your plan with you while focusing on your best interests. Call the Regional SHINE Office at 978-946-1374 for an appointment.

PROGRAMS & EVENTS



Cornhole Games in the Annex Wednesdays, March 8 & 22 | April 12 & 26 | 1-3 pm

The SAGE Center is looking for Cornhole players! Come to the Annex on the second and fourth Wednesday of each month for a fun game of Cornhole and socializing. Cornhole is good for our strength, balance, hip mobility, coordination, visual perception and it's so much FUN!!



Wear comfortable clothing. Register by email at: coa@wnewbury.org or by calling 978-363-1104 and complete the SAGE Center membership form.

Location: Town Hall Annex | FREE

G.A.R. Memorial Library & the SAGE Center Present: **AVOIDING SCAMS**

In this series, Robin Putnam, Events & Outreach Manager from the Office of Consumer Affairs & Business Regulation, will share tips and tricks on how to better protect yourself from scams and identity theft.

View this series virtually or at a Watch Party at the SAGE Center

TUESDAY, February 28 @ 6 PM

Identity Theft, Fraud Prevention and Online Safety

The G.A.R.
Memorial Library
West Newbury, MA

WEDNESDAY, MARCH 22 @ 6 PM

Understanding Skimming Devices



WEDNESDAY, April 26 @ 6 PM

Managing Home Improvement Contractors

To register for the ZOOM link: www.westnewburylibrary.org or 978-363-1105

To register for the ZOOM Watch Party at the SAGE Center, call 978-363-1104



GROUPS & MEETINGS

Age-Friendly Discussion Group

Thursday, April 20 | 10:30-11:30 am

Join our monthly informal discussion group to talk about topics related to aging. This group is organized by Gail DiNaro, one of our volunteers. We all have things we do that make our lives a little easier; like using a grabber tool to reach something on the top shelf instead of a stepstool. Share your ideas, offer support and socialize. This is a drop-in event. Coffee and refreshments will be served.



Location: SAGE Center | FREE

Let's Play Cribbage!

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

Craft Corner

Every Thursday | 1:00-3:00 pm

Join our drop-in group every Thursday from 1:00-3:00 pm in the SAGE Center. Bring the project you are working on - knitting, crochet, cross stitch, sewing, etc. - or grab a craft from our craft basket. FREE

Council on Aging Board Meeting

Tuesdays, March 14 & April 11 | 9:00 am

Office of Senator Bruce Tarr

Mondays, March 20 & April 24 | 9:30-10:30 am

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

Veterans' Agent, Karen Tyler

Thursdays, March 9 & April 13 | 10-11:00 am

Office hours are in-person and held in the First Floor Hearing Room at Town Offices, 381 Main Street, West Newbury

State Rep., Adrienne Ramos

Wed., March 22 & April 26 | 10:00-11:30 am

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

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 and on NEET's website at www.driveforneet.org.



Don't miss an appointment - please contact Christine at 978-363-1104 for more information!

CareRide Program through AgeSpan

Call 978-651-3118

CareRide is a subsidized transportation service for non-emergency medical appointments for anyone 65 plus who resides in the Greater Haverhill or the Greater Lowell areas. The program uses Lyft to provide transportation. For more information, contact Alexandra Luciano, AgeSpan CareRide Program Coordinator at 978-651-3118.

Ring & Ride Monday thru Fridays 6 am-6 pm & Saturdays 9 am-6pm

FREE Rides

Call 978-469-6878 press option 3

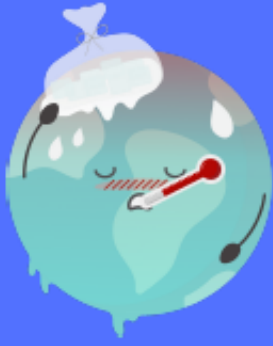
MVRTA is in the process of rebranding to MeVa! Ring & Ride (now mini MeVa) is a curb-to-curb transportation service provided by the Merrimack Valley Regional Transit Authority (MeVa) for the communities of Amesbury, Andover, Boxford, Georgetown, Groveland, Haverhill, Lawrence, Methuen, Newbury, North 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 one day in advance.





CLIMATE CHANGE



with

HARVEY LEONARD

Thursday, March 23 from 4-5:30 pm

Newburyport Senior/Community Center

331 High Street, Newburyport

- **Presentation**
- **Q&A Session**
- **Meet & Greet**



SPACE IS LIMITED and PRE-REGISTRATION THROUGH THE SAGE CENTER IS REQUIRED. 50 Tickets available for West Newbury residents.

RSVP to the SAGE Center at 978-363-1104 to reserve your ticket. Tickets required for entry | 2 Tickets per household.



SAGE CENTER

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Harvey Leonard
Chief Meteorologist Emeritus, WCVB Channel 5

Harvey Leonard is WCVB Channel 5's chief meteorologist emeritus. After a fifty-year career in meteorology, with more than forty-five of those years forecasting weather in New England and twenty of those at WCVB, Harvey retired from the helm of StormTeam 5 in May 2022 and transitioned into his emeritus role. In this new position, Harvey continues to serve the community with important information as a periodic contributor to StormTeam 5 coverage and engage in community speaking appearances.

Harvey joined WCVB in 2002 as Storm Team 5's co-chief meteorologist with his longtime friend Dick Albert, who retired in 2009. Prior to joining WCVB, he served as chief meteorologist for Boston's WHDH for twenty-five years. He also served as chief meteorologist at WPRI in Providence, RI. Harvey began his forecasting career at Universal Weather Services, Inc.

Widely regarded as The Dean of Boston Meteorologists, Harvey has received numerous awards throughout his luminous career. He was selected for induction into the prestigious 2021 Gold Circle presented by The National Academy of Television Arts & Sciences (NATAS) Boston/New England Chapter honoring fifty years of outstanding contributions to the industry. In 2019, Harvey was named Broadcaster of the Year by the Massachusetts Broadcasters Association (MBA), an award presented annually to an industry leader in radio or television who displays an outstanding commitment to their community while showing an unwavering dedication to the evolution of broadcasting. He was also inducted into the 2018 Massachusetts Broadcasters Hall of Fame, an honor bestowed upon individuals for their outstanding achievements and unparalleled contributions to the broadcasting industry in Massachusetts. At the 2016 Boston/New England Emmys, Harvey was honored with the prestigious Governor's Award for Lifetime Achievement. He was voted "Best Weatherperson" for 2015 by Boston Magazine in the People's Choice category, making it the fifth time in his career the magazine's readership bestowed him this honor. He was also previously voted the Hub's "favorite forecaster" by the Improper Bostonian. In addition, Harvey earned four New England Emmy Awards for outstanding achievement in television weathercasting. In 2003, Harvey was recognized with the Silver Circle Award from NATAS Boston/NE for more than twenty-five years of broadcast excellence. Harvey is a Fellow of the American Meteorologist Society and was awarded their prestigious Outstanding Service Award by a Broadcast Meteorologist, which recognized and lauded his work on a national level. He is credited as the first meteorologist to correctly predict the impact and intensity of the infamous Blizzard of '78.

An active member of the community, Harvey is involved in numerous local organizations including the Huntington's Disease Society of America, for which he participates in annual fundraisers to help find a cure while providing support and services for those living with the disease and their families. For several years, he lent his time and talent to the Walk to End Alzheimer's event as co-master of ceremonies, and he has served as master of ceremonies for Boston Prostate Cancer Walk. Harvey has supported the work of the Boston Medical Center, the primary teaching affiliate for the Boston University School of Medicine. Additionally, he has been a speaker at educational seminars held by the Massachusetts Emergency Management Agency and an avid supporter of the Blue Hill Weather Observatory. Harvey has also served as an honored guest speaker at Harvard Business School and the Massachusetts Institute of Technology (MIT).

Over the years, Harvey has visited and spoken to hundreds of school and adult groups. He has been a mentor to numerous aspiring meteorologists and today well over a dozen of his protégé serve as on-air meteorologists in markets across the country.

Harvey received a Bachelor of Science degree in meteorology from City College of New York and earned a Master of Science degree in meteorology from New York University, where he also served as an instructor in meteorology.

Harvey is an avid tennis player and enjoys hiking trails, particularly around Walden Pond and Woods Hole. He resides in Natick, MA, with his wife. They are the proud parents of two daughters and are grandparents to five beautiful grandchildren.



NEWS & UPDATES



Food Pantry Wish List

- | | | |
|----------------------|-------------------------|---------------------------------|
| Paper Towels | Deodorant | Individual Apple Sauce |
| Small Dish Soap | Toothpaste | Peanut Butter |
| Spray Cleaner | Tooth Brushes | Grape Jelly |
| Toilet Cleaner | Laundry Detergent | Chicken Noodle Soup |
| Clorox Wipes | Dryer Sheets | Pasta Sauce |
| Sponges | Breakfast Cereal | Alfredo Sauce |
| Diapers-child size 6 | Instant Oatmeal Packets | Individual Crackers and Cookies |

Our 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. Please call Jen Vincent with any questions at 978-363-1100 ext. 134.

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 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.

