



SAGE CENTER NEWS

social | activities | growth | education

Issue: Nov. / Dec. 2022

Hours

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

Contact

Phone: 978-363-1104
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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



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/senior-center/newsletters

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.

UPCOMING CLOSURES

- ◆ Friday, November 11, 2022
- ◆ Thursday, November 24, 2022
- ◆ Friday, November 25, 2022
- ◆ Monday, December 26, 2022

Volunteer to Drive Seniors

Make a difference in the life of a senior and reap the benefits of helping others!



Drive when and where you want.
Mileage reimbursement and supplemental liability insurance is provided.



Northern Essex Elder Transport, Inc.

Call 978-388-7474 or find us online at www.driveforneet.org/volunteer





STAY ACTIVE, STAY FIT

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

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. Please wear comfortable clothing and bring a towel or mat. \$5 suggested donation. Located in Town Offices Annex.*

*Due to Early Voting, classes will be held in the Second Floor Hearing Room of Town Offices from Oct. 24 through Nov. 7.

Outdoor Adventure Walking Group

Wednesday, Nov. 9 | meet at the SAGE Center at 1 pm

Walk Location: Riverside Trail at Haverhill Stadium, 155 Lincoln Ave., Haverhill

Join our **NEW** 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. 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 | FREE**



WINTER UPDATES

Sand Pails for Seniors

Winter is coming, and we want to help keep you, your walkway and your driveway safe! We are partnering with DPW to deliver sand pails in early December. Supplies are limited and available on a first come first served basis. Please call the SAGE Center at 978-363-1104 or email coa@wnewbury.org to request one.

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.

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

Tuesday, November 8 | 1:00-2:00 pm

Tuesday, December 13 | 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 - currently on hold

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

Nov. 7, 21 | Dec. 5, 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!

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.



SPECIAL EVENTS

Coffee and Conversation

Thursdays, Nov. 3 & Dec. 8 | 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



Lunch and Learn Speaker Series - Wetlands Protection Act

Lunch: Beef Stew

Thursday, Nov. 10 | 11:30 am-1:00 pm

Conservation Agent, Michelle Greene, will present information on wetlands, the Massachusetts Wetland Protection Act and the process to submit a wetlands filing with the West Newbury Conservation Commission. Come for lunch and bring all your questions for this Q&A event. Please call the SAGE Center at 978-363-1104 or email coa@wnewbury.org to register.

Location: SAGE Center | Suggested donation \$5



Games & Puzzles with Pentucket Student Volunteers

Tuesday, Nov. 15 | 12:30-1:30 pm | Yahtzee

Tuesday, Dec. 20 | 12:30-1:30 pm | Uno

Please join our intergenerational program with a group of Pentucket student volunteers. This will be a fun hour of games and puzzles.

You might want to come to lunch too and then stay for the fun!

Please call the SAGE Center at 978-363-1104 or email coa@wnewbury.org to register.

Location: SAGE Center | FREE



Sunray Cafe Luncheons

Ham & Cheese Panini | Wednesday, Nov. 16 | 11:30 am

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



HOLIDAY EVENTS



Pie for Dinner, anyone?

Chicken Pot Pie | Wednesday, Nov. 2 | 4:30-6:00 pm

With Thanksgiving just around the corner, let's eat pie! Join us for our themed dinner night and eat pie for dinner and dessert. We will be having chicken pot pie for dinner and apple pie for dessert.



Enter your ticket to win a door prize at the event!

Please call the SAGE Center at 978-363-1104 or email coa@wnewbury.org to register.

Location: SAGE Center | Tickets \$10



Holiday Luncheon & Musical Performance by the Page School Chorus

Thursday, December 15 | 11:30 am-1 pm

Lunch: Spaghetti & Meatballs

Please come celebrate the Holidays with us at our Holiday Luncheon & Musical Performance. The Page School 6th grade chorus and instrumental solos will perform from 12:00-1:00 pm. Our fabulous chef, Jen, will serve her delicious spaghetti & meatballs and bake a festive dessert. All are welcome to attend.



Please call the SAGE Center at 978-363-1104 or email coa@wnewbury.org to register.

Location: SAGE Center | FREE



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
NOVEMBER	1	2 4:30-6:00 pm Pie for Dinner Event	3 9:00 3B Class 10:00 Coffee/Conv. 11:30 Lunch 1:00 Craft Corner	4 10:00 Yoga 11:30 Lunch
7 9:00 3B Class 9:00 Food Pantry 11:30 Lunch	8 11:30 Lunch 1:00 Wellness Check	9 11:30 Lunch 1:00 Walking Group-Haverhill	10 9:00 3B Class 10:00 Office Hours-Veterans' Agent 11:30 Lunch & Learn-Wetlands 1:00 Craft Corner	11 CLOSED
14 9:00 3B Class 9:30 Office Hours-Senator Tarr 11:30 Lunch	15 9:00 COA Meeting 11:30 Lunch 12:30 Games with Pentucket—Yahtzee today!	16 11:30 Sunray Café Lunch (In-Person)-Ham & Cheese Panini	17 9:00 3B Class 11:30 Lunch 1:00 Craft Corner	18 10:00 Yoga 11:30 Lunch
21 9:00 3B Class 9:00 Food Pantry 11:30 Lunch	22 11:30 Lunch	23 11:30 Lunch	24 CLOSED	25 CLOSED
28 9:00 3B Class 11:30 Lunch	29 11:30 Lunch	30 11:30 Lunch		
DECEMBER			1 9:00 3B Class 11:30 Lunch 1:00 Craft Corner	2 10:00 Yoga 11:30 Lunch
5 9:00 3B Class 9:00 Food Pantry 11:30 Lunch	6 11:30 Lunch	7 11:30 Lunch	8 9:00 3B Class 10:00 Office Hours-Veterans' Agent 10:00 Coffee/Conv. 11:30 Lunch 1:00 Craft Corner	9 10:00 Yoga 11:30 Lunch
12 9:00 3B Class 11:30 Lunch	13 9:00 COA Meeting 11:30 Lunch	14 11:30 Lunch	15 9:00 3B Class 11:30 Holiday Luncheon & Musical Performance (craft corner cancelled)	16 10:00 Yoga 11:30 Lunch
19 9:00 3B Class 9:00 Food Pantry 9:30 Office Hours-Senator Tarr 11:30 Lunch	20 11:30 Lunch 12:30 Games with Pentucket - Uno today!	21 11:30 Lunch	22 9:00 3B Class 1:00 Craft Corner	23 10:00 Yoga 11:30 Lunch
26 CLOSED	27 11:30 Lunch	28 11:30 Lunch	29 11:30 Lunch	30 10:00 Yoga 11:30 Lunch

GROUPS & MEETINGS



Council on Aging Board Meeting Tuesdays, Nov. 15 & Dec. 13 | 9:00 am

Office of Senator Bruce Tarr Mondays, Nov. 14 & Dec. 19 | 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, Nov. 10 & Dec. 8 | 10-11:00 am

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

Craft Corner Every Thursday at 1:00 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 the craft basket. We have several kits on hand, as well as mindfulness coloring pages and colored pencils. FREE

TRANSPORTATION



NEET (Northern Essex Elder Transport, Inc.) Call 978-363-1104

We have partnered with NEET, a non-profit volunteer program providing transportation to medical appointments and errands for residents age 60 and over. 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 Call 978-469-6878 press option 3

Ring & Ride is a curb-to-curb transportation service provided by the Merrimack Valley Regional Transit Authority (MVRTA) for the communities of Amesbury, Andover, Boxford, Georgetown, Groveland, Haverhill, Lawrence, Methuen, Newbury, North Andover, Rowley, Salisbury, West Newbury. Effective July 1, 2022 rides are free for the resident of West Newbury. This service allows residents to travel anywhere within the MVRTA service area. The service also allows you to connect to any of the MVRTA 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.



SAGE CENTER

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POLICIES AND PROCEDURES

CODE OF CONDUCT

The SAGE Center staff is committed to providing an atmosphere that is warm, welcoming and safe at all times. With your cooperation, we will work together to make this happen. Please demonstrate kindness to other participants and staff. Gossip, speculation, unkind words or actions are hurtful. Bullying behaviors are prohibited.

Services Provided

- Exercise classes, lectures, creative arts, health information, volunteer opportunities, games, trips and a variety of other wellness programs are available.
- We serve as a congregate meal site with AgeSpan.
- We are a Meals on Wheels delivery hub for West Newbury's and Groveland's homebound residents.

Services Not Provided

- The SAGE Center is not an adult day health center and does not provide nursing care, adult day care programs, respite care, homemaker services, mental health services, memory care, overnight care or other assisted living services.
- The SAGE Center does not employ staff to manage the health, mental health or personal care needs of participants.
- SAGE Center staff are not authorized to provide hands on, personal care assistance, including help with toileting or medication management.

Eligibility to Participate

- Each participant must be age 60 years and older, independent senior and possess the ability and willingness to follow all guidelines, as stated herein.
- Each participant must complete a Membership Form / Waiver upon attending for the first time.
- A senior who is not independent may attend if accompanied by a caregiver, family member or friend.
- An independent senior is expected to be reasonably oriented, capable of independent decision making, including their personal health, hygiene, medication management and monitoring of special diets.
- Eligibility decisions are at the sole discretion of the management staff.

Code of Conduct (continued)

Attendance Sign-In

- Participants are required to sign attendance sheets at exercise classes, programs and events.
- If the participant is attending for the first time, a Membership Form / Waiver must be completed.

Behavior and Conduct

- Participants are expected not to cause disturbances to SAGE Center programming and be respectful of other participants, presenters and staff.
- The SAGE Center building, furnishings and supplies should be respected by all participants.
- Theft will not be tolerated.

Taking Ill / Illness

- Participants who attend while ill with colds, coughs or flus that could be spread to others will be asked to leave and not return until they have recovered.
- 911 Emergency Response will be called for assessment and/or assistance if a participant takes ill, experiences a fall or other accident while at the center. SAGE Center staff will call the client's emergency contact.

Prohibitions

- Smoking, drinking alcohol, using profanity and substance abuse are prohibited.
- The participant may be asked to abstain from the inappropriate behavior, or, if necessary staff may contact Police for assistance.
- Violence, threats of violence, perceived threats of violence and negative behavior are not permitted.

Violations

- If inappropriate actions are witnessed, staff will use their discretion to take corrective action to resolve.
- Repeated violations may result in the participant being asked to leave the premises.
- Possible permanent suspension may result from repeated violations.
- Privileges may be revoked at the discretion of the COA Director if the above rules are violated.

It's Medicare Open Enrollment thru December 7.

Here are some things to remember, compliments of the federally funded SHINE program:

- ◆ SHINE counselors provide unbiased Medicare counseling; meaning that we don't have anything to gain by what you choose, and we review all of your options.
- ◆ When SHINE counselors are booked for the season, we recommend calling 1-800-Medicare who will also compare plans with you.
- ◆ They are open 24 hours a day, 7 days a week and willing to assist: 1-800-MEDICARE or 1-800-634-4227
- ◆ If you are enrolled in a Medicare Advantage Program (Part C) as of January 1, your Medicare Open Enrollment period is extended through March 31, 2023.
- ◆ This means that you can meet with a SHINE counselor in January, February or March to review your plan to see if it's best for you!
- ◆ SHINE can assist at any time of year if you find yourself in a plan that is not in your best interest.
- ◆ SHINE also encourages you to call Prescription Advantage today. This is a state pharmaceutical assistance program that will help you if you hit the Donut Hole/Coverage Gap at any time during the year, and gives you a Special Enrollment Period (SEP) to change your plan once per year!
- ◆ Call Prescription Advantage: 1-800-243-4636 and get the phone application started, then be sure to follow through with the documentation they need to complete your application.

For your local regional SHINE program, call 1-800-243-4636

SHINE – Serving the Health Insurance Needs of Everyone...on or eligible for Medicare

Food Pantry Wish List

Paper Towels	Spray Cleaner
Small Dish Soap	Sponges
Clorox Wipes	Toilet Paper

Campbell's Chicken Noodle Soup
Whole Kernel Corn (canned)
Pasta Sauce (small jars)
Alfredo Sauce (small jars)
Solid White Canned Tuna
Jelly
Instant Oatmeal (variety pack)
Breakfast Cereal (Cheerio's)
Applesauce (individual packs)
Folgers Coffee (can)

Whenever possible, please choose individually wrapped products and small sizes. Our pantry has a refrigerator and freezer to accommodate fresh or frozen donations.

Call Jen at 978-363-1104 with any questions.

