

Newburyport Council on Aging  
**Senior Citizen News**  
40 Water Street ~ P.O. Box 550  
Newburyport, Massachusetts 01950  
RRobillard@cityofnewburyport.com  
978-462-8650

DONNA HOLADAY  
MAYOR

**September 2011**

ROSEANN J. ROBILLARD  
DIRECTOR, COA

The MISSION of the Council on Aging is:  
to advocate for older adults, to identify their needs, to develop and implement services to meet their health, economic, social and cultural needs, to encourage maximum independence, and to improve their quality of life.

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**Silent Auction - Saturday,**

**October 1<sup>st</sup>**

**1:00 - 5:00 p.m.**

Come to a Silent Auction on Saturday, October 1<sup>st</sup> at the Hope Church on Hale Street in Newburyport. The event will benefit the Friends of Newburyport Council on Aging. An exciting variety of Auction items has been gathered. They include:

Towle silver pieces - Franklin Mint Antique Cars - Vintage jewelry  
Estate Planning Consultation - Basket of art supplies  
Case of Wine - Spa Certificate - Collectors Plates  
Lunch with the Mayor - Original works by local artisans  
Downsizing Consultation by 'Less is More'  
Lunch with Sheriff Cousins - New Sunbeam mixer  
Golf Clubs - 24 speed TREK bike - Hand Braided Rug  
Gift Certificates from many local Restaurants and other Businesses  
Ride to School in Fire Truck or Police Car  
Antique maple candle table  
Fireside chat with noted sportswriter including dinner for 4 to 8  
Ma-Jongg set with 6 lessons (includes tournament with prize)  
Garden Design Consultation by Down To Earth Landscaping  
More - More - More

**Call the Council on Aging office if you have additional prizes to donate for the Silent Auction!**

The list of prizes will continue to grow right up until auction day. Bidding starts on October 1<sup>st</sup> at Noon. Bid early and often! The afternoon event will include an Ice Cream Sundae table and live musical entertainment. It will be fun for the whole family. Mark your Calendars!

# Health Insurance Information

## NEW OPEN ENROLLMENT DATES (Oct. 15 – Dec. 7<sup>th</sup>) for Medicare Advantage and Drug Plans

Open enrollment is much earlier this year and early preparation is key. What should you do first?

- REVIEW your PRESCRIPTION DRUG and HEALTH INSURANCE NEEDS. By September 15<sup>th</sup>, see your physician and review your medications! Check for: contraindications, possible use of generics, and whether you can eliminate unneeded medications. Is your health insurance the right plan? Do you have additional costs or restrictions that are problematic?
- PREVENTION is the best medicine!
  - While at the doctor's, review preventive services under Medicare and sign up for the Annual (FREE) Wellness Visit.
- UNDERSTAND the plan changes.
  - By October 1<sup>st</sup>, you should receive the 2012 "Medicare and You" handbook. Review the changes at the back of the guide or go to [www.medicare.gov](http://www.medicare.gov)! You may expect a lot of marketing material soon, but please know that help is available if you find it confusing.
- OBTAIN INFORMATION AND ASSISTANCE. If you would like to learn about your options, wish to save money or need assistance to change your plan, attend one of the regional SHINE presentations advertised in your local newspaper, call your regional SHINE Program at 1-800-AGE-INFO or your local Council on Aging for an appointment .

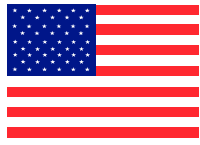
DON'T BE LEFT OUT! Choose your prescription drug and health insurance plan by December 7, 2011, for January 1, 2012. For help from a SHINE counselor contact the Council on Aging office: 978-462-8650



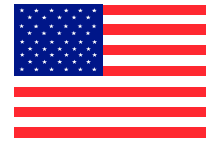
### Senior Citizens are invited to Dinner at the Anna Jaques Hospital on Thursday, September 15<sup>th</sup>

Please come to the cafeteria at 4 pm. A special meal will be served for \$3.00 per person. Guest Speaker Todd Cronin, AJH Physical Therapist, will share valuable information. Reservations are requested and can be made by calling the Council on Aging office before September 12<sup>th</sup>: 978-462-8650.

The hospital will offer another special evening meal with a guest speaker on November 10<sup>th</sup>.



# September 11



The Exchange Club of Greater Newburyport Proudly Presents  
The 2<sup>nd</sup> Annual Tribute to 9/11 Victims, all Military, all Veterans, and First Responders

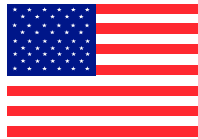
## FIELD OF HONOR

A moving and patriotic display of American Flags located at Newburyport's Bartlett Mall

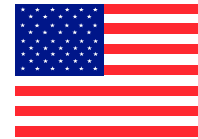
### The Schedule:

September 9 at 8:00 a.m. – Posting of Flags at Bartlett Mall  
September 11 at Noon – the Field of Honor Dedication Program  
September 13 at 8:00 a.m. – Removal of The Field of Flags

Please purchase flags to honor special people in your life, or in the life of our City, State or Country. Each flag will be accompanied with an information card. Each flag will be accompanied with an information card. Flags are \$40 each. \$10 of each purchase can be directed to support the Friends of Newburyport Council on Aging. For more event information please visit [www.healingfield.org/newburyport](http://www.healingfield.org/newburyport) or call 978-255--2184.



Thanks for your Support!



## Newburyport Adult Education Program offers a Senior Driving Review in October

Police Officer Donald Hall and Sergeant Robert Roy offer this class as an auto-safety review for people 50 years old and over. Realizing that it's easy to become relaxed over the years about one's driving skills, Officer Hall offers tips to staying alert and in control of your vehicle. Re-learning defensive driving techniques as well as breaking common bad habits long-time drivers acquire, participants will be safer on the road as a result of the class. A written test will be given upon completion of the course a certificate for passing will be awarded. Recognized by AAA, certification may result in lower insurance premiums.



**Two, 3-hour sessions: Thursdays, 5:00 - 8:00 p.m.  
October 6 and 13. Newburyport High School.  
Cost: \$5 Materials fee paid to officers - \$5.  
Class limit: 20 participants**



## Senior Report, September 2011

Dear Friends:

As Congress moves forward in its efforts to find a long term solution to our growing deficit, I will continue to fight to protect our shared priorities, including Social Security, Medicare and Medicaid. Last month, what I think was a bad debt/budget “deal” was signed into law. That deal was not a compromise. It threatened programs that are vital to seniors, students, and working families, and protected special interests, corporations and the fabulously wealthy. Its failure to invest in jobs and economic growth – in infrastructure, research and development, and education – was shortsighted and economically unsound.

Indeed, this deal has served only to cause further harm to the economy. Since the bill’s passage the United States’ credit rating has been downgraded for the first time in history, the stock market has experienced the biggest sell off since 2008 and the credit agencies have downgraded other government entities such as Fannie Mae, Freddie Mac and the debt of a variety of towns and cities across the country.

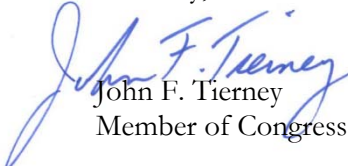
As Congress returns to session this month, it is critical that we refocus our energy on reviving our economy and creating jobs. We cannot continue to allow some in Congress to place the bulk of our financial burdens on the backs of everyday Americans. I support efforts to responsibly reduce spending, while closing tax loopholes for corporations and eliminating the Bush tax cuts for the wealthiest among us. And, certainly, we must protect key domestic programs like Social Security, Medicare, Medicaid and education

In recent years, we have taken positive steps to lower health care costs and strengthen benefits. Through the Affordable Care Act passed last year, we strengthened preventive care benefits and lowered prescription drug costs for seniors who enter the Part D donut hole. This progress must be built upon, not torn down.

Throughout this process, I had hoped that the willingness I, and many of my Democratic colleagues, showed to compromise would lead to a deal that shared our burden fairly and reasonably across all Americans. While we continue to struggle to find that balance, trust that I will protect our priorities in the months ahead.

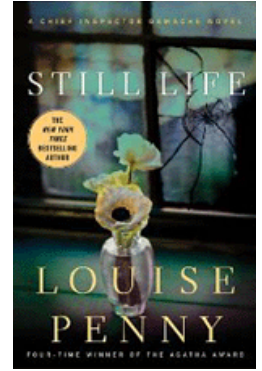
I hope that you find this letter helpful and informative. If you have any further questions regarding these matters or others of importance to you, please do not hesitate to contact Cheryl Gresek, Constituent Service Representative, in my Peabody office at (978) 531-1669. You should also feel free to visit [www.Tierney.house.gov](http://www.Tierney.house.gov) or [www.Facebook.com/CongressmanJohnTierney](http://www.Facebook.com/CongressmanJohnTierney) for additional useful information. I look forward to seeing you soon.

Sincerely,

  
John F. Tierney  
Member of Congress

## Retired Readers

The Council on Aging book club, Retired Readers, meets at the Newburyport Public Library on State Street on the second Wednesday of each month at 1:45 for an hour of discussion in the Director's Room on the first floor. The book for discussion at the Sept 14 meeting is: Still Life by Louise Penny



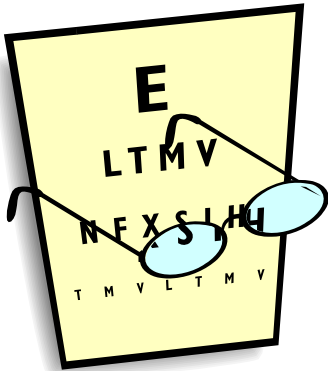
## Watercolor Painting

**Monday, September 19<sup>th</sup> 9:00 - Noon**

Watercolor Painting continues at the Council on Aging. You don't have to be an artist, but you may find out you are! Come and enjoy a three-hour class painting with watercolor and bring home your finished painting. Everything you need to paint your picture will be supplied. No prior painting experience is necessary. Watercolor Painting Coach is local artist Bill Duke. Call the Council on Aging to reserve a seat for one of the upcoming classes. Each class is \$20.

## LOW VISION SUPPORT GROUP MEETINGS

SPONSORED BY MASSACHUSETTS COMMISSION FOR THE BLIND



Openings are still available in our group for visually impaired/blind individuals living in the Amesbury and Newburyport area. This group meets on the second Tuesday of each month from 10:00 until 11:30 a.m. Meetings are held at the Council on Aging located at 40 Water Street in Newburyport. There will be a speaker at most meetings addressing various issues of concern and services available to the blind. Transportation to the meetings is available. If you are interested in attending these meetings, please call Joanne Maki, program coordinator, at 978-255-2181.

## From the Desk of

**Kevin Hunt, Veterans Services Agent, Newburyport, MA**

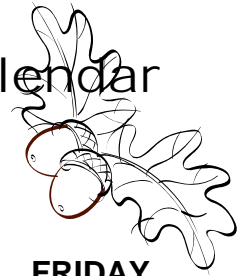
*I have been getting calls asking me whether certain veteran charities are legitimate charities. Some of the charities claim to have a local chapter. Sadly a lot of charities using the name veteran are keeping a lot of the money for their own use, and not giving much to veterans. There is a group I recommend who makes sure the money goes directly to local veterans; that's the Veterans Northeast Outreach Center at 65 Cedar Street, Haverhill, MA 01830-5059 (978) 521-9668. If you want to help veterans with a donation, you couldn't do better than sending a donation to these people - send it to John Ratka, the Director. Tell him I say hello. If you have any veteran questions at all, please call me at 978 465-4418.*

**Kevin Hunt**

Veterans' Services  
60 Pleasant Street  
Newburyport, MA 01950  
978 465-4418

# Newburyport Council on Aging Program Calendar

## September 2011



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			<b>1</b> 8:30 Grocery Shop 9:30 Line Dance 12:30 Grocery Shop	<b>2</b> 8:30 Grocery Shop. 9:00 Exercise to Music 12:30 Grocery Shop
<b>5</b> Happy Labor Day  COA is Closed	<b>6</b> 7:00 Foxwoods Trip  10:30 Drop In Discussion Group 1:00 BINGO! Brown Bag Day	<b>7</b> 9:00 Exercise to Music 9:00 Miracle Ear 12:30 Grocery Shop 1:30 Retired Readers at the Public Library	<b>8</b> 8:30 Grocery Shop 9:30 Line Dance Seabrook Shopping Wal-Mart or Kohl's \$5 (shop 1:00 - 2:30) 12:30 Grocery Shop	<b>9</b> 8:30 Grocery Shop. 9:00 Exercise to Music 12:30 Grocery Shop
<b>12</b> 8:00 – 12:00 by appt: Health Insurance Help 9:00 Exercise to Music 12:30 Grocery Shop Trip to Indian Head In Lincoln, NH	<b>13</b> 10:00 Low Vision Support Group 10:30 Drop In Discussion Group 1:00 BINGO! Trip to Scottish Show In Laconia, NH	<b>14</b> 9:00 Exercise to Music 2:00 Knitting for Newborns	<b>15</b> 9:00 – 12:00 by appt: Health Insurance Help 8:30 Grocery Shop 9:30 Line Dance 12:30 Grocery Shop	<b>16</b> 8:30 Grocery Shop 9:00 Exercise to Music 12:30 Grocery Shop
<b>19</b> 9:00 Exercise to Music 9:00 Watercolor Painting Class 12:30 Grocery Shop	<b>20</b> 9:00 – Noon by appt. Foot Doctor 10:30 Drop In Discussion Group 1:00 BINGO!	<b>21</b> 9:00 Exercise to Music	<b>22</b> 9:00 – 12:00 by appt: Health Insurance Help 8:30 Grocery Shop 9:30 Line Dance 12:30 Grocery Shop	<b>23</b> 8:30 Grocery Shop 9:00 Exercise to Music 12:30 Grocery Shop Trip to Adirondack Balloon Festival
<b>26</b> 8:00 – 12:00 by appt: Health Insurance Help 9:00 Exercise to Music 12:30 Grocery Shop	<b>27</b> 10:30 Drop In Discussion Group 1:00 BINGO!	<b>28</b> 9:00 Exercise to Music	<b>29</b> 9:00 – 12:00 by appt: Health Insurance Help 8:30 Grocery Shop 9:30 Line Dance 12:30 Grocery Shop	<b>30</b> 8:30 Grocery Shop 9:00 Exercise to Music 12:30 Grocery Shop

Newburyport Council on Aging

# SEPTEMBER 2011

## Meals On Wheels Menu

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

			1 Meatloaf Whipped Potato Green Beans Tomatoes Wheat Bread Oatmeal Cookie	2 Chicken Fillet Mayonnaise Mixed Veg Tomato Slices Sandwich Roll Fresh Orange
5 No Lunch today Labor Day Holiday	6 Swedish Meatballs Boiled Potato Mixed Veg Oatmeal Bread Peach Cup	7 Cheese Lasagna Marinara Sauce Carrots & Turnip Dark Rye Bread Fresh Orange	8 Grape Juice Chicken Kiev Rice Pilaf Mixed Veg Dinner Roll Ice Cream Cup	9 Baked Fish Tartar Sauce Roasted Potatoes Cauliflower Low Fat Muffin Applesauce
12 Cranberry Juice Chicken, Ziti and Broccoli Dinner Roll Sherbet Cup	13 Potato Crunch Fish AuGratin Potatoes Peas + Mushrooms Low Fat Muffin Fresh Banana	14 Sherherd's Pie (Ground Beef with Whipped Potato and Corn) Multigrain Bread Applesauce	15 Roast Pork with Apple Gravy Sweet Potatoes Mixed Veg Wheat Dinner Roll Cake	16 Lemon Pepper Chicken Quarter Whipped Potato Peas + Carrots Whole Wheat Bread Peach Cup
19 Chicken Fillet Whipped Potato Green Beans Cranberry Sauce Low Fat Muffin Fresh Apple	20 Grape Juice Stuffed Shells Marinara Sauce Mixed Veg Italian Bread Diced Pears	21 Mild Chili Sour Cream Corn Crackers Pineapple	22 Roast Turkey Cranberry Sauce Garlic Potato Whipped Squash Wheat Roll Hermit Cookie	23 Orange Glazed Chicken Quarter Green Beans and Tomatoes Oatmeal Bread Chocolate Pudding
26 Fruit Punch Hamburger Corn Potato Chips Hamburger Roll Peach Cup	27 Garlic Baked Chicken Quarter Cranberry Sauce Whipped Potato Mixed Veg Multigrain Bread	28 Mac & Cheese Zucchini & Stewed Tomatoes Light Rye Bread Fruit Cocktail	29 Roast Pork with Fruit Sauce 'Dirty' Rice Mixed Veg Low Fat Muffin Butterscotch Pudding	30 Hot Dog Baked Beans Mustard + Relish Coleslaw Hot Dog Roll Fresh Apple

In addition to home delivery for eligible residents, this Meals on Wheels menu is served every weekday at People's United Methodist Church on Purchase Street in Newburyport. Please make a reservation 2 days ahead by calling 978-462-3757. The suggested donation for each meal is \$2.00

# COUNCIL ON AGING TRANSPORTATION PROGRAM

Need a Ride? Call the Council On Aging! Newburyport's department of senior citizen services operates several transport programs:

**Around Town:** The service is available Monday through Friday, from 7:15 a.m. until 4:00 p.m. The COA vans pick passengers up at their Newburyport homes and deliver them to other Newburyport locations. The COA vans are designed for the convenience of all passengers, including those using wheelchairs.

***A donation of \$1 is requested from all passengers for every ride.***

**Out of Town:** There is a dedicated and dependable team of volunteer drivers available to take senior citizens to their out of town appointments. These drivers are part of the NEET program – Northern Essex Elder Transport. NEET drivers use their own cars, so they are not able to accommodate wheelchairs. If you need to see a doctor in Portsmouth, or Boston or anywhere in between, don't hesitate to call the Council on Aging office and request a NEET ride. A suggested donation of **\$0.43** per mile is requested.



**Safety First:** Passengers on the COA van are expected to wear their seat belts at all times and to remain seated when the vehicle is moving. Open containers of food or beverages are not allowed on the van. Arguments, fighting, and swearing will not be tolerated. Failure to abide by these rules will result in suspension from the Transportation Program. The COA vans are operated for the comfort and convenience of many passengers. Your consideration is appreciated to keep van transport a pleasant experience for all.

## Medi-Ride Transportation Service

The Merrimack Valley Regional Transit Authority (MVRTA) has implemented a new Medi-Ride transportation service for MVRTA Special Services customers to travel from the MVRTA service area to the Lahey Clinic in Peabody and to 13 hospitals in the City of Boston for access to their medical appointments.

Eligibility: Anyone who is registered as a MVRTA Special Services customer is eligible for the Medi-Ride Service. ADA-eligible individuals will have reservation priority. Registration applications are available at the Council on Aging office, online at [specialservices@mvrta.com](mailto:specialservices@mvrta.com) or by phoning 978-469-6878 "Option 3".



The service currently operates on

**Monday**, servicing the greater Haverhill Council on Aging;

**Tuesday**, servicing the greater Lawrence Council on Aging;

**Thursday, servicing the greater Newburyport Council on Aging**

Newburyport – West Newbury – Newbury – Salisbury – Amesbury

All medical appointments in Boston accessed by the Medi-Ride Transportation Service should be scheduled between the hours of 11:00 AM and 1:30 PM, and all medical appointments in Lahey Clinic in Peabody should be scheduled between the hours of 10:30 AM and 2:00 PM. The van will be departing Boston and Peabody no later than 3:30 PM. The rate of fare for all MVRTA

Special Services eligible individuals will be \$8.00 cash one-way or \$16.00 cash round-trip. Any customer may have one companion accompany them for a fare of \$4.00, on a space-available basis.

MVRTA Special Services customers may make a reservation for the service by calling the MVRTA Office of Special Services at telephone (978) 469-6878, "Option 3". Reservations may be made no more than 14 days in advance of the date of service, but at least one week (seven days) prior to the day of the trip.

# Health Services Available at Council on Aging

## Help for Fractured Hips

A group of researchers from Boston University, Partners Healthcare and the MGH Institute of Health Professions is currently conducting a research study to find out if an exercise program that people can do in their own homes can help improve function after a hip fracture and completion of their formal physical therapy.

If you choose to volunteer for this study, you will receive the exercise program. Some volunteers will receive the program right after they are enrolled, while others will first receive a cardiovascular nutritional education program to promote healthy eating, and then they will receive the exercises. No travel outside the home is required, and all therapy visits, equipment and materials are provided free of charge. A research assistant will visit program volunteers three times to assess their progress. The study is funded through a grant from the National Institutes of Health.

If you or someone you know would like to learn more about this study, you can contact Siphannay Nhean at 617-638-1988 or at cgoodyea@bu.edu.

**Foot Care** is provided by Dr. Robert Connolly from Foot Care of Stoneham, MA. The doctor will cut toenails, treat bunions and calluses and answer your questions about proper foot care. He is available, by appointment, *usually* on the morning of the Third Tuesday of each month. His fee is \$30 per visit.

Call for an appointment, 978-462-8650.

**Clinic Date:** Tuesday, September 20, 2011

## The Brown Bag Program



A typical Brown Bag contains perishable and shelf-stable foods including cereal, beef stew, canned tuna, spaghetti, pasta sauce, raisins, apple juice, instant oatmeal, fresh vegetables and cheese. There is no cost involved. One bag per household is available on the first Tuesday of each month. Participants must register in advance. **Applications are available at the Council on Aging office.** The Brown Bag Program is provided through cooperative efforts of Elder Services of the Merrimack Valley, Inc. and the Greater Boston Food Bank.

**BLOOD PRESSURE CHECKS:** The Newburyport Health Department now offers blood pressure checks every week, **Mondays through Thursdays from 9:00 a.m. to 3:00 p.m. at Newburyport City Hall** downstairs in the nurse's office. This is a free service. **Residents are required to call ahead of time to schedule an appointment.** For more information or to schedule an appointment please contact Dana Mustone, RN at the Newburyport Health Department at 978-465-4410.



## HEALTH INSURANCE COUNSELING:

Senior Citizens who have questions about **health insurance** can contact the Council on Aging office to make appointments for meetings with a SHINE counselor on Monday or Thursday mornings. To schedule an appointment for a free and confidential consultation, call the Council on Aging, 978-462-8650.

SHINE counselors are trained and certified by the Mass Executive Office of Elder Affairs in the health insurance options available to Massachusetts residents including Medicare A & B, Medicare Advantage, Medicare Prescription Drug Coverage (Part D), Medigap, Prescription Advantage, and MassHealth Medicare Savings.

**The manager of the SHINE program is Susan Cripps. Susan presenting a Medicare Information Seminar on October 14 at the Newburyport Council on Aging. Seats are still available. Call the COA to register.**

## ONGOING PROGRAMS AVAILABLE AT THE NEWBURYPORT COA

- ♥ **HOT LUNCH** is served at the People's United Methodist Church on 64 Purchase Street every week day at 11:30. Reservations are a must and should be made 2 days in advance by calling 462-3757 between 10:00 a.m. and 12:00 noon. A \$2.00 donation is requested for each meal. The menu for the month is included in this newsletter. **Home delivered meals** are available for eligible elders – 1.800.892.0890 ext 490
- ♥ **TRANSPORTATION** around Newburyport every weekday from 8:00 a.m. until 4:00 p.m. **48-hour notice required (2 business days)**. Rides available to evening meals on Mon., Tues., and Thurs. All passengers are expected to use their seat belts and to remain seated while the van is in motion.
  - ▶ Rides to other locations for medical appointments can be arranged through the Northern Essex Elder Transport program (N.E.E.T.) for a suggested donation of **\$0.43** per mile. Call the Council On Aging office to arrange this service.
- ♥ **GROCERY SHOPPING** to Shaw's or Market Basket every **Monday** afternoon, Thursday morning and afternoon and Friday morning and afternoon. Check the calendar page of this newsletter for shopping times.
- ♥ **FREE HEARING TESTS** and Hearing Aide Adjustments by **Miracle Ear**. Call the COA office for an appointment.
- ♥ **BLOOD PRESSURE CHECKS** are available at the Health Dept in Newburyport City Hall. Call them at 978-465-4410.
- ♥ **FOOT CARE** is provided by Dr. Connolly on the **THIRD Tuesday** of each month from 9:00 – 12:00. **\$30 per visit**.
- ♥ **MANICURES** – A new service available at the Council on Aging for \$8 by appointment.
- ♥ **LOW VISION SUPPORT GROUP** meets at the COA at 10:00 a.m. on the **SECOND Tuesday** of each month. (Not Jan or Feb)
- ♥ **EXERCISE TO MUSIC** is at the **Elks Hall** every Monday, Wednesday and Friday from 9:00 – 10:00 a.m. **\$3 per class**
- ♥ **S.H.I.N.E (Serving Health Insurance Needs of Elders)** Insurance Help. A FREE and confidential service providing information about Medicare, MassHealth and other health insurance options. Counselor is available at the Emma Andrews community room by appointment.
- ♥ **INFORMATION AND REFERRAL SERVICES** are available by calling the Council On Aging office between 8:00 a.m. and 4:00 p.m. Monday through Friday. The needs of elders are matched with the resources in the community.
- ♥ **KNITTING FOR NEWBORNS** meets on the third TUESDAY of the month at 10:00 a.m. for directions and discussion of needlework technique. Donations of new, clean yarn are greatly appreciated. Hand made afghans and newborn caps are donated to the Anna Jacques Hospital. Bring some yarn, a smile and a friend. **Next meeting in September**
- ♥ **BINGO!** Every Tuesday all year from 1:00 – 3:00 for non-cash prizes.
- ♥ **RETIRED READERS** meet on the second Wednesday of each month for book discussion in the Director's Room at the Newburyport Public Library.
- ♥ **LINE DANCE** is great exercise and is fun to watch. Newcomers are always welcome. Thursday morning at 9:30. \$3 per class
- ♥ **DAY TRIPS** to various locations are geared towards the interests and enjoyment of the older adult, but all are welcome. Reservations are confirmed when full payment is received.
- ♥ **LEGAL ASSISTANCE** can be arranged through the Elder Unit of Merrimac Valley Legal Services, Inc. 1-800-427-2521
- ♥ **THE INFORMATION DISPLAY RACK** is in the hall outside of the Council On Aging offices. Free brochures on a variety of topics are always available for the benefit of the community

Donation Requested  
\$1 per ride every time  
you get on the van.

The Newburyport Council on Aging, in conjunction with the FRIENDS of Newburyport Council on Aging present:

# Day Trips and Overnight Trips

Call the Newburyport Council on Aging to reserve a seat on any of these trips: 978 462 8650  
Reservations are not confirmed until payment in full is received.

**FOXWOODS**    **Sept 6** Tuesday    **Oct 6** Thursday    **Nov 7** Monday    **Dec 9** Friday  
Coach bus departs at 7:00 a.m. from the Elks Hall in Newburyport and returns at about 8:00 p.m. Play Bingo on board the bus on the way to Foxwoods and watch a movie on the ride home. Seats can be reserved by calling the Newburyport Council on Aging office and sending in a \$30 check payable to Newburyport COA.

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September 8            **Legally Blond** (starring Sally Struthers) at Ogunquit Playhouse plus lunch  
\$90

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September 12-14    **Indian Head Resort** in Lincoln, NH            \$359 per person/double  
Trip includes tour of Franconia Notch, The Mt. Washington Observatory Weather Center, a clambake dinner and evening entertainment.

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September 13            **Scottish Highlands Show** at Meadowbrook Pavilion in Laconia, NH  
Think of this event as a combination of Riverdance meets the Black Watch. Master of Ceremonies John Carmichael will introduce Highland Dancers, drum majors, and bagpipers with regimental splendor. Includes an all-you-can-eat buffet    \$80

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September 23 – 25    **Adirondack Balloon Festival**            \$399 pp Double            \$50 deposit  
due July 15th

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October 5            **Fall Foliage Day Trip** to Rindge NH to tour Cathedral of the Pines and views of Mount Monadnock. Lunch at JP Stevens. Visit Smith's Country cheese and Red Apple Farm  
\$70

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November 1-3            **Atlantic City**            \$189 pp/double            \$50 deposit at  
reservation  
Tour includes deluxe accommodations for two nights at Bally's Atlantic City

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November 14            **The Andrews Sisters Tribute Show** - \$64  
Honoring WWII Veterans at Newport Grand Casino's New Cabaret Showroom

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November 17            **Pre-Holiday Bingo Marathon** at White's of Westport    \$55  
Includes transportation from Nbpt, two hours of Bingo, a Prize Table Valued at over \$750, and your choice of Roast Turkey or Baked Scrod for lunch.

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November 18-20        **White Mountain Resort** - overnight stay in a deluxe resort in North Conway, NH. One night deluxe room accommodation, and a Breakfast Buffet.

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## Senior Discounts!

Many stores and restaurants in the Newburyport area offer special discounts for customers "of a certain age". The Council on Aging Board has been working hard seeking out the discounts and compiling a handy flier with all the information. Copies of their first report was included in last month's edition of this Newsletter. Additional **updated** copies are available at the Council on Aging office. The document will continue to grow each month. A discounts brochure may eventually become available at the Chamber of Commerce and at the Council on Aging office.

Please support the stores that provide discounts which help seniors stretch the monthly budget!

Drop in at the Council on Aging to visit with old friends and make new ones. Come to the Council on Aging at 10:30 on Tuesday mornings and enjoy a cup of coffee and friendly conversation. The conversations have covered everything from the recession to recipes, and from earliest childhood memories to the latest books read. Current services and programs are explained and described, jokes are shared, and an enjoyable hour is shared by all. Everyone who attends – both men and women – agree that it's good to have someplace to go, and someone to talk to.

## Tuesday Morning Drop In

## Our Newsletter is also an "E-Letter"

This newsletter is prepared monthly and distributed widely throughout the Greater Newburyport area. Many copies are mailed out of state to family members of local elders who appreciate knowing about all of the services and programs available here for seniors.

Many requests are coming in for 'electronic' copies of this Newsletter. There is now a link to the Newsletter on the City's website: [www.cityofnewburyport.com](http://www.cityofnewburyport.com). In addition, The Council on Aging office is maintaining a separate list of email addresses of anyone who would rather receive an electronic copy, than a hard copy.

Please consider reading this Newsletter online if you are able to do so. Think "green", cut down on paper consumption, save a tree, and help us keep our mailing costs to a minimum.

A new web page has been designed by the Friends of Newburyport Council on Aging. Check it out at [www.FNCOA.org](http://www.FNCOA.org). The Friends of Newburyport Council on Aging also have a Facebook page. We hope you'll "LIKE" it.



## HEALTH INSURANCE INFORMATION SEMINAR

**Local elders are invited to a Medicare Seminar at the Newburyport Council on Aging on Friday, October 14 at 10:00 a.m. The presenter will be Susan Cripps, SHINE Program Manager at Elder Services. The Medicare Seminar will explain the important Open Enrollment timeline and include discussion of any announced changes for 2012.**

**Call the Council on Aging office to pre-register for the Medicare Seminar: 978-462-8650. Transportation is available.**

**Durable Equipment Available** - The Council on Aging office has a selection of durable medical equipment including folding walkers, walkers with baskets, walkers with seats, transport chairs, wheelchairs, canes, crutches, commodes, transfer benches and tub chairs. Occasionally we are offered hospital beds and scooters or power chairs. If you are in need of any of these items please contact the Council on Aging office, 978-462-8650.



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**Legal Seminar** – Attorney Marta Brooks will be at the Newburyport Council on Aging on Friday, September 23<sup>rd</sup> at 10:00 a.m. to provide important information about: **Personal Planning Documents:**

Simple Wills  
Health Care Proxies  
Powers of Attorney  
HIPPA regulations

Please pre-register by calling the Council on Aging office: 978-462-8650.  
Transportation is available. Handouts will be provided.

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**Essex District Attorney's Office will present a workshop on Teens Today:  
Current Issues Facing Your Adolescent Grandchild.**

Today's grandparents are playing a larger role in the raising of their grandchildren. If you are looking for guidance on how to talk to your grandchildren about difficult topics this is the program for you!

Alcohol  
Bullying  
Cell Phones  
The Internet

Drugs  
Sexting  
Cyberbullying  
Dating Violence

Today's Technology  
Risks of Computers  
Substance Abuse



**Date:** Wednesday, October 26  
**Time:** 2:00 p.m.  
**Location:** Amesbury Pubic Library  
**Registration:** Call Margie Walker at 978-388-8148 or register online at [www.amesburylibrary.org](http://www.amesburylibrary.org) then click calendar

