

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

October 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.

Council on Aging Staff:

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Newburyport Health Department Flu Clinics

Every Thursday - by appointment only - a clinic for the general public, age 3 and over – located at the Health Department in Newburyport City Hall. Call 978-465-4410 to make an appointment.

October 13 - Tentative Date! – a clinic for the general public, age 3 and over – located at Newburyport City Hall from 4:00 p.m. – 7:00 p.m.

November 19 – for the general public, age 3 and over – at the Mayor's 2nd Annual Health Fair at Newburyport City Hall from 9:00 a.m. – 2:00 p.m.

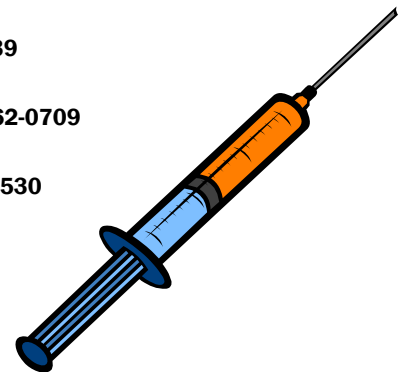
Newburyport Health Department Director Robert Bracey reminds City residents that medical insurance cards are required at all City influenza clinics. The City Health Department relies on reimbursement from insurance companies to purchase future vaccine and to continue to provide seasonal influenza clinics. Residents will NOT be billed by their insurance company. The Flu Clinics are offered free of charge. **For more information about the Newburyport Health Department Flu Clinics, call Robert Bracey at 978-465-4410.**

Influenza Vaccine is now readily available through primary care physicians, and at local pharmacies such as CVS, Walgreen's and RiteAide. Bring your Medicare Card and any other supplemental health insurance card! Without insurance, Flu Shots from a pharmacy will cost between \$28 and \$32. All local pharmacies have "walk in" service. Appointments can be made by calling in advance

CVS on Pond Street in Newburyport: 978-462-5339

Walgreen's on Storey Ave in Newburyport: 978-462-0709

RiteAide in Port Plaza in Newburyport: 978-462-8530



Health Insurance Information

**NEW OPEN ENROLLMENT DATES (Oct. 15 – Dec. 7th)
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 15th, 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 1st, you should receive the 2012 "Medicare and You" handbook. Review the changes at the back of the guide or go to 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.

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.

Newburyport Adult Education Program offers a Senior Driving Review

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.



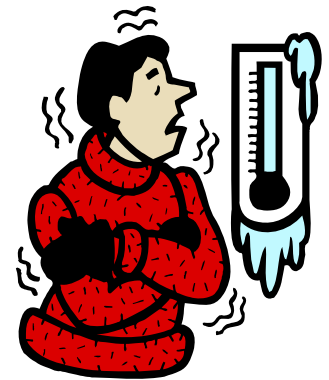
**Two, 3-hour sessions: Thursdays, 5:00 - 8:00 p.m.
October 6 and 13. Newburyport High School.
Cost: \$5 Materials fee paid to officers -
Class limit: 20 participants**

2011 – 2012 Heating Assistance Program

Households that did not apply for Fuel Assistance last year can call Community Action to set up application appointments in Newburyport, Amesbury or Haverhill. Apply soon while funds are still available!

The maximum gross incomes allowed for this program are as follows:
One person in the home - \$600 per week, or \$2,601 per month, or \$31,218 per year
Two people in the home - \$750 per week, or \$3,402 per month, or \$40,824 per year

In addition to paying for heating bills incurred between November 1, 2011 and April 20, 2012, community Action has a large amount of funding to provide for home energy efficiency measures including the replacement of older furnaces and boilers with modern units that are between 85%-95% efficient. This past season Community Action replaced over 300 old furnaces and boilers at No Cost to the homeowners.



Community Action Inc
145 Essex Street, Haverhill MA 01832
978 - 373 -1971

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

Wednesday, October 26 – 1:00 p.m. – Amesbury Public Library

Registration: Call Margie Walker at 978-388-8148 or

register online at www.amesburylibrary.org then click calendar





Senior Report, October 2011

Dear Friends:

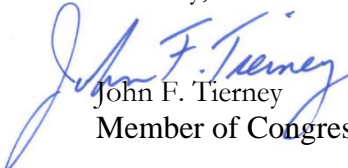
With winter weather soon on its way, I wanted to be sure that you are adequately prepared. Natural disasters earlier this fall reminded us that we must be ready for unpredictable weather. Below are some simple steps from the Federal Emergency Management Agency (FEMA) that you may wish to take before winter storms and extreme cold hit our region:

- **Prepare for possible isolation in your home** by having sufficient heating fuel; regular fuel sources may be cut off. For example, store a good supply of dry, seasoned wood for your fireplace or wood-burning stove.
- **Winterize your home** to extend the life of your fuel supply by insulating walls and attics, caulking and weather-stripping doors and windows, and installing storm windows or covering windows with plastic.
- **Insulate pipes** with insulation or newspapers and plastic and allow faucets to drip a little during cold weather to avoid freezing. Clear rain gutters; repair roof leaks and cut away tree branches that could fall on a house or other structure during a storm.
- **Keep fire extinguishers on hand**, and ensure that you know how to use them. House fires pose an additional risk, as more people turn to alternate heating sources without taking the necessary safety precautions.
- **Learn how to shut off water valves** in the event that a pipe burst.

I also wanted to make sure you are aware of how to apply for fuel assistance funding. The Low Income Home Energy Assistance Program (LIHEAP) in your community determines if your household's income qualifies for the program. Applications are now available. As there are numerous locations across our communities where you may apply for fuel assistance, you should call the National Energy Assistance Referral (NEAR) toll free at 1-866-674-6327 or contact my Peabody office to find the location nearest you. Please do not hesitate to contact my office if you need assistance applying for these funds.

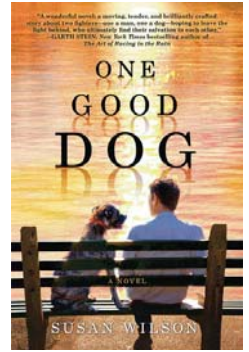
I hope that you find this letter helpful and informative. If you have any further questions regarding these matters or others of importance to you, please do not hesitate to contact Cheryl Gresek, Constituent Service Representative, in my Peabody office at (978) 531-1669. You should also feel free to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

Sincerely,


John F. Tierney
Member of Congress

Retired Readers

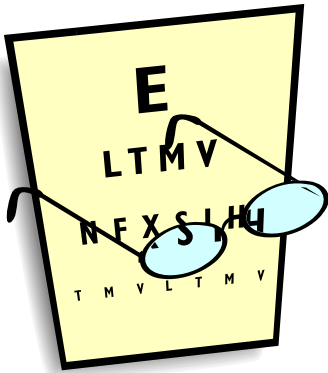
The Council on Aging book club, Retired Readers, meets at the Newburyport Public Library on State Street on the second Wednesday of each month at 1:45 for an hour of discussion in the Director's Room on the first floor. The book for discussion at the October 12 meeting is: *One Good Dog* by Susan Wilson.



Watercolor Painting

Monday, October 24th 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.

Newburyport Council on Aging Program Calendar

OCTOBER 2011

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 8:00 – 12:00 by appt: Health Insurance Help 9:00 Exercise to Music 12:30 Grocery Shop	4 Brown Bag Day 10:30 Drop In Discussion Group 1:00 BINGO!	5 9:00 Exercise to Music Fall Foliage Trip to Rindge NH	6 7:00 Foxwoods Trip 8:30 Grocery Shop 9:30 Line Dance 12:30 Grocery Shop	7 8:30 Grocery Shop. 9:00 Exercise to Music 12:30 Grocery Shop
10 Happy Columbus Day COA is Closed	11 10:30 Drop In Discussion Group 1:00 BINGO!	12 9:00 Exercise to Music 12:30 Grocery Shop 1:30 <i>Retired Readers at the Public Library</i> 2:00 Knitting for Newborns	13 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	14 8:30 Grocery Shop. 9:00 Exercise to Music 9:00 – 12:00 by appt: Health Insurance Help 10:00 Medicare Seminar 12:30 Grocery Shop
17 9:00 Exercise to Music 12:30 Grocery Shop	18 10:00 Low Vision Support Group 10:30 Drop In Discussion Group 1:00 BINGO!	19 9:00 Exercise to Music	20 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	21 8:30 Grocery Shop 9:00 Exercise to Music 9:00 – 12:00 by appt: Health Insurance Help 12:30 Grocery Shop
24 8:00 – 12:00 by appt: Health Insurance Help 9:00 Exercise to Music 9:00 – Noon by appt. Foot Doctor 9:00 Watercolor Painting Class	25 10:30 Drop In Discussion Group 1:00 BINGO!	26 9:00 Exercise to Music	27 9:00 – 12:00 by appt: Health Insurance Help 8:30 Grocery Shop 9:30 Line Dance 12:30 Grocery Shop	28 8:30 Grocery Shop 9:00 Manicures! 9:00 Exercise to Music 12:30 Grocery Shop
31 8:00 – 12:00 by appt: Health Insurance Help 9:00 Exercise to Music 12:30 Grocery Shop				

OCTOBER 2011

Meals On Wheels Menu

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

3 Cranberry Juice Beef Meatballs Ziti + Marinara Green & Gold beans Oatmeal Bread Fruit Cocktail	4 Chicken Breast 'Dirty' Rice Mixed Veg Light Rye Bread Pears	5 Broccoli, Egg and Cheese bake Zucchini and Stewed Tomatoes Vanilla Pudding	6 German Brat Sauerkraut Sub Roll Potato Wedges Carrots and Brussels Sprouts Choc Cake	7 Baked Fish Garlic Potatoes Green Beans and Tomato Low Fat Muffin Fresh Banana
10 No Lunch today Columbus Day Holiday	11 Veal Parmesan Marinara Sauce White Rice Mixed Veg Oatmeal Bread Pineapple	12 Garlic Bake Chicken Roasted Potatoes Carrots & Turnip Whole Wheat Bread Fresh Apple	13 Roast Turkey Gravy + Stuffing Whipped Squash Cranberry Sauce Low Fat Muffin Ice Cream Cup	14 Chicken Nuggets Sweet Sour Sauce Potato Wedges Mixed Veg Whole Wheat Bread Fruited Gelatin
17 Baked Ham with Apple Ginger Sauce Rosted Potatoes Mixed Veg Low Fat Muffin Fig Bar	18 Chicken, Ziti, Broccoli and Alfredo Sauce Whole Wheat Bread Fruit Cocktail	19 Fish Cakes (2) Tartar Sauce Baked Beans Corn Multigrain Bread Fresh Orange	20 Beef Meatloaf Whipped Potato Gravy Peas + Carrots Wheat Dinner Roll Cake	21 Orange Juice Cheese Lasagna Marinara Sauce Mixed Veg Italian Bread Applesauce
24 Fish Sandwich Corn Coleslaw Tartar Sauce Sandwich Roll Gelatin	25 Grape Juice Mac & Cheese Zucchini and Stewed Tomatoes Whole Wheat Bread Diced Pears	26 Chicken Croquettes Florentine Rice Mixed Veg Low Fat Muffin Fresh Apple	27 Roast Pork with Gravy Whipped Potato Peas Whole Wheat Roll Peaches	28 <i>Halloween Meal</i> <i>Witches Brew</i> <i>Bloody Burger</i> <i>Baked Skin</i> <i>Kidneys + Guts</i> <i>Slime Sherbet</i>
31 Hot Dog Baked Beans Mustard Coleslaw Hot Dog Roll Peaches				

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 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

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. His fee is \$30 per visit. His availability in Newburyport is now the Fourth Monday of each month.

Call for an appointment, 978-462-8650.

Clinic Dates: Monday, September 26th and Monday, October 24th

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:

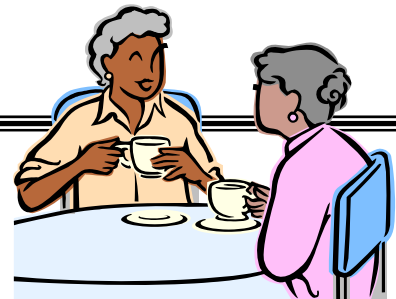
Senior Citizens who have questions about **health insurance** can contact the Council on Aging office to make appointments for meetings with a SHINE counselor on Monday or Thursday mornings. To schedule an appointment for a free and confidential consultation, call the Council on Aging, 978-462-8650.

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.

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



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 **FOURTH Monday** 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.
- ♥ **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.

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 **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.

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

November 1-3 **Atlantic City** \$264/single \$189 pp/double
Tour includes deluxe accommodations for two nights at Bally's Atlantic City, all necessary taxes, gratuities and baggage handling, a \$60 Slot Bonus, and Deluxe Yankee Line motorcoach transport with on board refreshments.

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

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.

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.

December 8 **Holiday Pops at Symphony Hall in Boston** \$85
Please call NOW if you are interested in attending the 4:30 matinee performance! Ticket price includes premium first balcony seat and transportation. The bus will leave from Crossroads Plaza in Salisbury at 3:00 p.m.

From the Desk of

Kevin Hunt, Veterans Services Agent, Newburyport, MA

The City will hold services on **Veterans' Day, Friday, November 11th**. A ceremony will take place in front of City Hall at 11AM. As some of you know, Veterans' Day was formerly called Armistice Day, and is celebrated on the 11th hour of the eleventh day of the 11th month. This is a rare Veterans Day because this year the date reads: 11/11/11! There should be seating available, but it might make sense to arrive early to guarantee a seat. If the weather is poor, the ceremony will be in the City Hall auditorium.

On **Saturday, November 12th** at 10AM all are welcome to join Bill Hallett and Liz Hallett who will lead us on "Footsteps of Heroes: Civil War Walking Tour of Newburyport." The 90 minute tour begins and ends at 57 State St (Arthur Page Ins. Co). Some of the featured sites and stories include: seeing the home of a prominent citizen and presidential hopeful who was a close friend of Jefferson Davis; seeing the location where Frederick Douglas spoke out against slavery on his visit to the Clipper City; hearing the story of the first recruits who left Newburyport at Lincoln's call to put down the Rebellion; pointing out the building where Capt. Albert Bartlett worked at his family's dry goods store before becoming a casualty at the Battle of Antietam; hearing the story of a POW and how he used the name "Newburyport" in a far away place; and imagining the story of a man raised in Newburyport who became a Confederate general, and more! A suggested \$5 donation will go to help the Belleville Improvement Society which cares for Newburyport's Civil War Monument at Atkinson Common.

Kevin Hunt

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