



SENIOR POWER | Salem Council on Aging

401 BRIDGE ST. SALEM, MA 01970 | PHONE: 978-744-0924
HOURS: MONDAYS - FRIDAYS: 8 AM - 4 PM
WWW.SALEM.COM

JANUARY 2021



Dear Neighbor,

Greetings and warm wishes for a 2021 full of joyfulness and hope. The new year brings an opportunity for us to reflect on the past, but, just as important, an opportunity to think about the future. Your City is working hard for you, to make sure Salem remains the vibrant, welcoming, and successful community that it has been for years. From our newly launched Skipper shuttle, to Salem for All Ages, to our COVID response efforts including expansive free testing, resources through Salem Together, meal deliveries, and so much more, we are striving to connect you with your neighbors, even during a time of hardship and isolation.

As we turn the page to a new year, we also look ahead to the resolution of this terrible pandemic. Public health officials both here in Salem and across the Commonwealth are working diligently to prepare for the distribution of the vaccines that show so much promise. You can find information about coronavirus vaccine distribution plans for Massachusetts at www.mass.gov/covid-19-vaccine-in-massachusetts, or calling 2-1-1.

My greatest wish for the new year is that it brings us all happiness and an opportunity to, once again – after far too long – see each other in person. So much energy and effort has gone into Salem’s response to COVID-19 over the last ten months, but despite it all the greatest accomplishment may very well be the resilience, strength, and compassion of our residents themselves. Thank you for making this City the special place that it is and I hope you have a very happy New Year.

-Mayor Kim Driscoll



Thank you to all the volunteers; Chief King, Councillor McCarthy, Amanda Fernandez, CEO Latinos for Education, John Russell, Debski Family, Kevin Donahue, Matt Cartier, Kris Wilson, Linda Stark, Alice Merkl, Laura Sandon, Mary Ann Rowen, Laura Towey, Mary Ellen McHugh-Sullivan, Lisa & Jim Duffy, Rebekah Lashman, Rose Gould & Paul Queeney, Justin & Elise Snow, Deborah Colbert, Jeanne Flynn, Kerry Murphy, Kelly Annese, Lieutenant Brian Gilligan, Officers Brian St. Pierre, Robert Monk, Ted Pierce and their families for delivering over 300 meals to our seniors.

Thank you to the Friends of the Salem Council on Aging, elected officials and others who sponsored our annual Thanksgiving Day dinner. A big thank you to Brothers Taverna, Many Cruz and their amazing staff for preparing the meals. Special thanks to Activities Coordinator Rosanna Donahue for spearheading this project.



Programming



The Salem Council on Aging is thrilled to be working with local historian, Jim McAllister and Patrick Kennedy of SATV to sponsor a new lecture series for our community. The series titled “ **Things You Should Know About Salem**” will give viewers the opportunity to learn interesting facts about Salem’s amazing history. We all love listening to Jim’s lectures and we are so pleased to be able to bring them into your homes.

The series will be shown on Channel 3 on the following days and times beginning

Saturday, December 12th:

Saturdays – 1:55pm

Tuesdays – 11:50am

Thursday – 11:00pm



Senior Focus, our new Council on Aging show is on SATV

Channel 3
Mondays & Wednesdays
8:30am and 5:35pm

Channel 15
Tuesdays
5:10pm

Salem Council on Aging
FREE - Drive Up Lunch



Salem Council on Aging has once again partnered up with Root to offer a weekly **FREE to - go lunch** at the Community Life Center.

Meals will be distributed as a drive-up service, to keep everyone safe.

This service will start on January 5th and run through March 30th. Weekly pre-registration is required to receive these meals, as quantities are limited.

Tuesdays 10:30 – 11:00am
Free Drive – Up Lunch
Community Life Center
Begins January 5th, 2020

Call Rosanna Donahue @ 978-744-0924 X 43006 to reserve a lunch each week



INSTRUCTOR: **DOT MCKEEN**
MONDAYS 1:00 PM
SPONSORED BY: CAREONE CAREONE



Sign up in advance is required for ALL in-person in-person activities. No walk-ins will be allowed. All events are subject to change or cancellation. Do not attend an in-person event if you are sick or do not feel well. Face coverings are required at all times during on-site activities, Social distancing of at least 6 feet will be enforced. Anyone not complying with safety rules be asked to leave.



FROM THE DEPARTMENT OF PUBLIC HEALTH WEAR A MASK

Need a cloth mask? / Necesita una máscara de tela?
Please call / Llame a Rosanna at 978.744.0924.

Boston College is interested in how people of different ages make decisions about emotional situations. Participating in this study involves completing a number of questionnaires online. Please contact the Cognitive And Affective Neuroscience Laboratory at Boston College for more details stedmaco@bc.edu or canlab@bc.edu.

Programming

AT HOME CLASSES

Balance & Strong Bones
 When: Mondays & Fridays
 Tune In: 9:00 AM
 Channel 3

Chair Yoga & Aerobics
 When: Tuesdays & Thursdays
 Tune In: 9:00 AM
 Channel 3

Salem Council on Aging

Presents

Chair Yoga
 with **Bonnie Peruffo**
 & **Dorothy McKeen**



FREE

Space limited to 15 Participants

Chair Yoga with Bonnie on : January 11th, 25th

Chair Yoga with Dorothy : January 6th, 13th, 20th, 27th

Time: 10:00-11:00 am

Register only at myactivecenter.com

Any questions, contact Rosanna at 978.744.0924 or rdonahue@salem.com.

Salem Council on Aging

presents:

Meditation

with Elaine Tavis

Currently is meeting digitally



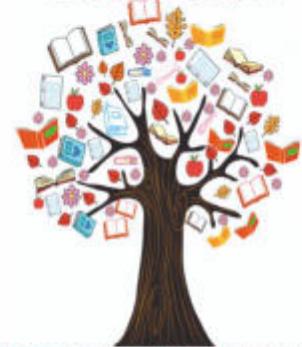
When: Tuesdays, January 5th, 12th, 19th, 26th

Time: 11:00 am

Register only at myactivecenter.com

Any questions, contact Rosanna at rdonahue@salem.com.

Salem Council on Aging Presents **THE BROAD ST. READERS BOOK CLUB**



"THE COFFESSIONS OF FRANNIE LANGTON"

BY SARA COLLINS

THIS GROUP IS CURRENTLY MEETING DIGITALLY

WEDNESDAY JANUARY 27th
 11:00 pm

Any questions, contact Rosanna at rdonahue@salem.com.



The Little Bird©

A Twice-Weekly Newsletter
 For Curious Seniors

Get your copy via Email or In-Print at the Salem
 Council on Aging

The Salem Council on Aging is now offering copies of "The Little Bird", a wonderful newsletter where each issue will focus on a specific, high-interest theme. Examples of topics: The California Gold Rush, The Great Molasses Flood, The Macy's Thanksgiving Parade, and many more. Before the pandemic, Nancy Franks was a frequent presenter at senior centers and retirement communities around the state of Mass. Her dynamic, hour-long presentations engaged, entertained, and educated all who saw them, so she decided to take all of her knowledge and create this newsletter so that others can still have this entertaining information during this time of isolation.

We will be offering copies of The Little Bird via email
 Please email rdonahue@salem.com
 or call (978) 744-0924 if you are interested in receiving
 The Little Bird via email every week.

Hello Salem Seniors-

If you have an email and haven't sent it to us, please do. We can then quickly send you the latest news, information on classes, cancellations and more. Please send your email to Rosanna at rdonahue@salem.com.

Salem Council on Aging presents

Balance Class
 with Sharon Godbout / Physical Therapist
 Bay State Physical Therapy

This class is sponsored by
Friends of the Salem Council on Aging



When: January 7th, 14th, 21st, 28th
 Time: 9:45 am

FREE

Space limited to 15 participants
 Register only at myactivecenter.com

Any questions, contact Rosanna at 978.744.0924 or
rdonahue@salem.com.

No-Bake Peanut Butter Oat Bars by KERRY MURPHY

Ingredients

- ◆ 1 1/2 cups creamy peanut butter (unsweetened)
- ◆ 6 Tbs maple syrup (can also use honey)
- ◆ 1 cup rolled oats
- ◆ 1 cup puffed rice cereal
- ◆ 2 to 3 tablespoons chicken or vegetable broth
- ◆ 1/4 teaspoon salt
- ◆ 1/4 teaspoon pepper
- ◆ 1/4 teaspoon dark sesame oil (optional)

Preparation

- ◆ Line an 8 X 8 inch square baking dish with wax or parchment paper.
- ◆ In a large bowl, stir together the peanut butter and maple syrup until it's mixed together thoroughly.
- ◆ Pour in the oats and cereal and stir with a rubber spatula until well combined.
- ◆ Spread the bar mixture into one even layer in the bottom of the pan. Refrigerate for at least one hour. Cut and serve or store in the fridge.



Bollitos de Yuca (Cheese - Stuffed Cassava Balls) by Rosanna D

Ingredients

- ◆ 1 lb. of cassava (yuca)
- ◆ 2 tablespoons of butter
- ◆ 1 teaspoon of curly parsley, finely chopped
- ◆ 1/4 cup of milk
- ◆ 1 1/2 teaspoon of salt (or more, to taste)
- ◆ 1/2 lb. of cheddar, cubed
- ◆ 1 egg
- ◆ 1/4 cup of flour
- ◆ 4 cups oil for frying



Preparation

- ◆ Boil yuca: Peel and boil the cassava until it is tender, adding a tablespoon of salt to the water. Take out of the water and puree.
- ◆ Mash yuca: Add the butter, parsley and milk and mix well. Season with salt to taste and let cool down to room temperature.
- ◆ Make balls: Put two tablespoonfuls of the mixture in the palm of your hand. Flatten it, put a cheese cube in the center. and roll around it into a ball. Repeat with the remaining yuca mash.
- ◆ Coat balls: Whisk the egg. Dip the balls into the egg, then into the flour. Coat it with flour and shake off the excess. Chill uncovered for 2-4 hours (you can keep them frozen in a lidded container for a couple of days).
- ◆ Fry balls: Fry in medium-hot oil (350 °F [175°C]) over until they are golden brown.

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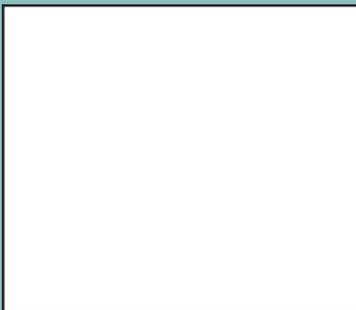
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Happy 2021 from the Team at the Mayor Jean A. Levesque Community Life Center!

Greetings and best wishes to our seniors and all the Salem community as we embark on a new year. We are hopeful that 2021 will be a better year than 2020 across our nation and the world. May we be blessed with good health and peace of mind as we hopefully, carefully, go about our lives. The Council on Aging team is as busy as ever despite not being fully open to our participants due to continued restrictions around groups gathering. We will continue to offer programs via Facebook, Zoom and SATV, Social Services by appointment, Nutrition Education and Outreach and more. We are here for you. Please peruse this newsletter as a means to stay informed of programs, health insurance options and opportunities to stay connected. Should you need services of any kind, please reach out.

All the best ~ Terry

RESOURCE DIRECTORY

COVID-19 Food Resources for Salem Families



Salem Public Schools Grab & Go

Breakfast/lunch For ALL children ages 0-18
(extra provided on Fri for Sat/Sun)

Mon-Wed-Fri 9-11am:

Bates School

Bentley Academy

Carlton Innovation School

Collins Middle School

Horace Mann Elementary School

Saltonstall playground

Witchcraft Heights

Mon-Wed-Fri 9-10am:

1000 Loring Towers

Pequot Highlands @ First St.

Palmer Cove Park

Rainbow Terrace @ 2 Rainbow Terrace

Salem Heights

Mack Park @ Tremont St. (9:45-10:15am)

Salem Common (9:00-9:30am)

Root Meals for Families

The culinary education program Root is providing an extra family meal during the Saltonstall and Collins Middle School Grab & Go distribution.

Farmers to Families Food Box

Beginning Thursday, May 21, SPS will provide one box of mixed produce per family every Friday at all of the school grab & go sites as part of the USDA's Farmers to Families Food Box program. Produce is supplied through Moraine Farms and Costa's Fruit & Produce.

Pandemic EBT (P-EBT)

Beginning in May, all SPS families will receive an EBT card in the mail for each SPS student in their household. There will be a \$28.50 weekly credit for each child that can be used for food at retailers, farmers' markets and CSA's accepting SNAP/EBT. For more info., please call Salem's food assistance hotline at 781-771-0724.

Food Pantries

Salem Pantry

For updated info on their biweekly mobile markets at 68 Loring Ave and Palmer Cove Park, check www.thesalempantry.org or call 978-552-3954

Salem Pantry Grocery Distribution at

SPS Grab & Go sites:

Mon 9-11am

Saltonstall Elementary

Bates Elementary

Salem Heights (9-10am)

Wed 9-11am

Carlton Innovation School

Witchcraft Heights Elementary

Rainbow Terrace (9-10am)

Friday 9-10am

Pequot Highlands

Loring Towers

**Also offers deliveries on Thursdays for those who are housebound - call 978-552-3954 for more info.)*

Haven from Hunger at Citizens Inn

71 Wallis Street, Peabody, MA

Phone: 978-531-1530

<http://www.citizensinn.org/haven-from-hunger/>

Mon/Tues/Thurs/Fri 10:30-2pm

Food for the World

8 North Street Salem, MA 01970

Phone: 978-683-9949

1st & 3rd Saturday of the month 10am – 12pm

Salvation Army

93 North Street, Salem, MA 01970

Phone: 978-744-5181

Website: www.salvationarmyMA.org/NorthShore

Hours: Mon-Wed-Fri 9:00am-11am

TRANSPORTATION



During December, the Transportation Department will be providing rides to medical appointments, social service appointments and grocery store trips.

Crosby's Market
Tuesdays 10:00 am - 11:00 am

Market Basket
Mondays and Wednesdays
Pickup at 10:30 am and return ride at 12:30 pm

Walmart
Thursdays
Pick up at 11:00 am and return ride at 1:00 pm
Space is limited and you must make an appointment for a ride.

Due to the Holidays, no Transportation on January 1st and 18th

To make an appointment, Please call 978 744 0924 X 43008, and ask for Annie to schedule a ride.

For everyone's protection, our vans are sanitized daily. **Drivers and passengers are required to wear a mask at all times while riding in the van.** We have adopted a maximum of 4 passengers per van at a time. An Assumption of Risk and Waiver of Liability relating to COVID-19 will need to be signed by those traveling on the van in addition to contact tracing information.

RESOURCE DIRECTORY



Salem Community Blood Drive
Mayor Jean A. Levesque Community Life Center
Main Hall
401 Bridge Street
Salem, MA 01970
Friday, January 15th
1:00 p.m. to 6:00 p.m.



Sharing Your Salem History In 2007 and 2009 the Salem Council on Aging Writer's Group published two volumes of Personal Perspectives of a Changing Salem, a rich collection of stories and personal experiences of growing up and living in Salem. We are looking to create another volume of personal stories. If you are interested in participating in this project, please contact Rosanna Donahue for more information at 978-744-0924.

EMERGENCY & HELPFUL NUMBERS IN CASE OF EMERGENCY 911

FIRE (Emergency 911)
Business Number 978-744-1235
POLICE (Emergency 911)
Business Number 978-744-0171
AMBULANCE 978-531-5422

BOARD OF HEALTH 978-741-1800

CITY HALL 978-745-9595

CITY CLERK 978-619-5611

DPW 978-744-3302

PUBLIC LIBRARY 978-744-0860

RETIREMENT 978-745-8983

SALEM HOUSING AUTHORITY 978-744-4431

VETERAN'S SERVICES 978-745-0883

NATIONALGRID/GAS 1-800-233-5325

NATIONALGRID/ELECTRIC 1-800-322-3223

VERIZON 1-800-837-4966

COMCAST 1-800-266-2278

NORTH SHORE MEDICAL CENTER 978-741-1200

NORTH SHORE ELDER SERVICES 978-750-4540

MBTA-THE RIDE 1-888-319-7433



Congressman
SETH MOULTON

Happy New Year!

No matter what holidays you celebrated, I hope you found a way to meaningfully connect with your family and friends that's safe.

Many people are also in need of help from the federal government right now, whether it's because their social security checks or a tax return they were expecting didn't come, they have a question about Medicare options for the year ahead or they want the latest information on the pandemic.

If you have questions about government benefits or want more information, call us at (978) 531-1669 or send me a message online at <https://moulton.house.gov/contact>

We're pretty good at getting results: my team and I are proud to have earned a 2020 Democracy Award from the Congressional Management Foundation for running the best constituent service operation in the United States Congress. We also surpassed the \$3 million mark for returning money to constituents in August of this year. The sum represents years of work on behalf of constituents who have contacted the office when federal agencies that owed them money failed to deliver. The top two things we help people with is securing social security benefits and access to veterans benefits, but there's a lot we can do to help with housing, heating your home, and of course turning your ideas into legislation.

This year in Washington, we also accomplished two of my three priorities for breaking the stigmas that prevent people from getting mental health care. In October, my bill to make 988 the national number for the Suicide Prevention and Mental Health Hotline was signed into law. I worked with partners in the House and Senate to steer the bill across the finish line. I've also started talking about my own experience with post traumatic stress, because I think when we talk about these things, it makes it easier for other people to get help, too.

I'm also trying to hold up good examples of people serving our communities, so that more people step up and serve. I recognized Lynn's Carlos Prudencio, a senior in High School, with the Peter J. Gomes Service Award. I created the award in 2016 in memory of Rev. Peter J. Gomes, my mentor and the minister of Harvard's Memorial Church. Carlos has been volunteering to help distribute meals to families in need during the pandemic, advocates for a human rights curriculum in local schools, and is a local leader in the Black Lives Matter movement.

On Veteran's Day, I continued the annual tradition of Veterans Town Halls to provide a forum for veterans to share the pride, grief, or quiet appreciation of life that war bestowed upon them and for non-veterans to listen and to learn. If you couldn't join us on Veteran's Day, you can watch Veterans Town Hall on Facebook.

That's just a little bit about what we are doing every day. It's an honor to serve and represent you in Congress. Please give us a call, send us an email or write us a letter if we can help you.

21Front St, Salem
978.531.1669
Mouton.house.gov

Sincerely,
SETH MOULTON
Member of Congress



The Mayor Jean A. Levesque Community Life Center and Offices will follow the schedule of City Hall (open, delayed opening, or closed) in the event of severe weather conditions.

COA TRANSPORTATION will be closed when the Salem Public Schools are closed due to severe weather/road conditions. This allows for the department of public services and our own building manager to focus on snow removal and plowing during a storm and its aftermath. As always, we encourage you to stay safe during a storm and to let us know how we can assist you in the aftermath.

SOCIAL SERVICES

HOW TO GET ACCESS TO THE INTERNET FOR LOW-INCOME OLDER ADULTS

Remember that *Not Everyone Has Access to the Internet* – What can be done? All telecommunication companies are required to provide access to the internet via a program that subsidizes low-income families.

These programs offer internet services at a rate of \$9.95 per month. Families must demonstrate that they meet income requirements under the Lifeline Program.

To learn more about the Lifeline Program, <https://www.mass.gov/how-to/apply-for-a-discounted-communications-service-through-the-lifeline-program>.

BEHAVIORAL HEALTH COUNSELING

Feeling anxious, depressed, overwhelmed and/or more?



Telehealth counseling is available through a partnership between the North Shore Community Health Center & the Salem Community Life Center/Council on Aging. Contact the Social Service Department at 978-744-0924 for information.



TURNING 65 THIS YEAR?

If you are turning 65 this year, you have your Initial Enrollment Period (IEP) to enroll into Medicare. This IEP is the 3 months prior to your birth month, your birth month, and 3 months after. Do not miss this opportunity or you could be faced with delays and/or penalties. You may have health insurance through active employment, but you should still sit down with a SHINE Counselor to learn about your Medicare coverage options. Contact the Social Services Department at 978-744-0924 to schedule an appointment.

FUEL ASSISTANCE

The heating season is here. North Shore Community Action Program (NSCAP), 119R Foster Street, Peabody, 978-531-0767 has sent out redetermination forms for those who were enrolled in their program the previous heating season. The Fuel Assistance Program helps income-eligible homeowners or renters pay their winter heating bills. If your gross household income falls within the limits shown below, you may qualify for payment of up to \$1100 towards your winter heating bills. In addition, eligible National Grid customers may qualify for a discount of up to 29% off their electric and gas bills, too!

For those who wish to enroll for the upcoming heating season, NSCAP has started taking appointments over the phone or Salem Seniors can contact the Social Service Department at the Salem COA @ 978-744-0924 for assistance in applying.

Maximum Gross Income Levels are:

- 1 person household \$39,105
- 2 person household \$51,137
- 3 person household \$63,169



The SHINE Program is a state health insurance assistance program available to offer free help and information regarding plan selection and enrollment. SHINE counselors will also help Medicare beneficiaries apply for Extra Help for prescription costs. To schedule an appointment, contact the Social Service Department at 978-744-0924. The regional SHINE office is located in the Mystic Valley Elder Service Office, 781-324-7705.

SOCIAL SERVICES

MEDICARE ADVANTAGE PLANS MEMBERS

Medicare Advantage Plan Open Enrollment Period will run for January 1 – March 31 every year.

If you are enrolled in a Medicare Advantage Plan, you'll have a one-time opportunity to:

- ◆ Switch to a different Medicare Advantage plan
- ◆ Drop your Medicare Advantage plan and return to Original Medicare, Part A and Part B
- ◆ Sign-up for a stand-alone Medicare Part D prescription plan to complete Original Medicare

SHINE Counselors can help you understand your choices during the Medicare Advantage Plan Open Enrollment Period. Trained SHINE counselors offer free, confidential counseling on all aspects of Medicare and related health insurance programs. Contact the Social Service Department at 978-744-0924 to schedule appointment. The Regional SHINE Headquarters is located at Mystic Valley Elder Services at 781-388-4845.

WANT TO LOWER YOUR MEDICARE COSTS?

The income and asset limits for the Medicare Savings Programs* increased. If you qualify, these programs will pay your Part B premium and in some cases your Part A and B deductibles, co-pays, and Part A premium (if you have one). In addition, you will automatically receive Extra Help, a program that will lower your Medicare Part D premium and co-pays.

Income and Asset limits

	Income / Month	Assets
Individual	\$1,755	\$15,720
Married couple	\$2,371	\$23,600

Prescription drug co-payments with Extra Help

	Per 30-Day Supply
Generic	\$3.70
Brand Name	\$9.20

To learn more and to request an application, contact MassHealth at: 1-800-841-2900 or TTY at: 1-800-497-4648.

*SHINE can also assist you with the application process.

Contact the Social Service Department at 978-744-0924.

Applications are also available on-line at: <https://tinyurl.com/MassMSP>

TAX PREPARATION

Due to the pandemic we are still assessing if the AARP Tax Aide program will be available to assist those in need of help in filing their taxes and how this can be done to ensure everyone's safety.

Our Mission

The mission of the Salem Council on Aging is to develop and offer programs for all older adults of Salem that affirm life, challenge creativity, enhance socialization, psychological well-being and wellness.

City of Salem An Equal Opportunity Employer

The Salem Council on Aging is an Equal Opportunity Employer. Our programs and activities are funded in part by the City of Salem, Department of Planning and Community Development, the U.S. the Executive Office of Elder Affairs, the Federal Government through Titles III and III-C, North Shore Elder Services, the Friends of the Salem Council on Aging and individual donors. "In the provision of our services, we do not discriminate on the basis of race, color, national origin, gender or gender identity, age, religion, marital status, familial status, sexual orientation, ancestry, public assistance, veteran history/military status, genetic information or disability.

Ciudad de Salem Empleador de Igualdad de Oportunidades

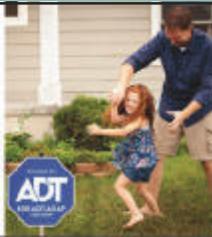
Salem Council on Aging es un empleador de Igualdad de Oportunidades. Nuestros programas y actividades son financiados por la Ciudad de Salem, el Departamento de Planificación y Desarrollo Comunitario del Estado de MA a través de la Oficina Ejecutiva de Asuntos de Personas Mayores, el Gobierno Federal de los títulos III e III-C, North Shore Elders Services, Friends of the Salem Council on Aging, y donantes individuales. "En el suministro de nuestros servicios, no discriminamos por raza, color, origen de nacionalidad, género o identidad de género, edad, estado civil, estado familiar, orientación sexual, antepasados, asistencia pública, historia de veteranos / militares estado, información genética o discapacidad.

Salem for All Ages On January 19, 2017, AARP Massachusetts Director Michael Festa came to Salem to present our certification from AARP and the World Health Organization as an Age Friendly City. In October 2015, Salem started this process by officially joining the WHO's Age Friendly Network, becoming one of the first cities in Massachusetts to do so and the first on the North Shore. The goals of a livable, safe, and vibrant city serve to lift up all our residents, no matter their age or ability. They also provide the roadmap toward one that is prepared for the changing demographics that we see in our community's future. This road map, Salem For All Ages, focuses on the key "domains" of an age friendly city: supportive community and health services, civic engagement and participation, employment and volunteer opportunities, respect and social inclusion, appropriate housing in a range of affordability, vibrant outdoor spaces and public places, and effective, sensible transportation options. Within each domain there are action steps in order to achieve its vision. Implementation and evaluation of the plan will be carried out by a task force of community volunteers and City officials that has already met to begin work. They are supported by a Leadership Council made up of community leaders, as well as those who work directly with our senior population. In Salem we are thoughtful about how we approach the future. Great cities do not happen by accident. They take careful planning, public input, and meaningful action. For more information regarding the Salem for All Ages action plan, please visit www.Salem.com.

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GOT SALEM HISTORY?

*Photos? Postcards? Brochures?
Catalogs? Invitations? Tickets?
Receipts? Menus? School stuff?
Before you toss out any "old paper,"
let's discuss donating it to my
Salem History Collection at
Salem State University.*

Nelson Dionne: 978-532-4306
nelson@salemshistory.com

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Salem Council on Aging, Salem, MA

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Mavor

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Would You Like to Have a Pen Pal?

Come January, we hope to have some older adults and students from both Salem State University and Salem High School become Pen Pals. During these difficult times, communicating with others is not easy and something that many of us miss. This will give people from different generations an opportunity to meet new people, share ideas and interests (such as books, cooking, music, gardening, etc.). You could be a Pen Pal the traditional way by letter writing or through email or by telephone. You must commit to one letter, email or phone call per month for three months. After that, you and your Pen Pal can decide if you want to carry on the conversation. It can be in either English or Spanish. Please call the Council on Aging if interested and for more information.



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*Upon enrollment participants must receive all health care, primary care and specialist physician services—other than emergency services—as authorized by PACE, or be fully and personally liable for costs of unauthorized services.

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