



# 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

# FEBRUARY 2022

## WHAT'S INSIDE

02	GROUP GATHERINGS
03	PROGRAMS
04	TRIPS
05	NUTRITION TRANSPORTATION
06	PROGRAMS
07	SOCIAL SERVICES
08	CALENDAR
09	HEALTH AND WELLNESS

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Leveille McClain

## Director's Message



Hoping that everyone had happy holidays and a good start to the new year despite the fact we are still living with COVID concerns. In January, we had to scale back some group activities for your well-being as we worked through the month mindful of COVID numbers in the community. Our Board of Health has provided excellent guidance and shows so much care for the safety of our seniors.

On a lighter note, we are planning some wonderful gatherings in the upcoming months and are incrementally bringing back all activities, classes, speakers and more. Our goal is to always operate per normal, but COVID has gotten in the way at times. Please take a peek at the newsletter for more information on our offerings.

On an even lighter note, legend has it that on the morning of February 2nd, if the groundhog we know as Punxsutawney Phil can see his shadow, there will be six more weeks of winter. If he cannot, spring is on the way. I vote for spring! Happy Valentine's Day! ~ Terry

## SALEM COUNCIL ON AGING PRESENTS



## Valentine's & Renewal of Vows Ceremony

Monday, FEBRUARY 14TH

Time: 10:30 am

Price: \$10 pp

You are cordially invited to our annual vow renewal ceremony at the Salem Council on Aging. There will be live music, lunch and a photo to remember this special day. Call Rosanna to reserve a spot at 978.744.0924.

FREE for those renewing vows.

# GROUP GATHERINGS

**Sign up in advance is required for ALL in-person activities; no walk-ins will be allowed. All events are subject to change or cancellation for public health or other reasons. Do not attend an in-person event if you are sick or do not feel well. Anyone not complying with safety rules will be asked to leave.**

## **EVENING DRUM CIRCLE**

**Thursdays | 5:30 pm | Price: \$ 10 pp**

Mamadou's drumming classes are more than learning and playing a musical instrument. They offer joy with all its spiritual song and rhythms.

## **ENGLISH CLASS**

**Tuesdays | 12:00 pm**

Teacher: Patricia Kennedy

The Salem COA, in partnership with Catholic Charities North in Salem, offers weekly English language classes for all levels of students looking to learn to speak, read, write and improve their English proficiency. Our class includes instruction for all students whose first language is not English with a focus on language skills that will help you speak and understand doctors and medical appointments. All books and classroom materials are provided.

**Call Rosanna Donahue for more information.**

## **MONTHLY CRAFT**

**Friday, February 11th | 10:15 am | \$ 5 pp**

Join Mande Michael from Senior Expressions as she guides you in the basic techniques of painting on silk scarves.

## **THE BROAD ST. READERS BOOK CLUB**

**Wednesday, February 23rd | 11:00 am**

## **Monthly Birthday Celebration**

**(must pre-register)**

**Thursday, February 24th | 12:00 pm**

Monthly Birthday Celebration for those with February birthdays. Celebrants will get a **FREE** lunch, rose and card. Cake will be served and a group photo will be taken.

## **MBTA CharlieCard for Seniors | by Appointment Only**

**Tuesdays, Thursdays and Fridays | 1:00-3:00pm**

You can now apply for a new CharlieCard for Seniors online.

Should you need assistance with the application process, Rosanna is assisting seniors. Please call her at 978-744-0924 to schedule an appointment.

## **BINGO**

**Tuesdays, February 1st, 8th, 15th, 22nd | 12:30 pm**

**Wednesdays, February 2nd, 9th, 16th 23rd | 12:30 pm**

**Thursdays, February 3rd, 10th, 17th, 24th | 12:30 pm**

## **KNITTING & CROCHET CIRCLE**

**Fridays | 9:30 am**

Would you like to meet others interested in knitting or just enjoy company while you work on projects?

Join the knitting circle. You can bring your own project to work on, or help develop a group project to donate to an organization in the community or raffle off.

## **Support Group for the Visually Challenged**

**Friday, February 24th | 10:30 am to 12:30 pm**

Christie Parker and Andrew J. LaPointe have established a Support Group for those who are visually challenged. This will be a low keyed group that will give friends, loved ones and any one needing a helping hand to get the information they need. This group will also help answer those questions on devices that will make life's daily tasks much easier.



## **The Salem Veterans Friends Information Hour**

All are welcome!-Come on in!

Info on various benefits, issues, and upcoming events!

**Wednesday, December 15th | 10:00 am**

**Meeting held at Community Life Center**

Any questions, contact 978-745-0883

## **SPECIAL GUESTS**

**Attorney Christine Hurley**

**FREE Consultation**

**by Appointment Only**

**Wednesday, February 2nd**

**Time: 9:30 am**

**Rep. Paul Tucker**

**Join us for Coffee and Donuts**

**Monday, February 7th**

**Time: 9:00 am**

**Mayor Kim Driscoll**

**Join us for Coffee and Donuts**

**Wednesday, February 16th**

**Time: 10:00 am**

**Senator Joan Lovely**

**Join us for Coffee and Donuts**

**Monday, February 7th**

**Time: 11:00 am**

**Attorney Jack King**

**FREE Consultation**

**by Appointment Only**

**Thursday, February 17th**

## **GAMES**

### **Pool Room**

**Mondays-Fridays | Time: 8:00 am-4:00 pm**

### **Backgammon**

**Mondays | Time: 10:00 am**

This is one of the oldest board games known. It is a two player game where each player has fifteen pieces (checkers) which move between twenty-four triangles (points) according to the roll of two dice.

### **Mahjong**

**Tuesdays | Time: 10:00 am | Time: 12:30 pm**

**Thursdays | Time: 12:00 pm**

**Fridays | Time: 9:30 am**

Mahjong is a game of skill, coupled with wit and fortune.

### **Cribbage**

**Thursdays | Time: 9:00 am**

Cribbage is a card game that involves playing and grouping cards in combinations to gain points.

# PROGRAMS



A Memory Café is a comfortable, social gathering that allows people experiencing any level of memory loss and a loved one to connect, socialize, and build new support networks. We are grateful to State Representative Paul Tucker for making it possible for the Salem COA to receive a \$50,000 grant from the Executive Office of Elder Affairs to enhance our existing work with Memory Cafés. If you are experiencing any level of memory loss or are a caregiver for someone living with this, please join us on **THURSDAY, FEBRUARY 24TH from 1:00 PM – 2:30 PM** for our first Memory Café of 2022. We will have a roundtable at this first café to see what kinds of activities you may like to see and offer a workshop to relax you. Each Memory Café will end with a healthy treat to-go with a simple recipe as we look to promote excellent nutrition in order to promote brain health. To register, please call Rosanna Donahue at 978-744-0924. Space is limited.



## Salem Wellness Walks

**Wednesday, February 9th**  
**Salem Common**  
**9:00-10:00 a.m.**

*Special Guest, Rep. Paul Tucker*

Lace up your walking shoes and join us at Salem Common for Salem Wellness Walks!

All attendees will receive water and a healthy snack. New attendees will also receive a pedometer to track their progress. All ages and abilities are welcome. The walk will begin at 9:00 am and end at 10:00 am. Participants can walk at their own pace and take breaks at any time on the benches along the Common.

This event is co-sponsored by the Salem Council on Aging and the Salem Board of Health.

## Endicott College Nursing Students Offer Blood Pressure Clinic

On Tuesday, **February 15th**, nursing students from Endicott College will be at the Community Life Center to offer blood pressure screenings and checks from 9:30-11:30 am as part of their Day of Service.

**Registration is required. Please call Rosanna Donahue to register at 978-744-0924.**



## Attention Adults with Foot Problems and Diabetes!

**Tuesday, February 15th, 2022**

**Time: 1:00 pm**

Registration is required; contact Rosanna Donahue at 978.744.0924

Is **Medicare** your Primary Insurance? If so, you are eligible to receive a pair of **Diabetic shoes and inserts FREE** to you if you are **Diabetic!** Some other insurances cover this as well!

[www.drcomfort.com](http://www.drcomfort.com) / [www.anodyneshoes.com](http://www.anodyneshoes.com)

Please bring your Medicare card and any other supplemental insurance cards as well as the completed doctor's order (pick up from Rosanna). Straight Mass Health/Medicaid does not cover this.

JOIN US FOR A  
**Valentine's**  
**MOVIE AND**  
**DAY BRUNCH**

MONDAY | FEBRUARY 28TH  
**11:00 AM**  
PRICE | \$ 5.00 PP

**MOVIE:**

**BRUNCH MENU:**  
CLASSIC EGGS BENEDICT  
HOME FRIES  
FRESH FRUITS  
COFFEE

RSVP TO ROSANNA  
978.744.0924

# TRIPS

Trip: [Celtic Angels of Ireland \(Danversport Yacht Club\)](#)

Date: March 10, 2022

Cost: \$74.00 (show, lunch, tax & gratuity)

Trip: [Atlantic City Boys \(Windham, NH\)](#)

Date: April 27th, 2022

Cost: \$99.00

(Transportation, Lunch, show, tax and gratuity)

Trip: [September 11th Museum & Memorial to New York](#)

Date: May 12th-13th, 2022

Cost: \$399 Double/\$499.00 Single (transportation, lodging, breakfast/dinner, tours)

Trip: [A Victorian Age Getaway](#)

Date: May 25th-26th, 2022

Cost: \$389 Double/\$489.00 Single (transportation, lodging, breakfast/dinner, tours)

Trip: [The McCartney Years \(Danversport Yacht Club\)](#)

Date: June 15th, 2022

Cost: \$74.00 (show, lunch, tax & gratuity)

Trip: [Memories of Patsy \(Danversport Yacht Club\)](#)

Date: June 22nd, 2022

Cost: \$96.00 (show, lunch, tax & gratuity)

Trip: [Niagara Falls - Vineyard Tour and Baseball Hall of Fame](#)

Date: June 14th-16th, 2022

Cost: \$539 Double/\$669 Single (transportation, dinner and show/breakfast, tax and gratuity)

Trip: [Boothbay Harbor & Cabbage Island Lobster Bake](#)

Date: August 9th-10th, 2022

Cost: \$449 Double/\$549 Single (transportation, dinner and show/breakfast, tax and gratuity)

Trip: [Martha's Vineyard](#)

Date: August 11th, 2022

Cost: \$165.00 (transportation, ferry, tour, dinner show, & gratuity)

Trip: [Maine Escape](#)

Date: September 19th-21st, 2022

Cost: \$559 Double/\$699 Single (transportation, dinner and show/breakfast, tax and gratuity)

Trip: [The Beat Goes On \(Danversport Yacht Club\)](#)

Date: November 16th, 2022

Cost: \$74.00 (show, lunch, tax & gratuity)

For more information, contact Rosanna Donahue at 978.744.0924.

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# NUTRITION



We sat down with Kerry Murphy, MS, RDN, the Health and Wellness Coordinator for the City of Salem for our first **Senior Power** nutrition article. Ms. Murphy, a registered dietitian, collaborates with organizations working to prevent chronic disease, providing equitable access to healthy foods and opportunities for active living in Salem. She chaired the Health Subcommittee of the Salem for All Ages Task Force. The last four years she has worked with Kelley Anese, Nutrition Education and Outreach Coordinator at the Salem Council on Aging, drawing attention to the senior population's issues of food insecurity, social isolation and adequate nutrition. She is the host of Taste and Talks. In these short videos you'll see Ms. Murphy cooking a simple recipe while providing nutrition education.

Ms. Murphy says the city is committed to adopting the evidence-based recommendations from the 2018 Mass in Motion study to promote food justice and health equity in Salem. The report, which she co-authored may be viewed at [www.Salem.com](http://www.Salem.com).

Ms. Murphy's current endeavors include: the Mack Park Food Farm, [https://m.facebook.com/Mack-Park-Food-Farm-104327477910026/?\\_rdr](https://m.facebook.com/Mack-Park-Food-Farm-104327477910026/?_rdr), a community farm; Farm to School; Salem Wellness Walks, a monthly walk of Salem Common and the Food is Medicine Massachusetts Coalition <https://foodismedicinema.org/>.

Ms. Murphy welcomes hearing from people as she attends to her top priorities of equitable access to healthy foods to prevent chronic disease and reducing barriers to physical activities.

# TRANSPORTATION

**The city is following state mandate which requires masks to be worn at all times while riding on the COA van. All other restrictions have been lifted. Please call Annie 978.744.0924 X 43008 with any questions or concerns. To make appointments or for any questions, please contact the Transportation Department at (978) 744 - 0924 x 43008. Two business day notice required Transportation is made possible through the Title III and CDBG Grants.**

**Space is limited and you must make an appointment for a ride.**

## OUT-OF-TOWN MEDICAL TRANSPORTATION ( 9-9:30 AM PICKUP )

Monday	Tuesday	Wednesday	Thursday	Friday
Beverly / Marblehead	Peabody	Danvers / MGH	Peabody	Lynn / Swampscott

## SHOPPING ( 2 BAG MAXIMUM )

Monday	Tuesday	Wednesday	Thursday	
Market Basket 10:30 am - 12:30 pm	Crosby's 10:00 am-11:00 am	Market Basket 10:30 am - 12:30 pm	Wal-Mart 11:00 am - 1:00 pm	
	Trip to the Mall 11:00 am-1:00 pm		Trader Joe's 10:00 am-12:00 pm	

The Council on Aging has received a new van which was awarded to the city through a Mass DOT grant. The van which is similar to our others should be ready to start service soon. Hope you all can have a ride on our new van!

For those of you who know Tyler Hrynyszyn, you know what a wonderful addition he has been to the COA. He has worked in all capacities in the Transportation Department and has made many new friends. Tyler has been offered a job working for Gloucester's 1623 Studios which is a local media source similar to SATV. His last day will be January 31<sup>st</sup>. Please be sure to congratulate Tyler and wish him well in his new position.

# PROGRAMS



## A Weekly Newsletter For Curious Seniors Get your copy via Email or In-Print at the Salem Council on Aging

The Salem Council on Aging continues to offer copies of "The Little Bird", a wonderful newsletter where each issue will focus on a specific, high-interest theme. Examples of topics: The Gold Rush, Kings and Queens, First Ladies and many more. Before the pandemic, Nancy Franks was a frequent presenter at senior centers and retirement communities around the state of Massachusetts. Her dynamic, hour-long presentations engaged, entertained, and educated all who all who saw them, so she decided to take all of her knowledge and create this newsletter so that others can still have entertaining information.

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

### VETERANS, WIDOWS, AND DEPENDENTS

Massachusetts and the City of Salem have the best veteran benefits program than anywhere else in the country! If you are a veteran/widow and living paycheck to paycheck with limited assets, please call your community veterans office and let us help determine your benefit eligibility. We also assist with all veteran questions, service bonuses, VA healthcare applications, VA compensation claims, employment, and educational assistance. Please call the city Veterans' Services Officer at 978-745-0883 for all questions.

### VETERANOS, VIUDAS Y DEPENDIENTES

Massachusetts y la Ciudad de Salem tienen el mejor programa de beneficios para veteranos que en cualquier otro lugar del país! Si usted es un veterano / viudo y vive de sueldo a sueldo limitados, llame a la oficina de veteranos de su comunidad y permítanos ayudarlo a determinar su elegibilidad para los beneficios. También ayudamos con todas las preguntas de los veteranos, bonificaciones de servicio solicitudes de atención médica de VA reclamos de compensación de VA, empleo y asistencia educativa. Llame al Oficial de Servicios para Veteranos de la ciudad al 978-745-0883 para todas las preguntas.

The CANLab at Boston College is conducting a study examining how we process emotional information (things we find pleasant or unpleasant). All methods are noninvasive and no drugs are administered. You will be asked to complete pen-and-paper tasks and to perform tasks on a computer. You will be paid \$12/hr for your participation in behavioral tasks and \$25/hr for participation in the MRI study.

If you are a healthy adult, ages 18-95, please contact us for more information or to schedule an appointment: [canlab@bc.edu](mailto:canlab@bc.edu).

## Wellness Lecture Series by Donna Clifford

**Time: 4:00 pm**

**Price: \$20 per class / \$10 for seniors**

Join Donna Clifford as we discover the joy of being fully alive. Donna brings over 40 years of clinical nursing and holistic practices to each presentation. She has just released her new book titled Let's Act Like Rice and will be available for purchase.

### Monday, March 7th:

#### Gut Health The Key to Healthy Body and Mind

GI Distress? Digestion is the foundation of health including mental health. Come learn tips and recipes to improve your digestive power.

### Monday, March 14th:

#### May Your Dream Come True. Realizing Our Purpose Through Food

What is it in our life that will bring a sense of peace? What is our Dream? The answers we seek may be as simple as plant based food.

### Monday, March 21st: Happy Sleep

How to Get a Good Night's Sleep and Wake Refreshed Every day. Sleep is a mystery. Why we sleep, how much to sleep, why we dream.

## **Save \$30 per month on Internet costs!**

**Wednesday, April 27th**

**Time: 10:15 am**

Virginia Benzan of the Massachusetts Law Reform Institute (MLRI) will explain a new federal discount program called the Affordable Connectivity Program (ACP). This new program could save you \$30 per month on Internet connections, and \$100 off a device. Benefits are available to many older adults - see if you qualify!

## Place Your Order for Free At-Home COVID-19 Tests

Residential households in the U.S. can order one set of 4 free at-home tests from USPS.com.



- ◆ Here's what you need to know about your order:
- ◆ Limit of one order per residential address
- ◆ One order includes 4 individual rapid antigen COVID-19 tests
- ◆ Orders will ship free starting in late January

Fill out form at either of these links: <https://www.covidtests.gov/> or <https://special.usps.com/testkits>

# SOCIAL SERVICES

## SHINE

### *Serving the Health Information Needs of Elders*

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.

## FUEL ASSISTANCE

The heating season is here. North Shore Community Action Program (NSCAP), 119R Foster Street, Peabody, 978-531-0767 sent out redetermination forms for those who were enrolled in their program the previous heating season but are now accepting new applicants. 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, NSCAP is taking appointments 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 \$40,951
- 2 person household \$53,551
- 3 person household \$66,151

## TAX PREPARATION/ASSISTANCE

If you need assistance in preparing your income tax return, the RSVP/AARP Volunteers will be at the Salem Community Life Center to assist you on Tuesdays and Thursdays beginning Tuesday, February 1 through Thursday, April 14.

Call 978-219-7117 to schedule an appointment (be sure to clearly speak your name and your phone number). Please be patient waiting for someone to call you back to schedule an appointment.

## BEHAVIORAL HEALTH COUNSELING

Feeling anxious, depressed, overwhelmed and/or more? In person counseling is available through a partnership between the North Shore Community Health Center & the Salem COA. Contact the Social Service Department at 978-744-0924.



## 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.

## 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 an appointment. The Regional SHINE Headquarters is located at Mystic Valley Elder Services: 781-388-4845.

## SENIOR HOMEOWNERS & RENTERS

*YOU MAY QUALIFY FOR CASH OR CREDIT FROM THE STATE IF YOU PAY RENT OR PROPERTY TAXES.*

The Massachusetts "Senior Circuit Breaker" Tax Program is for persons 65 or over whose property taxes & 50% of water bills (or 25% of rent) exceed 10% of their annual income and who meet other qualifying criteria.

If you meet certain requirements, you may be eligible for the refundable tax credit or "Circuit Breaker" now and for the past three years-even if you did not file Massachusetts state income tax forms. You may file for the 2021 tax year and file retroactively for the last 3 years if you already didn't.

Even if you do not normally file with state, if you meet the certain criteria you are most likely due a \*REFUND\* Check/Tax credit from the Dept. of Revenue.

\*Be sure to inquire with your tax returns or if the RSVP/AARP tax aide program is available this tax season at the Salem Council on Aging, they will be able to determine if you are eligible for this.

# FEBRUARY 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	- 1- 9:00   Balance Class \$ 10:00   Tap Dancing \$ 10:00   Mahjong 11:30   Meditation 11:30   Lunch 12:00   English Class 12:30   Mahjong 12:30   Bingo	- 2 - 9:30   Chair Yoga \$ 9:30   <b>Lawyer C. Hurley</b> 11:00   Strong Bones \$ 11:30   Lunch 12:30   Bingo 2:00   Muscle & Strength	- 3- 9:00   Cribbage 10:00   Line Dancing \$ 11:15   Zumba \$ 11:30   Lunch 12:00   Bingo 12:30   <b>Third Age Community</b> 12:00   Mahjong 5:30   Evening Drums \$	- 4- 9:30   Knitting Group 9:30   Mahjong 9:30   Chair Pilates \$ 11:30   Lunch
	<b>Sweet &amp; Sour Chicken</b>	<b>Veg &amp; Cheese Frittata</b>	<b>Beef Stuffed Pepper Casserole</b>	<b>Salmon w / Tzatziki Sauce</b>
- 7- 9:00   <b>Coffee w/ Rep. Paul Tucker</b> 10:00   Chair Yoga \$ 10:00   Backgammon 11:00   <b>Senator Lovely</b> 11:30   Tap Dancing \$ 1:00   Zumba \$ 2:30   Aerobics Class \$	- 8- 9:00   Balance Class \$ 10:00   Tap Dancing \$ 10:00   Mahjong 11:30   Meditation 11:30   Lunch 12:00   English Class 12:30   Mahjong 12:30   Bingo	- 9 - 9:00   <b>Salem Walks</b> 9:30   Chair Yoga \$ 11:00   Strong Bones \$ 11:30   Lunch 12:30   Bingo 2:00   Muscle & Strength	- 10- 9:00   Cribbage 10:00   Line Dancing \$ 11:15   Zumba \$ 11:30   Lunch 12:00   Bingo 12:00   Mahjong 5:30   Evening Drums \$	- 11- 9:30   Knitting Group 9:30   Mahjong 10:15   <b>Monthly Craft \$</b> 9:30   Chair Pilates \$ 11:30   Lunch
<b>Balsamic Chicken</b>	<b>Salisbury Steak w / Gravy</b>	<b>Veggie Lasagna</b>	<b>Chicken Scampi</b>	<b>Hot Dog</b>
- 14- 10:00   Chair Yoga \$ 10:00   Backgammon 10:30   <b>Valentine's Party</b> 11:30   Tap Dancing \$ 1:00   Zumba \$ 2:30   Aerobics Class \$	- 15 - 9:00   Balance Class \$ 9:30   <b>Nurses</b> 10:00   Tap Dancing \$ 10:00   Mahjong 11:30   Meditation 11:30   Lunch 12:00   English Class 12:30   Mahjong 12:30   Bingo 1:30   <b>Diabetic Shoe Clinic</b>	- 16- 9:30   Chair Yoga \$ 10:00   <b>Coffee w/ Mayor Driscoll</b> 11:00   Strong Bones \$ 11:00   Lunch 12:30   Bingo 2:00   Muscle & Strength	- 17- 9:00   Cribbage 10:00   <b>Lawyer Jack King</b> 10:00   Line Dancing \$ 11:15   Zumba \$ 11:30   Lunch 12:00   Mahjong 12:00   Bingo 5:30   Evening Drums \$	- 18- 9:30   Knitting Group 9:30   Mahjong 9:30   Chair Pilates \$ 11:30   Lunch
<b>Register with Rosanna for Party</b>	<b>Mac &amp; Cheese</b>	<b>Honey Rosemary Pork</b>	<b>Pepper Steak</b>	<b>Chicken Pot Pie</b>
	- 22- 9:00   Balance Class \$ 10:00   Tap Dancing \$ 10:00   Mahjong 11:30   Meditation 11:30   Lunch 12:00   English Class 12:30   Mahjong 12:30   Bingo	- 23- 9:30   Chair Yoga \$ 11:00   Strong Bones \$ 11:00   Strong Bones \$ 11:00   <b>Book Club</b> 12:00   Bingo 2:00   Muscle & Strength	- 24- 9:00   Cribbage 10:00   Line Dancing \$ 11:15   Zumba \$ 11:30   Lunch 12:00   Mahjong 12:00   Bingo 12:00   <b>Birthday Celebration</b> 4:00   <b>Art Program</b> 5:30   Evening Drums \$	-25- 9:30   Knitting Group 9:30   Mahjong 9:30   Chair Pilates \$ 10:30   <b>Support Group</b> 11:30   Lunch 1:00   <b>Red Cross</b>
<b>CLC is Closed</b>	<b>Pull Pork</b>	<b>Broccoli &amp; Cheese Stuffed Chicken</b>	<b>Corn Chowder, BLT Sandwich</b>	<b>Ravioli w/ Marinara</b>
- 28 - 10:00   Chair Yoga \$ 10:00   Backgammon 11:00   <b>Brunch &amp; Movie</b> 11:30   Tap Dancing \$ 1:00   Zumba \$ 2:30   Aerobics Class \$	<p style="text-align: center;"><b><u>Recipes From Around the World</u></b></p> <p>We are looking for people interested in sharing their favorite recipe as part of our cooking demos and multicultural food sharing. Do you like to cook? What's your favorite recipe to share? Would you demonstrate your culinary talents with friends at the CLC? We are looking to broaden our knowledge of the excellent dishes that represent the many cultures of Salem. Will you teach us some new things? If you are interested in sharing your favorite dish, please let Erica Blumberg, Nutrition Coordinator, know or you can email <a href="mailto:ebumberg@salem.com">ebumberg@salem.com</a>.</p>		<p style="text-align: center;"><b><u>Congregate Meal Sign-up</u></b></p> <p><b>Important Notice! If you wish to register for congregare meals for any given week, you must use the monthly meal calendars provided by Erica the Wednesday before that week. This is because we must submit our meal counts by deadline to Elder Services to ensure the correct number of meals the following week.</b></p> <p style="text-align: center;"><b>Thanks so much for your cooperation!</b></p>	
<b>Register with Rosanna for Brunch</b>				

SNOW  
POLICY

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.



# HEALTH AND WELLNESS

**Sign up in advance is required for ALL in-person activities; no walk-ins will be allowed. All events are subject to change or cancellation for public health or other reasons. Do not attend an in-person event if you are sick or do not feel well. Anyone not complying with safety rules will be asked to leave.**

CLASS	DESCRIPTION	DAY(S)	TIME	COST
Chair Yoga with Bonnie Peruffo	The perfect combination for those who need gentle exercise for joint pain and a gentle form of yoga to stretch muscles.	Mondays	10:00 AM	\$5.00 pp
Tap Dancing with Debbie Davis	Seniors of any age and all fitness levels can enjoy with tap dance combinations to choose from.	Mondays	11:30 AM	\$6.00 pp
Zumba	Sponsored by Care One at Essex Park, this class introduces easy-to-follow Zumba choreography.	Mondays	1:00 PM	\$5.00 pp
Aerobics with Beth	We are thrilled to be welcoming back Beth Schultz's Aerobics class.	Mondays	2:30 pm	\$ 5.00 pp
Balance Class	Lead by Tory Newbury of Bay State Physical Therapy	Tuesdays	9:00 AM	\$ 5.00 pp
Tap Dancing with Debbie Davis	Seniors of any age and all fitness levels can enjoy with tap dance combinations to choose from.	Tuesdays	10:00 AM	\$6.00 pp
Meditation with Elaine Tavis	Weekly meditation practice brings peace and inner joy by gaining control over your mind. FREE	Tuesdays	11:30 AM	FREE
Chair Yoga with Dot McKeen	The perfect combination for those who need gentle exercise for joint pain and a gentle form of yoga to stretch muscles.	Wednesdays	9:30 AM	\$5.00 pp
Strong Bones	This group is lead by Steve Fulling of North Shore Physical Therapy. Learn exercises to benefit arm and legs. Must Pre-Register.	Wednesdays	11:00 AM	\$5.00 pp
Muscle, Balance & Strength	Exercises to enhance balance, coordination and strength.	Wednesdays	2:00 PM	\$ 5.00 pp
Line Dancing with Cindy Murgia	Line dances are choreographed dances with a repeating series of steps that are performed in unison by a group.	Thursdays	10:00 AM	\$5.00 pp
Zumba	Sponsored by Care One at Essex Park, this class introduces easy-to-follow Zumba choreography.	Thursdays	11:15 PM	\$5.00 pp
Pilates with Beth	An entry level class, presented to be accessible and successful for any ability, program to strengthen central core muscles. Must pre-register.	Fridays	9:30 AM	\$5.00 pp
Podiatrist Dr. Robert Urich	Appointments required, bring insurance card.	Thursday March 10th	10:00 AM	By Appointment
Fitness Room	Come to the Fitness Room to improve your strength, cardiovascular conditioning, endurance, balance and just plain feel better!	M- F	9:00 AM- 2:00 PM	FREE



### 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 and promote spiritual, psychological and

### 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. Department of Housing and Urban Development, State of MA through the Executive Office of Elder Affairs, the Federal Government through Titles IIIB and IIIC, North Shore Elder Services, the Friends of the 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.

### SPANISH: 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 Departamento de Planificación y Desarrollo Comunitario Estado de MA a través de la Oficina Ejecutiva de Asuntos de personas mayores, el Gobierno Federal a de los Títulos IIIB e IIIC, North Shore Elder Services, los Amigos del Consejo sobre las Personas mayores y donantes individuales. "En el suministro de nuestros servicios, no discriminamos por raza, color, origen nacional, género o identidad de género, edad, religion, estado civil, estado familiar, orientación sexual, ancestros, 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](http://www.Salem.com).

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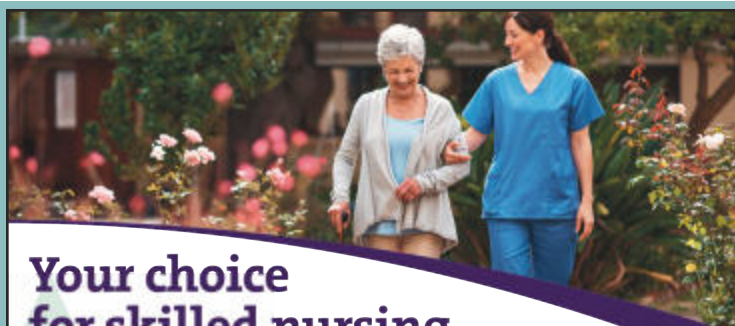
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## ART PROGRAM WITH LINDA ABBENE

Tuesdays, February 24th | Time: 4:00 pm|

FREE

Art Program by Linda Abbene.

Pre-registration is required. There is no charge for this class; it is being funded in part by The City of the City of Salem Department of Planning and Community Development and the U.S. Department of Housing and Urban Development.



## SAND FOR SENIORS



“Sand for Seniors” is a program where a member of the Salem Police Department will deliver a bucket of sand to Salem senior citizens who are physically unable to get some on their own. The senior can spread it on their icy walkways, steps, etc. Not only does the program hope to prevent falls but it is also a way to promote positive community interactions between Salem seniors and the police department that serves them.

Salem seniors can call Rosanna Donahue at the Council On Aging at 978.744.0924 and request a bucket. The Salem Police Department will do its best to have an officer deliver a full bucket of sand out to that resident within a week. The bucket is then the seniors to keep and use on their own in the future.

The Salem Council On Aging and the Salem Police Department thank Home Depot for their generous donation of 75 buckets and lids for the Salem senior community. We also thank the Salem Department of Public Works for providing the sand.

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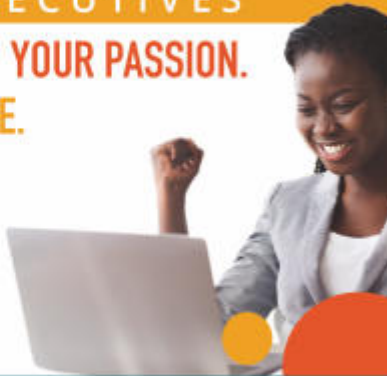
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