

HAPPY NEW YEAR 2021

Carriage Town
SENIOR NEWSLETTER

JANUARY 2021

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68 Elm Street • Amesbury, MA 01913 | Ph (978)388-8138 | Fx (978)388-8144 | www.amesburyma.gov/senior-community-center



Director Doreen Arnfield

Happy New Year! A time to plan, set goals and take action. Or... maybe the plan is to stay in the moment and enjoy each minute/hour/day as it comes. Personally, I am going to set an intention for myself each day. The COA team is enthusiastically planning for more outside fun in 2021. We will be offering a hip hop dance class, live music, food, games and more and its only a few months away.

At the moment, the Senior Community Center is temporarily closed for onsite programming. The good news is there are many options still available to be engaged throughout the winter. If you take a look inside this newsletter, you'll find many opportunities to: connect to support groups, find exercise classes, and technology support, and access food. Amesbury Community Television (ACTV) is another way to stay in touch with your community. They have a variety of programs that are entertaining and educational. Look inside for more on ACTV.

If you'd like assistance setting up a virtual meeting to see your friends and family, help finding ACTV programming, or have questions about borrowing a tablet or Alexa device, please call Briana at 978-414-5387.

The Traveling Chef lunch is back! Order yours by January 8th and get it curbside at the center on January 20th . Just like the holiday dinner distribution, we will be outside to say hello as you pick up your lunch. Or we can deliver. There is a \$2 suggested donation. We plan to continue these lunches with a Valentines Day lunch in February.

The Age Friendly Amesbury action team is gaining momentum as we meet each month to discuss how we can assess, plan and take action on areas like ageism, physical spaces, dementia and education.

A big THANK YOU to United Healthcare who generously sponsored this months newsletter. Unless we continue to receive this kind of support from others, the newsletter will be only mailed to those who submitted their annual fee of \$8. Remember to contact Andrew if you would like to newsletter emailed to you for free.

And Kudos to the Friends of the Council on Aging (FCOA) for stepping out of their comfort zone and trying something new. Their virtual Holiday Fair and drawing was a big success. With a little faith and a lot of time planning, they continue to raise money to support the Council on Aging programming. We are very grateful for their support!!!

Doreen



Don't forget to "Like" our Facebook Page.
www.facebook.com/amesburyseniors
We post all events, updates, and more!



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Amesbury Council on Aging, Amesbury, MA 06-5290



The Center

CITY OF AMESBURY COUNCIL ON AGING

68 Elm Street • Amesbury, MA 01913

(978) 388-8138

www.amesburyma.gov/senior-community-center

www.facebook.com/amesburyseniors/

M-F 8:00am-4:00pm

MISSION STATEMENT

To advocate for older adults, to identify their needs, to meet their health, economic, social and cultural needs, to encourage maximum independence and to improve their quality of life.

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At Large Councilor



CRIME PREVENTION TIPS WITH RETIRED OFFICER HANSHAW



I'd like to start by wishing everyone a very Happy and Healthy New Year as we welcome 2021! I'm sure most of you have memories of 2020 but try to focus on the good rather than the bad. While it was truly a year filled with challenges, we must continue to have hope for the future; the past is the past. January can be a tricky month for wintry weather so I thought I would share a few weather tips as we nestle into our period of hibernation. As New Englanders know, we can handle just about anything Mother Nature sends and spring's just around the corner.

As a self-proclaimed "weather geek," I always catch a weather forecast or two daily and urge you too as well. Knowing what may be ahead is the best way to avoid a big surprise.

Although the forecasts can vary, checking in with the meteorologist is a good idea. Everyone should keep extra medication, food and water on hand, just in case you are not able to get out for a few days. We've seen how the snow can pile up and sometimes it takes road crews a little while to get ahead. As the wind howls and tree limbs fall during a storm, power outages typically follow; make arrangements ahead of time if you rely on electricity for medical equipment. Should power be lost; avoid opening the refrigerator too many times, keep faucets trickling and be very cautious when using candles or fireplaces. It's important to have a "to-go" bag ready in case you must leave your home and don't forget to make provisions for your pets.

Driving and walking can be tough during the winter; please be careful when outdoors and watch your step as conditions change quickly, especially with the early sunset and cold nights. A walkway or driveway may appear to be wet but could actually be very icy. In the event you need help, please do not hesitate to call for assistance; first responders and the staff at the Senior Center are ready for winter. Lastly, although plans for the distribution of a Covid-19 vaccine are in the works as I write this column, we are going to need to be careful and patient a bit longer. I'm sure everyone is looking forward to getting back to "somewhat normal" in 2021!



A Message from Mayor Kassandra Gove

Happy New Year! 2020 was a tough year for all of us, and I'm optimistic that 2021 will bring us closer to what we had pre-Coronavirus. We'll be able to gather again, enjoy our favorite Amesbury traditions and events, and support each other in-person.

As we move forward together into the new year, we're also planning for our long-term future. In January, I'm launching an event series called Amesbury Listens. Our first topic in January is "Amesbury's Identity", and I want your input! I'd love to hear from all of you – what do you think about when you think of Amesbury's identity? What's special about Amesbury? What can we do better as a community? As we think about what Amesbury will look like in 10 years, what do you imagine?

I encourage you to sign up for a session if you can, they will all be held virtually, or send your thoughts to me directly at AmesburyListens@amesburyma.gov. Learn more about this series and how you can participate at www.amesburyma.gov/amesbury-listens.

I look forward to seeing you all in person as soon as it becomes safe to do so! We miss seeing your smiling faces around City Hall.

*For more information about city happenings, please visit: www.amesburyma.gov
www.facebook.com/amesburyma*

Sign-up for the Mayor's E-Newsletter at: www.amesburyma.gov/city-enewsletter



Elm Street Reconstruction Update

The construction crews on Elm Street took a break for the holidays, but they plan to come back in early January to continue working. They've been busy building a retaining wall near Atlantic Avenue, and completing a new culvert as well. They'll work as long as they can, weather permitting, and then take the winter off. They'll be back again in the spring as soon as it looks like we won't get any more snow!

Follow the DPW for more project updates: www.facebook.com/AmesburyDPW

TAKE A MOMENT

The tension and energy is palpable today, so here are eight self-care tips for coping with stress:

1. Honor your emotions. Name what you are feeling and tell someone or tell your pet. Or, you can even say it out loud to yourself. Verbally saying "I feel anxious" can help you manage your anxiety so that your anxiety is not managing you. Allow a range of emotional experiences today and observe your emotional process with curiosity rather than judgement.

2. Do something that involves planning for the future. Go online and buy someone a birthday or Christmas gift. Buy yourself a gift. Schedule something you've been putting off or set up a phone chat with a friend for later in the week. Try to see beyond today.

3. Try not to overdo it on the carbs. We often crave carbs when we are seeking emotional comfort. Today, especially avoid refined sugar, which can contribute to more stress on the body and cause inflammation. Try to get comfort in a different way. Maybe make a cup of tea or get a hug from a loved one. I know that's that not the same thing as eating ice cream or pizza, so please don't hate me for this suggestion. If you do need to eat ice cream or pizza, try not to overdo it and make sure you are also eating enough protein.

4. If you're spending a lot of time on social media, don't just scroll. Clean up your social media accounts. Unfollow people who are not relevant to you or unfollow people who bring feelings of annoyance or frustration. Unfollow people who make you feel like you're not enough in some way, either because you're comparing yourself to them or because they trigger unhealthy feelings or memories.

5. If you find yourself glued to the TV, don't just sit there. Do some light stretching, move your body, pace around the room, or clean up things around you. Sitting still when you are stressed can be very hard on your body because your body isn't able to process the chemicals and hormones released from the stress response. But when you move around, you can help your body work through its process.

6. Stay hydrated. This will also help your body deal with the stress and support your cognition so that you can stay aware of your own experience and feelings. Hydration will also support your overall body health so you can feel good tomorrow.

7. Say no. You'll likely need to say no today either to yourself or someone else. Set a boundary with someone you don't want to talk to or who drains you. Remember that you can say no or set a boundary with kindness and compassion. If saying no is hard you can simply say "I'll get back to you in a couple days."

8. Breathe. Take a deep breath in, and exhale. I know this seems very simplistic and may not solve anything, but in moments when you feel the frustration of all that you can't control, remember that you do have control over your breath and your breath can influence your physiology and your mood. At any time you can take a deep breath in and be present with yourself. Don't abandon yourself today just because there's a lot going on.

You don't have to do all eight of these things, but pick a few that resonate with you and remember that some self-care today is better than nothing.

There will always be a need to care for the earth, our work, our communities, our families, and ourselves

Isolation and Well-Being: Daily Recommendations

Our current mental health, resilience, personality, and duration of isolation can all play a role in our ability to cope with quarantine.

Here are a few ways to mitigate the negative effects of isolation

- Take all medication as prescribed**
- Drink plenty of water to ensure you stay hydrated**
- Shower**
- Establish a routine**
- Reach out to one human outside of your home by telephone**
- Do one thing (safely) to get your heart rate up (check with your doctor first)**
- Do one thing that you will be glad that you did later**
- Do one thing just because you want to, not because you have to**
- Clean/organize one thing/space**
- Tend to something growing/living**
- Get in at least one good laugh a day**
- Limit yourself to one 30-minute block of “worry time” a day. Try your best to focus the rest of your day on positive thoughts and activities. Save the rest of your worries for the next day’s “worry time.”**
- Set a limit of watching the news; for example, 1 hour/day**

If at any point these activities do not help or you are struggling to find any good in the day, please reach out to us. Although things are difficult right now, we are still very much here to help you. All of us at the Senior Center care about you and your well-being and will help you get through this!



SIMPLY DIAL 2-1-1
OR VISIT WWW.MASS211.ORG

Every day in Massachusetts people face challenges but don't always know where to turn for help. Mass2-1-1 is the 24/7 statewide information and referral line available in 140+ languages that connects people with critical human service programs and organizations in their local community. It can be reached by dialing 2-1-1 from any landline or cell phone in Massachusetts or you can search the most comprehensive database in the state online at www.mass211.org. No matter what Mass2-1-1 is always here.

- Adolescent & Youth Services
- Health Care
- Child Care & Parenting
- Housing & Shelter
- Crisis intervention
- Income & Finance
- Education
- Legal Services
- Elder Care
- Mental Health & Addictions
- Emergency/Disaster
- Food & Clothing
- Utilities/Fuel Assistance
- and so much more

Community Resources

Nutrition

SNAP BENEFITS

Supplemental Nutrition Assistance Program

Assistance is available to low-income individuals and families.

Generally speaking, the maximum net income for a family of 4 (after calculating deductions and exemptions) is \$2,146/month. To check your eligibility visit: <https://dtaconnect.eohhs.mass.gov/screening>

The Amesbury Council on Aging works with Our Neighbors Table as our SNAP facilitator and can help fast track the process. Please contact Courtney at 978-384-0667.

OUR NEIGHBORS' TABLE

194 Main Street, Wed. 10-4, Thurs. 12-6, Fri. 9-3 & Sat. 9-1

Our local food pantry is available to all residents of Amesbury and offers perishable and non-perishable groceries along with hot meals.

Groceries can be ordered the day before pick-up by 4 pm at www.ourneighborstable.org/getfood or by calling 978-388-1907. Groceries can be delivered to homebound residents on Wednesday afternoons. If you qualify for this service, call 978-388-1907 to find out more.

Hot to-go meals are available for pick-up on Wednesdays at the back of Main Street Congregational Church, 145 Main Street from 4-6 pm

EMERGENCY OPERATIONS FOOD DELIVERY

Mon. - Fri. 8:00 am to 12:00 pm

Vermette's, the EOC, the COA have teamed up with local volunteers to help deliver groceries to homebound and immunocompromised seniors. Call the EOC at 978-388-8155 if you need assistance.

BROWN BAG

Monthly on the First Tuesday

Provides roughly 15 pounds of nutritional food to supplement members meals for the month. Contact Kathy for more details at 978-388-8138 x545 for more information.

MEALS ON WHEELS

Mon. - Fri.

Operating every weekday, offering hot meals to homebound seniors. Call Elder Services of Merrimack Valley at 978-683-7747.

LET US PLACE YOUR
AD HERE.

Transportation

MVRTA

The MVRTA and the Senior Center offer free rides to members within Amesbury. You must be registered with the MVRTA. Call Andrew at 978-388-8138 x545 to find out more or book a ride.

NORTHERN ESSEX ELDER TRANSPORT

NEET and their volunteers offer free rides for seniors to medical and specialty appointments. For more information please contact Kathy at 978-388-8138 x544.

Health Insurance

SHINE - MEDICARE ASSISTANCE



Need assistance with Medicare? SHINE can help! SHINE = Serving Health Insurance Needs of Everyone... on or eligible for Medicare. Certified SHINE counselors offer free, unbiased, confidential counseling on all aspects of health insurance to anyone on or eligible for Medicare.

This is your opportunity to review your Medicare plans with a SHINE counselor to see what you can expect with your current plan in 2021, or to see if there is another plan that may be more cost effective for you. You may also benefit from cost savings programs that a SHINE counselor will explain to you. Your health insurance costs are an important part of your budget, and SHINE is available all year to help you review your plans and costs.

Due to the COVID-19 pandemic, SHINE meetings are by phone.

To schedule a SHINE appointment or for more information:
Call 1-800-MEDICARE (1-800-699-4881)
Medicare is open 24/7, calling "off hours" is recommended

Virtual Financial Forums

Elder Law & Financial Planning 101 Seminar

Wednesday, January 13th, 11:30 am - 1 pm

Inspired Retirement:

Living Your Best Retirement

Wednesday, January 27th, 6:30 pm - 8 pm

Free virtual financial seminars offered courtesy of Benchmark Senior Living. Join financial professionals and learn tips about how to prepare for the future. Learn about your rights and ideas to live your best retirement.

Contact Sarah Coletti at scoletti@benchmarkquality.com or call (978)914-0514 with any questions, or to register.

THIS SPACE IS
AVAILABLE



Virtual Support Groups

MEMORY CAFÉ ON ZOOM

SATURDAY, JANUARY 9TH, 10 AM TO 12 PM

A Memory Café is a friendly gathering where individuals with memory loss and their care-partners can relax, find friends and mutual support. Join for laughter, love, information, networking, art, music, dance and poetry. Community members who wish to "come and see" the program are welcome.

Please RSVP at least 24 hours in advance to Mary MacDonald at mary@marymacmissions.com or (978)887-4202.

The program is supported by the Topsfield Cultural Council, COA, FCOA, Library, and MaryMac Missions LLC, with the MA Department of Developmental Services.

NAMI SUPPORT GROUPS

Are you concerned about your mental health? Do you feel alone and hopeless? Are you wondering how to cope? Reconnect, rebuild, and find support with National Alliance on Mental Illness Connection Recovery Support Groups.

NAMI Connection is a free, peer-led support group for people who are concerned about their mental health. Groups are led by NAMI-trained facilitators who've been there. Groups allow you to talk about your experiences in a safe and confidential setting. The groups encourage empathy, productive discussion, and a sense of community. You will gain insight from hearing the challenges and successes of others.

Multiple groups are offered Mon., Wed., Thurs. and Fri. via ZOOM. Visit www.namimass.org for more information and links.

ALZHEIMER & DEMENTIA CAREGIVER SUPPORT GROUP

TUESDAY, JANUARY 5TH & 19TH, 5:30 PM - 7 PM

Join ESMV's Family Caregiver Support program by Benchmark Senior Living. Build a support system with people who understand. Groups are co-facilitated by Cynthia Hession, director of caregiver programs and Sarah Coletti, director of business development. These groups are a safe place for caregivers, family and friends of persons with dementia to develop a support system, talk through issues and ways of coping, share feelings, needs and concerns, and learn about community resources. Pre-registration is required.

Please contact Sarah Coletti at 978.914.0514 or email scoletti@benchmarkquality.com

CAREGIVER SUPPORT GROUP

THURSDAY, JANUARY 7TH, 10 AM

Constellation Health Services offers a Care Giver Support Group the first Thursday of every month via ZOOM. Individual support is available between meetings. Pre-registration is required.

Please contact Loretta Mangano, MS, ATR (978)904-3059 or email LMangano@constellationhs.com

COVID CRISIS COUNSELLING

MassSupport Network provides free community outreach and support services to people of all ages living in Massachusetts in response to the unprecedented public health crisis, COVID-19.

- Receive fact-based, credible, up-to-date information
- Take stock of needs, options and gain awareness of resources.
- Understand your current situation and reactions.
- Connect with other people, agencies and resources.

For more info: MassSupport@riversidecc.org or call (888)215-4920.

Newly Bereaved Support Group

Monday, January 4TH, 4 pm - 6 pm

A one time workshop for those with loss within the last 3 months, hosted by Care Dimensions hospice. RSVP required.

Please contact grief@caredimensions.org or call (855)774-5100
Bereavement Group

Wednesday, January 13TH & 27TH, 5:30 pm

Anna Jaques Hospital and Constellation Health Services host a group to support one another in a shared loss, yet knowing that our grief experiences are unique to us. Groups are held twice a month, the second and last Wednesday of each month, and currently held by Zoom. Pre-registration is required.

Please contact Loretta Mangano, MS, ATR (978)904-3059 or email LMangano@constellationhs.com

AMESBURY'S SNOW RESPONSE TEAM

Making sure no one gets snowed in

Are you a senior or disabled and need help this winter with snow removal? Call (978)388-8138 x544 if you need assistance.

Special thank you to Amesbury Recreation, CNA Stores and all our volunteers who have already signed up to help make a difference.



Dedicated Memory Care in Newburyport

- 24-hour care associates
- Weekly laundry & housekeeping
- 3 Eat Fresh, Eat Local meals daily
- Secure home-like neighborhoods
- Individualized care plans
- Engaging calendar of programs

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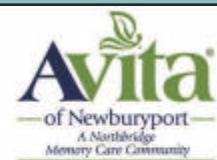
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Amesbury Council on Aging, Amesbury, MA 06-5290



FCOA: Friends of the Council on Aging

Happy Healthy New Year! *from the FCOA*

Thank you to everyone who contributed to our Virtual Fair & Prize Drawing:

Ann Marie Ahola

Blankets for Kids

Busy Needles

Claire Amirault

Claire Gannon

Cumberland Farms

E.V. Jutras Funeral Home

Healey, Deshaies, Gagliardi & Woelfel, PC

Kathy Berman

Linda Coolidge

Lindt Chocolate

Pauline Tilton

Rose & Frank Olbash

Sally St. Germain

Starbird Jewelers

The Institution for Savings

The Newburyport Five Bank



We are currently looking for sewers and knitters to provide items for our 2021 Fair. Items in big demand were placemats, quilted potholders, pillowcases, tablet covers. Holiday themed designs were also a big hit this year. We also welcome any items you create yourself; people really appreciate handmade gifts.

If you would like to help out, please call (978) 378-5058 and leave a message. We will get back to you.

Like us on Facebook: [Facebook.com/penny.mill.338](https://www.facebook.com/penny.mill.338)

Visit us on the web: <https://www.FriendsAmesburySeniors.org>



Friends of the Amesbury Council on Aging

❖ Membership Application ❖

If you want to become a member or renew your membership, please complete the application below and mail it or drop it off at the Senior Center along with \$6.00 (one application per person, please). PLEASE PRINT

NAME ADDRESS CITY STATE ZIP PHONE CELL EMAIL	<input type="checkbox"/> 2020-2021 Membership - \$6.00 <input type="checkbox"/> Sponsor - \$25.00 <small>(includes FCOA membership)</small> <input type="checkbox"/> Benefactor - \$50.00 <small>(includes FCOA membership)</small> <input type="checkbox"/> I'd like to volunteer - please call me
--	--

● Please make check payable to the FCOA and mail to FCOA, 68 Elm St., Amesbury MA 01913.

● Membership runs through 9/30/2021 ● We are a non-profit charitable organization



A Message from Senator DiZoglio

Hello again,

The Legislature recently passed a budget for Fiscal Year 2021. The package includes important investments in sectors impacted by COVID-19, including public health, education and childcare, food security and housing supports.

Locally, the budget includes \$200,000 toward the establishment of a first-ever Methuen Youth and Community Center, bringing us one step closer to making the dream of this project a reality. The package also includes important funds toward our chambers of commerce, who have worked tirelessly throughout the COVID-19 pandemic to assist local small businesses.

During budget debate, I spent much of my focus fighting for amendments I sponsored that I believe are essential to easing the pandemic's toll on our restaurants, pubs, and other small businesses.

During the shutdown, people have been flocking online for many of their purchases. As a result, online giants like Amazon have reaped heavy rewards from online traffic, while our local retailers slowly creep back to simple survival mode. During a time when much of our small business community was prohibited from making in-person sales, retail giants like Walmart continued to make both in-person and online sales, further contributing to the power gap between them and our neighbors on Main Street.

Action is long overdue to ensure our small businesses get the technological assistance they need to cope with the times. That is why I filed to the budget an amendment establishing a one-stop shop web portal and interactive database for small business assistance. The legislation creates a network of Massachusetts manufacturers and suppliers to promote local business and economic growth and establishes a MassMade designation for products manufactured in the Commonwealth.



The portal would help connect local small businesses with local consumers by providing a "Supply Mass, Buy Mass" interactive searchable database for shoppers to find what they need locally, instead of having to rely on giants like Amazon and Walmart to purchase what they need.

This is a tool for small businesses that would be of tremendous help in this COVID-19 age of virtual communication. As we witness shortages of personal protective equipment, it is clear having online accessibility to producers who make those items or who could pivot their capabilities toward making those items is critical.

I also filed legislation to the budget expanding Small Business Saturday to Small Business Saturday and Sunday in 2021 to encourage shopping local and bolster economic growth, as well as legislation creating a \$1 million relief fund for newer small businesses who are struggling but haven't been able to qualify for grants up to this point. Many new small businesses have been unable to qualify for financial assistance because they lack the "operational and income history." This is crushing to those business owners and we should not penalize them simply because they opened their business close to the start of the pandemic.

While these measures were included in the Senate Budget, they unfortunately did not make it across the finish line when a compromise was struck between the Senate and House versions of the budget. I am hardly, however, done fighting for them.

There remains significant work to be done in supporting our small businesses and economy. Our mom and pop shops have waited long enough for relief and it is time the Legislature steps it up.

As always, please feel free to reach out to me at 978-984-7747 or Diana.DiZoglio@masenate.gov.

Yours in service,
Diana

Want to receive the Center's newsletter every month?

You can receive the newsletter, delivered directly to you, every month for only \$8!
You can also receive the newsletter by email for free by joining our email list!



Call Andrew at 978-388-8138 or email suggsa@amesburyma.gov to get on the list!



Senior Lift

**Watch and Join Director and CPT Doreen Arnfield
for a fun exercise class from the comfort of your home!**

Sundays at 8:00 am Fridays at 12:00 pm
Mondays at 3:30 pm Saturdays at 9:00am



GREENLEAF

SUPPORTIVE SOCIAL DAY PROGRAM
ACTIVITIES - COMPANIONSHIP - RESPITE
Monday thru Friday | 9 am to 3 pm

Greenleaf Supportive Day offers socialization and meaningful recreational activities as well as supervision, nutrition, and support services in a community-based setting.

APPLE PEANUT BUTTER BIRD FEEDER

SUPPLIES:

1 TO 2 APPLES

4 SMALL SCREWS

TWINE

PEANUT BUTTER

BIRD SEED

DIRECTIONS

1. Cut apple in half
2. Scoop out centers
3. Twist small screw in to the top of each half
4. Add peanut butter to centers
5. Add Birdseed over peanut butter center
6. Tie twine to the screw and hang outside



HAPPY NEW YEAR!



Greenleaf is contracted with Elder Services of the Merrimack Valley and Commonwealth Care Alliance.

Payment options are available if you are a client of ESMV, CCA, or are eligible for MassHealth.

68 Elm St Amesbury, MA | (978)388-8138

A Winter Day

Morning: When sunlight slowly breached the predawn cold
And shadows, hiding forms began to yield
The frozen silence suddenly was pierced
By crows descending on a nearby field.

Afternoon: The fencepost shadows cast by wanling light
Still traced a line which time has overrun
And with encroaching darkness, lost their form
To blend with twilight and become as one.

Midday: Some huddled tufts of hay still locked in snow
Remained upright, in spite of howling gales
Which swept loose snow from open fields and mews
To render it below among the dales.

Evening: Evening: That night, within the comfort of a fire,
I sought a window which had blown ajar
And on its frosted pane my finger traced
A streak of light which was a falling star.



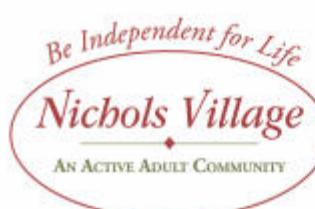
UnitedHealthcare Senior Care Options is a proud sponsor of the Amesbury Senior Center Newsletter

We are pleased to sponsor the February mailing

For more information on UnitedHealthcare Senior Care Options call Hellen Moreira at 978-201-2603, TTY 711

UHCCP.com/MAdual

CST25879



One Nichols Way
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\$2 suggested donation.

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The Amesbury Council on Aging



Beyond the regular activities and special events, the Center has an abundance of resources, information and community partners to help those in need.

For needs large and small, we are here to help:

SNAP Applications
Food Security
Fuel Assistance
Rent Assistance
Medicare Assistance
Prescription Assistance
Health Clinics
Legal Advice
Support Groups

Mental Health Advocacy
Counseling
Bereavement Support
Seasonal Yard Help
In-Town Transportation
Medical Transportation
Tax Support
Respite Care
Continued Education

and much more!

If you are in need of a little extra help or guidance, please reach out to the Center at (978)388-8138.

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