

APRIL 2021

VOL 7 ISSUE 4

Carriage Town

SENIOR NEWSLETTER

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



Director Doreen Arnfield

Happy Spring to All!

The days are now brighter and longer, how refreshing!

We have a lot to look forward to. We are putting up the canopies and beginning exercise classes outside, twice per week. Next month, we'll open up the center on a limited basis, reserving space for groups inside and out. We are planning weekly events like outdoor live music, baseball games broadcast on a large screen, food, and more! With so many becoming vaccinated, it looks like the light at the end of the tunnel is near.

I want to acknowledge the difficulties many of you have had trying to get vaccinated and also trying to reach the Senior Community Center phone line.

My team has taken and made thousands of phone calls and has helped to schedule hundreds of people for their vaccine appointments. During which time, the phone lines were down, (character is revealed when pressure is applied). The COA team showed their true character and I am proud to work among them! In addition, we are lucky to have the support and guidance of Mayor Gove and her team as we learn new ways to serve during these challenging times. Soon this will be behind us, not without scars but we forge ahead. Besides, we have enjoyed meeting so many new people that we otherwise may not have had the pleasure. Thank you for all the appreciation you have shown to us.

I remind myself to practice patience and persistence while being kind to one another.

I am excited to share that the Amesbury Council on Aging (ACOA) has established a new partnership with Linkhouse, Inc. thanks to additional grant monies from the Massachusetts's Council on Aging (MCOA). Some of you may know that Linkhouse has been a valuable member of the community for over 44 years assisting thousands of people of all ages. Through this partnership, the ACOA is now offering Recovery Coaching and two additional support groups each week. Grief Support and Substance Use Disorder (SUD) support are starting in April on Tuesdays and Thursdays at 1pm. A Caregiver Support Group will also be offered soon. These are confidential groups. Please call Courtney to inquire at 978-388-8138 x 543.

Finally one last request:

I cant stress enough how important our Friends groups is to the COA. The FCOA is who we turn to when a new or existing program needs funding. If you're looking to support the COA, one way is through the FCOA. It can be monetarily or with your time. They are looking for candidates to be on the board. This position allows you to have an opinion about fundraising ideas, and to work alongside others who care about Amesbury's older adults and wants to help enhance their lives. Please contact the FCOA President Frank Olbash at frank.olbash@friendsamesburyseniors.org or call 978-378-5058.

Doreen

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EXERCISE CLASSES ARE BACK!
WEDNESDAY AND THURSDAY STARTING APRIL 14TH!
 MORE INFORMATION ON PAGE 5

Tax Day for individuals extended to
MAY 17
 IRS www.irs.gov/news

NEVER MISS A NEWSLETTER !

Sign up to have our newsletter
emailed to you at

www.ourseniorcenter.com



PAUL C. ROGERS *Family Funeral Homes*
Amesbury, Merrimac, Haverhill & Newburyport

2 Hillside Avenue
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978-388-0288

See our Pre-Planning Guide
at: paulcrogers.com



Member Lofty Oaks Assn.
Memorial Tree Planting



Community Action, Inc.

Low Income Home Energy Assistance Program

Would you like to know how you could get a
31% discount on your monthly National Grid bills
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Homeowners can also receive assistance
with heating system repairs,
replacements and free home energy audits.



Visit our website to learn more:

www.communityactioninc.org
or call 978-373-1971 ext. 218

WINGATE RESIDENCES
AT HAVERHILL

Independent Living | Assisted Living | Memory Care

Here comes the sun!

Wingate Residences at Haverhill completed the COVID-19 vaccination

At Wingate Residences, we are committed to offering the senior living experience you want, while also upholding the highest standard of safety and care that you deserve. We are thrilled to bring this added level of protection through the recent distribution of the COVID-19 vaccine for all residents and staff.

Modern Private Apartments | Restaurant-Style Dining | State-of-the-Art Cinema | Robust Engagement Opportunities | Fitness Program with a Certified Trainer | Secure Memory Care Neighborhood

Contact Wingate Residences at Haverhill today at 978.363.6972
to tour a model apartment!

10 Residences Way, Haverhill, MA 01830 | ResidencesAtHaverhill.com





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.

BOARD MEMBERS

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District 3 Councilor

District 4 Councilor

District 5 Councilor

District 6 Councilor

At Large Councilor

At Large Councilor

At Large Councilor

CRIME PREVENTION TIPS WITH RETIRED OFFICER HANSHAW



It's time to welcome the month of April and hopefully some great springtime weather. While we expect to see a few April showers, we know the flowers of May are not far behind. As the fight against the pandemic continues and vaccinations increase, we are all hopeful for a return to some normalcy soon. I expect we'll continue to use masks, hand sanitizer and a little distance for several months but the end is in sight. I wanted to share a few pedestrian safety tips with you this month because everyone enjoys exercise and fresh air.

Walking is one of my favorite past times and our community has some great trails to explore. Be sure to go at your own pace, share the time with a friend or family member and carry a cell phone, just in case of an emergency. Whenever possible, use the sidewalk and watch your step. The City has replaced sidewalks in several neighborhoods but many are still in need of repair. If your route does not have a sidewalk, walk against traffic and stay as close to the edge of the roadway as possible. When sharing a walk with a furry friend, be sure to keep him or her on a short leash, away from traffic. When using the Whittier Bridge, Rail Trail or Riverwalk pathways, stay alert for joggers and especially bicycles.

I realize it's probably been a little while since you had a lesson on street crossing but always remember to look; left-right-left before entering the street. Avoid crossing from between parked vehicles and never assume a motorist will stop just because you are in crosswalk. When traffic lights are present, be patient for the signal that it's okay to cross and always do a double check. Several forms of traffic share our roadways so watch for pedestrians when you are driving too. The Red Sox are almost ready for the 2021 campaign and spring is now officially here; get outside and enjoy some terrific New England weather!



A Message from Mayor Kassandra Gove

I hope you're just as excited as I am about warmer weather on the way! I know our COA team is hard at work on great outdoor programming, and I hope you will be able to come out when that happens. Our COA team has also been hard at work helping you get your vaccination appointments, as I'm sure many of you have benefitted from. I'm so appreciative of the dedication of Doreen and her team as they've been an integral part of the vaccine rollout in Amesbury. I hope that if you've been vaccinated, you've felt some relief from the past year. I hope you've been able to visit with friends and family who have also been vaccinated, and enjoyed some in-person social interaction. If you're still waiting on your vaccine appointment, know that our COA team continues to work on getting appointments for everyone on their list.

I am thrilled that we were able to bring the COVID-19 vaccine to Amesbury, to make it as easy as possible for our residents to get the shot. Our public health officials have worked hard to create a clinic that is easy to navigate, friendly and welcoming. And we've gotten some wonderful feedback, "Kudos to whoever planned the event, volunteered at the event and made sure it all went smoothly. Helpful, knowledgeable, caring people everywhere we looked and went. Made what could have been a scary, chaotic, confusing event a pleasure."

Thank you all for the kind notes and messages you've left this year as City staff have worked so hard to bring you great services and support throughout a difficult year. I know I'm not the only one who looks forward to getting back to some kind of normalcy, and I hope to see you this summer!

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-eneewsletter

Elm Street Reconstruction Update



Elm Street Reconstruction is back in action, and full depth excavation is happening between Oak Street and Route 110. That section is very dusty and bumpy, so we recommend avoiding it if at all possible! There is an outbound detour in effect beginning at Monroe Street, which will direct you back towards downtown and Main Street if you're trying to get to Route 110. Inbound traffic is still open, so you can get from Route 110 into downtown. You've likely also noticed the new traffic lights being installed at the intersections of Congress Street and Monroe Street – these will be operational later in the project. We hope you're enjoying the improvements being made, to the roads and sidewalks!

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



Craft Class with Claire Virtual and Beyond!

The COVID 19 Virus has been with us for what seems forever, but there is an end in sight! I miss all my friends at the Senior Center where I would volunteer every Tuesday and Wednesday. I loved being the receptionist, working in the Pennymill thrift shop, helping with the Greenleaf program, working on the bus schedule and teaching some craft programs. Now, one by one, we are able to get the vaccine and Spring is right around the corner. We all are used to wearing masks. I have high hopes of having a weekly craft program either under the big tent when they're back up or on the patio with our new wonderful heaters. I'm hoping to promote some interest in crafting. You don't need to have any talent, just a desire to get together to try something new, meet some new people, and just enjoy. I am hoping you will contact me regarding your interest in such a program, what you would like to learn or what you could teach us. A bus ride can be reserved for you if you don't have transportation. If interested please call me at home (978)-388-1655.

April's Virtual Craft Class Project "Paper Daffodils" April 21st at 1 pm
Call Andrew at (978)388-8138 to reserve your spot



Reflecting on this past year and anticipating a bright year ahead! And a new partnership emerges...

Director Doreen Arnfield

We recognize that this past year has been very different in so many ways. So many adjustments had to be made.



with **LINKHOUSE** INC.

Some interesting perspectives have been shared. Some are realizing that their appreciation for the little things has grown, or what mattered before, doesn't necessarily matter so much now. Seeing, talking, in some cases, hugging people are longed for.

We are excited to share a new partnership that will enhance our existing Elder Mental Health Program (EMHOT). The Amesbury Council on Aging and Linkhouse, Inc. have joined resources to better serve the older adults in Amesbury and five other communities. We will introduce some of the Linkhouse, Inc team in our next newsletter.

Here's what you can look forward to:

- **Grief Support** - Many have lost one or more loved ones, which is difficult by itself. Now add in add in the circumstances the pandemic has brought. We will be offering an in person support group starting in April on Thursdays at 1pm.
- **SUD Support** – For those with a substance use disorder, a supportive confidential group starting in April on Tuesdays 1pm.
- **Caregiver Support** – For those caring for a loved one and could use some time for themselves. Group date to be announced
- **Recovery Coach Services** – For those with a substance use disorder; a Recovery Coach promotes recovery by helping remove barriers and obstacles to recovery and serves as a personal guide and mentor for people seeking or already in recovery.

Many report that it's helpful to share their experiences with others who are in a similar situation and understand what it's like. All groups and interactions are confidential and may or may not be located at the center. Call Courtney at 978-388-8138 x 543 for more information.

Thanks to the Massachusetts Council on Aging (MCOA) and Linkhouse, Inc. the Amesbury Council on Aging is happy to be able to offer these collaborative services.



Entree:
Brown Sugar Glazed Baked Ham
Scalloped Potatoes
Peas & a Snowflake Roll

Dessert:
Carrot Cake with Cream Cheese Frosting

The Traveling Chef

April 21st 11:00 - 11:30 am

\$2 suggested donation
Limited delivery available
Call Andrew at (978)388-8138 x545 to reserve your meal by April 13th

Outdoor Exercise Classes Begin April 14th!

<p>Fitness Class Wednesdays @ 10:30</p>	<p>Join Paula from the YWCA for a fitness class the encompasses strength, endurance, balance and flexibility, All fitness levels are welcome. Chairs are available and able to be utilized in all exercises.</p>
<p>Balance Class Thursdays @ 9:00 am</p>	<p>This class will focus on helping boost balance and stability to help reduce your risk of fall and injury. We will incorporate neuromuscular patterns within the brain and body to promote strength and agility. Both seated and standing activities will be incorporated in this class.</p>

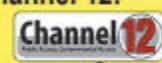
Call Andrew at (978)388-8138 x545 to reserve your spot. \$2 suggested donation.



Senior Lift

Join Director and CPT Doreen Arnfield on Amesbury Community Television Channel 12!
A fun exercise class from the comfort of your home!

SUNDAYS AT 8 AM MONDAYS AT 3:30 PM FRIDAYS AT 12 PM SATURDAYS AT 9AM





A Message from Senator DiZoglio

Hello again,

Massachusetts residents need to know where, when and how they can receive the COVID-19 vaccine. Inexplicably, this is still not the case.

The state’s website continues to be a source of frustration, as many spend hours trying to obtain an appointment, only to hit a dead end. While we cannot dictate how many doses are produced or how many we will receive, we can predict that demand will continue to outweigh supply for the foreseeable future and provide our residents with some measure of certainty by allowing preregistration for vaccination.

That is why I filed legislation, Senate Docket 709, An Act relative to COVID-19 vaccination pre-registration, to establish a centralized system to give Massachusetts residents the option of pre-registration.

It’s a simple idea but one that finally gets ahead of the pandemic instead of chasing after it. It’s a tool that many states, including Florida, New Jersey and West Virginia, are successfully using for residents to sign up - accessible services that allow residents enter their information into a system, either online or via phone, to pre-register, receive updates on vaccine availability and schedule an appointment to get vaccinated as soon as supplies allow.

Several municipalities in Massachusetts, including the Towns of Cohasset and Hingham, have proceeded with similar systems at the local level. It is our responsibility at the state level, however, to provide a centralized, efficient and effective mechanism for distribution.

The vaccine rollout has, to put it kindly, been less than ideal but we can ensure that the frustration experienced by the first groups of eligible recipients is not replicated during subsequent phases of the vaccine distribution plan. We can do that by giving all Massachusetts residents the opportunity to establish eligibility and pre-register for the vaccine instead of spending time and energy trying to schedule appointments whose availability is determined by the vaccine supply chain.

A centralized state-level pre-registration system would provide residents a way to effectively hold their space in line and alert them to available appointments as their vaccination eligibility phase opens.

Our residents already spend hours following up on their unemployment claims and waiting in line to get tested. We can and should give back to them the time and energy that would otherwise be spent pursuing a vaccination appointment by implementing pre-registration.

If you have questions about this or any other issue, please contact me and my team anytime via email at diana.dizoglio@masenate.gov or phone 978-984-7747.

Yours in service,
Diana

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JUMP ON the BOARD!

The Friends of the Amesbury Council on Aging ANNUAL ELECTION

June 24th, 2021 – Time: TBD

Location: Nicholas J Costello Transportation Center – 68 Elm Street – Amesbury, MA

ALL FCOA members are encouraged to vote for the Board of Directors which will consist of at least nine people. Immediately following the election, the newly elected members shall be our Board of Directors. This new Board of Directors will then decide among themselves who will best serve as Officers. These Officers will be known as the Executive Committee.

IF YOU BELIEVE IN OUR MISSION TO HELP FUND PROGRAMS OFFERED AT THE SENIOR CENTER, YOU ARE A PERFECT CANDIDATE.

“What qualifications do I need to become a Board member?”

You need to be friendly, caring, and have an email address. Your biggest responsibility will be to appoint the Officers. We believe everyone has leadership skills at their own level so you may be involved as much or as little as you are comfortable with. You will be welcomed at all meetings but only required to attend four meetings a year.

*If you would like to be a candidate for a Board position, please fill in the information below, then mail or drop it off at the address below. There are no age or residency restrictions.

All candidate information must be received by May 28, 2021.

**To: FCOA Nominating
Committee
68 Elm St.
Amesbury, MA 01913**

Please consider me as a candidate for the Board of Directors. My contact information is below.

Name: _____

Email: _____

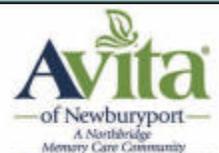
Phone: _____

**More details will follow in the May newsletter or visit our website at www.FriendsAmesburySeniors.org/members/ for information. You may also leave a message anytime at 978-378-5058.*



Dedicated Memory Care in Newburyport

- 24-hour care associates
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- Secure home-like neighborhoods
- Individualized care plans
- Engaging calendar of programs



Call Alison at 978.225.7000 Email: alison@avitaofnewburyport.com

Adjacent to Anna Jaques Hospital • 4 Wallace Bashaw Jr. Way, Newburyport, MA • avitaofnewburyport.com



Community Resources

Nutrition



Our Neighbors' Table

Could you use extra CASH for groceries?

SNAP is a benefit similar to cash but is put directly on an electronic card (comparable to a bank card) and can be used at super markets, convenience stores and some farmers markets to buy groceries. Are you currently enrolled in SNAP? If not, Our Neighbors' Table can help you to fill out an application and get you enrolled without the need to come in or go to DTA! We'll help you over the phone and make it as easy as possible! Call Tress at ONT @ 978-388-1907 Ext. 18

Our Neighbors' Table's grocery programs are currently operating in a curbside pick-up model. Our model allows you to stay in your car while we put your pre-ordered groceries into your trunk! ONT grocery pick up is available in either Amesbury or Newburyport. Check out our website: www.ourneighborstable.org and go to the [Get Food page](#) for more details about our online grocery ordering and curbside pickup. If you do not have access to the internet or a computer, don't worry you can still shop with us! Simply call us at 978-388-1907 for more information on how you too can easily get weekly groceries.

Our Wednesday Meal will continue to operate weekly on Wednesdays from 4pm – 6pm with takeout meals at the Main Street Congregational Church in Amesbury. So stop by and treat yourself to an amazing dinner to go. Congregational Church, 145 Main Street, Amesbury.

WEDNESDAY FOOD DELIVERY

WED. 1:30 PM TO 3:30 PM

The COA, in partnership with Our Neighbors Table, offers a Food Delivery Program for homebound seniors every Wednesday. ACOA volunteers pick up the food at ONT Market and bring it to your doorstep. Bags are placed outside for safety during the pandemic. If you are interested, please call Laney at (978)388-8138 x544.

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 Laney at 978-388-8138 x544 for more info.

MEALS ON WHEELS

EVERY MONDAY THROUGH FRIDAY

MOW offers hot meals to homebound seniors. Call Elder Services of Merrimack Valley at 978-683-7747.

Transportation

NORTHERN ESSEX ELDER TRANSPORT

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

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.

Health Insurance

SHINE - MEDICARE ASSISTANCE

Need assistance with Medicare?

SHINE (Serving Health Insurance Needs of Everyone) can help!



Certified SHINE counselors offer free, unbiased, confidential counseling on all aspects of health insurance to anyone on or eligible for Medicare. To schedule a SHINE appointment, call (978)388-8138.

Mental Health

ELDER MENTAL HEALTH OUTREACH TEAM

The Amesbury council on aging, is pleased to be entering the 5th year of the Elder Mental Health Outreach Team. EMHOT is a completely free and confidential service to residents of Amesbury, Salisbury, Newburyport, Merrimac, West Newbury, and Groveland that are aged 60 and older.

This program, which is funded by the Massachusetts Association of Councils on Aging, started as the number of elders with mental health concerns continued to increase in our communities and the amount of resources remained limited.



It is our goal that with the Elder Mental Health Outreach Team, we can help our elders return to their previous state of mental and social health by providing free age specific one on one counseling and services.

To find out more information or enroll in EMHOT, please contact Courtney Hutchinson, M.A., MSW, LICSW (978)388-8138x543

Virtual Support Groups

MEMORY CAFÉ ON ZOOM

TUESDAY, APRIL 6TH AND 20TH, 1 PM TO 2 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.

Please contact Lyn Brennan at lbrennan@esmv.org for more info.

HELP SENIORS GET VACCINATED! Volunteer to Drive!

- Driver and rider safety is our #1 concern.
- Mileage reimbursement and supplemental insurance provided.
- Short term volunteering opportunities available.

Call NEET at 978-388-7474 with any questions or visit www.driveforneet.org.



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.

CAREGIVERS CARING FOR THOSE WITH MEMORY LOSS SUPPORT GROUP

Join Elder Services of the Merrimack Valley for their Memory Loss Caregivers' virtual support groups

TUESDAY, APRIL 6TH & 20TH, 5:30 PM - 7 PM

Please contact Cindy Hession-Richard at chession@esmv.org

WEDNESDAY, APRIL 7TH, 11 AM - 12 PM

Please contact Kathy Perrella at kperrella@nselder.org

WEDNESDAY, APRIL 21ST, 7 PM - 8 PM

Please contact Kathy Perrella at kperrella@nselder.org

SAVVY CAREGIVER PROGRAM SUPPORT GROUP

ONGOING SCHEDULE

A dementia caregiver support group with the Healthy Living Center of Excellence. Please contact Crystal Polizzotti at cpolizzotti@esmv.org for more information and schedules.

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.

You are not alone

Good Samaritan
Suicide Prevention Hotline
call or text 24/7
(877)870-HOPE (4673)

SAMHSA
Substance abuse and
mental health service
association
(800)662-HELP (4357)



Thank you Nicole, Jodi, Larry and the team at Munters for your generous donation to the Center.



We are able to succeed at the Council on Aging with the support of wonderful community partners like you!

CAREGIVER SUPPORT GROUPS

THURSDAY, APRIL 1ST, 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

MONDAY, APRIL 12TH, 10:30 AM - 11:30 AM

Are you feeling overwhelmed with stress at times as you try to manage your loved ones care and your own conflicting feelings of anticipatory grief?

Our drop in Caregiver Support Group will be a comfortable, relaxing space to release some of the stress you are carrying. Join us for a cup of coffee or tea while finding mutual support from others and learn tools to help you along your journey of caring.

RSVP is requested. Please contact April Evans at (781)373 - 6609 or grief@caredimensions.org.

ESMV CAREGIVER SUPPORT GROUPS

Thursday, April 1st, 1 pm - 2 pm

With St. Michael's in North Andover

THURSDAY, APRIL 15TH, 1 PM - 2 PM

Please contact Lyn Brennan at lbrennan@esmv.org for more info.

LOSS DUE TO COVID DROP-IN SUPPORT GROUP

THURSDAY, APRIL 1ST & 15TH, 12 PM - 1:30 PM

This drop-in support group is designed for people who have had a loved one die from the COVID-19 virus. Led by a Bereavement Counselor, it will be a safe space to process your grief, learn coping techniques, and make connections with others who are on a similar grief journey.

RSVP requested by the Tuesday before each group. Call Mary Beth Grimm at 781-373-6645 or email MGrimm@CareDimensions.org.

NEWLY BEREAVED SUPPORT GROUP

MONDAY, APRIL 5TH, 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, APRIL 14TH & 28TH, 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



ALTERNATIVE THERAPIES GROUP

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- Supportive store environment
- Exclusive senior-only pickup times
- All products lab tested

Call 978-834-6800

3 North Shore Locations:

Amesbury
49 Macy Street

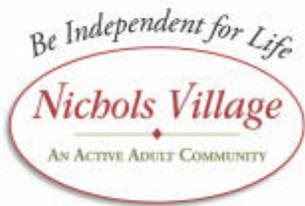
Salisbury
107 Elm Street

Salem
50 Grove Street

See our products online and order ahead at www.atgcannabis.com | email info@atgcannabis.com

Please Consume Responsibly. Marijuana can impair concentration, coordination and judgment. Do not operate a vehicle or machinery under the influence of this drug. For use only by adults 21 years of age or older. Keep out of the reach of children. This product has not been analyzed or approved by the Food and Drug Administration (FDA). There is limited information on the side effects of using this product, and there may be associated health risks. Marijuana use during pregnancy and breast-feeding may pose potential harms. It is against the law to drive or operate machinery when under the influence of this product. KEEP THIS PRODUCT AWAY FROM CHILDREN. There may be health risks associated with consumption of this product. Marijuana can impair concentration, coordination, and judgment. The impairment effects of Edible Marijuana Products may be delayed by two hours or more. In case of accidental ingestion, contact poison control hotline 1-800-222-1222 or 911. This product may be illegal outside of MA.

COMMUNITY LIVING AT ITS BEST



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Groveland, MA 01834
Nichols-Village.com
CALL 978-372-3930

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Contact **Lisa Templeton** to place an ad today!
litempleton@lpiiseniors.com or **(800) 477-4574 x6377**

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100 Macy Road • CarriageTown Marketplace
rtn.org • 978-388-0959

NCUA MSIC Equal Opportunity Lender



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Amesbury Council on Aging, Amesbury, MA 06-5290

Amesbury COA

68 Elm St
Amesbury, MA 01913

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Virtual Programming: Join in the fun at the Center from your house!

CENTER CINEMA THE **OSCARS** Movie Marathon
Fridays at Noon

Join us as we continue watching all of the Best Picture Nominees!

April 2nd April 9th April 16th April 23rd April 30th

April 30th we will show the big winner from the April 25th Oscars Ceremony!
*IF AVAILABLE. IF NECESSARY WE WILL SUBSTITUTE BEST DIRECTOR WINNER OR BEST WINE

SOCIAL HOUR **Tuesday, April 14th at 3 pm**
Join the Council on Aging and members of the community as we get together for a relaxed chat with friends, and a chance to ask questions about all the latest at the Center

Craft Class with Claire
Wednesday April 21st at 1 pm
Join us for our first virtual Craft Class with Claire! We will be making Paper Daffodil arrangements
Reserve your kit by calling Andrew at (978)388-8138x545

SOCIAL HOUR **WITH THE CHIEFS** **Tuesday, April 27th at 3 pm**
Join the Council on Aging, Police and Fire Departments, and other City departments, for all the latest issues affecting our seniors.

Download **FREE** at: WWW.ZOOM.US All Virtual Events: ZOOM Meeting ID: 206 631 6605 Password: 01913

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 | Mental Health Advocacy |
| Food Security | Counseling |
| Fuel Assistance | Bereavement Support |
| Rent Assistance | Seasonal Yard Help |
| Medicare Assistance | In-Town Transportation |
| Prescription Assistance | Medical Transportation |
| Health Clinics | Tax Support |
| Legal Advice | Respite Care |

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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