



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



Director Doreen Arnfield

Spring is a transitional time of year when the cold and dark leave us and the rain replenishes the earth. Our mentality is renewed. Spring is a time to embark on new journeys and start new projects with fresh ideas*

With that in mind, we are offering new activities and programs, while bringing back some favorites. Here are some to consider both inside and outside:

- Exercise - 3 times/week including a new Zumba class
- Support Groups (weekly) - Grief, SUD, Caregiver, Low Vision (monthly)
- Connecting with French-Canadian Roots - 6 week discussion group
- One time Hip Hop class Friday, May 7th (thanks to the Amesbury Cultural Council)
- FCOA Penny Mill will be open for your browsing pleasure

In addition, Andrew Suggs, Program Coordinator, has worked hard to create many fun opportunities throughout the summer. Live music almost weekly, a Red Sox baseball game day and bag lunches to sit and enjoy with others or to bring home -Tues, Wed and Thurs.

I mentioned our new partnership with the Link house last month and the additional resources we can provide. Courtney Hutchinson, Assistant Director/EMHOT will be happy to talk with you about mental health concerns and available supports.

Greenleaf Supportive Day is finally re-opening!

We are excited to announce that we will re-open our Greenleaf Supportive Day Program in mid-June. Finally, families can enjoy the benefits and feel good knowing their loved one is with us in a supervised, structured setting. Tues. 9am-12pm, Wed. 12pm-3pm and Thurs. 9am-12pm. Space is limited so please call Briana or myself to inquire.

Our rock star social work interns Briana Fortado and Laney Payne have ended their semester but not their time here. Congratulations to Briana as she graduates with her MSW from Salem State University. Briana has been hired as our new Greenleaf Coordinator beginning June 1st. Briana brings solid experience, excellent organizational skills and a good personality to the position. Laney has been accepted by the Bedford VA for her second internship beginning in September will graduate from Boston University next May. She has been hired as temporary Outreach for the COA which she has transitioned into smoothly. Laney is articulate, thorough and caring. We are fortunate to have them on our team!

Important to note: this is our last newsletter mailed out to over 3000 residents. Starting in June, it will only be mailed to those who submit a \$8/yr. subscription fee. You can also find us on <https://www.amesburyma.gov/council-on-aging> or you can have it emailed to you monthly for free. Please refer to Andrew when you call 978-388-8138 or email suggsa@amesburyma.gov.

Doreen

*Sunsigns.org



This month's newsletter brought to you by our friends at:



WWW.DMEREQUIPMENT.ORG

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Every May, the Administration for Community Living leads our nation's observance of Older Americans Month. The theme for 2021 is "Communities of Strength."

Older adults have built resilience and strength over their lives through successes, failures, joys, and difficulties. Their stories and contributions help to support and inspire others. This OAM, we will celebrate the strength of older adults and the Aging Network, with special emphasis on the power of connection and engagement in building strong communities.

NEVER MISS A NEWSLETTER!

Sign up to have our newsletter
emailed to you at
www.mycommunityonline.com



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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 and/or home heating oil at deep discounts? 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



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Your Life, Enriched.

Enjoy a safe, comfortable spring at Wingate Residences at Haverhill! Here, we are committed to bringing you the independence of home, without the responsibility of maintenance — all while keeping your safety at the forefront.

Other luxuries include:

Chef-Prepared Meals — Three Meals Inclusive Daily | 24-Hour Wellness Staff
Fitness Center with Personal Trainer | Weekly Housekeeping, Linen and Laundry Services
Life Enrichment Activities

Call 978.420.1570 to find out more about our Spring incentives!

Butterfly Release Party

Help a butterfly find a home in our garden!

Wednesday, June 9

1:00 p.m. – 3:00 p.m.

RSVP by Friday, 6/4 by calling 978.420.1570
or emailing drobinson@wingatehealthcare.com



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



Ad info. 1-800-477-4574 • Publication Support 1-800-888-4574 • www.lpicommunities.com

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.

BOARD MEMBERS

Gayle Yarnall Chairperson

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District 2 Councilor

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

Happy May, everyone! It's been wonderful to see some of your smiling faces at the vaccine clinic at Amesbury High School, and now back at the Senior Community Center participating at in-person programs. I hope to see more people again soon, especially as more of our community gets the COVID-19 vaccine. As of mid-April, roughly 25% of our total population is fully vaccinated, with about 70% of our seniors age 65 and older who are fully vaccinated. I know our team at the Council on Aging has worked incredibly hard to make sure that seniors who want an appointment have gotten one.

The Centers for Disease Control has said that there are a few things that are safe to do once fully vaccinated, including spending time in person with others who are fully vaccinated. I hope you're getting the opportunity to spend time with friends and family now. I've heard from a few of our residents who say that their weekly sleepovers with grandchildren are happening again, which is wonderful to hear! I know I'm looking forward to giving my grandmother a hug very soon, which will be the first time I've gotten to hug her since the pandemic began over a year ago.

So if you are fully vaccinated, I hope you'll get out this summer to enjoy our community. Outdoor dining is back, Lake Gardner will be open again and I hope to see some of our favorite annual events and programs back this year. 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



Full depth excavation is making quite a mess between Oak Street and Route 110, but it's for a good cause! That section is very dusty and bumpy, so if you don't need to drive down Elm Street, we recommend finding another route. There is an outbound detour in effect beginning at Congress Street, with only local traffic allowed through (residents and those visiting the businesses on Elm). Inbound traffic is still open, so you can get from Route 110 into downtown. It's going to be messy for a bit, but then we'll have brand new pavement and new sidewalks to enjoy!

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



Veterans Office Updates

VA Pensions

If you are a veteran or the surviving spouse of a veteran, and if your veteran service was during a time of war, even though you were not physically in the war, you may qualify for a VA Pension benefit if you meet the following qualifications:

1. You are a veteran and your gross annual income is less than \$13,931.00
2. You are the widow(er) of a veteran with an annual gross income of less than \$9,344.00
3. If you make slightly more than the amounts shown in #1 or #2, but you have very high out of pocket medical costs such as medical insurance premiums, co-pays, visiting nurses, or similar you may still qualify.

Please contact the Veterans Office at - 978 388-8136 if any of those conditions apply to you.

Memorial Day

Over the next several weeks the Veteran Services staff will be placing flags on the graves of all Veterans. We are assisted by volunteers and local school children as we place approximately 4,000 flags throughout the local cemeteries. Please watch our website and the local newspaper for Memorial Day activities that are being planned for this year.



Craft Class with Claire Outside Under the Tents!

We are back to crafting together in person! This month we will be making jeweled picture frames.

Remember to please sign up and reserve your kit by calling Andrew at 978-388-8138 x545.

Wednesday, May 26th at 1 pm

To all of the Moms, Grannies, Step Moms,
Foster Moms, and Moms to Be...

Happy Mother's Day
MAY 9TH - CELEBRATE MOM

Celebrate Mother's Day with us for a special performance by Glenn Peterson, a raffle for our moms and more!

Tuesday, May 11th
12:00 PM

CELEBRATE
OLDER AMERICANS MONTH



COMMUNITIES OF STRENGTH: MAY 2021

Wednesday, May 19th
12:00 pm
Music by Josef Nocera & More!

Call Andrew at 978-388-8138 x545 to reserve your spot!



The Traveling Chef
May 19th 11:00 - 11:30 am
\$2 suggested donation
Limited delivery available
Call Andrew at (978)388-8138 x545 to reserve your meal by May 11th

Entree:
Cobb Salad with Chicken, Bacon, Hard Boiled Egg, Cucumbers and Tomatoes
Pita Bread
Dessert:
Strawberry Shortcake

Join us Tuesdays, Wednesdays and Thursdays for our new Bagged Lunch Program courtesy of ESMV! Sign up and grab a lunch to take home, or enjoy picnic style! Call Andrew to reserve lunches at 978-388-8138 x545. \$2 suggested donation.



FCOA: Friends of the Council on Aging
We Did It! We're Golden! The FCOA is pleased to announce that we have received the **GOLD SEAL OF TRANSPARENCY** from GuideStar. A special thank you to our Treasurer, Kathy Berman for her dedication to the Friends of the Amesbury Council on Aging!

THRIFT SHOP – MEMBERSHIP DRIVE - ELECTION

The Thrift Shop will be offering sidewalk sales in May. We hope to open every Tuesday, Wednesday, & Thursday morning during the Center's outdoor activities. New memberships and renewals will also be offered on these days. You may also fill out the membership form below and return it by July 31st.

Our Annual Election will be held in June, the date and time will be posted on our website www.friendsamesburyseniors.org/members and in the June newsletter. If you would like to become a member of our board, please fill in the form below and return it by May 28th. Up to eleven people will be elected to the Board.

Please call us anytime at 978-378-5058 to ask questions; just leave a message and a member of our team will return your call. As always, thank you for being a friend.

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 your membership fee - PLEASE PRINT

NAME	<input type="checkbox"/> Member - \$6.00 <input type="checkbox"/> Sponsor - \$25.00 <i>(includes single or joint FCOA membership)</i> <input type="checkbox"/> Benefactor - \$50.00 <i>(includes single or joint FCOA membership)</i> <input type="checkbox"/> I'd like to volunteer - please call me
NAME (if joint)	
ADDRESS	
CITY STATE ZIP	
PHONE CELL	
EMAIL	

- Please make check payable to the FCOA and mail to FCOA, 68 Elm St., Amesbury MA 01913.
- Membership runs through 6/30/2022
- We are a non-profit charitable 501c3 organization



A Message from Senator DiZoglio

Hello again,

We have been under an indefinite state of emergency, declared by the Governor, for one year now – a challenging period in which we have witnessed countless small businesses close their doors for good and all too many individuals scramble and struggle, especially our elderly and disabled, to obtain a vaccine appointment. Now more than ever we need checks and balances regarding the Administration’s pandemic response.

That is why I have filed legislation, SD2335, An Act relative to the duration of a proclaimed state of emergency, to reign in the powers held by the Governor of Massachusetts when it pertains to declaring a state of emergency for an indefinite period of time.

Ideas for responding to crises like the COVID-19 pandemic should come from the working families in our communities and not just from one, single individual or administration. We need to come back to the democratic process, where our residents have a seat at the table. There must also be a return to a bidding process, as we’ve seen throughout this pandemic the administration unilaterally hands out millions of dollars in taxpayer-funded contracts to hand-picked, private companies no bidding process involved.

We’ve seen, time and time again, the administration take unilateral action, without input from the community, only to need to go back and change things that could’ve been addressed from the beginning had they only sought such input. The result was wasted time and taxpayer dollars on failed websites and programs with the vast majority of vaccine doses getting funneled to mass vaccination sites that were inaccessible to our most vulnerable populations.

The Administration is not supposed to be the main lawmaking body in Massachusetts. Legislators are tasked with working alongside residents every day on the ground, in the community, and legislating based on those conversations. Instead of that community-based approach to governance where the people have the power, the Administration has instead had unilateral authority and relied on hand-picked appointees - bypassing the elected representative voices of the people.

The people of Massachusetts deserve to have their voices heard again in a process that respects all voices, and not just the most powerful. I am hopeful we can get this bill across the finish line and provide our communities the voice and support they continue to need in recovering from the pandemic.

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

Connecting with French-Canadian Roots
 Join us for a six week discussion class exploring a little history, French language experience, cultural features, migration, food, music, literature, travel talk of present day Quebec, and preserving legacy.
 Tuesdays at 12 pm starting May 18th.
 Call Andrew at 978-388-8138 x545 to register



Be a Spot of Brightness for a Senior!
Volunteer to Drive
Steer your Spot of Brightness to lighten the loneliness of homebound seniors.
 Can you volunteer to drive 6 to 8 hours a month? Mileage reimbursement and supplemental insurance provided.



Call 978-388-7474 to learn more about this flexible volunteer opportunity. Check out our website and review our volunteer driver testimonials.



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THIS SPACE IS AVAILABLE



A Message from Representative Kelcourse

Happy Spring!

While there still may be some rainy days ahead, the birds are chirping and the flowers are blooming. As the 192nd Session of the Massachusetts General Court progresses, bills have begun to be assigned to their respective committees for hearings. I sit on the Joint Committee on Education, Joint Committee on Environment, Natural Resources and Agriculture, and the Joint Committee on Ways and Means. If there is a bill that you are passionate about, and would like to see me support, please feel free to reach out to my office about it, and I would be more than happy to read further into it. Some of the bills that I have filled this session are listed below:

H415: An act relative to credit rating protection. This bill would provide credit forgiveness for any late installment loan payment due to the financial impact of COVID-19.

H2970: An act relative to veteran's tax credit. This bill would allow for a \$500 tax credit to be made available to any resident, spouse, or surviving spouse of someone who served 90 days or more on active service in the U.S. armed forces and is not receiving a disabled veteran's credit.

H2971: An act relative to personal property tax exemptions. This bill would provide for greater tax equity by requesting amendment of current laws related to personal property tax assessment by exempting a portion of property value from assessment and tax calculation.

At the federal level, the Biden Administration signed the American Rescue Plan Act of 2021 into law on March 11, 2021. Massachusetts is expected to receive approximately \$71 Billion in aid in response to the COVID-19 pandemic. Funds will be distributed for state and local government aid as well as education and transportation funding. Businesses received funds through programs like the Paycheck Protection Program and individuals received stimulus checks.

Lastly, my office has been working to assist those who are eligible to sign up for a COVID-19 vaccination, and have had trouble doing so. The Lower Merrimack Valley Regional Collaborative is a vaccination collaborative partnership between nine communities, and our very own Amesbury High School is one of the closest participating locations. Should you have any questions or need assistance, please contact my

EXERCISE CLASSES ARE BACK!

Exercise with Paula
Wednesdays @ 10:30 am

Balance Class with Jennifer
Thursdays @ 9:00 am

Zumba with Ivana
Thursdays @ 10:00 am

Classes take place outdoors.
Classes are open and adjustable to all ability levels.
\$2 Suggested Donation

Call Andrew at (978)388-8138 x545 to reserve your spot.

FREE LEGAL CLINIC WITH ATTORNEY JASON R. EBACHER

Ask questions about your legal rights.
Get advice in a confidential setting.
1st Tuesday of the Month
Starting June 1st!



LAW OFFICE OF JASON R. EBACHER
Estate Planning & Elder Law
Serving Massachusetts & New Hampshire

Call Andrew to sign up (978)388-8138 x545

Safely Together & Vaccinated - Dedicated Memory Care in Newburyport



Hear from our families: Avita is more than a care community. It is the kind of heart-centered, comprehensive support system that every family caring for a loved one with Alzheimer's needs and deserves. - Leigh F. resident daughter

Connect with our helpful family advisor: **Call: 978.225.7000**

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



COMMUNITY RESOURCES

NUTRITION

SNAP BENEFITS: Supplemental Nutrition Assistance Program Assistance is available to low-income individuals and families.

To check your eligibility visit:

<https://dtaconnect.eohhs.mass.gov/screening>

Our Neighbors Table is our SNAP facilitator and can help fast track the process. Please contact Courtney at 978-388-8138 x543.

OUR NEIGHBORS' TABLE: 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. 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. To see if you qualify please call Laney at 978-388-8138 x544.

WEDNESDAY FOOD DELIVERY: WED 1:30 - 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. If you are interested, please call Laney at (978)388-8138 x544.

EMERGENCY OPERATIONS FOOD DELIVERY: MON. - FRI. 8 - 12 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. Call 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 for more info.

TRANSPORTATION

NORTHERN ESSEX ELDER TRANSPORT

NEET volunteers offer free rides to seniors for medical and specialty appointments. Please call Laney at 978-388-8138 x544 for more info.

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 (EMHOT)

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.



Funded by the Massachusetts Association of Councils on Aging, EMHOT 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)388-8138 x543.

SUPPORT GROUPS

SUBSTANCE USE DISORDER SUPPORT: TUESDAYS 1 PM

If you are an older adult in recovery and want to stay in recovery, this is an opportunity to share your experience and to gain from others seeking similar support. For info or to register call Courtney at (978) 388-8138 x543.

CAREGIVER SUPPORT: WEDNESDAYS 10 AM

Join this supportive, confidential group of caregivers to process your experiences and gain knowledge of resources. Respite may be available. For info or to register call Courtney at (978)388-8138 x543.

GRIEF SUPPORT: THURSDAYS 1 PM

Have you lost a loved on during this past year? Process your loss with a small confidential group who understand and have had a similar experience. For info or to register call Courtney at (978)388-8138 x543.

VIRTUAL SUPPORT GROUPS

Support groups offered via ZOOM with various COA partners. Please call the COA at 978-388-8138 with any questions and to be connected with support group facilitators.

CAREGIVERS CARING FOR THOSE WITH MEMORY LOSS

TUESDAY, MAY 4TH & 18TH, 5:30 PM - 7 PM

WEDNESDAY, MAY 5TH, 11 AM - 12 PM

WEDNESDAY, MAY 19TH, 7 PM - 8 PM

Offered by Elder Services of the Merrimack Valley

CAREGIVERS SUPPORT

THURSDAY, MAY 6TH, 10 AM

Offered by Constellation Health Services

MONDAY, May 10TH, 10:30 AM - 11:30 AM

Offered by Care Dimensions

Thursday, May 6th & May 20th, 1 pm - 2 pm

Offered by Elder Services of the Merrimack Valley

MEMORY CAFE

TUESDAY, MAY 4TH & 18TH, 1 pm - 2 pm

Offered by Elder Services of the Merrimack Valley

MAY ACTIVITIES AT THE CENTER!

TUESDAY	WEDNESDAY	THURSDAY
<p style="text-align: right;">4</p> <p>9:00 - Busy Needles 11:00 - Blankets 4 Kids 11:30 - Bagged Lunch 1:00 - SUD Support Group</p> 	<p style="text-align: right;">5</p> <p>10:00 - Caregiver Support Group 10:30 - Exercise with Paula 11:30 - Bagged Lunch</p> 	<p style="text-align: right;">6</p>  <p>9:00 - Balance Class with Jennifer 10:00 - Zumba with Ivana 11:30 - Red Sox Day Celebration w/ Music by Howie Newman 1:00 - Grief Support Group 1:15 - Red Sox and Snacks</p>
<p style="text-align: right;">11</p> <p>9:00 - Busy Needles 11:00 - Blankets 4 Kids 11:30 - Bagged Lunch 12:00 - Mother's Day Celebration w/ Song Stylings of Glenn Peterson 1:00 - SUD Support Group</p> 	<p style="text-align: right;">12</p> <p>10:00 - Caregiver Support Group 10:30 - Exercise with Paula 11:30 - Bagged Lunch</p> 	<p style="text-align: right;">13</p> <p>9:00 - Balance Class with Jennifer 10:00 - Zumba with Ivana 11:30 - Bagged Lunch 1:00 - Grief Support Group</p> 
<p style="text-align: right;">18</p> <p>9:00 - Busy Needles 11:00 - Blankets 4 Kids 11:30 - Bagged Lunch 12:00 - Connecting with French-Canadian Roots 1:00 - SUD Support Group</p>	<p style="text-align: right;">19</p> <p>10:00 - Caregiver Support Group 10:30 - Exercise with Paula 11:30 - Traveling Chef 12:00 - Older Americans Month Celebration w/ Music by Josef Nocera</p>	<p style="text-align: right;">20</p> <p>9:00 - Balance Class with Jennifer 10:00 - Zumba with Ivana 11:30 - Bagged Lunch 1:00 - Grief Support Group</p>
<p style="text-align: right;">25</p> <p>9:00 - Busy Needles 11:00 - Blankets 4 Kids 11:30 - Bagged Lunch 12:00 - Connecting with French-Canadian Roots 1:00 - SUD Support Group</p>	<p style="text-align: right;">26</p> <p>10:00 - Caregiver Support Group 10:30 - Exercise with Paula 11:30 - Bagged Lunch 1:00 - Crafts with Claire</p> 	<p style="text-align: right;">27</p> <p>9:00 - Balance Class with Jennifer 10:00 - Zumba with Ivana 11:30 - Bagged Lunch 12:00 - Social Hour with the Chiefs Sponsored by Senior Whole Health 1:00 - Grief Support Group</p> 

DATES TO REMEMBER **FRIDAY MAY 7TH HIP HOP EXERCISE CLASS** **SUNDAY MAY 9TH MOTHER'S DAY** **MONDAY MAY 31ST MEMORIAL DAY**
See Page 12 for more info

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

GREENLEAF

SUPPORTIVE SOCIAL DAY PROGRAM

ACTIVITIES - COMPANIONSHIP - RESPITE

Monday thru Friday | 9 am to 3 pm

Our program is designed to enhance the physical, emotional, and social well-being of senior adults, especially those who are socially isolated due to physical or emotional limitations. Members spend the day in a community setting engaging with one another in a safe, supportive environment. Our staff encourage physical & mental stimulation through daily activities. We strongly believe in volunteerism within the program which provides a sense of pride & accomplishment.

We Are Back!



My name is Briana Fortado and I am going to be the new Greenleaf Supportive Day Program Coordinator starting on June 1st. I have been an intern at the Amesbury Council on Aging since April 2020. As an intern, I have been doing outreach work, working with our Elder Mental Health Outreach Team as well as managing the Technology Loan Program. I am graduating from Salem State University in May with a Master's degree in Social Work. Aside from interning at the Council on Aging, I have also worked in an assisted living/nursing home for ten years in different positions, most recently working in the activities department. I also have experience as a case manager for individuals with chronic illnesses and disabilities, and their families. I am excited to announce we are planning to re-open the Greenleaf Supportive Day Program in mid-June. We will be offering respite for caregivers as well as fun, interactive activities for your loved one, that provide the socialization we all need - Both inside and outside- Tuesdays 9am-12pm, Wednesdays 12pm-3pm and Thursdays 9am-12pm. Part of my work involves supporting caregivers as well. We are excited to share our newest in person Caregiver support group starting May 12th at 10am here at the center. I am here to support you and your family. Please do not hesitate to reach out to me or Doreen Arnfield, Council on Aging Director, at the Amesbury Senior Community center, 978-388-8138, for more information. I look forward to working closely with the Greenleaf staff, clients and caregivers!

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

CAREGIVER SUPPORT GROUP

WEDNESDAYS 10 AM

AMESBURY SENIOR COMMUNITY CENTER

For more information and/or to register:
Please call Courtney at (978)388-8138 x 543

Are you caring for a loved one? Could you use some time for yourself? Taking care of yourself is as important as the care you give to others.

Join this supportive, confidential group of caregivers to process your experiences and gain knowledge of resources. Respite may be available.

SUBSTANCE USE DISORDER SUPPORT GROUP

TUESDAYS AT 1PM

For more information and to register please call Courtney at 978-388-8138 x 543

Join us if you are an older adult in recovery, and want to stay in recovery. This is an opportunity to share your experience with others and to gain from others seeking similar support.

GRIEF SUPPORT GROUP

THURSDAYS 1 PM at the AMESBURY SENIOR COMMUNITY CENTER

Have you lost a loved one during this past year? Would you like to process your loss with a small confidential group who understands? Join a group of people who have had a similar experience.

For more information and to register please call Courtney at 978-388-8138 x 543



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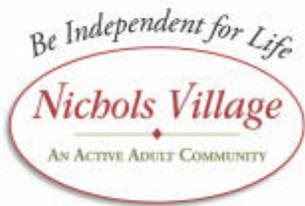
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107 Elm Street

Salem
50 Grove Street

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SOCIAL HOUR Under the Tents! **WITH THE CHIEFS**

Thursday, May 27th at 12 pm

Join us as we get together with the Chiefs and discuss issues around town affecting our seniors, and recognize our wonderful NEET drivers for all their hard work helping get our seniors to vaccine clinics!

We will also be enjoying treats from the Kona Ice Truck courtesy of our friends at:

Call Andrew at 978-388-8138 x545 to sign up!

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Programs Sponsored by the Amesbury Cultural Council

Howie Newman and a Day of Sox! May 6th at 11:30 am

A unique, interactive and highly entertaining program, local singer-songwriter (and former sportswriter) Howie Newman sings baseball songs, offers up baseball trivia and tell stories about his days as a sportswriter on the Red Sox beat. Howie covered baseball for the Patriot Ledger, Lowell Sun, Boston Globe and Lynn Item as well as several other newspapers and magazines. For three years, he provided color commentary for the Lowell Spinners, a Red Sox farm team, on WCAP radio. The show also includes a free raffle for his two baseball CDs. Stick around after and watch the Sox take on the Tigers and enjoy some ballpark treats!

MUSIC Dance.edu presents: **Hip Hop Dance Chair Exercise for Seniors!**
*Hip Hop dance for happiness and health! Friday May 7th at 10 am!

Members do a complete warm-up and hip hop class that begins and ends in the chairs. Travel through time on the "Soul Train" and chair dance to clean cut hip hop and R & B songs. We use creative props to help make our soul train journey come to life. Senior participants will leave feeling more limber. "All aboard the Hip Hop Soul Train Express"

Thank You to the: AMESBURY cultural council

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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