



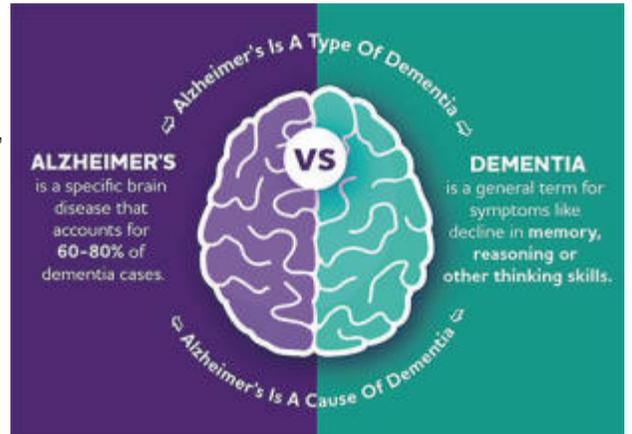
Director Doreen Arnfield

Greetings Readers!

June is Father's Day! Anyone can Father a child but being a Dad is a lifelong journey and one that plays an important role that helps shape the child into the person they are. To all the dads out there who have taken their role seriously with love and patience, Happy Father Day, June 20th! June 20th is also the summer solstice, which heralds the start of summer in the Northern Hemisphere. It's the day with the most hours of daylight, so enjoy!

June is also Alzheimer's and Brain Awareness Month. According to the Alzheimer's Association, 6 million people are living with Alzheimer's. The following information comes from the Alzheimer's Association website: www.Alz.org. If you or someone you know is affected by Alzheimer's or Dementia, please know there is support available. There is a lot of information to explore, support groups and services to consider. Start by calling us at the Amesbury Council on Aging or Senior Community Center. You can talk to me, Courtney or Briana, our new Greenleaf Supportive Day Coordinator. We can help you sort out and prioritize you or your loved ones needs.

There is a difference between Dementia and Alzheimer's? Dementia is a general term for a decline in mental ability severe enough to interfere with daily life. Alzheimer's is the most common cause of dementia. Alzheimer's is a specific disease. Dementia is not. Dementia describes a group of symptoms associated with a decline in memory, reasoning or other thinking skills. Many different types of dementia exist, and many conditions cause it. Mixed dementia is a condition in which brain changes of more than one type of dementia occur simultaneously. Dementia is not a normal part of aging. It is caused by damage to brain cells that affects their ability to communicate, which can affect thinking, behavior and feelings. Alzheimer's disease is the most common cause of dementia, accounting for 60-80% of dementia cases. Alzheimer's is a degenerative brain disease that is caused by complex brain changes following cell damage. It leads to dementia symptoms that gradually worsen over time. The most common early symptom of Alzheimer's is trouble remembering new information because the disease typically impacts the part of the brain associated with learning first.



Description: A brain with descriptions on either hemisphere describes the difference between Alzheimer's and dementia.

We are opening our Greenleaf Supportive Day Program June 15th and are excited to get back in person! With interesting activities and fun interactions with others, you can be sure your family member is ok while taking care of yourself. Speaking of taking care of yourself, our Caregiver Support Group is meeting in person now every Wednesday, 10am at the Center. Please call Courtney if interested in joining.

Many of the Covid restrictions have been lifting and we can enjoy ourselves with others. We are going strong inviting all to come on down for lunches, Tues., Wed. and Thurs. along with live music, games, groups, and giveaways! We'd love to see you!

Doreen

UPCOMING PERFORMANCES

Thursday, June 10th
Glenn Peterson

Thursday, June 17th
Josef Nocera
Father's Day Celebration

Thursday, July 1st
Davis Bates



page 5 for more details

page 12 for more details

NEVER MISS A NEWSLETTER!

Sign up to have our newsletter
emailed to you at

www.mycommunityonline.com



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or call 978-373-1971 ext. 218



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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



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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.

BOARD MEMBERS

Gayle Yarnall Chairperson

D. Kliggi Thomas Vice Chair

Sarah Kearney Secretary

Lee Ford Treasurer

Nicholas Costello Frankie Lallemand

Jon Younger Ann Sutherland

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Anthony Rinaldi

Matthew Einson

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Scott Mandeville

Steve Stanganelli



District 1 Councilor

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



The month of June typically brings some great weather to New England and presents an opportunity for us to get outside and welcome summer! It's also an opportunity for police departments to promote traffic safety tips through a combination of education and enforcement. Making our roadways safer does not only involve writing citations, public awareness is an important duty. Signs, social media posts, catchy slogans, newspaper columns, tv and radio advertisements can be used to spread the word. We share the road with many types of traffic including motorcycles, bicycles, trucks, pedestrians and in some spots even horses so everyone has a role to keep things safe.

As a driver, your role is to stay alert, avoid distractions and maintain control of your vehicle at all times. There is a lot to watch while driving down the road but experience can be a big help when navigating the course. Monitor your speed, expect the unexpected, pay attention to warning signs and follow the traffic laws. Crashes can happen on any street and a properly adjusted safety belt could save your life; "Buckle Up on Every Trip." The vehicles of today have fantastic safety features; including air bags, back up cameras and even warning sensors to let you know when you may be just a little too close. These features certainly reduce crashes but we are still aren't ready to use self-driving vehicles yet.

Pedestrians are reminded to always look; left-right-left, before crossing the street and utilize the sidewalk whenever possible. If you are walking in an area without a sidewalk, walk against traffic to see what's approaching. When using an intersection with crossing signals, check twice before starting to cross to assure traffic has in fact stopped. It's also a good idea to wear light colored clothing and carry a cell phone, just in case of an emergency. The amount of daylight is steadily increasing daily but avoid walking in the street at dawn or dusk when it can be difficult to be seen by motorists.



A Message from Mayor Kassandra Gove

Our community has made incredible progress with COVID-19 vaccinations since we began holding clinics in January, first for our emergency responders and healthcare professionals, and then for our seniors, essential workers and finally the general population. By the time you read this, our numbers will have continued to improve, but as of mid-May, over 7,000 Amesbury residents have been fully vaccinated against COVID-19. I'm sure for many of you, our Council on Aging team helped get you an appointment at the Lower Merrimack Valley Regional Collaborative clinics or elsewhere. Because of their diligence, roughly 80% of residents aged 50-64, 101%* of residents aged 65-74 and roughly 90% of residents aged 75 and older have been vaccinated. *The state's data is based on 2010 Census numbers, and our population of residents between 65 and 74 has grown, which is why our numbers show vaccinating more than 100%.

I hope that you're looking forward to summer and the wonderful activities at the Senior Community Center. I've seen great photos of outdoor activities already in progress, including Zumba, hip hop dance exercise, live music and more. I've also been talking with the folks who run some of our favorite summertime events, including Amesbury Days and the Carriagetown Car Show, and I'm excited to say that these events will be back this year, albeit with some modifications. We're making progress towards getting back to our normal, and I'm looking forward to what the rest of this year will bring!

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



Elm Street Reconstruction continues to make great progress on the project! Crews have been able to complete full depth excavation on another section of the road, between Oak Street and the I-495 overpass, and have re-paved that section. They'll work on building new sidewalks along that portion, and also begin full depth excavation from the I-495 overpass to Route 110. When the project is complete, the entire length of Elm Street will be freshly paved, with new sidewalks and bicycle lanes, and two new traffic lights (Elm at Congress and Elm at Monroe).

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



VETERANS SERVICES

68 ELM ST. AMESBURY, MA 01913 - 978.388.8136

If we look back one hundred years, our country was recovering from another pandemic. It was called the Spanish Flu, and some have called it the "forgotten pandemic" because it was overshadowed by World War I - The Great War, though more people died from Spanish Flu than the War.

In November we honor all living veterans with Veterans' Day. This past month we celebrated Memorial Day to celebrate and remember those veterans that gave their all for this country. As we move on, we are losing our veterans at the rate of 6% a year because the majority of our veterans are over 60 years of age.

We are still fighting in a war that began in 1991, thirty years ago. Thank you to all our soldiers and veterans for your dedicated service and thank you to our community for your generosity to all our veterans.

If you have any veteran questions, need assistance, or want to hear more about what programs may be available for veterans and their families, don't hesitate to call our office: 978 388-8136.

PARKING LOT CONCERT SERIES



Thursday, June 10th
12 pm
Glenn Peterson

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



Thursday, June 17th
12 pm
Josef Nocera



Crafts with Claire

Wednesday, June 23rd
1 pm

Get ready for a groovy summer and join us to make a Tie Dye T-Shirt!



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



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 at the Center!

Lunch consists of a Sandwich or Wrap, a side, drink and dessert. Check out the Menu on the calendar on page 9. \$2 suggested donation, call Andrew at (978)388-8138 x545 to reserve your meal!



The Penny Mill Thrift Store

The Friends of the Council on Aging Penny Mill Thrift Store is back!

Come shop for new and gently used clothes, books, games, decor and other home items!

The Penny Mill will be setup outside during events Tuesday through Thursday and inside on Mondays

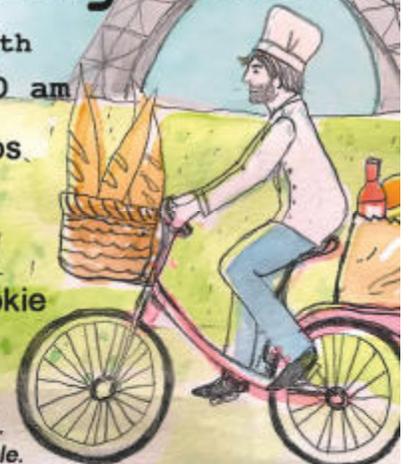
Call 978-378-5058 for hours or with any questions

We are also accepting donations from our members!

Traveling Chef

June 16th
 11 am - 11:30 am

- Bone in BBQ Ribs
- Mac & Cheese
- Baked Beans
- Dinner Roll
- & a Brownie Cookie



\$2 suggested donation. Delivery option available. Call Andrew at 978-388-8138 x545 to reserve your meal.

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.

GRIEF SUPPORT GROUP

THURSDAYS 1 PM at the AMESBURY SENIOR COMMUNITY CENTER

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



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

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



A Message from Senator DiZoglio

Hello again,

In late March, we were all devastated to learn of the tragedy involving David Almond, the 14-year-old autistic boy who died last October after being found living in abhorrent conditions.

Fall River police went to the Almond house after receiving a report of an unresponsive person. There, officers found David, bruised, emaciated and living in squalor under the care of his father, who, alongside his girlfriend, were arrested and indicted on charges of second-degree murder.

The loss of David’s life was completely preventable and the result of a series of systemic breakdowns over a long period of time. These missteps were highlighted in a recent report by the Office of the Child Advocate that shined a spotlight on the state Department of Children and Families’ (DCF) failed response to a series of red flags.

DCF had long been involved with the Almond household, removing David and his brothers from their father’s care in 2017. Yet, they would return to Fall River last year, just as the COVID-19 pandemic hit. DCF’s supervision over the reunification was negligible, as they conducted only virtual visitation and did not bother to follow up when David and his brothers did not return to school. DCF also failed to investigate injuries David suffered, involving a wound to his face.

DCF completely failed this child and a beautiful, young life was lost as the result.

There is no shortage of reforms to be implemented.

For one, the current workforce training curriculum to assess safety and risks to a family is clearly not working and must be overhauled. DCF workers need access to better training in helping children with disabilities who, all too often, are more likely to be maltreated than those without disabilities.

Several bills have been filed this session around reform at DCF.

House Bill 88, An Act relative to accountability for vulnerable children and families, establishes a “bill of rights” to help recruit and retain foster parents, updates reunification reviews and requires DCF to establish a formal review policy that creates a managerial review process prior to a decision to reunify children. The bill also requires DCF to notify a child or young adult’s attorney of changes in placement or if the child or young adult is involved in a 51A abuse or neglect report.

Senate Docket 2581, An Act to protect children, would require DCF to conduct a comprehensive review of the department’s practices related to individuals with disabilities and develop a policy to promote positive changes; develop a new reunification policy by setting minimum standards that must be met; and review current processes for safety assessment and then develop an evidenced-based process for assessing safety issues, with minimum set standards.

Our youngest and most vulnerable need our help and we need to take bold action. These are just some of the reforms that must be implemented at DCF and I will continue to push for their passage.

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

You Hold the Key to Help Others

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THIS SPACE IS AVAILABLE



A Message from Representative Kelcourse

The warmer weather and frequent sunshine that we have been experiencing means that Summer is on the horizon, and that is something to be excited about!

The Massachusetts House of Representatives recently passed a \$47.7 billion state budget recommendation for fiscal year 2022. This budget package increases local aid, funds the first-year implementation of the Student Opportunity Act, and continues to devote funding for a variety of COVID-19 relief and recovery initiatives. In the House Budget I was able to secure funding for a handful of Amesbury organizations such as Our Neighbors Table, Pettengill House, and the Amesbury Chamber of Commerce. The budget has since moved onto the Senate, where debates have just begun.

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, Joint Committee on Ways and Means. If there is a bill that you would like to see me support, please feel free to reach out to my office about it, and I would be happy to read further into it. Some of the bills that I have filled are listed below:

H415: An act relative to credit rating protection. 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. Allows a \$500 tax credit to any resident, spouse, or surviving spouse of someone who served at least 90 days 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. Provides greater tax equity by requesting amendment of current laws related to personal property tax assessment.

Should you have any questions or need assistance, please contact my office at james.kelcourse@mahouse.gov or (978) 465-1777.

Friends of The Amesbury Council On Aging

Meet The Board Membership Drive & Election

JUNE 24TH 10:00AM - 1:00PM

Nicholas Costello Transportation Center - 68 Elm Street

PLEASE JOIN US TO OFFER YOUR "VOTE" OF CONFIDENCE TO OUR BOARD. NEW AND RENEWAL MEMBERSHIP APPLICATIONS WILL BE AVAILABLE.

A SWEET TREAT WILL BE OFFERED TO ALL OUR NEW & RENEWED MEMBERS AS A THANK YOU FOR BEING A FRIEND.

IF YOU CAN'T MAKE IT, PLEASE VISIT OUR WEBSITE: www.friendsamesburyseniors.org/membership to join or renew online.

Amesbury COA would like to thank the REquipment Durable Medical Equipment Reuse Program for their support of our community newsletter.

REquipment provides free refurbished medical equipment to seniors and people with disabilities.

To view the inventory and request items go to www.dmereuse.org. Delivery is available.



Connecting with French-Canadian Roots

Join us for a discussion class exploring a little history, French language experience, cultural features, migration, food, music, literature, travel talk of present day Quebec, and legacy.

Tuesdays at 12 pm - Call Andrew at 978-388-8138 x545 to register




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 1ST & 15TH, 5:30 PM - 7 PM

WEDNESDAY, MAY 2TH, 11 AM - 12 PM

WEDNESDAY, MAY 16TH, 7 PM - 8 PM

Offered by Elder Services of the Merrimack Valley

CAREGIVERS SUPPORT

THURSDAY, MAY 3RD, 10 AM

Offered by Constellation Health Services

MONDAY, May 8TH, 10:30 AM - 11:30 AM

Offered by Care Dimensions

Thursday, May 3rd & May 17th, 1 pm - 2 pm

Offered by Elder Services of the Merrimack Valley

MEMORY CAFE

TUESDAY, MAY 1ST & 15TH, 1 pm - 2 pm

Offered by Elder Services of the Merrimack Valley

June **ACTIVITIES AT THE CENTER!**

| TUESDAY | WEDNESDAY | THURSDAY |
|--|---|---|
| <p>9:00 - Busy Needles 1 10:00 - Legal Clinic w/Jason Ebacher 11:00 - Blankets 4 Kids 11:30 - Bagged Lunch <i>Grilled Chicken Wrap</i> 12:00 - French Canadian Roots Class</p> | <p>10:00 - Caregiver Support Group 2 10:30 - Exercise with Paula 11:30 - Bagged Lunch <i>Roast Beef</i> 12:00 - Outdoor Games & Socializing</p> | <p>9:00 - Balance Class w/Jennifer 3 10:00 - Zumba with Ivana 11:30 - Bagged Lunch <i>Turkey & Swiss</i> 12:00 - Outdoor Games & Socializing 1:00 - Grief Support Group</p> |
| <p>9:00 - Busy Needles 8 11:00 - Blankets 4 Kids 11:30 - Bagged Lunch <i>Ham & Cheese</i> 12:00 - French Canadian Roots Class 1:00 - SUD Support Group</p> | <p>10:00 - Caregiver Support Group 9 10:30 - Exercise with Paula 11:30 - Bagged Lunch <i>Tuna Fish</i> 12:00 - Outdoor Games & Socializing</p> | <p>9:00 - Balance Class w/Jennifer 10 10:00 - Zumba with Ivana 11:30 - Bagged Lunch - <i>Italian Sub</i> 12:00 - Parking Lot Concert Series <i>Glenn Peterson</i> 1:00 - Low Vision Group 1:00 - Grief Support Group</p> |
| <p>9:00 - Busy Needles 15 11:00 - Blankets 4 Kids 11:30 - Bagged Lunch <i>Turkey & Swiss</i> 12:00 - French Canadian Roots Class 1:00 - SUD Support Group</p> | <p>10:00 - Caregiver Support Group 16 10:30 - Exercise with Paula 11:30 - Traveling Chef <i>BBQ Ribs w/Mac & Cheese</i> 12:00 - Outdoor Games & Socializing</p> | <p>9:00 - Balance Class w/Jennifer 17 10:00 - Zumba with Ivana 11:30 - Bagged Lunch - <i>Roast Beef</i> 12:00 - Parking Lot Concert Series <i>Father's Day Celebration</i> <i>featuring Josef Nocera</i> 1:00 - Grief Support Group</p> |
| <p>9:00 - Busy Needles 22 11:00 - Blankets 4 Kids 11:30 - Bagged Lunch <i>Grilled Chicken Wrap</i> 12:00 - French Canadian Roots Class 1:00 - SUD Support Group</p> | <p>10:00 - Caregiver Support Group 23 10:30 - Exercise with Paula 11:30 - Bagged Lunch <i>Italian Sub</i> 12:00 - Outdoor Games & Socializing 1:00 - Crafts with Claire</p> | <p>9:00 - Balance Class w/Jennifer 24 10:00 - Zumba with Ivana 11:30 - Center Cookout <i>Burgers & Hot Dogs</i> 12:00 - Social with the Chiefs 1:00 - Grief Support Group</p> |
| <p>9:00 - Busy Needles 29 11:00 - Blankets 4 Kids 11:30 - Bagged Lunch <i>Tuna Fish</i> 1:00 - SUD Support Group 12:00 - Outdoor Games & Socializing</p> | <p>10:00 - Caregiver Support Group 30 10:30 - Exercise with Paula 11:30 - Bagged Lunch <i>Ham & Cheese</i> 12:00 - Outdoor Games & Socializing</p> | <p>9:00 - Balance Class w/Jennifer 1 10:00 - Zumba with Ivana 11:30 - Bagged Lunch <i>Grilled Chicken Wrap</i> 12:00 - Cultural Council: <i>Davis Bates</i> 1:00 - Grief Support Group</p> |

Call Andrew at 978-388-8138 x545 to reserve meals and programs!

GREENLEAF SUPPORTIVE SOCIAL DAY PROGRAM

ACTIVITIES - COMPANIONSHIP - RESPITE

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.

Tuesdays 9 am - 12 pm | Wednesdays 12 pm - 3 pm | Thursdays 9 am - 12 pm

What is Greenleaf?

The Greenleaf Supportive Day Program offers each participant socialization and meaningful recreational activities as well as supervision and support services. Participants will be able to join in activities at the senior center, including trivia, games, live music and entertainment.

Staff, interns and volunteers work to provide a safe and fun experience for all individuals and also assist to coordinate transportation and assistance with cost whenever possible, as Greenleaf is contracted with Elder Services of the Merrimack Valley and Commonwealth Care Alliance.

Greenleaf also provides caregivers with the respite needed to continue working, care for their family and attend to their own well-being. Please contact Briana Fortado at 978-388-8138 x 553.

All caregivers also have access to a caregiver support group that is held on Wednesdays at 10 a.m. at the Amesbury Senior Center. The caregiver support group offers a supportive atmosphere of individuals and offers a confidential space to talk about and process experiences and gain knowledge of resources.

For more information on the caregiver support group or if you are interested in attending please contact either Briana Fortado or Courtney Hutchinson at the senior center: 978-388-8138.

Looking to Volunteer with Greenleaf?

Would you be interested in socializing and participating in activities with our Greenleaf Members? Do you have a special skill or hobby you think our members would enjoy learning about or participating in? If so, please considering volunteering with our Greenleaf Supportive Day program.

If you have previously volunteered with the Greenleaf Supportive Day program and are interested in volunteering again or would like to become a volunteer please contact Briana Fortado, Greenleaf Coordinator, 978-388-8138 ext. 553

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



To all the Dads, Grand Dads, Step Dads,
Foster Dads, and Dads to be...

Happy Father's Day
Celebrate Sunday, June 20th

**JUNE
TEENTH
FREEDOM DAY
JUNE 19**

Juneteenth is a holiday that marks the freedom of enslaved Black people in the US. Commemorating June 19, 1865, when Maj. Gen. Gordon Granger arrived in Texas and read a federal order abolishing slavery in the state, two years after the Emancipation Proclamation, putting an end to slavery in the United States.

Since June 19, 1865, Americans have observed and celebrated Juneteenth as Emancipation Day, a day of freedom. In 1980, Texas became the first state to make Juneteenth a state holiday. Now, nearly all states commemorate or observe Juneteenth.



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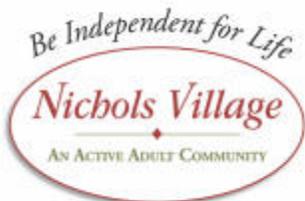
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Amesbury Council on Aging, Amesbury, MA 06-5290

Amesbury COA

68 Elm St

Amesbury, MA 01913



SOCIAL HOUR
Under the Tents!
WITH THE CHIEFS
Thursday June 23rd at 11:30 am
Join the COA as we invite the Chiefs and other city departments by for a cookout and a discussion about all the latest issues facing our seniors around town!



GENERATIONS OF FUN!
Songs & Stories for All Ages!
Thursday, July 1st at Noon
Parents' Choice Award-winning singer & storyteller
Davis Bates
a performance supported by the Amesbury Cultural Council

Bring your friends and family down to the Center for a lively performance to celebrate summer and community and kick off the holiday weekend!

Exercise Classes

| | | |
|--|---|---|
| Wednesdays 10:30 am Exercise with Paula | Thursdays 9 am Balance Class with Jennifer | Thursdays 9 am Exercise with Paula |
|--|---|---|

ALL SKILL LEVELS WELCOME. CLASSES CAN BE ADJUSTED FOR ABILITIES. \$2 SUGGESTED DONATION.

Please Sign up for all events, meals and activities by calling Andrew at (978)388-8138 x545

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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