

FREE

August 2021 - Vol. 7 - Issue 8

CARRIAGE TOWN

SENIOR NEWSLETTER



CORNHOLE!

Mayor Gove and Janet challenge one another after our Social Hour with the Chiefs! Come by the Center to practice and get ready for our Cornhole Tournament on Aug. 12th! More Info Page 5

Beat THE HEAT **Movie Fest!**
Fridays at Noon details page 10

LIVE AUGUST 5TH
MUSIC Better Late Than Never
AUGUST 19TH
Kevin Wall
MORE INFO PAGE 12

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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



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

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

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National Institute of Senior Centers

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A Message from Director Doreen Arnfield



Hello All,
Have you been inside the center in the last few weeks? If you haven't, you're in for a nice surprise. Amesbury's Abbie Anderson painted a beautiful uplifting mural at the greeters area. One of our goals has always been to make the center as warm and welcoming as possible. Thanks to Abbie, I think we accomplished that!

I've been reminded recently about how important it is to conserve water. The Amesbury Rotary Club received a grant for rain barrels and the Senior Community Center was a lucky recipient of two. Thank you Amesbury Rotarians! Our Greenleaf Supportive Day participants will be priming and painting them and using them to water the outdoor plants! Clean water is such a valuable resource and we often times take for it for granted. Especially during the summer months, consider preserving and protecting the water that we use My conversation with Cheryl, when picking up the barrels was enlightening and it inspired me to share this from the waterproject.org:

- Always turn taps off tightly so they do not drip.
- Promptly repair any leaks in and around your taps. (One leak can waste several thousand liters of water per year.)
- Use an aerator and/or a water flow-reducer attachment on your tap to reduce your water usage.
- When hand-washing dishes, never run water continuously. Wash dishes in a partially filled sink and then rinse them using the spray attachment on your tap.
- If you have an electric dishwasher, use it only to wash full loads, and use the shortest cycle possible. Many dishwashers have a conserver/ water-miser cycle.
- When brushing your teeth, turn the water off while you are actually brushing. Use short bursts of water for cleaning your brush. (This saves about 80% of the water normally used.)
- When washing or shaving, partially fill the sink and use that water rather than running the tap continuously. (This saves about 60% of the water normally used.) Use short bursts of water to clean razors.
- Use either low-flow shower heads or adjustable flow-reducer devices on your shower heads. (They reduce flow by at least 25%.)
- You can reduce water usage by 40% to 50% by installing low-flush toilets.
- Wash only full loads in your washing machine.
- Use only cleaning products that will not harm the environment when they are washed away after use. Look for "environmentally friendly" products when shopping.
- Water lawns every three to five days, rather than for a short period every day. In warm weather, apply 5 millimeters of water for each day since the last watering.
- Water during the cool part of the day, in the morning or evening. Do not water on windy days.
- Use shut-off timers or on-off timers, if possible. Do not turn on sprinklers and leave for the day.

Make sure to mark your calendars and save the date, Sept 23rd, for the COA Health Fair and Expo. Inside and outdoors with many new offerings!

Hope to see you at Amesbury's National Night Out on August 3rd 6-8pm at the high school. Look for the Age Friendly Amesbury Table!

Doreen



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

CITY COUNCILORS

Pamela L. Gilday	District 1 Councilor
Anthony Rinaldi	District 2 Councilor
Matthew Einson	District 3 Councilor
Nick Wheeler	District 4 Councilor
Timothy Kisielecki	District 5 Councilor
Michael Hogg	District 6 Councilor
Adrienne Lennon	At Large Councilor
Scott Mandeville	At Large Councilor
Steve Stanganelli	At Large Councilor



CRIME PREVENTION TIPS WITH RETIRED OFFICER HANSHAW



The summer months can bring a lot of heat and this year we've seen our share of high temperatures in New England. Be sure to stay hydrated, take advantage of the AC, check in with friends and family and take it slow. We'll be complaining about the cold very soon but should certainly take advantage of the nicer weather now.

This month's crime prevention tip was sent to me by Chief Scholtz, who wanted to share information about an ongoing utility scam. Although the report was made to police in Rhode Island, scams usually cross borders quickly. A woman told police she received a call from someone claiming to represent National Grid. The caller threatened to have her gas and electricity turned off immediately then provided the amount she owed. She was instructed to transfer funds immediately through a computer App called Zelle. Unfortunately, she transferred almost \$800 to the thieves before realizing she was the victim of a scam.

Sometimes bills can become overdue but it's crucial to assure payments are made to the true provider. Utility companies, such as National Grid, will never threaten to shut off services unless an immediate payment is made. These scams usually involve the electronic transfer of funds or prepaid gift cards; any mention of this is a warning sign. Calls can become very confusing and thieves may even use a fake caller id number to get your money. While you are responsible for the services you purchase, a procedure is in place to settle tardy accounts.

In the event your account does become overdue, only deal with authorized company representatives. Never rely on the contact number provided by an unsolicited caller; refer to the customer service number found on your monthly statement. Thieves like to scare people into lowering their guard with the use of threats and new technology; be careful and don't be intimidated.



A Message from Mayor Kassandra Gove

Summer never seems to last as long as we want it to, does it? August is here and before we know it kids will head back to school, the leaves will start to change and chillier weather will settle in. Hopefully you've had the opportunity to enjoy our many outdoor recreation spaces this season; from Town Park and Battis Farm to Lake Gardner and the Riverwalk and more. Just because the season will (eventually) end doesn't mean our enjoyment of those spaces has to.

As part of I AMesbury 2030 planning (www.amesburyma.gov/2030) we are taking a close look at our existing recreation spaces and thinking about what else our community might like to see in town. We would love your feedback! We have a recreation survey open until the middle of August and would appreciate you taking a few minutes to tell us how you currently use our recreation spaces and what else you might like to see in Amesbury (pickleball, anyone?). You can also email your thoughts about our outdoor spaces to amesbury2030@amesburyma.gov.

If I don't see you this month, I look forward to seeing you at the health fair in September at the Senior Center!

For more info 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

From here on out, Elm Street Reconstruction should be pretty smooth sailing. They've completed the hardest, dustiest parts of the project and as they move forward their work will be on the finishing details. They will finish driveway connections for residents on Elm Street, work on walkways and sidewalks, plant grass seed, do more landscaping and work on wetland restoration. Eventually the new traffic signals at Congress Street and Monroe Street will come online, so stay tuned for that! The last step is the final course of pavement that will create a clean, fresh and smooth road.

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



Foot Care Clinic
 with Catherine Languedoc RN BSB CFCN
 Second Wednesday of the Month
Next Clinic August 11th
 To Schedule Appointment:
 Call Andrew at (978)388-8138 x545
 Space is limited.

BINGO

TUESDAYS AT 12:30

CORNHOLE

★ *Tournament* ★
Thursday, August 12th
12 pm - Free to Enter
 Compete - Win Prizes - Enjoy Treats!

Also known as Bean Bag Toss, this is your chance to grab a friend and challenge other members for a chance to be the champion!

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

VETERANS SERVICES

68 ELM ST. AMESBURY, MA 01913 - 978.388.8136

The VA Bedford Hospital is providing vaccinations for:

- Veterans
- Spouses of Veterans, to include widows & widowers
- Caregivers of Veterans
- Adolescents ages 12-17 who are caregivers of Veterans
- Recipients of CHAMPVA (Civilian Health and Medical Program of the Dept. of Veteran Affairs)
- Adolescents ages 12-17 in the CHAMPVA program
- Children (as well as spouses) of permanently and totally disabled Veterans or Veterans who have died from service connected disability

The vaccination clinic is open Wednesdays 9am-3pm in Primary Care. NO Appointments Necessary.
 Veterans can call 781-687-4000 or visit:
<https://www.va.gov/health-care/covid-19-vaccine/>
 for more information.



A Message from Senator DiZoglio

Hello again,
As a member of the Legislature's Elder Affairs Committee, one of my top focuses this session is assessing bills filed that impact our older adults. Among these pieces of legislation is an important bill I have co-sponsored, Senate Bill 1823, An Act relative to property tax deferral for estates.

This legislation would reduce the property tax burden on both senior citizens and their heirs. It reforms the payment schedule on the Property Tax Deferral Program to offer a one-year grace period of lower interest rates for a deceased person's family to settle an estate, as well as for veterans and their families. The bill also provides town assessors with greater discretion in granting hardship exemptions to those struggling to keep up with their property taxes.

All too many older adults, in the Merrimack Valley and across Massachusetts, face being forced out of their homes due to increasing property values that result in unaffordable tax bills. Seniors who own their homes and are determined to remain in them often struggle to make ends meet as time goes by, faced with a harrowing decision over whether they can afford food, prescription drugs or heat, in addition to a property tax bill.

It is imperative that we do all we can to provide seniors with the resources needed to remain in their homes and maintain economic security.

I wholeheartedly support this bill and am committed to advocating for its passage during the legislative session.

If you have any questions on this or any other piece of legislation, please feel free to contact me anytime via email at Diana.Dizoglio@masenate.gov or phone at 978-984-7747.

Yours in service,
Diana



A Message from Rep. Kelcourse

Governor Charlie Baker recently passed a \$47.6 billion state budget for the fiscal year that began on July 1st.

This budget increases funding for local aid, veterans services, the Student Opportunity Act- requiring more funding to be allocated to school systems with higher percentages of low income students- and a variety of COVID-19 recovery initiatives to support small businesses. Additionally, our office secured funding for a number of Amesbury organizations including Our Neighbors Table, which provides meals to those in need, the Pettengill House, which assists those who are adjusting their lives and seeking employment after the pandemic, and the Amesbury Chamber of Commerce, which supports local business development.

Helping support one another in the community is always a priority of mine. If you or anyone you know has questions about the budget, legislative processes, unemployment, or anything else, please contact my office and we would be happy to address your concerns and assist you. You can reach me by email at james.kelcourse@mahouse.gov or by phone at (978) 465-1777. Thank you and enjoy the rest of your summer!

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



Serving Massachusetts & New Hampshire

Call Andrew to make an appointment
(978) 388-8138 x545



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Board of Directors 2021-2022

- Rosemary Olbash:** *President*
- Frank Olbash:** *Vice President*
- R. Kathleen Berman:** *Secretary*
- Ann Marie Ahola:** *Membership*
- R. Kathleen Berman:** *Treasurer*

**DEAR, DEAR FCOA SUPPORTERS -
THANK YOU! THANK YOU! THANK YOU!**

FCOA has wrapped up an unusual year, and it was done with the help of so many of you. You donated goods to be sold at the Penny Mill Thrift Shop; you shopped; you volunteered; and many of you have renewed your membership, on several levels. We appreciate everything you do.

Our June Yard Sale netted \$591, helping us reach total net income of \$4,578 for fiscal year ended June 30, 2021... Not bad for a Covid year... all thanks to YOU!

Friends of the Amesbury Council on Aging, Inc. (FCOA) is a not-for-profit organization whose mission is to help support COA programs and activities for senior citizens in the Amesbury area, through our fundraising and volunteering efforts. We are looking for your help in expanding our volunteer base and our Board of Directors. Physical duties are generally minimal, but we won't turn away strong arms. Anyone can join. You do not have to be a "Senior" or reside in Amesbury, or even Massachusetts. A good attitude is all that is really needed. Beginning in July, there will be a drawing every month, for a \$25 gift card to a local vendor. Don't wait a minute longer to sign up. You are eligible EVERY month that you are a member.

Got a question? Let us know. (978) 378-5058 or info@friendsamesburyseniors.org

OUR CRAFT FEST AND COOKOUT IS SCHEDULED FOR SATURDAY OCTOBER 16TH.

CONTACT US TO RESERVE A TABLE.

Kathy Berman, Treasurer

Friends of the Amesbury Council on Aging
Membership Application

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

NAME _____	<input type="checkbox"/> Member - \$6.00	<input type="checkbox"/> Bronze - \$100.00*
NAME (if joint) _____	<input type="checkbox"/> Sponsor - \$25.00*	<input type="checkbox"/> Silver - \$500.00*
ADDRESS _____	<input type="checkbox"/> Benefactor - \$50.00*	<input type="checkbox"/> Gold - \$1000.00*
CITY _____ STATE <u>MA</u> ZIP _____	*(Includes single or joint FCOA membership)	
PHONE _____ CELL _____		
EMAIL _____	<input type="checkbox"/> I'd like to volunteer - please call me	

- Please make check payable to the FCOA and mail to FCOA, PO Box 54, Amesbury MA 01913 Or drop off at 68 Elm Street, Amesbury, MA
- Membership runs through 6/30/2022 ● We are a non-profit charitable organization

Friends of The Amesbury Council on Aging – PO Box 54, Amesbury MA 01913. (978) 378-5058
 Visit us on Facebook: <https://www.facebook.com/penny.mill.338>
 On the Web: <https://www.friendsamesburyseniors.org/>
 For tax purposes the FCOA tax id number is: 04-3297941

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. 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.

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.



Dig in and Volunteer



Make a difference in someone's life.
Volunteer to drive seniors!
Can you donate two trips a month?
Trips are less than 30 miles round trip.

Mileage reimbursement and supplemental liability coverage provided.
Call 978-388-7474 or visit www.driveformeet.org to learn more about volunteering.



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 one 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, AUG 3RD & 17TH, 5:30 PM - 7 PM

WEDNESDAY, AUG 4TH, 11 AM - 12 PM

WEDNESDAY, AUG 18TH, 7 PM - 8 PM

Offered by Elder Services of the Merrimack Valley

CAREGIVERS SUPPORT

THURSDAY, AUG 5TH, 10 AM

Offered by Constellation Health Services

MONDAY, AUG 9TH, 10:30 AM - 11:30 AM

Offered by Care Dimensions

THURSDAY, AUG 5TH & 19TH, 1 PM - 2 PM

Offered by Elder Services of the Merrimack Valley

MEMORY CAFE

TUESDAY, AUG 3RD & 17TH, 1 pm - 2 pm

Offered by Elder Services of the Merrimack Valley

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

3
 9:00 - Busy Needles
 9:00 - Pickleball @ Jr. High
 10:00 - Legal Clinic w/Ebacher
 11:00 - Blankets 4 Kids
 11:30 - Lunch - Turkey Salad
 12:30 - BINGO
 1:00 - SUD Support Group

4
 10:00 - Caregiver Support Group
 10:30 - Exercise with Paula
 11:30 - Lunch - Salisbury Steak
 12:00 - Outdoor Games & Socializing
 12:30 - Bridge

5
 9:00 - Balance Class w/Jennifer
 10:00 - Zumba with Ivana
 11:30 - Lunch - BBQ Chicken
 12:00 - Parking Lot Concert
 Better Late Than Never
 1:00 - Grief Support Group

6
 11:30 - Lunch - BBQ Chicken
 12:00 - Beat the Heat Movie Series:


10
 9:00 - Busy Needles
 9:00 - Pickleball @ Jr. High
 11:00 - Blankets 4 Kids
 11:30 - Lunch - Beef & Bean Chili
 12:30 - BINGO
 1:00 - SUD Support Group

11
 9:00 - Foot Clinic
 10:00 - Caregiver Support Group
 10:30 - Exercise with Paula
 11:30 - Lunch - Honey Garlic Chicken
 12:00 - Outdoor Games & Socializing
 12:30 - Bridge

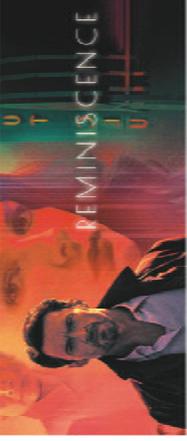
12
 9:00 - Balance Class w/Jennifer
 10:00 - Zumba with Ivana
 11:30 - Lunch - Cheeseburger
 12:00 - Cornhole Tournament
 1:00 Low Vision Support Group
 1:00 - Grief Support Group

13
 11:30 - Lunch - Teriyaki Chicken
 12:00 - Beat the Heat Movie Series:


17
 9:00 - Busy Needles
 9:00 - Pickleball @ Jr. High
 11:00 - Blankets 4 Kids
 11:30 - Lunch - Chicken Piccata
 12:30 - BINGO
 1:00 - SUD Support Group

18
 10:00 - Caregiver Support Group
 10:30 - Exercise with Paula
 11:30 - Lunch - Mac & Cheese
 12:00 - Outdoor Games & Socializing
 12:30 - Bridge

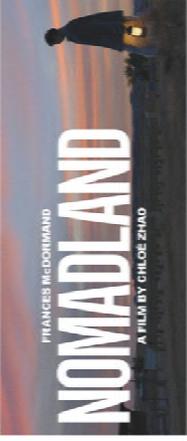
19
 9:00 - Balance Class w/Jennifer
 10:00 - Zumba with Ivana
 11:30 - Lunch - Steak Salad
 12:00 - Parking Lot Concert
 Birthday Celebration w/ Kevin Wall
 1:00 - Grief Support Group

20
 11:30 - Lunch - Stuffed Pepper
 12:00 - Beat the Heat Movie Series:


24
 9:00 - Busy Needles
 9:00 - Pickleball @ Jr. High
 11:00 - Blankets 4 Kids
 11:30 - Lunch - Turkey & Swiss
 12:30 - BINGO
 1:00 - SUD Support Group

25
 10:00 - Caregiver Support Group
 10:30 - Exercise with Paula
 11:30 - Lunch - Hot Dog
 12:00 - Outdoor Games & Socializing
 12:30 - Bridge

26
 9:00 - Balance Class w/Jennifer
 10:00 - Zumba with Ivana
 11:30 - Lunch - Chicken Pot Pie
 12:00 - Social Hour with the Chiefs
 Ice Cream Social courtesy of Avita
 1:00 - Grief Support Group

27
 11:30 - Lunch - Cuban Sandwich
 12:00 - Beat the Heat Movie Series:


31
 9:00 - Busy Needles
 9:00 - Pickleball @ Jr. High
 11:00 - Blankets 4 Kids
 11:30 - Lunch - Cheese Ravioli
 12:30 - BINGO
 1:00 - SUD Support Group

August

EVENTS AT THE AMESBURY SENIOR COMMUNITY CENTER

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

We are all so happy that Greenleaf Social Day Program has been back and open for over a month! Greenleaf staff and volunteers have been participating in many fun activities including outdoor games, live music, arts & crafts, bingo, trivia, jeopardy etc. Along with a fun, safe and caring atmosphere for participants, Greenleaf also provides caregivers with the respite needed to continue working, care for their family and attend to their own well-being.

The Greenleaf Program also recently started a Men's Group. The Men's Group is run by a talented volunteer, Richard, who works to plan and implement different projects, all while having fun and engaging the group in good conversation. This month, the group worked with their hands and used different tools to complete a couple of wood working projects.



We are continuing to take new referrals for Greenleaf. If you think you are interested in learning more about Greenleaf or would like to make a referral please contact the Greenleaf Coordinator, Briana Fortado, at 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

Time to Party!

Over the last year and a half, we haven't been able to celebrate all events the way we would all like to. Now that we are getting back together, we think it's time to celebrate ALL the birthdays we missed!

Join us August 19th at Noon for live music from Kevin Wall, raffles courtesy of Maplewood Rehab and Nursing, and of course Cake and Ice Cream!

Happy Birthday



Beat
THE
HEAT

Movie Fest!

Fridays at Noon

August 6th - The Tomorrow War PG-13

Starring Chris Pratt, Yvonne Strahovski & J.K. Simmons
A family man is drafted to fight in a future war where the fate of humanity relies on his ability to confront the past.

August 13th - Queen Bees PG-13

Starring Ellen Burstyn, Jane Curtin & Loretta Devine
After reluctantly agreeing to move in to a senior's home, a woman encounters a clique of mean-spirited women and an amorous widower.

August 20th - Reminiscence PG-13

Starring Hugh Jackman, Rebecca Ferguson & Natalie Martinez
A scientist discovers a way to relive your past and uses the technology to search for his long lost love.

August 27th - Nomadland R

Starring Frances McDormand, David Strathairn & Linda May
A woman in her sixties, after losing everything in the Great Recession, embarks on a journey through the American West, living as a van-dwelling modern-day nomad.



ALTERNATIVE THERAPIES GROUP

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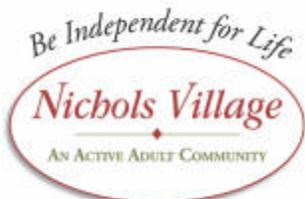
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Amesbury Council on Aging, Amesbury, MA 06-5290

Amesbury COA

68 Elm St

Amesbury, MA 01913

SOCIAL HOUR Under the Tents!

WITH THE CHIEFS

Ice Cream Social
courtesy of: Avita

Thursday, Aug. 26th at Noon

Join the COA as we invite the Chiefs and other city departments by for a discussion about all the latest issues facing our members around town!

PARKING LOT CONCERT SERIES

Thursday, Aug 5th
12 pm
Better Late Than Never

Thursday, Aug 19th
12 pm
Kevin Wall

Exercise Classes

Wednesdays 10:30 am Exercise with Paula	Thursdays 9 am Balance Class with Jennifer	Thursdays 10 am Zumba with Ivana
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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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Thursday, September 23rd
10 am - 2 pm

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