

# CARRIAGE TOWN

FREE

September 2021 - Vol. 7 - Issue 9

SENIOR NEWSLETTER



## BINGO!

Sachiko and daughter, Barbara, are regulars at our weekly BINGO game! Join us for lunch and a spirited game every Tuesday at 12:30 pm



**FILMFEST**  
MOVIES & POPCORN - EVERY FRIDAY @ NOON

## VOLUNTEER

We have many fun and different volunteer opportunities at the Center. Get involved! You can make a difference and some new friends! *More on page 12*



**LIVE MUSIC**

- Sept 15th Fireside Fiddlers
- Sept 16th Joe Carson
- Sept 23rd Jumpin' Juba

## ACOA 2021 HEALTH FAIR & EXPO

Thursday, September 23<sup>rd</sup>  
10 am - 2 pm  
*see page 5 for more details*

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# NEVER MISS A NEWSLETTER!

Sign up to have our newsletter  
emailed to you at

[www.mycommunityonline.com](http://www.mycommunityonline.com)



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

2 Hillside Avenue  
Amesbury, MA  
978-388-0288

See our Pre-Planning Guide  
at: [paulcrogers.com](http://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](http://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

[UHCCP.com/MADual](http://UHCCP.com/MADual)

CST25879





Accredited by  National Institute of Senior Centers

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Rachel Gundersen.....x554  
Mia Hayden.....x542

**A Message from Director Doreen Arnfield**



"Change is inevitable. Change is constant."  
- Benjamin Disraeli

As we approach the end of another season, I am reminded of how fast time seems to slip by but also how much there is to still look forward to. I am grateful for the chance to open up opportunities for older adults and their families and partner with our community. The COA team, including board members, volunteers, and interns are happily ready to assist where needed.

We say good bye and wish the best for Boston University Social Work student Laney Payne who has served as Outreach Coordinator these past few months and intern with the COA the year prior. We welcome Nancy Marrs, our new Outreach Coordinator who started Aug 18th. Nancy has a wealth of experience working with all ages, as an educational leader with skills as a facilitator, teacher, mediator, and program coordinator. She is excited to serve the community through the Council on Aging starting with fuel assistance applications, transportation and SNAP. Another addition to our team this month is Salem State Social Work Master's level intern Mia Hayden. Welcome Mia!

The COA is offering 2 new free services and expanded an existing program! Call Outreach Coordinator Nancy for more information.

**Small Home Repairs** - Could you use a hand with some small home repairs like hanging pictures, blinds or hooks? Maybe your door knobs are loose or your toilet is running.

**Organize your Space** - Clutter can negatively impact mental well-being. Would you love to rid your life of excess paperwork, old files, and organize your space? We have a volunteer who would like to assist. He can provide tips to help you store, sort or shred.

**The Lending Program** - (Formerly known as the Technology Loan Program) In addition to lending tablets, Alexa and Echo Show devices, we will be lending out portable shredders that will help you organize and dispose of your excess papers, CD's and expired credit cards in the comfort of your home. If you prefer to come to the center, we have a large shredder as well. Please contact Rich or Nancy for more information.

This year's Health Fair and Expo is on Sept 23rd, 10-2pm with an outdoor concert during the last hour! We've expanded the event to include some exhibits and vendors that we haven't invited previously. The COA's Program Coordinator, Andrew Suggs has worked closely with local businesses and sponsors, to bring you a fun and worthwhile event. It will be held inside on the first floor of the center, and outside as well. As usual, we will offer a free lunch, games, giveaways and plenty of smiles! We ordered sunshine for that day as well! Description: House Panel Approves Bill Shielding College, University Leadership Searches From Sunshine | WFSU News

Please keep in mind we have groups throughout the weeks: Low Vision, Caregiver Support, Grief Support and Men's Group. We have respite for you and engaging social programs for your loved one through our Greenleaf Supportive Day Program, three days/week and now expanding to a full day on Thursdays.

Let's make it a September to remember!

*Doreen*



## The Center

CITY OF AMESBURY COUNCIL ON AGING

68 Elm Street • Amesbury, MA 01913

(978) 388-8138

[www.amesburyma.gov/senior-community-center](http://www.amesburyma.gov/senior-community-center)

[www.facebook.com/amesburyseniors/](http://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
Anthony Rinaldi
Matthew Einson
Nick Wheeler
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Michael Hogg
Adrienne Lennon
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 September signals the last few weeks of summer as we welcome the autumn season. It's been an interesting year thus far in the weather department with some hot days and enough rain to resolve the drought. Children will also be returning to the classroom this month, so be aware of the extra traffic on our roads, especially early each morning. Children can be unpredictable as they can tend to be forget about safety in the excitement. Be cautious when encountering a school bus, bicyclist or pedestrian when you are on the roadway.

I wanted to share a couple reminders about using 911 in the event you have an emergency, especially since more and more residents are relying on cellular phones instead of landlines. Technology has improved but it can still be tough for a call taker to get an exact location when a cell phone is used, unlike the landlines. It's important to know when to dial 911, to provide as much information as possible and to be patient. If you have an emergency; reporting a fire, need immediate police service or require an ambulance, call 911. If you are not quite sure, call 911 to get assistance quickly. Please let the call taker know where you are; never assume he or she knows which community you're calling from. Lastly, they will ask you a lot of questions; please try to answer them as best as you can in order to assist first responders.

No one ever expects an emergency to happen but one can at any time. It's a scary experience but knowing who and when to call can help save a life or help police solve a crime. Don't worry about dialing in error, if you do, please don't hang up; simply say it was accidental. If you are disconnected, please answer the call taker when they call you back. The enhanced 911 system is a tremendous service and instrumental for communication with first responders.



### A Message from Mayor Kassandra Gove

As we look towards the official start of autumn, I want to take a moment to reflect on our summer in Amesbury. We saw a return to many of the things we love; spending time in person with families at cookouts and picnics, attending events like the Amesbury Police Department's National Night Out (which was bigger and better than ever), and enjoying our favorite open spaces in town like Lake Gardner, Woodsom Farm and the Town Park playground and splash pad. This summer we also passed the milestone of having more than 10,000 Amesbury residents get fully vaccinated against COVID-19. It's amazing to see so many people get their vaccine and commit to not only their own health, but the health and safety of everyone around them.

With colder months on their way, start getting prepared now for snow and winter weather. Think about your snow removal plan, have your heating system checked, and make sure you have folks who can help out when you need it. I know the Council on Aging will have lots of wonderful programs happening over the fall and winter months for you to participate in. If you're planning to attend the health fair coming up on September 23rd, I'll see you there!

For more info about city happenings, please visit:

[www.amesburyma.gov](http://www.amesburyma.gov)  
[www.facebook.com/amesburyma](https://www.facebook.com/amesburyma)

Sign-up for the Mayor's E-Newsletter at:  
[www.amesburyma.gov/city-enewsletter](http://www.amesburyma.gov/city-enewsletter)

### VETERANS SERVICES



68 ELM ST. AMESBURY, MA 01913 - 978.388.8136

One of the more frequent requests we get at the Veterans' Office is a request for a copy of a veteran's discharge papers. The discharge papers are commonly called a DD-214, but if you were discharged before 1950, the discharge papers are known simply as separation papers. Using the Veteran's Office computer, we can locate the discharge papers for veterans who went into the service from Massachusetts. If the veteran went into the service outside of Massachusetts, the application has to be sent to the National Archives in St. Louis. If you need your discharge papers for any reason, or you are researching a family member who was in the service, call Jeremiah at the Veteran's Office, we may be able to assist you.

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Want it mailed to you? Send a check for \$8 to:  
COA 68 Elm St. Amesbury, MA 01913



# ACOA 2021 HEALTH FAIR & EXPO

Thursday, September 23<sup>rd</sup>  
10 am - 2 pm

It is the return of our annual Health Fair & Expo! Join us as we welcome community partners to the Center for a day of fun, information, demonstrations, giveaways, games, food, classes and more!

## 10 am - 1 pm:

Meet with community partners, vendors and local businesses and learn about resources, programs and products. Enjoy outdoor games, demonstrations by the Amesbury Fire Department, fitness instructors and others.

Enjoy a free lunch courtesy of

Elder Services of the Merrimack Valley, Inc.

Choices for a life-long journey



## 1 pm - 2 pm:

Enjoy a musical performance by

# Jumpin' Juba

Flu & Vaccine Clinic with:



Thank you to our sponsors:





### A Message from Senator DiZoglio

Hello again,  
As a member of the Legislature's Elder Affairs Committee, I am focused this session on evaluating bills filed that impact our older adults. Among these pieces of legislation is an important bill I have co-sponsored, Senate Bill 427, An Act establishing a statewide adopt-a-senior program.

Maintaining one's home and property can be taxing work for anyone. The population who faces the most challenges, however, are our senior citizens. Maintenance is especially tough in the winter, with snow removal often becoming an everyday task. Older adults are susceptible to slipping and falling, with one third of persons 65 and older taking a fall each year. This makes it critical that pathways remain clear of snow and ice but the shoveling required to make that happen can not only result in severe strain on the back and heart but also put individuals, particularly those with underlying medical conditions, at increased risk for hypothermia.

While family, friends and neighbors are often available to assist with maintenance, not everyone has someone they can count on - nor can all afford to hire and pay a contractor to perform these essential tasks.

For these reasons, I am strongly supportive of Senate Bill 427, which would establish a statewide "adopt-a-senior" program in Massachusetts, designed to assist older adults with home and property maintenance, including snow removal. Specifically, the bill creates a registry of volunteers who have services to offer that can be utilized by seniors in need of help. Instead of hiring an expensive contractor, for instance, an older adult could instead turn to the registry and be matched with a local volunteer.

Not only would this legislation provide an invaluable resource for our older adults, it would also promote volunteerism and support efforts to build safer, stronger, more cohesive communities.

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

My colleagues and I in the legislature and the Baker-Polito Administration recently finalized a Chapter 90 bond bill that will provide Amesbury with \$421,157 in road and bridge funding for Fiscal Year 2022. This will help Amesbury pay for local transportation infrastructure priorities and will ensure that our roadways are well maintained and safe.

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 COVID-19, 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.

**POP-UP COVID-19 VACCINE CLINIC**  
 AMESBURY SENIOR CENTER  
 68 ELM ST AMESBURY, MA 01913  
 10:30 AM - 12:00 PM  
**Thursday 9/2/2021 & 9/23/2021**

Individuals over 12 years old, interested in receiving your 1st and 2nd dose of PFIZER Vaccine. For adults 18 years and over, interested in the single-dose JOHNSON & JOHNSON Vaccine.

or to reserve an appointment, please call the Amesbury Emergency Operations Center at **978-388-8161**

**AMESBURY IMMUNIZATION PROGRAM**

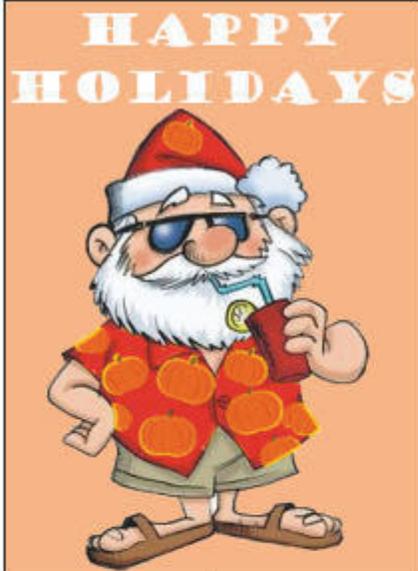
**Foot Care Clinic**  
 with Catherine Languedoc RN BSB CFCN  
 Second Wednesday of the Month  
**Next Clinic September 8<sup>th</sup>**  
 To Schedule Appointment:  
 Call Andrew at (978)388-8138 x545  
*Space is limited.*

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**HAPPY HOLIDAYS**

It's time to start planning for the holiday season. The **October CraftFest** on **October 16<sup>th</sup>** from 9:00-2:00 here at the Center will be a great start to your holiday shopping. Also, we will be offering a **Holiday Raffle** again this year; **PLEASE** consider volunteering and/or donating new items or gift certificates for our raffle baskets. If you have any questions, please leave a message at 978-378-5058 or email: [info@FriendsAmesburySeniors.org](mailto:info@FriendsAmesburySeniors.org). If you haven't renewed your membership, it is never too late! Thank you for being a "Friend." ~Frank Olbash



**October 20<sup>th</sup> Foxwood Casino Trip \$35\***  
 LEAVE FROM NICHOLAS J COSTELLO PARKING LOT 7:30AM RETURN 5:30PM  
**68 ELM ST, AMESBURY, MA**  
 CALL 978-378-5058 FOR MORE INFORMATION ON WHERE TO SIGN UP.  
 \*Signup must include payment & proof of Covid 19 vaccination. NOTE: Currently, masks are still mandatory for all individuals on public and private transportation systems.

The Friends of the Council on Aging (FCOA) is a 501(c)(3) organization developed to cultivate good fellowship with the Amesbury Senior Center through **volunteering** and the raising of **funds** which help support programs, activities, and services which benefit the citizens of Amesbury. If you have any questions about the FCOA or their initiatives, please contact them at 978-378-5058.

**WOMEN, ALCOHOL, ANXIETY, DEPRESSION**

Drop-in group for women struggling with any of the above issues

**WEDNESDAYS 3-4 PM**

Are you newly sober?  
 Do you think you may have a problem with alcohol/drugs?  
 Do you feel anxious?  
 Do you think you may be depressed?

Link House Inc.  
 110 Haverhill Rd. Suite 206  
 Amesbury, MA 01913  
 (978)834-6583  
[CBHATS@linkhouseinc.org](mailto:CBHATS@linkhouseinc.org)

**Friday Film Fest**  
 MOVIES AND POPCORN - EVERY FRIDAY AT NOON

**September 3<sup>rd</sup> Star Wars: Episode IX** **PG-13**  
 Starring Daisy Ridley, John Boyega & Oscar Isaac  
 In the riveting conclusion of the landmark Skywalker saga, new legends will be born-and the final battle for freedom is yet to come.

**September 10<sup>th</sup> - Zero Dark Thirty** **R**  
 Starring Jessica Chastain, Joel Edgerton & Chris Pratt  
 A chronicle of the decade-long hunt for al-Qaeda terrorist leader Osama bin Laden after the September 2001 attacks, and his death at the hands of the Navy S.E.A.L.s Team 6 in May 2011.

**September 17<sup>th</sup> - Cry Macho** **PG-13**  
 Starring Clint Eastwood, Dwight Yoakam & Fernanda Urrejola  
 A one-time rodeo star and washed-up horse breeder takes a job to bring a man's young son home and away from his alcoholic mom. On their journey, the horseman finds redemption through teaching the boy what it means to be a good man.

**September 24<sup>th</sup> - The Father** **PG-13**  
 Starring Anthony Hopkins, Olivia Coleman & Mark Gatiss  
 A man refuses all assistance from his daughter as he ages. As he tries to make sense of his changing circumstances, he begins to doubt his loved ones, his own mind and even the fabric of his reality.

**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](http://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 Nancy 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 Nancy 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 Nancy 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 Nancy 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.



*Fall into a Wonderful Volunteer Opportunity*  
Your time will be well spent helping local seniors with transportation. You decide when and where to drive.  
  
Call 978-388-7474 or visit [www.driveforneet.org](http://www.driveforneet.org) to learn more and start helping today!

## 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 1-on-1 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

### 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.

### WOMEN'S ALCOHOL, DEPRESSION & ANXIETY SUPPORT GROUP: WEDNESDAYS 3 PM

If you are an older adult in recovery or seeking recovery, this group is an opportunity to share your experience and to gain from others seeking similar support. For more information 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, SEPT 7<sup>TH</sup> & 21<sup>ST</sup>, 5:30 PM - 7 PM

WEDNESDAY, SEPT 1<sup>ST</sup>, 11 AM - 12 PM

WEDNESDAY, SEPT 15<sup>TH</sup>, 7 PM - 8 PM

Offered by Elder Services of the Merrimack Valley

### CAREGIVERS SUPPORT

THURSDAY, SEPT 2<sup>ND</sup>, 10 AM

Offered by Constellation Health Services

MONDAY, SEPT 13<sup>TH</sup>, 10:30 AM - 11:30 AM

Offered by Care Dimensions

THURSDAY, SEPT 2<sup>ND</sup> & 16<sup>TH</sup>, 1 PM - 2 PM

Offered by Elder Services of the Merrimack Valley

### MEMORY CAFE

TUESDAY, SEPT 7<sup>TH</sup> & 21<sup>ST</sup>, 1 pm - 2 pm

Offered by Elder Services of the Merrimack Valley

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

**EVENTS AT THE AMESBURY SENIOR COMUNITY CENTER**

10:00 - Caregiver Support Group  
 10:30 - *Exercise Class Cancelled*  
 11:30 - Lunch - Lemon Citrus Chicken  
 12:00 - Outdoor Games & Socializing  
 12:30 - Cards: Duplicate Bridge  
 3:00 - Women's Support group @Link House

9:00 - Balance Class w/Jennifer  
 10:00 - Zumba with Ivana  
 10:30 - Vaccine Clinic  
 11:30 - Lunch - Carolina Pulled pork  
 12:00 - Outdoor Games & Socializing  
 1:00 - Grief Support Group

11:30 - Lunch - Chicken Meatballs 3  
 12:00 - Friday Film Fest:  


7  
 9:00 - Busy Needles  
 10:00 - Legal Clinic w/Ebacher  
 11:00 - Blankets 4 Kids  
 11:30 - Lunch - Sheppard's Pie  
 12:30 - BINGO

8  
 9:00 - Foot Clinic  
 10:00 - Caregiver Support Group  
 10:30 - Exercise for Everyone  
 11:30 - Lunch - Ribeye (BBQ Pork)  
 12:30 - Cards: Duplicate Bridge  
 3:00 - Women's Support group @Link House

9  
 9:00 - Balance Class w/Jennifer  
 10:00 - Zumba with Ivana  
 11:30 - Lunch - Hawaiian Chicken  
 1:00 - Low Vision Support Group  
 1:00 - Grief Support Group

10  
 11:30 - Lunch - Turkey Frittata  
 12:00 - Friday Film Fest:  


14  
 9:00 - Busy Needles  
 11:00 - Blankets 4 Kids  
 11:30 - Lunch - Chicken Salad  
 12:30 - BINGO

15  
 10:00 - Caregiver Support Group  
 10:30 - Exercise for Everyone  
 11:30 - Lunch - Salisbury Steak  
 12:30 - Concert - The Fireside Fiddlers  
 12:30 - Cards: Duplicate Bridge  
 3:00 - Women's Support group @Link House

16  
 9:00 - Balance Class w/Jennifer  
 10:00 - Zumba with Ivana  
 11:30 - Lunch - Thai Chicken  
 12:00 - Birthday Celebration  
 Concert with Joe Carson  
 1:00 - Grief Support Group

17  
 11:30 - No Meal - ESMV Staff Day  
 12:00 - Friday Film Fest:  


21  
 9:00 - Busy Needles  
 11:00 - Blankets 4 Kids  
 11:30 - Lunch - American Chop Suey  
 12:30 - BINGO

22  
 10:00 - Caregiver Support Group  
 10:30 - Exercise for Everyone  
 11:30 - Lunch - Colby Omelet  
 12:00 - Outdoor Games & Socializing  
 12:30 - Cards: Duplicate Bridge  
 3:00 - Women's Support group @Link House

23  
**ACOA 2021 HEALTH FAIR & EXPO**  
 10 am - 2 pm

24  
 11:30 - Lunch - Veal Roulade  
 12:00 - Friday Film Fest:  


28  
 9:00 - Busy Needles  
 11:00 - Blankets 4 Kids  
 11:30 - Lunch - Chicken Parm  
 12:30 - BINGO

29  
 10:00 - Caregiver Support Group  
 10:30 - Exercise for Everyone  
 11:30 - Lunch - Macaroni & Cheese  
 12:00 - Outdoor Games & Socializing  
 12:30 - Cards: Duplicate Bridge  
 3:00 - Women's Support group @Link House

30  
 9:00 - Balance Class w/Jennifer  
 10:00 - Zumba with Ivana  
 11:30 - Lunch - Turkey Salad  
 12:00 - Social Hour with the Chiefs  
 sponsored by Element Care  
 1:00 - Grief Support Group

**September**

# 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 - 3 pm**

We've been having such a fun summer being back at Greenleaf and have a lot of fun to look forward to, including the Fiddler Concert on September 15th at the Senior Center!

Since re-opening in June we have enjoyed the Parking Lot Concert by Josef Nocera, the Men's group has been hard at work with their projects and we have been lucky enough to enjoy the nice weather and learn different activities from Greenleaf participants.

The Greenleaf Program offers participants time to socialize and participate in activities and offers caregivers with the time they need to continue working, caring for their families and attend to their own well-being.

We are continuing to take new referrals for Greenleaf. If you are interested in learning more about the program or would like to make a referral please contact the Greenleaf Coordinator, Briana Fortado, at 978-388-8138 ext. 553.



**Follow the Greenleaf Page on Facebook!**

Greenleaf has a new Facebook page that will have updates and news about the Greenleaf program as well as posts and pictures from our activities and programs! You can search "Greenleaf Supportive Day Program" in the search bar on Facebook or go to <https://www.facebook.com/GreenleafSDP>

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**

## Come visit the **LOW VISION SUPPORT GROUP!**

On the second Thursday of most months, at 1:00 pm, our low vision group gathers at the Amesbury Senior Center. The meeting usually lasts for about 2 hours but the discussions can get lively and we move into that third hour. If you are experiencing vision loss or if you have been told that vision loss is likely to be part of your future, come try spending some time with this lively group. You are welcome to bring a friend.

As someone who is totally blind I can talk from experience that this group is magical at problem solving. No matter what problem or issue you might be facing, many people have faced that situation before you and most often have found solutions. Why reinvent the wheel when someone has probably already done so? We often have a speaker. Some speakers address a service or tool that is available to us and other speakers cover a range of other interesting topics. Usually twice a year a special event is planned.

If you have questions, you can call Nancy, the new Outreach Coordinator at the senior center or you can call me at (978)973-7188. You can also email me at [gayle@gayleconnected.com](mailto:gayle@gayleconnected.com). Yes I do use a computer and I also use a smart phone. *Gayle*



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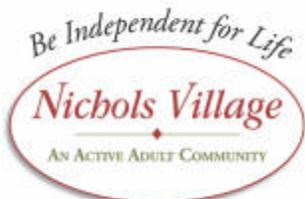
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Amesbury Council on Aging, Amesbury, MA 06-5290



**Amesbury Elections - November 2nd**

What issues affect you?  
 What would you like to ask the candidates?  
 Be an informed voter.

Submit questions to Andrew at (978)388-8138 or email [suggsa@amesburyma.gov](mailto:suggsa@amesburyma.gov) and look out next month for our Amesbury Election Special Edition, and maybe your questions will be answered!



Save the DATE **BLOOD DRIVE**   **Dana-Farber**  
 Cancer Institute

**PARKING LOT CONCERT SERIES**



Wednesday, Sept. 15<sup>th</sup>  
 12:30 pm  
 Fireside Fiddlers



Thursday, Sept. 16<sup>th</sup>  
 12 pm  
 Joe Carson

**Exercise Classes**

**Wednesdays**  
 10:30 am  
 Exercise for Everyone

**Thursdays**  
 9 am  
 Balance Class with Jennifer

**Thursdays**  
 10 am  
 Zumba with Ivana

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.

**SOCIAL HOUR** WITH THE CHIEFS  
 Under the Tents!  
  
**Thursday, Sept. 30<sup>th</sup> at Noon**  
 Ice Cream Social sponsored by:  Element Care  
 Improving Health. Enriching Lives.

**FREE LEGAL CLINIC**  
 WITH ATTORNEY JASON R. EBACHER  
 Get advice in a confidential setting.  
 1<sup>st</sup> Tuesday of the Month



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



**Volunteer at the COA!**

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  - NEET Drivers
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**WE WANT YOU!**

Call Andrew at (978)388-8138 x545