

CARRIAGE TOWN

FREE

October 2021 - Vol. 7 - Issue 10

SENIOR NEWSLETTER



MEDICARE
ANNUAL ENROLLMENT "AEP"
OCT 15-DEC 7



Medicare Plan Review - See Page 5 for more information

'We Are Community'

Director Doreen Arnfield and volunteer Marguerite pose in front of the new mural painted by Amesbury High student Abigail Anderson

TABLE OF CONTENTS

Letter from the Director	3
Staff Directory	3
Crime Prevention.....	4
Mayor Gove.....	4
State Legislators	6
FCOA Update	7
Resources	8
Calendar of Events	9
Greenleaf.....	10
Special Events	12

SUPPORT OUR ADVERTISERS!



WINGATE RESIDENCES
AT HAVERHILL

Independent Living | Assisted Living | Memory Care



THIS IS
LIVING, ENRICHED.

A rejuvenating life awaits you at
Wingate Residences at Haverhill.

Call 978-912-9250 to learn more
or schedule a tour.

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



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

CST25879

 **UnitedHealthcare**[®]
Community Plan





Accredited by  National Institute of Senior Centers

STAFF DIRECTORY
(978)388-8138

Directorx546
Doreen Arnfield MA, LSW
arnfieldd@amesburyma.gov

Assistant Director & EMHOT.....x543
Courtney Hutchinson MA, MSW, LICSW
hutchinsonc@amesburyma.gov

Program Coordinator & Community Relationsx545
Andrew Suggs
suggsa@amesburyma.gov

Greenleaf Coordinator.....x553
Briana Fortado
fortadob@amesburyma.gov

Outreach Workerx544
Nancy Marrs M. Ed
marrsn@amesburyma.gov

Greenleaf Staffx551
Ayako Tarbell
tarbella@amesburyma.gov
Sarah Dolan
dolans@amesburyma.gov

Administrative Assistantx539
Donna Scott
socttd@amesburyma.gov

MOW Site Managerx549
Karena Morse
morsek@amesburyma.gov

Volunteer Social Worker.....x559
Rich Stewart
stewartr@amesburyma.gov

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

A Message from Director Doreen Arnfield



Hello Friends!
Cheers to you! It is with a grateful heart that the Council on Aging team say thank you to the many supporters of the Senior Community Center. Eight members of the COA team received CPR training last month, thanks to the Fire Department and Paramedic Chris Allender.

Through donations to the Friends of the Council on Aging, volunteers from many parts of the community and residents of Amesbury and beyond, this year's annual Health Fair has been a huge success. The FCOA has raised more than any other year, and the goodwill that is shown, is heartwarming. We couldn't offer the many programs that we do, without the community support. THANK YOU!

Here's to October! We have so many fun and interesting things to share with you this month!

Heating costs: The cooler weather has drifted in. We can help with your heating costs. Call Nancy if you'd like to learn more about fuel assistance.

Tax Relief: Tax Workoff applications will be available online and here at the center starting mid Oct. If you are a property owner who lives in Amesbury and are a 60 or older, you may be eligible. If you are a property owner and a Veteran, please apply. It means working 105 hrs. between Jan and Oct 2022 and receiving \$1500 off toward the following year's tax bill.

Health Insurance: Medicare Open Enrollment time is here! Call us to schedule a phone appt. with Brian, our very own SHINE (Serving Health Information Needs of Everyone) Counselor.

Men's Group: The Amesbury COA Men's Group started close to 20 years ago and has evolved over time. We now have two Men's Groups offered virtually. Interested men, can call the COA and ask for Andrew. The weekly mtg is open while the monthly meeting requires some vetting. One group meets weekly on Friday's 9:30am-11:30am (virtually). The second meets monthly (virtually). A third men's group is being offered in person and in conjunction with the Greenleaf Supportive Day. This is open to all men and includes hands on projects while enjoying conversation and camaraderie. Please contact Rich if you're interested in this third group.

Caregivers: We have respite opportunities through our Greenleaf Social Day Program (Call Briana) and Caregiver Support with our weekly meetings on Wednesdays at 10am (contact Courtney). Both allow and opportunity for self-care, socialization and connection.

FUN!: FilmFest Fridays, Birthday Parties, 45's card game, Bridge, Bingo and coming soon...Cribbage

Social Hour with the Chiefs: Join us as we hear about what's going on in the city - with Mayor Gove, Acting Police Chief Bailey, Fire Chief Berkenbush, Veteran's Service Officer Kevin Hunt or Jeremiah Murphy

Volunteer opportunities: Age Friendly Task Force, COA Board members, NEET drivers, various Senior Center positions available. Call or email Andrew please and thank you.

COVID 19 - We continue to practice safety standards throughout the building and will keep you informed of any new developments. We ask that you wear a face covering if you are not vaccinated and stay home if you aren't feeling well. If you have questions, please contact me.

Warmly and with gratitude,

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
Anthony Rinaldi
Matthew Einson
Nick Wheeler
Timothy Kisielecki
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 October is quite a busy one in the public safety department; it's Crime Prevention and Fire Prevention season. I had the opportunity a few weeks ago to speak with the Low Vision Support Group at the Center, discussing my role as a newspaper columnist with The Daily News. I've been writing a safety column for the Amesbury News and Daily News since 1996, so it was nice to share some stories with attendees.

One of the topics we spoke about is the upcoming, White Cane Awareness Day, scheduled for October 15th as it has since 1964.

Blind and vision impaired people rely on the white cane to achieve a level of independence. Drivers are required to stop for someone using a white cane or guide dog, who is attempting to cross the street. Residents with vision issues deal with many challenges but the white cane helps them navigate their course. It's also an opportunity to educate motorists that some pedestrians take a bit longer to cross the street, especially in busier intersections.

You may have heard about a recent reduction in our City; the lowering of the speed limit from 30 to 25 m.p.h. One of the benefits of experience is the ability to take things a little slower, which most seniors agree is a good thing. Unfortunately, it seems our roadways have never been busier with too many motorists driving too fast. Speed greater than reasonable for the existing conditions often results in a crash; there's no need to speed. Speed limits are enacted to provide a safe route for all traffic but it's something viewed as a suggestion instead of a law. Hopefully this change will catch the attention of drivers, especially in our neighborhoods, making Amesbury a safer community.



A Message from Mayor Kassandra Gove

It's officially fall in Amesbury – the air is cooling and the leaves are turning. As much as I love summer, I welcome these crisp mornings and the smell of wood stoves burning as I drive through town. There's really nothing like living in New England when the seasons are in flux. I hope you're able to get out and spend time with friends and family, get your pumpkins and enjoy the fun fall activities around town this month.

In case you didn't see the news, our accessible entrance at City Hall is currently under construction. Through October we have contractors working to improve that entrance with a new ramp and automatic doors. If you have business at City Hall but are unable to climb the steps for the front entrance, give us a call at 388-8100 and we'll have the right person come outside to help you. You can always do business with us online, over the phone, or drop payments into the teal secure dropbox on the sidewalk outside.

Before we know it, and I hate to say the word "snow", but winter will be here. Start preparing now to make sure you have a safe winter season. Have your chimney and flue inspected before you light your first fire, and keep a fire extinguisher handy just in case. Work to arrange snow removal for your driveway and walkways if you need it; the Council on Aging has a great list of volunteers who can help out if you need it. Make sure they also clear any outdoor vents for dryers and water heaters as well so you don't end up with a carbon monoxide backup. Make sure to replace batteries in your smoke and carbon monoxide detectors if you haven't done that recently. Stock on up flashlights, batteries and non-perishable foods in case we have snowstorms and power outages. Plan regular social activities for yourself, whether in person, on video chat or even just phone calls. Please don't hesitate to reach out to me or my office if there's anything we can do for you. Enjoy the changing of the seasons!

Medicare Plan Review

An opportunity for change
The Medicare Open Enrollment period:
October 15- December 7.



It's that time of year again!
 Your health insurance needs are as unique as you. Because Medicare plans change every year, Medicare Open Enrollment period is the annual opportunity to review your Medicare insurance plan to ensure it is the most cost-effective plan for YOU.

Each year plans can change in many ways, such as the list of medications that are covered on the plan, prescription co-pays, preferred pharmacies, provider networks, and other benefit co-pays.

A certified SHINE counselor can assist you with understanding the various plan options for 2022.

SHINE counselors provide individual-based, unbiased assistance to Medicare beneficiaries and their families about all Medicare options.

By reviewing your coverage during Open Enrollment, you may find that your plan will still be most cost-effective for next year, or you may find a plan that helps to put money back in your pocket where it belongs!

Be an educated consumer and make an appointment to review your Medicare plan with a SHINE counselor by calling the Amesbury Senior Community Center at (978)388-8138.
SHINE (Serving the Health Insurance Needs of Everyone)

New Cards & Games Groups!

- Cribbage - Tuesdays @ 10:30**
- 45s - Wednesdays @ 10:00**
- Duplicate Bridge - Wednesdays @ 12:30**
- Mah Jongg - Thursdays @ 1:00**

Thank you to all our friends who came out and all our wonderful volunteers and sponsors that made this year a huge success!

ACOA 2021 HEALTH FAIR & EXPO





A Message from Senator DiZoglio

Hello again,
Among the most pressing public health crises in the nation today is the rise in cases of Alzheimer's disease. Roughly 130,000 residents in Massachusetts alone have Alzheimer's or another form of dementia – and this number is projected to increase to 150,000 by 2025. While estimates vary, experts believe more than six million Americans, most of them age 65 or older, have dementia caused by Alzheimer's.

There has never been a more important time to combat this disease. We can do so through the advancement of research; providing and enhancing care and supports for those impacted; and reducing the risk of dementia through the promotion of brain health.

In our state government, it is imperative that we take bold, meaningful action around Alzheimer's. That is why I have co-sponsored two pieces of legislation this session designed to support those with this disease and their loved ones.

Senate Bill 415, An Act to Improve Alzheimer's and Dementia Care in Senior Care Options Programs, would require all Massachusetts Senior Care Options (SCO) plans, serving our most vulnerable populations, provide comprehensive care planning services to SCO members that have been diagnosed with Alzheimer's and related dementias.

Alzheimer's poses significant challenges and costs to families and our healthcare system. It is considered the most expensive disease in America with most of these costs borne by Medicare and Medicaid. Comprehensive care planning approaches are impactful in reducing unnecessary re-hospitalizations, improving the management of other chronic illnesses and reducing premature nursing home placement, which helps both patient and family and reduces overall healthcare costs.

I have also co-sponsored House Bill 722, An Act Relative to Early-Onset Alzheimer's Disease. This legislation would ensure services provided through the MassHealth Frail Elder Home and Community-Based Services Waiver be made available to persons diagnosed with early-onset Alzheimer's regardless of their age.

Approximately 200,000 people under the age of 65 are living with younger-onset Alzheimer's and related dementias. MassHealth operates the Frail Elderly Waiver to help residents who require nursing home level care to receive health care and ongoing support services in their homes or community living residences instead of in a nursing home. Those with younger-onset Alzheimer's or related dementias at a younger age are often preclude them from the access they need to essential services like the Frail Elder Home and Community-Based Services (HCBS) Waiver.

Alzheimer's is ranked as the sixth leading cause of death in the United States, but recent estimates indicate the disorder may rank third, just

behind heart disease and cancer, as a cause of death for older adults. It is absolutely imperative we do all we can to advance research and ensure the supports are there for those facing this disease.

If you have any questions on these or any other pieces 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

The Joint Committee on Ways and Means has continued to hold American Rescue Plan Act (ARPA) hearings in a variety of categories:

housing, economic development, transportation, healthcare, environment and climate change, arts and tourism, and much more.

One of the key areas I would like to see ARPA funding designated to is public housing. As a pro tax payer, I am working to bring as much federal and state money back into Amesbury as possible, to provide residents, especially seniors, with the resources required to continue living here. By utilizing the strong connections and partnerships we have created with our colleagues in the Administration, we are working our hardest to maintain a reasonable cost of living, and alleviate the financial burdens caused by COVID-19.

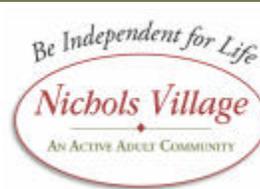
Helping support one another in the community is always a priority of mine. If you or anyone you know has questions about ARPA funding, legislative processes, unemployment, or anything else, please contact my office and we would be happy to address your concerns and assist you. You can reach me by email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



Foot Care Clinic
with Catherine Languedoc RN BSB CFCN
Second Wednesday of the Month
Next Clinic November 10th
To Schedule Appointment:
Call Andrew at (978)388-8138 x545
Space is limited.

COMMUNITY LIVING AT ITS BEST

Be Independent for Life



AN ACTIVE ADULT COMMUNITY

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



LINDEN FINANCIAL GROUP

lindenfinancialgroup.com

108 Main Street, Amesbury MA • 978.388.3468

Securities and Advisory Services offered through Commonwealth Financial Network, Member FINRA/SIPC, a registered Investment Advisor. Fixed insurance products and services offered through CES Insurance Agency.



CALLING ALL MEMBERS - PLEASE JOIN US

We welcome all members, and anyone interested in learning more about the “Friends” to join us at any or all of our meetings held the 3rd Thursday of the month at the center. This is a very busy time as we prepare for our CraftFest on October 16th, our Foxwoods trip on October 20th, and our Holiday Raffle in December. If you could share a few hours of your time, we would welcome your support. Please call 978-378-5058, leave a message and someone from our team will return your call. As always, thank you for being a “Friend.” If you would like to learn more about this organization or the Council on Aging, please join us for an outdoor wine and cheese & crackers social on October 21, 2021 from 4:30 to 5:30 at the Council on Aging, 68 Friend Street, Amesbury. We look forward to seeing you there!

*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.*

FREE LEGAL CLINIC WITH ATTORNEY JASON R. EBACHER

Get advice in a confidential setting.
1st Wednesday of the Month

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

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

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.



It's not a trick - driving others is a treat!

It's a treat for you and the person who needs your assistance.

Learn more about volunteer driver opportunities at www.driveformeet.org, call 978-388-7474 or ask the volunteer coordinator at your Council on Aging.



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, OCT 5TH & 19TH, 5:30 PM - 7 PM

WEDNESDAY, OCT 6TH, 11 AM - 12 PM

WEDNESDAY, OCT 20TH, 7 PM - 8 PM

Offered by Elder Services of the Merrimack Valley

CAREGIVERS SUPPORT

THURSDAY, OCT 7TH, 10 AM

Offered by Constellation Health Services

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

Offered by Care Dimensions

THURSDAY, OCT 7TH & 21ST, 1 PM - 2 PM

Offered by Elder Services of the Merrimack Valley

MEMORY CAFE

TUESDAY, OCT 5TH & 19TH, 1 pm - 2 pm

Offered by Elder Services of the Merrimack Valley

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



EVENTS AT THE AMESBURY SENIOR COMONITY CENTER

5
 9:00 - Busy Needles
 10:30 - Cards: Cribbage
 11:00 - Blankets 4 Kids
 11:30 - Lunch - Yankee Pot Roast
 12:30 - BINGO

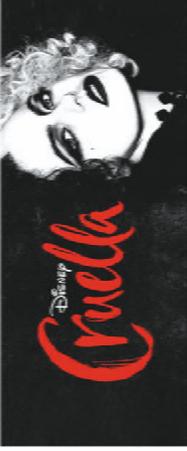
12
 9:00 - Busy Needles
 10:30 - Cards: Cribbage
 11:00 - Blankets 4 Kids
 11:30 - Lunch - Chicken Curry
 12:30 - BINGO

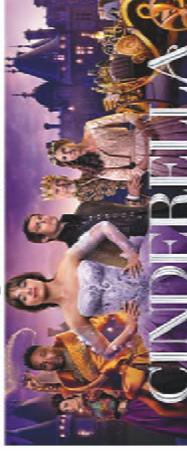
6
 10:00 - Legal Clinic w/Ebacher
 10:00 - Caregiver Support Group
 10:00 - Cards: 45s
 10:30 - Exercise for Everyone
 11:30 - Lunch - Braised Pork
 12:30 - Cards: Duplicate Bridge
 3:00 - Women's Support group

13
 10:00 - Caregiver Support Group
 10:00 - Cards: 45s
 10:30 - Exercise for Everyone
 11:30 - Lunch - Salmon
 12:30 - Cards: Duplicate Bridge
 3:00 - Women's Support group

7
 9:00 - Balance Class w/Jennifer
 10:00 - Zumba with Ivana
 11:30 - Lunch - Chicken Pot Pie
 1:00 - Mah Jongg
 1:00 - Grief Support Group

14
 9:00 - Balance Class w/Jennifer
 10:00 - Zumba with Ivana
 11:30 - Lunch - Stuffed Rigatoni
 1:00 - Mah Jongg
 1:00 - Low Vision Support Group
 1:00 - Grief Support Group

8
 11:30 - Lunch - Chop Suey
 12:00 - Friday Film Fest:


15
 11:30 - Lunch - Ribecue
 12:00 - Friday Film Fest:


19
 9:00 - Busy Needles
 10:30 - Cards: Cribbage
 11:00 - Blankets 4 Kids
 11:30 - Lunch - Spinach Frittata
 12:30 - BINGO

26
 9:00 - Busy Needles
 10:30 - Cards: Cribbage
 11:00 - Blankets 4 Kids
 11:30 - Lunch - Sloppy Joe
 12:30 - BINGO

20
FCOA FOXWOODS TRIP
 10:00 - Caregiver Support Group
 10:00 - Cards: 45s
 10:30 - Exercise for Everyone
 11:30 - Lunch - Turkey
 12:30 - Cards: Duplicate Bridge
 3:00 - Women's Support group

27
 10:00 - Caregiver Support Group
 10:00 - Cards: 45s
 10:30 - Exercise for Everyone
 11:30 - Lunch - Lasagna
 12:30 - Cards: Duplicate Bridge
 3:00 - Women's Support group

21
 9:00 - Balance Class w/Jennifer
 10:00 - Zumba with Ivana
 11:30 - Lunch - Hot Dog
 12:00 - Birthday Celebration
 1:00 - Mah Jongg
 1:00 - Grief Support Group
 4:30 - Wine & Cheese Social

28
 9:00 - Balance Class w/Jennifer
 10:00 - Zumba with Ivana
 11:30 - Lunch - Pork Chopette
 1:00 - Mah Jongg
 12:00 - Social Hour with the Chiefs
 1:00 - Grief Support Group

22
 11:30 - Lunch - Chicken & Rice
 12:00 - Friday Film Fest:


29
 11:30 - Lunch - Cheese Omelete
 12:00 - Friday Film Fest:


1
 11:30 - Lunch - Fish Nuggets
 12:00 - Friday Film Fest:


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

September was such a fun month for Greenleaf! We greatly enjoyed our visit from Officer Peters and Whittier with the Amesbury Police Department, the concerts by the Fireside Fiddlers and Joe Carson, the return of the Monthly Birthday Celebration and the Health Fair.

In October, Greenleaf will have a table at the CraftFest to showcase different items made by the participants that attend Greenleaf. The CraftFest is put on by the FCOA and is on Saturday October 16th from 9 a.m. to 2 p.m. at the Amesbury Senior Center. The CraftFest is a great opportunity to see different activities and projects the participants in the program work on, get a head start on holiday shopping and get different ideas on different crafts!

If 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.



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! To find the Facebook page, you can search "Greenleaf Supportive Day Program" in the search bar on Facebook or search the following link:

<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



ALTERNATIVE THERAPIES GROUP

SERVING MEDICAL MARIJUANA PATIENTS AND RECREATIONAL CUSTOMERS

- Private consultations available in person or by phone
- Knowledgeable, experienced, and friendly staff
- Wide variety of products, including tinctures, gummies, and topicals
- Supportive store environment
- Exclusive senior-only pickup times
- All products lab tested

Call 978-834-6800

3 North Shore Locations:

Amesbury
49 Macy Street

Salisbury
107 Elm Street

Salem
50 Grove Street

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

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

Community 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



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



Member Lofty Oaks Assn.
Memorial Tree Planting



**Newburyport
Bank**
JOURNEY WELL

RTN Federal Credit Union

Building financial strength for you and your family

- Savings accounts
- Insurance products
- Car loans/mortgages
- Access to financial and estate planning

Contact us today!



978-388-0959 • rtn.org
100 Macy St. • Amesbury, MA 01913



Member FDIC
Federally insured by NCUA
Equal opportunity lender

Vermette's Market

Since 1943

6 Pond Street, Amesbury, MA

978-388-0320

We offer: **Fancy Meats, Produce,
Beer, Wine, Liquor, Lottery** and More!

www.Vermettes-Foodmart.com



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

Amesbury Council on Aging, Amesbury, MA 06-5290

Amesbury COA

68 Elm St
Amesbury, MA 01913

Winters are harsh! Heat is expensive. We can help!

The cost of staying safe and warm can be too much. There is help available to pay your heating bills through the Low Income Home Energy Assistance Program (Fuel Assistance).



LIHEAP provides eligible households with help in paying a portion of their winter heating bills. To be eligible you must be a resident of MA, qualifying annual household income. A person or family who participate in certain other benefit programs, such as SNAP or SSI, automatically meet the eligibility requirement. For more information or to apply, please contact Nancy (978) 388-8138 x 544

Birthday Celebration!

Come down to the Center for our monthly birthday party, featuring a concert, cake and raffles!

Thursday, October 21st
@ 12 pm



Thank you: STOP&SHOP. MAPLEWOOD

SOCIAL HOUR

WITH THE CHIEFS

October 28th @ 12 pm



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.



The Amesbury Council on Aging
&
The Amesbury Friends of the Council on Aging

Wine & Cheese Social

Thursday, October 21st
4:30 pm - 5:30 pm

Please join us for an outdoor wine and cheese social and learn more about both organizations, what we do and how you can get involved.

Bring your friends, make some new ones and enjoy some refreshments!

Please RSVP to
Andrew
(978)388-8138 x545

