

# CARRIAGE TOWN

FREE

November 2021 - Vol. 7 - Issue 11

SENIOR NEWSLETTER



**FREE LUNCH!**

Courtesy of:  
 **INSTITUTION FOR SAVINGS**  
Member FDIC

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**SHINE**  
Serving the Health Insurance Needs of Everyone

**Medicare**  
**2022 OPEN ENROLLMENT**  
  
**Oct. 15th – Dec. 7th**  
*more details on page 8*

**★ 11 NOVEMBER ★**

## VETERANS DAY



HONORING ALL WHO SERVED  
AND THEIR FAMILIES WHO SERVED WITH THEM

**VETERANS DAY BREAKFAST CELEBRATION - NOVEMBER 12<sup>TH</sup>**  
*see page 5 for more details*

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## 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**



Greetings!

As we enter into November, I remind myself that it's still Autumn and a beautiful time of year and the time to recognize those that served our Country; the land of the free and home of the brave! We are looking forward to hosting a Veterans Breakfast on Friday Nov. 12th at 9am. We couldn't do this last year so we are extra excited. We are inviting Veterans and their families and it is important that you register in advance so that we can control the necessary space requirements. We want to fill our wall with pictures of veterans. Do you have any to share? Maybe your husband or wife? Mom or dad? A friend? We will return them to you. Please see Andrew.

I am also grateful especially this season, as Thanksgiving approaches. We have so many good souls who are generous with their time and financial support. Megan from the Institution for Savings informed me that they are donating \$750 to provide lunches for everyone 60 and older through the end of the year! Beginning in November, all lunches from Elder Services of the Merrimack Valley and North Shore are free thanks to the generosity of the Institution for Savings!

Thanks to Lee Ford and Kathy Berman, we held a Wine and Cheese outdoor event on Oct 21st. The purpose was to create an opportunity to communicate the needs of the COA (and the FCOA - an important organization who work tirelessly to raise money to support our programming). But it takes more than a few people to do this - and we are looking for energetic people who value the mission of the Council on Aging. That was the intention of this Wine and Cheese. We thank you all that attended and the many that offered their time.

REMINDER - Property owners - Receive \$1500 off next year's property taxes by working 105 hours in 2022. Tax Workoff applications are available on our website:

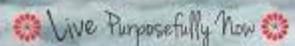
**[www.amesburyma.gov/council-on-aging](http://www.amesburyma.gov/council-on-aging)**  
and at the Greeters desk at the center, 68 Elm St.

**SAVE THE DATE!**  
**- Holiday Luncheon -**  
**Dec 8th Holy Family Parish Hall 11-2pm.**

*Doreen*

**What are you grateful for?**

Gratitude is the best medicine. It heals your mind, your body and your spirit. And attracts more things to be grateful for.



Curt-Randall Bayer (@CurtBayer)



## 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/](https://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 Kisieleski  
 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



It never ceases to amaze me how criminals find news way to seek your personal information and finances. These perpetrators are heartless and feel no remorse after swindling victims. Fortunately, more and more residents are learning to recognize the warning signs and not afraid to “just say no.” It’s crucial you don’t give anyone access to your bank account, credit cards or social security information. Remember, nothing is truly free; no one is simply going to give you a grant or prize after you send them a processing fee. Only the IRS collects taxes so never send funds in order to collect a big sweepstakes prize.

As we reach the month of November, our thoughts of the holidays begin and it’s likely you will start receiving more requests for donations. Please take a few moments to do some research before writing a check; the number of fraudulent charities continues to spiral out of control. Legitimate organizations rely on your support so assure any donation you make goes where it’s truly needed, especially today. Keep track of what you give, you cannot support every cause; be watchful for solicitors who loosely use a buzz word in an attempt to confuse you.

On behalf of Acting Chief Bailey and everyone at Amesbury PD, I wanted to wish readers a very Happy Thanksgiving. We have an opportunity at this time of year to be thankful for our many blessings, while sharing time with family and friends. Since we are still facing the effects of Covid-19, it’s important we gather but remember to do so carefully; stay safe and enjoy as we welcome the Holiday Season.



## A Message from Mayor Kassandra Gove

It's been a busy fall so far! Construction is progressing on the Sgt. Jordan Shay Memorial Lower Elementary School, the Amesbury

Cultural Council is getting ready for the Open Studio Tour (happening November 13-14, don't miss it!), and we released our fiscal year 2021 annual report. I highly recommend checking that out if you haven't yet, it really showcases all of the great work our City departments do throughout the year. You'll find a link to the report on the City's website:

[www.amesburyma.gov/annual-reports-plans](http://www.amesburyma.gov/annual-reports-plans)

The I AMesbury 2030 task force has also been busy! You may have seen us at the Health Fair at the end of September with a pop-up pickleball court in the Water Street parking lot. We're working on setting up a pickleball court near the Senior Center and look forward to sharing more information about that with the community! The 2030 task force is currently focused on learning and education in our community. We recently held listening sessions to learn more about what our residents are looking for when it comes to adult education, and heard from parents about what might be needed for our students before and after school. We'd love to hear from you about what you'd like to see for classes, workshops and more – send us an email at:

[amesbury2030@amesburyma.gov](mailto:amesbury2030@amesburyma.gov)

The 2030 task force always has opportunities to get involved and provide feedback, and I hope you're participating and helping us plan for our community's future.

*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)

### 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

## VETERANS SERVICES



68 Elm St. AMESBURY, MA 01913 - 978.388.8136

On November 11th we shall celebrate Veterans Day to honor all Veterans.

We are often asked the question who qualifies as a Veteran. Under federal law, a veteran is any person who served honorably on active duty in the armed forces of the United States. If you ask a Veteran the definition, they will likely say that it is any person who raised their right hand and took the Oath to protect and defend the United States.

Veterans Day is important because of the precious freedoms that we take for granted every day. Saying "thank you" to a person in the military or a Veteran is a very small price for our glorious freedom.

Ceremonies will be held in all local communities; our office will be posting these events on our Veteran Services website and they will be published in the local newspaper. Veterans should also be aware that many restaurants and businesses offer special deals on Veterans Day to thank those who served.

All Veterans or Veteran family members are encouraged to contact our office for assistance in learning about and obtaining local, state and federal benefits.



**VETERANS BREAKFAST**  
NOVEMBER 12<sup>TH</sup> - 9 AM

Join the Council on Aging, Veteran's Services and special guests at the Center for a breakfast to honor those who have served and given so much.

Space is limited, so priority will be given to our Veterans and their guest. Please call Andrew at (978)388-8138 x545 to reserve your place.

### New Cards & Games Groups!

**Cribbage - Tuesdays @ 10:30**

**45s - Wednesdays @ 10:00**

**Duplicate Bridge - Wednesdays @ 12:30**

**Mah Jongg - Thursdays @ 1:00**



### A Message from Senator DiZoglio

Hello again,  
The state Division of Professional Licensure (DPL) licenses and regulates more than 580,000 individuals, businesses, and schools to engage in over 150 trades and professions in Massachusetts, from plumbers and electricians to psychologists and optometrists. Its mission is supposed to be to protect the public through the establishment of a thorough licensing process, including background checks.

According to a recent investigation conducted by the State Auditor's Office, however, it is clear DPL has fallen short in ensuring applicants are sufficiently vetted.

Based on both the audit and additional reporting by the Boston Globe, we now know of applicants who had the most serious of convictions and yet were cleared by DPL's boards and commissions, including numerous sex offenders, a man convicted of stabbing someone to death, and another individual who served seven years for attempted kidnapping and attempted murder.

According to the audit, DPL failed to perform criminal record checks on more than two-thirds of applicants granted licenses. For nearly half of these applicants, there was also no indication of a sex offender record check. Both of these reviews are required under the law.

And this isn't a new issue. In 2019, following a Boston Globe investigation highlighting the lack of required checks, DPL claimed sex offenders were granted licenses due to technical glitches and that all would be resolved. But the Auditor's new investigation reveals these issues continued to persist moving forward.

While DPL has admitted to its failings and is in the midst of an overhaul, including the hiring of new staff and creation of a new background checks unit, it is imperative they be held accountable and their corrective actions be done so

transparently. They can start by adopting the recommendations presented in the Auditor's report that are designed to ensure the safety of Massachusetts residents, including more comprehensive background checks and the requiring of such checks upon license renewal, not just issuance.

The main tenet of professional licensing is, above all else, to protect the public. Massachusetts residents deserve a department that lives up to this basic standard.

If you have any questions on this or any other issue, please feel free to contact me anytime via email at [Diana.Dizoglio@masenate.gov](mailto:Diana.Dizoglio@masenate.gov) or phone at 978-984-7747.

Yours in service,  
Diana



The Institution for Savings has long been a huge supporter of the Council on Aging and our area seniors. Through their generous donation, members can receive a free lunch through the end of the year!

In conjunction with Elder Services of the Merrimack Valley, members can enjoy a delicious and nutritious meal Tuesday through Friday starting at 11 am. Enjoy your meal at the Center or take it to go!

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

Thank You  INSTITUTION FOR SAVINGS  
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Nichols-Village.com

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## DEAR FRIENDS OF THE FCOA:

The following changes have been made by the Board of Directors. R. Kathleen (Kathy) Berman has been appointed Interim President and Claire Amirault has been appointed Interim Secretary. These positions will remain in place until such time as the Board receives sufficient nominations for interested members, and a mid-year election is held. We will keep you updated in the months to come.

The FCOA dedicated phone number has been disconnected, and our Post Office box has been closed. As in the past, messages for FCOA can be left with the Council on Aging Receptionists at (978) 388-8138 and we will get back to you as soon as we can.

**CONGRATULATIONS** to the following raffle winners. Karen Cameron won \$55.50 from the 50/50 raffle held at the Health Fair; and Donna Cadell won the Foxwoods trip prize of \$35.

Winners of the monthly membership drawings, of a \$25 Vermette's Gift Card were Diane Cobb for the month of September, and William Drabik for October. This monthly drawing will continue, so you just might win. Tell your friends. Membership year ends each June 30.

**VOLUNTEERS ARE ALWAYS NEEDED!** What is your Superpower? Are you Facebook proficient? Good at fundraising? Organized? Crafty and like to assemble gift baskets? Assist in the Penny Mill, sorting donations, packaging greeting cards for sale, or other duties? Willing to be on the Board of Directors? The possibilities are endless. Ask us for more information.

Check the bulletin board in the hallway for FCOA inews and updates. Thank you for being a Friend.

Kathy Berman, Your Interim President

*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.  
 1<sup>st</sup> Wednesday of the Month



**LAW OFFICE BY JASON R. EBACHER**  
 Estate Planning & Elder Law  
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Call Andrew to make an appointment  
 (978)388-8138 x545



**Foot Care Clinic**  
 with Catherine Languedoc RN BSB CFCN  
 Second Wednesday, Bi-Monthly  
**Next Clinic November 10<sup>th</sup>**

To Schedule Appointment:  
 Call Andrew at (978)388-8138 x545  
 Space is limited.

**Cornucopia of benefits from volunteering**



Helping others has many benefits including improving your overall health.

Becoming a volunteer driver is a great way to help seniors in your local community. Drive as little as twice a month.



**Learn more at [www.driveformeet.org](http://www.driveformeet.org)**

Northern Essex Elder Transport, Inc.

**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



### 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. Make an appointment to review your Medicare plan with a SHINE counselor, over the phone, by calling the Amesbury Senior Community Center at (978)388-8138.

## MENTAL HEALTH

### ELDER MENTAL HEALTH OUTREACH TEAM (EMHOT)

EMHOT is a completely free and confidential service to residents of Amesbury, Salisbury, Newburyport, Merrimac, West Newbury, and Groveland that are aged 60 and older.



Funded by the Massachusetts Association of Councils on Aging, EMHOT started as the number of elders with mental health concerns continued to increase in our communities and the amount of resources remained limited.

It is our goal that with the Elder Mental Health Outreach Team, we can help our elders return to their previous state of mental and social health by providing free age specific 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

### 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, NOV 2<sup>ND</sup> & 16<sup>TH</sup>, 5:30 PM - 7 PM

WEDNESDAY, NOV 3<sup>RD</sup>, 11 AM - 12 PM

WEDNESDAY, NOV 17<sup>TH</sup>, 7 PM - 8 PM

Offered by Elder Services of the Merrimack Valley

### CAREGIVERS SUPPORT

THURSDAY, NOV 4<sup>TH</sup>, 10 AM

Offered by Constellation Health Services

MONDAY, NOV 8<sup>TH</sup>, 10:30 AM - 11:30 AM

Offered by Care Dimensions

THURSDAY, NOV 4<sup>TH</sup> & 21<sup>ST</sup>, 1 PM - 2 PM

Offered by Elder Services of the Merrimack Valley

### MEMORY CAFE

TUESDAY, NOV 2<sup>ND</sup> & 16<sup>TH</sup>, 1 pm - 2 pm

Offered by Elder Services of the Merrimack Valley

TUESDAY

WEDNESDAY

THURSDAY

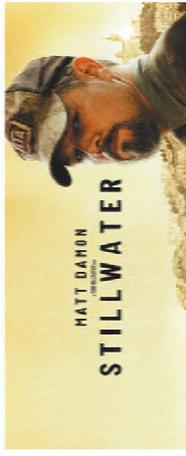
FRIDAY

2  
 9:00 - Busy Needles  
 10:30 - Cards: Cribbage  
 11:00 - Blankets 4 Kids  
 11:30 - Lunch - Chicken Scampi  
 12:30 - BINGO

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

4  
 9:00 - Balance Class w/Jennifer  
 11:30 - Lunch - Chicken Cordon Bleu  
 12:00 - Mah Jongg  
 1:00 - Grief Support Group

5  
 11:30 - Lunch - Eggplant Parm  
 12:00 - Friday Film Fest:



MATT DAMON  
 STILLWATER

9  
 9:00 - Busy Needles  
 10:30 - Cards: Cribbage  
 11:00 - Blankets 4 Kids  
 11:30 - Lunch - Turkey a la King  
 12:30 - BINGO

10  
 9:00 - Foot Clinic  
 10:30 - Exercise for Everyone  
 10:30 - Cards: 45s  
 11:30 - Lunch - Meat Lasagna  
 12:30 - Cards: Duplicate Bridge  
 3:00 - Women's Support group

11  
 9:00 - Balance Class w/Jennifer  
 11:30 - No Lunch Veterans Day  
 1:00 - Low Vision Support Group  
 12:00 - Mah Jongg  
 1:00 - Grief Support Group



HAPPY VETERANS DAY

12  
 9:00 - Veterans Breakfast  
 12:00 - Friday Film Fest:



RED NOTICE

16  
 9:00 - Busy Needles  
 10:30 - Cards: Cribbage  
 11:00 - Blankets 4 Kids  
 11:30 - Lunch - Yankee Pot Roast  
 12:30 - BINGO

17  
 10:30 - Exercise for Everyone  
 10:30 - Cards: 45s  
 11:30 - Lunch - Hot Dog  
 12:30 - Cards: Duplicate Bridge  
 3:00 - Women's Support group

18  
 9:00 - Balance Class w/Jennifer  
 11:30 - Traveling Chef (see page 6)  
 12:00 - Birthday Celebration  
 with Joe Carson  
 12:00 - Mah Jongg  
 1:00 - Grief Support Group  
 2:00 - Crafts with Claire

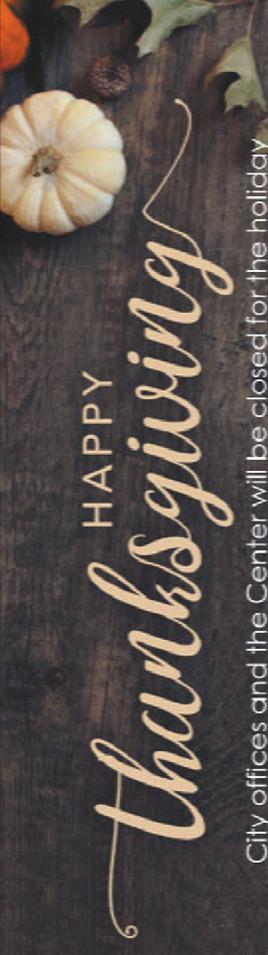
19  
 11:30 - Lunch - Mac & Cheese  
 12:00 - Friday Film Fest:



PLANES, TRAINS, AUTOMOBILES

23  
 9:00 - Busy Needles  
 10:30 - Cards: Cribbage  
 11:00 - Blankets 4 Kids  
 11:30 - Lunch - Curry Chicken  
 12:30 - BINGO

24  
 10:30 - Exercise for Everyone  
 10:30 - Cards: 45s  
**CENTER CLOSSES AT NOON FOR THANKSGIVING**



HAPPY *Thanksgiving*

City offices and the Center will be closed for the holiday

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



November  
**EVENTS AT THE AMESBURY SENIOR COMMUNITY CENTER**

# 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**



NATIONAL  
**ALZHEIMER'S**  
DISEASE  
AWARENESS MONTH

According to the Alzheimer's Association, there are over 6 million American's who have been diagnosed with Alzheimer's and this number is expected to increase to 13 million by 2050. Memory loss is a common symptom of associated with Alzheimer's and other forms of dementia, but there are other signs and symptoms as well, including challenges in planning or solving problems, difficulty completing familiar tasks, confusion with time or place, visual/special challenges, difficulty retrieving words, impaired reasoning or judgement, withdrawal from work or social activities, and personality or mood changes. Although scientists still do not fully understand the causes of Alzheimer's Disease, and there is no cure at this time, treatment focuses on treating the symptoms of the disease, for instance, medications can be used to help slow down memory loss and behavioral issues.

Caregivers of those diagnosed with Alzheimer's and other forms of dementia play a huge role in the treatment process. Caregivers are often in charge of making decisions on behalf of their loved ones and assisting in daily activities, which can be extremely overwhelming and often time lead to caregivers neglecting their own needs. There are different support options for caregivers in the Amesbury area. The Amesbury Council on Aging has a Caregiver Support Group on Wednesdays at 10 a.m. There are also options for different virtual caregiver support groups. If you are interested in learning more about any of the support groups or if you are interested in attending the in person support group at the senior center please contact Greenleaf Coordinator, Briana Fortado, 978-388-8138 x553.

If you or someone you know is a caregiver for somebody with Alzheimer's know that there are resources available to you! Programs like Greenleaf are a great opportunity for caregivers to get time during the day to take care of their needs, while their loved one is in a safe and caring environment. The Alzheimer's Association has a lot of information for caregivers and people with Alzheimer's, which you can access on their website: [www.alz.org](http://www.alz.org) or by calling their 24/7 help line at 800-272-3900. The Alzheimer's Foundation of America also has a great deal of information on services for individuals with Alzheimer's and for caregivers which you can view by visiting their website: [www.alzfdn.org](http://www.alzfdn.org) or by calling their helpline at 866-232-8484. Lastly, the Eldercare Locator is a great resource to help caregivers find community resources for their loved ones with Alzheimer's including home care, adult day care, and housing options. Their website is [www.eldercare.acl.gov](http://www.eldercare.acl.gov) or their phone number is (800)-677-1116

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.

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Amesbury Council on Aging, Amesbury, MA 06-5290

# Amesbury COA

68 Elm St  
Amesbury, MA 01913

Save the Date  
**COA HOLIDAY PARTY**  
December 8<sup>th</sup> at Holy Family Parish

Join the COA and special guests as we celebrate the holiday season with a turkey dinner and a karaoke extravaganza!

Tickets on Sale November 9<sup>th</sup>  
@COA Reception  
FCOA Members: \$8  
Non-Members: \$10



**CRAPUS WITH CLAIRE** Thursday, November 18<sup>th</sup> at 2 pm

Join us for a free slate painting class!  
Make a decorative hanger for yourself or as a holiday gift!  
Call Andrew at (978)388-8138 x545 to reserve your space!



**Monthly Birthday Celebration!**  
Thursday, November 18<sup>th</sup> @ 12 pm

Join us for our monthly birthday party, and enjoy a concert by Joe Carson, cake and raffles!

Thank you:  

**The Traveling Chef**

November 18<sup>th</sup> 11:00 - 11:30 am  
\$2 suggested donation - Limited delivery available  
Call Andrew at (978)388-8138 x545 to reserve your meal by November 9<sup>th</sup>

**Entree: Beef Wellington**  
**Roasted Potatoes**  
**Honey Glazed Carrots & Roll**

**Dessert: Apple Pie**




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.

## Friday Film Fest

MOVIES AND POPCORN - EVERY FRIDAY AT NOON

**November 5<sup>TH</sup> - Stillwater**   
Starring Matt Damon, Camille Cottin & Abigail Breslin  
A father travels from Oklahoma to France to help his estranged daughter, who is in prison for a murder she claims she didn't commit.



**November 12<sup>TH</sup> - Red Notice**   
Starring Dwayne Johnson, Ryan Reynolds & Gal Gadot  
An Interpol agent tracks the world's most wanted art thief.

**November 19<sup>TH</sup> - Planes, Trains & Automobiles**   
Starring Steve Martin, John Candy & Laila Robins  
A father travels from Oklahoma to France to help his estranged daughter, who is in prison for a murder she claims she didn't commit.

## We are looking for photos of our Veterans!

Do you have a veteran in your life you would like to honor?

We are collecting photos of veterans to hang and honor in the halls of the Center. If you have a veteran you would like to honor, please contact Andrew at (978)388-8138 x545 or at [suggsa@amesburyma.gov](mailto:suggsa@amesburyma.gov).

All photos will be copied and any originals will be returned.