



Newbury

News from the Council on Aging

Important information:

Annual Town Election: Tues. 5/11

Polls open: 7am-8pm

**Pct 1: Firefighter's Memorial Hall
3 Morgan Ave.**

**Pct 2: Newbury Town Library
0 Lunt Street**

**We Will Be Closed on
Monday, May 31st in
Observance of Memorial Day**

**Council on Aging Hours:
Monday through Thursday
9am-3pm**

How to reach us:

p. 978-462-8114

e. coa@townofnewbury.org

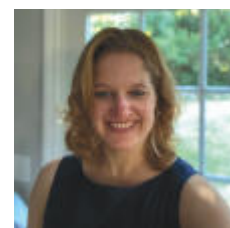
a. 63 Hanover Street

w. www.townofnewbury.org

From the Director

By Cindy Currier

Now that vaccine clinics have been underway for some time and the Lower Merrimack Valley Regional Collaborative clinics are up and running, we are hopeful that some sense of normalcy will begin to return to the Council on Aging.



The staff at the Newbury Council has been hard at work researching programs to bring to our seniors via local cable access television on Channel 9. We have received very positive feedback about the exercise programs from Paula Pressler, Chris Howe, and Roots to Wings Yoga Studio and are very excited to be working with these instructors to bring new classes to you soon. In addition to exercise programs, we are bringing educational programming as well. Keep an eye out for shows full of useful information from The Alzheimer's Association, The Registry of Motor Vehicles, and VNA Care.

Our Outdoor Coffee and Chat event in April was the first event we offered in an outdoor group setting. We are working on bringing more outdoor activities as the warm Summer weather arrives. Stay tuned!

We are always happy to hear from our seniors with ideas for programs you would like to see us offer. You can reach us at 978-462-8114. Call us any time!



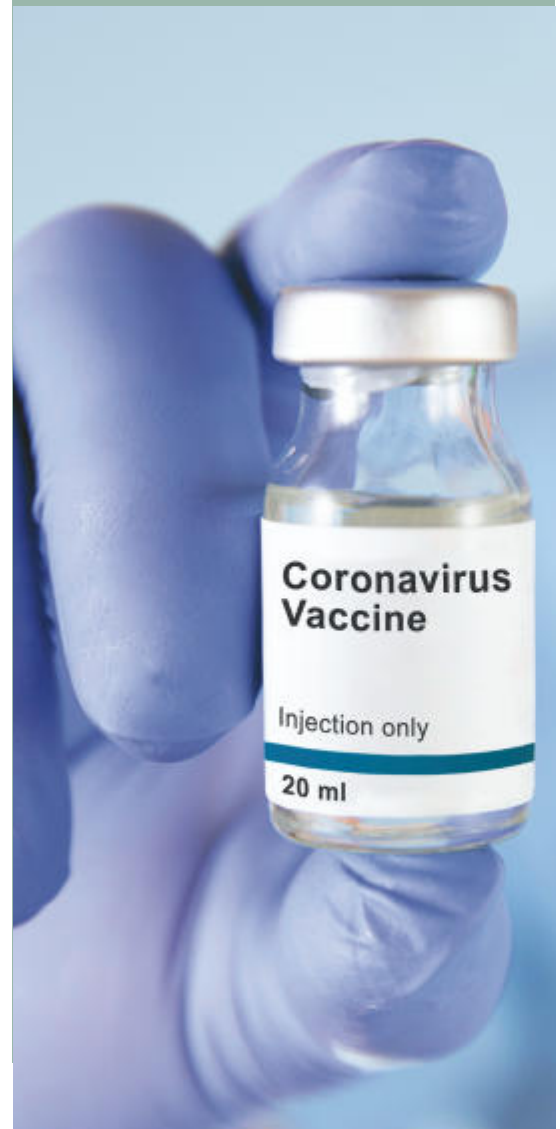
"An ounce of prevention is worth a pound of cure."

-Benjamin Franklin

Covid-19 Vaccine Updates

The Lower Merrimack Valley Regional Collaborative vaccination clinics are up and running! The collaborative is a partnership of nine communities: Amesbury, Georgetown, Groveland, Merrimac, Newbury, Newburyport, Rowley, Salisbury, and West Newbury. The Boards of Health, municipal leaders, and volunteers have been diligently working together to organize clinics locally as an alternative to the mass vaccination sites.

Clinics have already been held at Amesbury High School and the intention is to offer more clinics at The Perley School in Georgetown at the Senior and Community Center as well as the Town Hall Annex in West Newbury. The clinics are open to the public via the vaxfinder.mass.gov website. Links to these local clinics will also be available on the Town of Newbury website (www.townofnewbury.org) which provides a link to the Town of Amesbury's website (who posts the clinics). Links are generally available on Wednesdays at 8am and 12pm for the upcoming weekend. Seniors should be sure to call the Council on Aging to get on our waitlist if you need assistance registering.



New Newsletter Look!



Have you noticed our new look? We are excited to announce that we have partnered with LPi as the new printer for our newsletter. LPi offers a higher quality printed newsletter that we feel the seniors of Newbury deserve. Beginning with our next issue, we will be offering a bimonthly 12 page color newsletter. This is the best method for us to share information with those we serve and we wanted to elevate our product. We offer our newsletter through numerous outlets: printed copies via US Mail, electronic copies via email, and all issues are also available on our website.

Theater Workshop, Workshop Arts Program

The Newbury Council on Aging is pleased to announce a new partnership with Workshop Arts Inc., home of Theater Workshop. This program will give the opportunity for students grades 3-12 to provide creative presentations for the seniors of Newbury.

The cast will be creatively bringing public service announcements to the people of Newbury on Cable Access Channel 9 in fun and unique ways that will make you laugh and provide you with important information on subjects such as Council on Aging services and upcoming events.

The students will also be performing Acts of Kindness, or "A-OKs." The group will perform shows in costume at the homes of seniors who the Council on Aging staff feel could use a cheerful visit. The children will also deliver a care package to the senior at the performance.

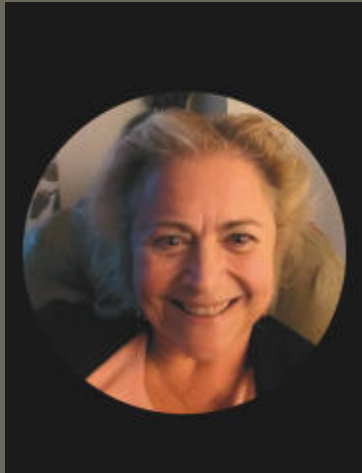
Thanks to Stacey Fix, Director of Theater Workshop, and all the participating students for this great partnership!



Inside Outreach

Janet DelMare

Outreach Coordinator



Contact Info:

Phone:

978-462-8114, ext. 11

Email:

coa.outreach@townofnewbury.org

Outreach Services:

Referrals to local agencies for:

- Elder Services
- Home Health Care Support
- Food Insecurity
- Medicare/Medicaid/Insurance
- Social Security
- Mediation
- Elder Protective Services
- Elder Abuse

Elder Mediation

When Conflicts Arise: Mediation Can Help

Mediation is a non-adversarial process in which the parties in a dispute are supported by a neutral third party (the mediator). Together, they identify the disputed issues, develop options, and seek a fair agreement. The mediator has no advisory or decision-making authority.

Family issues are complicated and they are further complicated by the transitions in the changing lifestyles, relationships, and needs of the elder. Mediation enables elders and their families to positively resolve conflicts. In mediated family meetings, everyone has the opportunity to privately explore the needs and feelings of all involved and to deal rationally with the problems and issues under discussion outside of a courtroom with the problems and issues relevant to the situation at hand.

Mediation is inexpensive, time efficient, convenient, private, confidential, voluntary, non-judgmental, empowering, and effective.

Mediators are skilled in:

- working with families in conflict
- convening multi-party family mediations, and
- facilitating consensus

Mediation is an appropriate forum for resolving any conflict where the parties involved participate voluntarily in the confidential processes and are motivated to develop an agreement that improves their situation.

Mediation is recommended when:

- You have not succeeded in settling a conflict on your own
- You want to take an active role in the decision-making process
- You want to address relevant underlying issues
- You and the other party are willing to seek assistance from a mediator
- You want the option of maintaining a relationship with the other party

Issues that sometimes arise in the mediation process are such topics as living arrangements, daily living and assistance needs, care giving, driving, family communication, medical care, financial planning, estate planning, family real estate, and personal property distribution. Conversations around these issues can be emotionally charged and complex. Mediation lets you design realistic, workable solutions that preserve family relationships and day-to-day scheduling.

Mediated agreements are the result of shared decision-making. The process is cooperative, not adversarial, and leaves all decision making in the hands of the participants. As a result, mediated solutions are broad in scope and include all issues relevant to the parties involved.

If you find yourself dealing with issues related to an elder's financial responsibilities, capacity to make important decisions, or arrangements regarding daily living and assistance needs, mediation may be the right path for you. For more information on the structured assistance of mediation, call Janet DelMare at the Newbury Council on Aging at 978-462-8114.

ACTIVITY KITS

Call Us at 978-462-8114 to Reserve Your Free Kit!

NOTECARD KITS

Notecards designed by local artist Angela Chiklis. Kits include five assorted notecards with artwork of local landmarks, five stamped envelopes, and a pen.



AIR PLANT TERRARIUMS

Create a hanging terrarium! Kit includes an easy-to-care-for air plant, glass globe, and stones. Globe can sit on a flat surface or use included twine to hang.



STONEWALL KITCHEN PANCAKE & WAFFLE MIX

Start your day with a stack of homemade pancakes or waffles using this delicious mix! Add your own eggs and milk, then top with the rich Maine Maple Syrup. Whisk included.



STONEWALL KITCHEN GUACAMOLE MIX

Make your own guacamole! Just add fresh avocados to this guacamole starter. Avocado masher and tortilla chips included.



STONEWALL KITCHEN CINNAMON BUN MIX

Bake these cinnamon buns and top with yummy glaze. Just add unsalted butter and milk and enjoy! Muffin tins and wooden spoon included.



SUNFLOWER GROW KIT

Grow your own sunflowers! Kit includes a terra cotta pot, dwarf sunflower seeds, potting mix, and a mini watering can.





Virtual Programs

CAN BE VIEWED ON CABLE ACCESS CHANNEL 9

WELLNESS

STRENGTH FOR LIFE FITNESS

MON, WED & FRI AT 11AM

CENTER FOR BALANCE, MOBILITY & WELLNESS AT GORDON COLLEGE

Join staff from Gordon College Wellness Center for two sessions that will build your endurance and enhance your general well-being. "Dynamic Balance" and "Interval Training" can be done standing or in a chair. Either way, you will benefit physically and mentally.

HEALING YOGA

TUES & THURS AT 11AM

ROOTS TO WINGS YOGA

Focusing on muscles, organs, and energy through practices of meridian tapping, stretching and other slow mindful movements.

MEDITATION

FRI AT 1PM

ROOTS TO WINGS YOGA

Join Arleen Damon for a 45 minute meditation session.

EDUCATIONAL

ALZHEIMER'S ASSOC. ROUNDTABLE

MON & WED AT 2PM

ALZHEIMER'S ASSOC. OF MA & NH

Increase your understanding of Alzheimer's Disease by watching two "Dementia Discussion" segments. The first features an interview with Dr. Jonathan Jackson about current research studies. The second discusses myths about dementia and provides understanding about the disease and its progression.

ALL THINGS AGING

TUES & THURS AT 2:30PM

ELDER SERVICES OF MERRIMACK

VALLEY & NORTH SHORE

Learn ways communities across MA are developing safe walking opportunities for seniors. Watch and be inspired to develop walking habits to enhance your life!

STROKE PREVENTION

TUES & THURS AT 2PM

JOAN FITZPATRICK, RN VNA CARE

This program provides information about stroke prevention and how to recognize the signs and symptoms when a stroke is occurring. The presenter will discuss ways diet and exercise can be beneficial in reducing the risk of stroke.

MORE PROGRAMS WILL BE ADDED

ON AN ONGOING BASIS...STAY

TUNED IN TO CHANNEL 9! AND

CHECK OUR SOCIAL MEDIA PAGES

FOR UPDATES.



Virtual Programs

CAN BE VIEWED ON CABLE ACCESS CHANNEL 9 OR VIA ZOOM

RECREATIONAL

VIRTUAL TOUR OF FENWAY PARK VIA ZOOM

TUESDAY, MAY 20TH AT 1:30PM

Enjoy a virtual, fully guided tour of Fenway Park! An official Fenway tour guide will host this 40-60 minute virtual tour, including a 7 minute drone video complete with history and legendary storytelling by the Red Sox PA Announcer. Concludes with a Fenway Park Trivia game.

Registration is required by Monday, May 10th by calling Karen at The Newbury Council on Aging at 978-462-8114. There is no registration fee for this event & space is limited! Call today to save your spot.

This program is presented on ZOOM. If you do not have a computer or know how to use ZOOM, please call Karen to discuss options.

WALK MASSACHUSETTS CHALLENGE MASS COUNCILS ON AGING

Massachusetts Councils on Aging with Blue Cross Blue Shield of MA is offering a *WALK MASSACHUSETTS CHALLENGE* beginning May 1. Register at <https://mcoaonline.com/programs/keep-moving-walking-clubs/walk-massachusetts/>

Choose your challenge. Walk inside or out. Track your walking 5/1 to 9/1/2021 online or using a walking journal. Submit your form at the end of the challenge and be entered to win a prize!

WALK WITH EASE ELDER SERVICES OF MERRIMACK VALLEY & NORTH SHORE

Elder Services together with The Arthritis Foundation are offering a self-directed program that includes health education, stretching and strengthening exercises, and motivational strategies. Email hlice@esmv.org or call 978-946-1211 for information.

ENTERTAINMENT

BEATLES AND BEYOND TRIBUTE SAT & SUN AT 2PM & 8PM ROGER TINKNELL

Enjoy singer Roger Tinknell's performance of 1960s and 1970s popular songs from The Rolling Stones to The Beach Boys. This concert will get you rockin' and rollin' in the comfort of your own home!

MEMORIAL DAY TRIBUTE MEMORIAL DAY WEEKEND, MAY 29-31 VARIOUS PRESENTATIONS

Tune into Channel 9 throughout Memorial Day Weekend for a variety of broadcasts to commemorate the holiday. Included are videos of local ceremonies, educational pieces, and entertaining patriotic music.

Newbury Council on Aging
63 Hanover Street
Newbury, MA 01951

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The printing of this newsletter is prepared by Senior News Publications. The postage is paid for by a grant from the Executive Office of Elder Affairs.

Call Us to Reserve Your May Grab and Go Meal!



Due to the Covid-19 pandemic, we are unable to offer meals to our community at the Council on Aging. But we have an alternative: Grab and Go Meals! These **free** meals are provided by the Newbury Council on Aging in collaboration with Elder Services of Merrimack Valley and the North Shore's Traveling Chef Program.

We are offering our next Grab and Go Meal on **Wednesday, May 19th**. Menu: Cobb Salad (Romaine lettuce, chopped tomatoes and cucumbers, diced chicken, hard boiled egg, bacon, and blue cheese dressing); pita bread; and strawberry shortcake (angel food cake with strawberry compote and whipped topping) for dessert! **45 free meals have been ordered** and they are going quickly, so please call the Council on Aging at 978-462-8114 to reserve yours. Grab and Go Meals will be available for pick up after 11:30am on Wednesday, May 19th at 63 Hanover Street. Call upon your arrival and a staff member will deliver your meal to your car. We are able to offer home delivery for five of these meals. If you are a homebound senior with no ability to have your meal picked up, call us to reserve your delivery spot. Bon Appetit!