



Newbury

News from the Council on Aging

Important information:

Effective June 1, 2021 we are open to the public!

Stay tuned for more events that will be happening later this summer, including the return of Bingo and luncheons!

Important Dates:

Saturday, June 19th:

Juneteenth

Sunday, July 4th:

Independence 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

Effective June 1, 2021 Newbury Town Offices, including the Council on Aging, will be open to the public. We will no longer require people to schedule appointments to come to the Council on Aging. We would love to see you, so stop by any time!



Effective May 29, 2021 the Commonwealth of Massachusetts updated Covid-19 mandates as follows:

With the exception of remaining face-covering requirements for public and private transportation systems (including our van and NEET rides) and facilities housing vulnerable populations, all industry restrictions were lifted, and capacity increased to 100% for all industries. The gathering limit was rescinded. All industries are encouraged to follow CDC guidance for cleaning and hygiene protocols.

Non-vaccinated individuals are advised to continue wearing face masks and to continue distancing in most settings. The advisory also recommended fully vaccinated individuals no longer need to wear a face covering or social distance indoors or outdoors except for in certain situations (as mentioned above). We understand some folks will feel more comfortable continuing to wear a mask. That is a personal choice and your decision will be respected. Please also note these guidelines are subject to change. For more information, visit www.mass.gov or www.cdc.gov.

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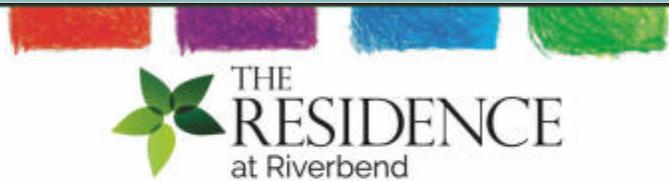
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Butterfly Release Party

Help a butterfly find a home in our garden!

Wednesday, June 9

1:00 p.m. – 3:00 p.m.

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RSVP by Friday, 6/4 by calling 978.420.1570
or emailing drobinson@wingatehealthcare.com

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BOSTON POST CANE



Presented to Cornelia "Connie" Mathieu

On August 2, 1909, Mr. Edwin A. Grozier, Publisher of The Boston Post, forwarded to The Board of Selectmen of 700 towns in New England a gold-headed ebony cane with the request that it be presented with compliments of The Boston Post to the oldest male citizen in town, to be used by him as long as he lives (or moves from the town), and at his death handed down to the next oldest citizen of the town. In 1930, after considerable controversy, eligibility for the cane was opened to women as well.



On Wednesday, April 29, 2021 Cornelia Mathieu (Connie to her friends and family), who turned 99 years old just five days later, joined the list of Newbury residents to be honored with The Boston Post Cane. Due to Covid-related restrictions the celebration was kept small. Connie's son-in-law, Wayne Peabody, gave the group that was gathered a glimpse into Connie's history, providing details about her parents passages from Greece and Turkey to America through Ellis Island; Connie and her four sisters growing up in Newburyport; working at Towle Silversmiths; her civilian service in the United States Coast Guard during World War II (as Connie believed it was her duty to support the troops); and getting married and raising their daughter, Leslie. Two Boatswain's Mates from the United States Coast Guard were on hand to honor Connie's service and Select Board Vice Chair Alicia Greco presented the cane to Connie on behalf of the Town of Newbury. Anastasia's Flowers on Main in Byfield donated a beautiful corsage to help Connie celebrate as well. Connie's advice for a long, meaningful life: "Think positive. You have to be happy and not get down on people." Congratulations, Connie!



Connie Mathieu (seated) is pictured with her granddaughter Lisa O'Brien, granddaughter Holly Clough, daughter Leslie Peabody, son-in-law Wayne Peabody, and granddaughter Michele Ouellette.

Inside Outreach

Janet
DelMare

Outreach
Coordinator



Contact Info:

Phone:
978-462-8114, ext. 11
Email:
coa.outreach@townofnewbury.org

Advance Care Planning Resources:

- Aging With Dignity
www.agingwithdignity.org
- Family Caregiver Alliance;
National Center on
Caregiving
www.caregiver.org
415-434-3388
- National Hospice & Palliative
Care Organization
www.nhpco.org
- POLST
Physician Orders for Life
Sustaining Treatment
www.polst.org

Advance Care Planning

There are many things in life that are out of hand. Yet one thing that we are in charge of is our health and our health care decisions. That is, until we become incapacitated and are unable to choose for ourselves. Unfortunately we do not know when that day will come, so planning is of the essence. If we do not plan and share our ideas with those we love, they will not know what our wishes are at the very time we need them to act on our behalf.

Find an opportunity to talk with family members and loved ones about your wishes and decisions that you may have to make. Maybe use newspaper articles, movies, and experiences of others as examples of situations that may arise to open a dialogue.

Instead of thinking of this as one big conversation, several smaller talks may be better and less overwhelming. Here are some conversation starters:

- What do you think about the care that your neighbor received when they were facing a life-threatening illness?
- What medical treatments are acceptable to you? What are unacceptable?
- If you are seriously or terminally ill, do you want to be hospitalized or stay at home? Are you aware of options like hospice?
- Who do you want to make decisions for you if you cannot? Medical? Financial?

Here are additional things to think about:

- Have you consulted an attorney/financial advisor to get all of your legal and financial affairs in order?
- What are your religious and spiritual beliefs and traditions? What are your beliefs about quality of life, death, and the after-life? Perhaps a visit to your clergy may be beneficial.
- Have you included your doctor in your planning process?
- What does life support treatment mean to you?
- Under what conditions would you want life support treatments?
- Are there conditions in which you would not wish to be kept alive?
- If asked, how would you like to be remembered?
- If you wish to have a memorial service, what would you want to have included (music, readings, etc.)?

By going through this process, your family will not have to guess what you want. They will understand what you really want and need.

There is a widely used booklet called "Five Wishes," which is a living will that talks about your personal, emotional, and spiritual needs as well as your medical wishes. It lets you choose the person you want to make the health care decisions for you if you are unable to make them for yourself. Five Wishes lets you say exactly how you wish to be treated if you become seriously ill. It was written with the help of The American Bar Association's Commission on Law and Aging and the nation's leading experts in end-of-life care. The Five Wishes consist of: the person I want to make decisions for me when I cannot; the kind of medical treatment I want or do not want; how comfortable I want to be; how I want people to treat me; and what I want my loved ones to know. The Newbury Council on Aging is fortunate to have a limited number of Five Wishes booklets available. To receive a copy for a suggested donation of \$5.00 please contact Janet at 978-462-8114.



Newbury Food Pantry First Parish Church

Do you know about the Newbury Food Pantry at the First Parish Church? Visit the pantry and learn more about them!

The Newbury Food Pantry is a critical community resource that provides food for 250-300 people per week. 75% of pantry guests reside in Newburyport and Newbury and more than half of them are seniors. Want to learn how you can help?

The Newbury Pantry is hosting an event on **Sunday, June 6th from 11:30am-1:30pm at 20 High Road in Newbury**. Join the team as they look to celebrate and grow the next chapter of the Newbury Food Pantry. This is a great opportunity to connect with their volunteers and learn how the Capital Campaign's efforts will benefit our community. Bring your family, friends, and neighbors for refreshments, live music, a story teller and games for the kids, speakers, and tours of the pantry led by the amazing Pantry Volunteers!

For more information about the Newbury Food Pantry, please call them at 978-358-1077

Vaccine Card Protection



Did you get your Covid-19 vaccines? Do you want to protect your vaccination card? Call us! The Newbury Council on Aging is offering 4x3 inch resealable vinyl plastic sleeves to keep your original CDC-issued vaccination card safe. This is an important document and you want to be sure the original is protected. We are also offering to make a photocopy of your original and laminating it so you can travel with a copy and keep your original in a safe place at home. Call us to reserve yours!

Theater Workshop Performance

The Theater Workshop students who have been giving individual performances at seniors' homes this Spring will be giving a final live performance on **Saturday, June 12th at 1pm outside of the Newbury Town Library** at 0 Lunt Street to celebrate the end of their season. Stop by to see them in action!



Friends of the Newbury Council on Aging



The Annual Meeting of the Friends of the Newbury Council on Aging will take place on Tuesday, June 29th at 7:00am via Zoom. Agenda items include FY21 Financial Report; review of Council on Aging activities over the past year; presentation of programs planned for FY22; election of Officers; and any new business to report. To request a link for the Zoom meeting to join us, please send an email to: friendsofthenewburycoa@comcast.net. All are welcome to join us!

Transportation News

You Hold the Key to Help Others

By volunteering to drive as little as *twice a month*, you will ignite new friendships and support your entire community.

Mileage reimbursement and supplemental liability insurance provided.



Learn more and unlock this flexible volunteer opportunity. Visit www.driveforneet.org or call 978-388-7474.

Need a Ride? NEET Drivers Can Help You!

NEET (Northern Essex Elder Transport) is a non-profit volunteer program. Volunteers drive seniors to medical appointments and other local errands. You must register with NEET as a rider in order to access this convenient service. Contact us at The Newbury Council on Aging at 978-462-8114 to request your registration packet and to schedule your ride. Registered riders need to provide three business days' notice prior to their requested ride.



Grocery Shopping on the Van is Back!

Now that the Commonwealth has relaxed the mandates surrounding Covid-19, we are hoping to get back into the routine of weekly grocery shopping trips to Market Basket in Newburyport. The Council on Aging van will be taking the van for grocery shopping on Tuesday mornings, with the first pick up scheduled for 9:30am. We offer door-to-door service! Our Van Driver, Jim, will pick you up at your home and drive you to Market Basket, then drop you off at home when your shopping is done. In addition to taking reservations for rides to the grocery store, we are offering van rides to local medical appointments and errands. Do you need to go to the bank, the pharmacy, the Post Office? Give us a call! Riders must call three business days prior to the day their ride is needed to register as a Van Rider and reserve a seat on the van. Van capacity is back to 100%, but space is limited to 12 riders. Masks must be worn on the van at all times, as still mandated by the Commonwealth of Massachusetts. Want to register as a Van Rider and reserve your spot? Give us a call at 978-462-8114 and we will either mail the forms to you via USPS or drop them off at your home.

TAKE-HOME ACTIVITY KITS

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

SUGAR COOKIE KITS

Get baking! Kits include a bag of sugar cookie mix, cookie cutters, sprinkles, and a rolling pin.



HUMMINGBIRD FEEDER KITS

Transform your hanging basket or planter box into a Hummingbird Feeding Station! Kit includes feeder and nectar mix.



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. Pancake spatula 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.



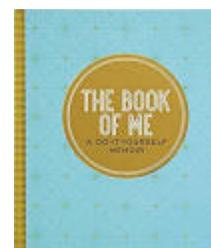
CRAFTMIX MOCKTAILS

Mix up a summertime mocktail (or cocktail, if you choose!) using these drink mixes. Kit includes two tumblers with reusable straws, ice cube tray, and mocktail mix.



"THE BOOK OF ME"

Preserve your memories of the past and present for the future with hundreds of guided questions in this autobiographical journal. Kit includes the journal and pens.





Programs

VIRTUAL PROGRAMS CAN BE VIEWED ON
CABLE ACCESS CHANNEL 9

VIRTUAL WELLNESS

BALANCE & INTERVAL TRAINING
MON, WED & FRI AT 11AM IN JUNE
CENTER FOR BALANCE, MOBILITY & WELLNESS
AT GORDON COLLEGE

Join staff from Gordon College 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.

TOTALLY FUN FITNESS
MON, WED, FRI AT 11AM IN JULY
CAROL PALMER

Join Carol for conditioning exercises. Use weights (or soup cans!) for additional benefit.

PWR UP YOUR POSTURE & LET'S DANCE
TUES & THURS AT 11AM IN JUNE & JULY
PARKINSON'S FOUNDATION OF NEW
ENGLAND

Gentle exercise programs that are beneficial for all seniors, not just those with Parkinson's. Exercises will include sitting, standing, laying on your belly, and getting on your knees.

HEALING YOGA / MEDITATION
FRI AT 1PM JUNE / JULY
ROOTS TO WINGS YOGA

Join Arleen Damon for healing yoga in June and meditation in July.

VIRTUAL EDUCATION

COOKING AS SELF CARE / ALL THINGS AGING
MON & WED AT 2PM IN JUNE
TARA HAMMES, RD / ELDER SERVICES OF THE
MERRIMACK VALLEY & NORTH SHORE (ESMV&NS)

MA Councils on Aging offers this ongoing cooking series with Tara, a Registered Dietitian. This episode is "Diversity Eats." Followed by the staff of ESMV&NS's interview of NEET Administrator Ginny Salem.

MERRIMACK: THE RESILIENT RIVER
MON & WED AT 2PM IN JULY
DYKE HENDRICKSON

Author and journalist Dyke Hendrickson currently serves at Outreach Historian for the Merrimack River Watershed Council and is a former newspaper writer and editor. During this program, Dyke will speak about his latest book, "Merrimack: The Resilient River, An Illustrated Narrative of the Most Historic River in New England." Dyke will tell the dramatic story of this major waterway.

SKIN CARE FOR SENIORS
TUES & THURS AT 2PM IN JUNE
KIM O'ROURKE, MARY KAY CONSULTANT

Skincare presentation will include important information for men and women over 50 on maintaining healthy skin as you age. regular skincare routine, and the effect mask-wearing has had on our faces. Kim will also share Q&As from recognized skincare experts regarding how to create an effective routine for your skin.

COOKING AS SELF CARE / READY TO RE-ENGAGE
TUES & THURS AT 2PM IN JULY

TARA HAMMES, RD / JOANNE MACINNIS, RN
MA Councils on Aging offers this ongoing cooking series with Tara, a Registered Dietitian. This month's feature is "Eat for Better Sleep." Followed by Joanne from Aberdeen Home Care. Her program discusses navigating re-entry into the post-pandemic world.



Programs

IN-PERSON PROGRAMS

OFFERED AT MANTER FIELD OR THE COUNCIL ON AGING

IN-PERSON RECREATION

OUTDOOR GENTLE YOGA
WEDNESDAYS IN JUNE (STARTING 6/9)
CHRIS HOWE

Join Chris at Manter Field on Central Street for an hour of gentle yoga. Canopies will be available for shade. Bring a mat, towel, folding chair & water bottle. Limit of 10 participants. Registration required by June 7. In the event of inclement weather the class will be held at the Council on Aging. Classes are 6/9, 6/16, 6/23 & 6/30.

OUTDOOR WATERCOLOR CLASS
THURSDAY, JUNE 24 10AM-1PM
BILL DUKE

Bill provides all supplies and will walk you through a design. No experience necessary. Limit of 5 participants. Registration required by June 21. Class will be held outside at the Council on Aging (inside if inclement weather).

OUTDOOR SENIOR STRETCH & STRENGTH
MONDAYS IN JULY (STARTING 7/5)
EUNICE JAMES

Eunice, a Certified Personal Trainer with 30 years of experience, will lead this class at Manter Field on Central Street. This is an overall stretch and strength program. Participants will use their own body weight as well as light hand weights. Wear comfortable workout clothing and bring a towel & water bottle. Chairs will be provided and canopies will be available for shade. Limit of 10 participants. Registration is required by June 30. In the event of inclement weather the class will be held at the Council on Aging. Classes are 7/5, 7/12, 7/19 & 7/26.

NOTE: VIRTUAL PROGRAMS MAY BE ADDED AND/OR CHANGED ON AN ONGOING BASIS. STAY TUNED IN TO CHANNEL 9!

VIRTUAL ENTERTAINMENT

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MUSIC THERAPY SING-A-LONG
SAT & SUN AT 2PM IN JUNE
MONIKA GIBBONS, MUSIC THERAPIST

Join Monika, a Music Therapist from the Winchester Community Music School for a familiar medley of patriotic, oldies, and love songs.

BACH AGAIN: NEW BODY, OLD SOUL
SAT & SUN AT 8PM IN JUNE
CANTEMUS CHAMBER CHORUS

Artistic Director Jane Ring Frank guides us through the world of Johann Sebastian Bach's chorales and their influence on music across the centuries. Filmed in March 2021 thanks to the technology of the Driveway Choir Project.

NORMAN ROCKWELL: EVOLVING VIEWS ON RACE
SAT & SUN AT 2PM IN JULY
JANE O'NEIL OF CULTURALLY CURIOUS

Jane shares her Art History background to present the significance of Rockwell's paintings and their relevance to today's racial conversations.

ALL THAT JAZZ
SAT & SUN AT 8PM IN JULY
CAPE COD RAGTIME FESTIVAL

Enjoy an entertaining and educational program with piano playing and storytelling of the ragtime music era.

HOW CAN YOU HELP THE COUNCIL ON AGING?



For more information about applying for a position on the Newbury Council on Aging Board of Directors, please contact Cindy Currier by calling 978-462-8114 or emailing her at coa.director@townofnewbury.org. All applications are submitted to the Select Board for review and approval.

JOIN THE BOARD OF DIRECTORS!

The Council on Aging Bylaws allow for nine Newbury citizens to participate in the Board of Directors for the Council on Aging.

Board Members serve as an advisory committee to the Council on Aging Director, offering ideas and advice regarding programs and services offered to the seniors of Newbury.

Commitment is attendance at the monthly Board Meeting and a dedication to furthering the mission of the Council on Aging.

OTHER WAYS TO HELP THE COUNCIL ON AGING:

SUPPORT THE MISSION OF THE COUNCIL ON AGING BY:

- Making a financial donation: Send a financial contribution to the Council on Aging to be used to provide programs for the seniors of Newbury.
- Donating your time: Offer to spend time visiting a senior or do his/her grocery shopping; assist with preparing our newsletter for distribution; or deliver meals or other items to a senior. Call us to learn more ways you can help.
- Making a donation to the Friends of the Newbury Council on Aging.



Mission:

The Newbury Council on Aging will identify, develop, implement, and advocate for programs and services designed to enhance the quality of life and independence of elders in the community and will assist all people with questions relating to aging issues. We work to foster growth, dignity, and connection with implementing services to meet their health, economic, social, and cultural needs.





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Newbury Council on Aging

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Geri Dorr	Member
Jeanine Cunningham	Member
William DiMaio	Member



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

Staff

Cindy Currier	Director
Janet DelMare	Outreach Coordinator
Karen Everett	Meals on Wheels Driver
Jim Long	Van Driver



Call Us to Reserve Your June & July Grab and Go Meals!

Grab and Go Meals are **free** meals provided by the Newbury Council on Aging in collaboration with Elder Services of the Merrimack Valley and the North Shore's Traveling Chef Program.

We are offering Grab and Go Meals on **Wednesday, June 23rd and Wednesday, July 21st**. June's menu: Bone in ribs; BBQ sauce; macaroni & cheese; vegetarian baked beans; dinner roll; and Grandma's brownie cookie for dessert. July's menu: Hot dog and bun; mini corn on the cob; warm German potato salad; red, white & blue parfait (strawberries, blueberries, vanilla pudding & whipped topping) for dessert. **40 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 12pm on Wednesday, June 23rd and July 21st 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 some 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!