



Newbury

News from the Council on Aging

Important information:

Look inside for lots of in-person programs being offered in August and September, including trips to local restaurants, catered luncheons, and more!

Dates to Remember:

- **Monday, September 6th
Labor Day (closed)**
- **Sunday, September 12th
Grandparents 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

Summer is flying by, but the staff here at The Newbury Council on Aging has been busy planning lots of programs for our seniors! Check out what we have to offer in-person on pages 8 & 9. We will continue to offer virtual options on Channel 9 as well.



As you may be aware, the Council on Aging space at the Newbury Elementary School is limited. Due to our desire to increase the types of programs we want to offer and in order to accommodate larger groups, you will see us out and about town bringing programs to our seniors in locations outside of the Council on Aging. You will see later in this newsletter that we will be hosting programs at the Newbury Town Library, the Byfield Community Arts Center, and the Central Street Playing Fields (or inside the Field House there). We are grateful for these partnerships in order to allow us to bring new and different programs to our seniors.

Our Take Home Activity Kits have been a big hit! We initially offered those as an alternative to in-person programs (due to Covid restrictions), but since we have had such a great response, we are going to continue to offer them. We have a variety of offerings and there is a limit of one kit per person. Supplies are limited, so call us today to reserve yours!

We're here if you need us...we are just a phone call away. See you soon!

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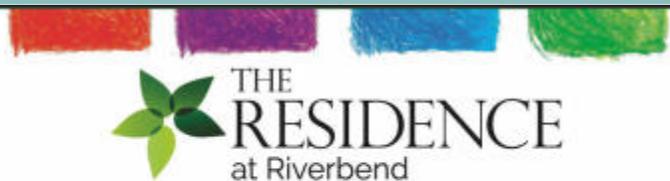
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Wednesday, June 9

1:00 p.m. – 3:00 p.m.

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or emailing drobinson@wingatehealthcare.com

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The Greater Newburyport Village celebrated its five-year anniversary recently, yet some area residents are still unfamiliar with this community organization.

The Village's mission involves helping people live happily in their own homes and community as they age. A key benefit of membership is getting needed help with things like household chores, a ride to a doctor's appointment, moving a window air conditioner, learning to use a new smartphone, or daily wellness check-ins. Village volunteers have provided over 1,200 such services since the Village opened, as well as referrals to trusted home professionals such as electricians and plumbers.

The Village also offers many social and educational opportunities. *Village Talks* host speakers on a wide variety of interesting topics ranging from nature to travel to history to current events. Recreational outings have included birding and nature walks, a harbor boat tour, and day trips around the area for cultural and museum tours. Social events include frequent group dinners and potlucks, parties, an annual lobster bake, and other gatherings. The Village has also become important to those new to the area or newly retired who want to expand their social network and explore interests with other Village members.

In all, members enjoy a greater participation in the community. It's like having family and close friends all around, all willing to lend a hand when needed, all fun to join with in neighborhood activities and learning events. To join or learn more, visit the Village website at www.greaternewburyportvillage.org or send an email to info@greaternewburyportvillage.org.

Learn more about The Village and what this organization has to offer at a presentation by Bill Franz and Paul Harrington on **Tuesday, August 24th at 11am at the Newbury Town Library in the Community Room**. Light refreshments will be served.

Vaccine Card Protection



Did you get your Covid-19 vaccine card sleeve yet? 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. These sleeves allow easy access to the original card in the event you need it (for example, if a booster shot is needed). We are also offering to make a photocopy of your original and laminate it so you can travel with a copy and keep your original in a safe place at home. Call us to reserve yours!

Inside Outreach

Janet DelMare

Outreach Coordinator



Contact Info:

Phone:

978-462-8114, ext. 11

Email:

coa.outreach@townofnewbury.org

Caregiver Resources:

Family Caregiver Alliance

Website: www.caregiver.org

National Alliance for Caregiving

Phone: 202-918-1013

Website: www.caregiving.org

National Institute on Aging

Phone: 800-222-2225

Website: www.nia.nih.gov

AARP Family Caregiving

Phone: 877-333-5885

Website: www.aarp.org/caregiving

Relax into Self Care

Feeling overwhelmed? Overloaded? Tired? Exhausted? Forgetful? Or depressed? Anxious? Worried? Stressed? Perhaps even guilty?

- Do you feel like you are working harder but accomplishing less? That things are unmanageable?
- Do you constantly feel that there is never enough time or that you never get enough sleep?
- Does it seem impossible to take care of your own needs because you are busy taking care of everyone else?
- Does any of this resonate with you? Do these words describe you? Are you taking care of a loved one part-time or full-time?

You may be experiencing **caregiver burnout**. There are solutions to alleviate some of the symptoms of caregiver burnout.

There is a myth of self-reliance which says that "I am the only one that can do it." But, wait a minute. That is not true. Even though you fear that things will fall apart if you do not do it yourself, they will not. Things may not be done exactly as you would have done them, but it will get done. You may need to alter your expectations a little bit, lower your standards some. So, your house may be a little messier. It's alright. Let people help. Ask other family members to pitch in, even if it is hard to delegate. Hire someone to help out, even if it is only for a few hours a week. We all like it done "our way." But realize that you getting help for yourself is getting help for your loved one, too.

There are caregiver support groups, Facebook groups, the NextDoor app, and other online and in-person groups that offer information, guidance, and support. Many people also find the following very helpful during times of stress or even times of frustration and aggravation:

- Meditation; deep breathing
- Yoga; stretching
- Take a short walk - get out in nature
- Take a bath
- Play with your pet
- Have a conversation with a friend
- Light reading
- Exercise
- Take a nap
- Counseling
- Listen to music
- Ask for help
- Pray
- Watch a movie
- Make art - draw, color, paint, play an instrument
- Work in the garden
- Go easy on yourself

On Page 6 of this newsletter, please find information about our "Relax into Self-Care" packages, which are filled with items to help you relax and refresh. There is a limited amount of packages available and are for caregivers only. Please call Janet DelMare if you are interested in receiving one of these packages

Transportation Information

Dig in and Volunteer



Make a difference in someone's life.

Volunteer to drive seniors!

Can you donate two trips a month?

Trips are less than 30 miles round trip.

Mileage reimbursement and supplemental liability coverage provided.

Call 978-388-7474 or visit
www.driveforneet.org to learn
more about volunteering.



Need a Ride? NEET Drivers Can Help!

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. Most drivers offer local rides, but we do have a couple of volunteer drivers who will take seniors further, including into Boston. This is a volunteer service and rides cannot be guaranteed, but we do our best to match a volunteer driver with our seniors. 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 at least **three business days'** notice prior to their requested ride. Just a reminder - the Council on Aging is closed on Fridays.



Van Services Through The Newbury Council on Aging

The Newbury Council on Aging van is making weekly trips to Market Basket in Newburyport on Tuesday mornings. First pick-up is scheduled for 9:30am. Do you want to join us for a trip to the supermarket? All van riders must be registered and you must reserve your spot on the van each week. Give us a call at 978-462-8114 to request your registration form. Limit of 4 bags per rider.

The van also is available for Newbury seniors who need local transportation. Do you have to run an errand nearby? Do you want to attend a program but do not have a ride? Call us! We will get you registered as a van rider and schedule your ride, pending our van availability.

"Relax into Self-Care" Packages

Are you, or do you know, a caregiver in need of some self-care? Using grant funds from Elder Services of the Merrimack Valley & North Shore, The Newbury Council on Aging has put together a collection of items to help individuals who are caring for a loved one relax and take care of themselves for a bit. Items include: a copy of *Chicken Soup for the Soul - Family Caregivers*, a sleep mask, an adult coloring book and colored pencils, yummy chocolates, hand lotion, a reusable cup, booklets full of resources, and more. Please call Janet DelMare, Outreach Coordinator, at 978-462-8114 to learn more about this gift for caregivers. Supplies are limited.



Housing Options



Below is some contact information for housing options in Newbury. Contact our Outreach Coordinator, Janet DelMare, if you have any questions. Please note that there is a limited supply of housing in Newbury and the waiting period is generally very lengthy. It is recommended you fill out an application at more than one location.

Byfield Elderly Housing, Inc. provides affordable housing for individuals age 62 and over or disabled individuals regardless of age. Byfield Elderly Housing has two properties: **Oak Ridge** (84 Main Street) and **Quaker Hill** (115 Main Street). Visit www.byfieldelderlyhousing.com for more information and to download an application, or contact Evelyn Noyes at 978-462-3422 or 978-375-6145 or via TDD (Telecommunications Device for the Deaf) at 800-735-2964.

Newbury Village is another location here in Newbury that offers affordable housing for seniors. Newbury Village is located at 30 Rolfe Lane. Newbury Village is managed by Eastpoint Properties out of Bedford, New Hampshire. Contact Paula Thompson, Property Manager, at 603-471-3013 to request an application and get on the wait list.

Newburyport Housing Authority is dedicated to the provision of safe, decent, and sanitary affordable housing options for low and moderate income individuals and families. Contact them at 978-465-7216 or via email at nha@nhahousing.com or visit their website at www.cityofnewburyport.com/housing-authority-0

TAKE-HOME ACTIVITY KITS

Our Take-Home Activity Kits were initially made available through a grant from Elder Services of the Merrimack Valley & North Shore. These kits, which can be picked up at the Council on Aging, are a way for us to offer fun activities for our seniors to do at home.

The idea for the take-home kit was born out of necessity due to the Covid pandemic, but they have been so popular that we would like to continue to offer kits post-pandemic. Have an idea for a kit? Let us know! Supplies are limited and these kits go fast, so call us at 978-462-8114 to reserve yours today! Did you get our voicemail? Leave us a message including your name, phone #, and which kit you would like. Limit of one kit per person.

SUCTION CUP BIRD FEEDER

Hang this feeder outside your window to get a great view of the birds in your yard! Kit includes feeder and birdseed. 6 kits available.



SUET FEEDERS

Hang this suet basket and fill with the included suet cake to attract birds of all kinds to your yard! 10 kits available.



STONEWALL KITCHEN BLUEBERRY MUFFIN MIX

Bake up some delicious blueberry muffins using this mix from Stonewall Kitchen. Just add eggs, milk, and unsalted butter. Muffin tins and mixing spatula included. 8 kits available.



"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 a pen. 12 kits available.



Programs ~ August

Wednesday, August 4th (and every Wednesday ongoing)

Gentle Yoga with Chris Howe
10-11am
Central Street Playing Fields
Classes will be held inside the Field House in the event of inclement weather.
Registration is required. 10 spots available.
Cost: suggested donation of \$2/class

Tuesday, August 10th

"Considering Your Options: Advantage & Disadvantages of Home Care, Assisted Living, Nursing Homes, and Skilled Nursing Facilities"
10am
Newbury Council on Aging - 63 Hanover Street
Join Abelee Groff, LCSW, of Brigham Health and Rehab of Newburyport for this 15 minute discussion. Abelee will be available to answer questions after the discussion. Light refreshments will be served.

Wednesday, August 18th

Watercolor Class with Bill Duke
10am - 1pm
Newbury Council on Aging - 63 Hanover Street
Registration is required. 10 spots available.
Cost: \$20

Tuesday, August 24th

Greater Newburyport Village Presentation
11am
Newbury Town Library - Community Room
Join Bill Franz and Paul Harrington as they discuss what Greater Newburyport Village is and what this organization has to offer.
Light refreshments will be served.
Registration is requested but drop-ins are encouraged.

Monday, August 9th

Birthday Bingo with Donna Callahan
1pm
Newbury Council on Aging - 63 Hanover Street
Cupcakes, ice cream, and lemonade will be served.
Registration is requested.
Cost: 10 cents per bingo card

Tuesday, August 17th

Luncheon funded by a grant from The Newburyport Society for the Relief of Aged Women
12:00pm
PITA Hall - 8 Plum Island Blvd.
Catered by: Carry Out Cafe
Menu: cup of haddock chowder; choice of 1 sandwich on a slider roll (Caprese; Roast Beef & Café Boursin; or Chicken Salad); red & sweet potato salad; pickle. Light dessert will be served.
Registration is required. 40 spots available.

Thursday, August 19th

Van Trip to Al's Seafood - North Hampton, NH
Van leaves Newbury at 11am
Lunch followed by a scenic ride along the coast.
Registration is required. 10 spots available.
Cost: suggested donation of \$3 for the van ride

Virtual Programs



Be sure to check out Cable Access Channel 9 for some new programs! Programs are shown Monday through Friday @ 11am & 2pm; Fridays @ 1pm; and Saturdays & Sundays @ 8pm.

Programs ~ September

Wednesday, September 1st

Veterans Benefits Seminar
10am

Byfield Community Arts Center - 7 Central Street
Learn more about Veterans Benefits! Karen Tyler, Veterans Service Office, will be giving a presentation on local, state, and federal benefits. Open to Veterans, surviving spouses, & families. Registration is not required.

Thursday, September 9th

13 Things About Ed Carpolotti
1pm

Byfield Community Arts Center - 7 Central Street
Presented by Delvena Theatre through a grant from the Newbury Cultural Council. Registration is requested but not required. Light refreshments will be served.

Tuesday, September 14th

Luncheon (funded by a grant from The Newburyport Society for the Relief of Aged Women)
12:00pm

PITA Hall - 8 Plum Island Blvd.

Catered by: Starboard Galley

Menu: New England Clam Chowder; garden salad; pulled pork sandwich; potato salad; cole slaw; strawberry shortcake for dessert.

Registration is required. 40 spots available.

Thursday, September 16th

Constituent Services
12-1pm

Council on Aging - 63 Hanover Street
Stop by to meet with Mary Ann Nay from Senator Bruce Tarr's office to ask questions or discuss any concerns. Registration is not required.

Thursday, September 2nd at 7am - Monday, September 6th at 6pm (ANTICIPATED)

"The Moving Wall"

Central Street Playing Fields

The Moving Wall is a half-size replica of the Washington, D.C. Vietnam Veterans Memorial. This exhibit is being explored by the town and optimism is high that it will be coming to Newbury this year. Call us with questions!

Monday, September 13th

Birthday Bingo with Tina Kennedy
1pm

Newbury Council on Aging - 63 Hanover Street
Cupcakes, ice cream, and lemonade will be served.

Registration is requested.

Cost: 10 cents per bingo card

Wednesday, September 15th

Watercolor Class with Bill Duke
10am - 1pm

Newbury Council on Aging - 63 Hanover Street
Registration is required. 10 spots available.

Cost: \$20

Tuesday, September 21st

Gordon College Center for Balance, Mobility & Wellness

Join Andrew Walker & Marie Lucey for a seminar on balance and fall prevention.

1:30pm

Newbury Town Library - Community Room

Registration is requested.

Light refreshments will be served.

Thursday, September 23rd

Van Trip to The Ipswich Inn

Van leaves Newbury at 10am

Brunch followed by a scenic ride to Great Neck. Registration is required. 10 spots available.

Cost: suggested donation of \$3 for the van ride

Newbury Council on Aging Space Needs Update

Did You Know?

- **March of 2020:** The Newbury Council on Aging Expansion Committee presented a report to the Board of Selectmen regarding the need for increased space for the Council on Aging. The Board of Selectmen requested the Expansion Committee complete a space needs assessment.
- **Fall of 2020:** The Council on Aging Expansion Committee and the Council on Aging Director began meeting with Context Architecture to review space needed to provide the seniors of Newbury with a comprehensive and diverse program. The drawing below is a concept of what we feel would meet the needs of the program now and into the future.



- **June 29, 2021:** The Newbury Council on Aging Board voted to pass the above concept drawing onto the Select Board for their review. The Select Board will decide if this space is appropriate or if we need to make any adjustments. The Select Board will determine where a new Council on Aging space would be located or if a current space can be renovated to accommodate our needs. Once the Select Board makes a decision, the proposal would get passed on to the voters of Newbury to make the final decision.
- In the meantime, due to space limitations at our current location, we are branching out to other areas in town to offer some great programs to our seniors. We are collaborating with The Recreation Committee and the Library as well as the Byfield Community Arts Center to achieve this. We are grateful for their support of our program and their willingness to share their space with us. These locations include:
 - The Central Street playing fields and the Field House
 - Newbury Town Library
 - The Byfield Community Arts Center
 - The Council on Aging offices remain at Newbury Elementary School at 63 Hanover Street. We will continue to offer some smaller programs here. Our staff is also available to meet with seniors and/or their families here to assist with Outreach needs.



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Newbury Council on Aging

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Staff

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

Call Us to Reserve Your August & September Grab and Go Traveling Chef Meals!



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

We are offering Grab and Go Meals on **Wednesday, August 18th and Wednesday, September 22nd**. August's menu: Waldorf turkey salad with grapes & apples; Kaiser roll; garden salad; vinaigrette pasta salad with diced veggies; bag of potato chips; peach cobbler for dessert. September's menu: Black bean veggie burger; roasted vegetables; orzo pilaf; apple crisp 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, August 18th and Wednesday, September 22nd at 63 Hanover Street. Call upon your arrival and a staff member will deliver your meal to you in your car or come inside to pick up. 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!*