



Resource Guide

Amesbury Council on Aging

Volume I, Issue I

January 2016

Local Contacts

Amesbury Senior Community Center

Phone: 978-388-8138 Fax: 978-388-8144

Mon-Fri 8a- 4p & Afterhours by apt.

www.amesburyma.gov

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Activities Assistant	Brandi Thompson		
N.E.E.T	Mary Jo Sullivan	x556	
Nutrition Program:	Jennifer, Site Manager	x549	

Senator Nicholas J. Costello Transportation Center

68 Elm St., Amesbury, MA 01913

MVRTA	Merrimack Valley Regional Transit Authority	978-469-6878
Public Health Nurse	Cathy Vichill	978-388-8138 x547
Veterans Agent	Kevin Hunt	978 388 8136
Youth Recreation	Kathy Crowley	978-388-8137

City Departments

Mayor Ken Gray	62 Friend St.	978-388-8121
Clerk	62 Friend St.	978-388-8100
DPW	39 South Hunt Rd.	978-388-8116
Fire : 911	9 School St.	978-388-1333
Library	149 Main St.	978-388-8148
Police : 911	19 School St.	978-388-1212

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Council On Aging 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.

We are FACEBOOK

Search Amesbury Seniors
Facebook
or
go to
<https://www.facebook.com/amesburyseniors>



Alzheimer's Association

1 800 272 3900

American Consumer Credit Counseling

1-800-769-3571

Community Action

978-388-2570

M,T 9a-3p

The 11a-6p

Elder Services of Merrimack Valley

1-800-892-0890

Meals on Wheels Ext 490

FUEL ASSISTANCE

(Community Action – Haverhill office)

978-373-1971

Mass Save

1-866-527-7283

Merrimack Valley – North Shore Legal Services

1-800-427-2521

MVRTA

978-469-6878

Northeast Independent Living Center

978-687-4288

1-800-845-6457

Our Neighbors' Table

978 388 1907

Pettengil House

978-463-8801

IN-TOWN TRANSPORTATION

FREE transportation is available to residents age 60 and older when traveling *within Amesbury*. The COA schedules for all in-town transportation. All requests must be made at least *2 business days in advance* and callers must provide information such the address where you are

going. In-town transportation is perfect for traveling to the senior center, shopping, etc... On Fridays at 1:30pm the bus takes you to Market Basket in Newburyport. Rides are scheduled on the half hour/hour based on availability. If you are in need of a ride,

please contact the Amesbury Senior Community Center.

BUS TICKETS:

MVRTA charges \$20.00 for 10 one-way rides using EZ Trans. For your convenience we offer these books on sale at the center.

MERRIMACK VALLEY REGIONAL TRANSIT AUTHORITY (MVRTA):

Offers EZ Trans – curb to curb wheelchair accessible, shared ride service for residents traveling outside of *A m e s b u r y*. Transportation is offered to: Andover, Amesbury, Haverhill, Lawrence, Merrimac,

M e t h u e n, Newburyport, North Andover and Salisbury. EZ Trans also offers ADA service to those who are disabled. Contact Doreen at 978-388-8138 to fill out an application or *c a l l M V R T A*

978-469-6878 Office of Special Services (select option 3 on the menu when prompted) to schedule a ride.



NEET: NORTHERN ESSEX ELDER TRANSPORT

NEET is available for out-of-town medical appointments. If you are not able to use MVRTA and have no one to take you to your medical appointment, please call *M a r y J o*.

@978-388-8138 and leave her a message. Please request a ride at least 2 working days before you're appointment. Contact Cathy Fairchild at NEET 978 388 7474 to become a driver. *B e a*

NEET Volunteer!





MVRTA: Medi-Ride

The Merrimack Valley Regional Transit Authority (MVRTA) has a Medi-Ride transportation service for MVRTA Special Services customers to travel from the MVRTA service area to the Lahey Clinic in Peabody and to 14 hospitals in the City of Boston for access to their medical appointments. The service currently serves the greater Newburyport area (including Amesbury) on *Thursdays*. If your medical appointment is on a day other than Thursday, please call the Office of Special Services and they will do their best to accommodate you.

All medical appointments in Boston should be scheduled between the hours of 11:00 AM and 1:30 PM and all medical appointments at Lahey

Clinic in Peabody should be scheduled between the hours of 10:30 AM and 2:00 PM. The van will be departing Boston and Peabody no later than 3:30 PM. The rate of fare for all MVRTA Special Services eligible individuals will be \$8.00 cash one-way or \$16.00 cash round-trip. Any customer may have one companion accompany them for a fare of \$4.00, on a space-available basis.

MVRTA Special Services customers may make a reservation for this service by calling the MVRTA Office of Special Services at telephone (978) 469-6878, "Option 3". Reservations may be made no more than 14 days in advance of the date of service, but at least one week (seven days) prior to the day of the trip.

PT I:
Mass Health
Medical
Transportation

If you are on standard Mass Health you may be eligible for medical transportation to your physician appointments for FREE. Contact your Primary Care Doctor to sign up for this, this includes trips to Boston. If you want more information please contact Annmary or Doreen at the Senior Community Center.



VOLUNTEER!

The COA is always looking for volunteers to assist in a variety of ways: greeting, reception, friendly home visiting, telephone reassurance, and more. We can not succeed with out your help! Contact Annmary Connor, LICSW at 978-388-8138 for more information or to make an appointment.



**SENIOR/
VETERAN
TAX WORK
OFF**

You may be able to earn up to \$1,000 off your property taxes by volunteering in a City department for 100 hours from January to October. Positions and hours vary. See Annmary for more information or download the forms off our web page.

INTERGENERATIONAL PROGRAMMING

Everyone benefits from intergenerational programming. It keeps seniors involved in the community and also keeps them active and engaged which helps maintain physical and mental health. At the same time, youth are

exposed to positive role models, which enhances communication and decision making skills. We ask that you join us throughout the year in foster our youth and teaching them charter building. Join us in one of our many programs.

Some of our joint programs:

- Who's coming to lunch
- When I was a Kid
- Raking
- Snow Shoveling



OUTREACH

YARD

WORK/SNOW

SHOVELING: We have partnered with several organizations as well as have several people who have been listed as people you can pay. For an updated list please call or stop by the senior center.

OUTREACH/

CASE

MANAGEMENT:

Amesbury residents are eligible for social services to address a variety of different care management. Please schedule an appointment with one of the staff/ interns.

PRESCRIPTION ASSISTANCE:

If you need help paying for prescriptions please contact Doreen or Annmary to find out if you are eligible for reimbursement. Made possible by grants from the *Class of 1955* and *Central*

Congressional church.

Interns: The COA partners with many different colleges and university, this allows for the development of new programs and the ability for more in-depth case management.

NUTRITION

BROWN BAG: *Tues, 1st of the month.* A FREE bag of food provided by Elder Services of the Merrimack Valley, contact the senior community center to find out if you are eligible.

FOOD DROP-OFF AT HOUSING: USDA dropped off at Heritage Towers and Powow Villa and available to those who live in senior housing. Pre-registration is required. Contact Our Neighbors Table at 978-388-1907 to find out if you are eligible.

HOME DELIVERED FOOD: Weekly, in collaboration with ONT. If you are homebound please contact Doreen Brothers and find out if you are eligible for home delivered food.

M E A L S O N

WHEELS: *Mon-Fri, Lunch* available for homebound elders. Call Elder Services of Merrimack Valley at 1-

800-892-0890 Ext 490 to make arrangements.

MEAL SITE: *Mon-Fri, 11:20am,* Lunch is served at the senior community center. Suggested donation is \$2.00 per meal for persons 60 & older, or \$4.50 for under 60. Reservations are required and should be made 2 days in advance. Remember to call if you are unable to attend. Contact *Jennifer*, Meal site Manager, at 978-388-8138 ext. 549 between 9am and 11am.

OUR NEIGHBORS'

TABLE: *Wed, 4pm-6pm.* Free nutritious meal at Main St. Congregational Church. The MVRTA transports people to these meals. The Food Pantry is open *Fri, 10:30am- 1pm and Sat 9:30am- 12pm.*

SNAP: (Supplemental Nutrition Assistance Program) Helps those who are low-income buy the foods needed for good health, such as

fruits, vegetables and whole grains. To sign up call the Senior Community Center to schedule an appointment with Doreen.

USDA: (Food and Nutrition Program) Second and last Fri. and Sat. of the month pick-up at Our Neighbors Table. 1st Tues and 3rd Wednesday delivered to Heritage Towers, & Powow Villa. (Pick up in the community room) Contact Our Neighbors Table at 978-388-1907 regarding eligible.

C O M M U N I T Y

ACTION: Residents of Amesbury & Merrimac are eligible to use the FOOD PANTRY at Community Action in Amesbury located at 44 Friend Street.

PETTINGILL HOUSE

FOOD PANTRY
Tuesdays 9-2, 4-6p

Health

HEALTH NURSE: *Tues, 10:30am, 3xper month.* Stop in to address questions related to your health

HEARING CLINIC: *Tues, 2nd of the month.* Call 978-388-8138 to schedule an appointment.

PODIATRY CLINIC: *Wed, 2nd of*

the month. The fee is \$40.00/visit. Simply Foot Care, Catherine Languadoc, RN she also provide foot care at home for seniors for \$50.00/visit. Call to schedule an appointment.

PODIATRY/ FOOT CARE: Are you having

trouble paying for orthotics? Podiatry? Specialized shoes? You may be eligible for assistance through a grant funded by the Amesbury Health Care Trust. Maximum is \$150 per person. Please contact Doreen or Annmary for more information.



SUPPORT GROUPS AND SUPPORT SERVICES

LOW VISION

GROUP: *1st Thurs. of the month, 1pm– 3pm.*

This group provides an opportunity to learn about eye conditions, develop strategies for dealing with everyday challenges related to sight and support those experiencing similar challenges. If you have vision loss due to a diagnosed visual condition, consider joining us. Please contact Doreen for more information.

MEN'S GROUP: *Fri 9am- 11am.* Any area of concern can be discussed. Group members are caring & supportive. Confidentiality is maintained. Please contact the COA Director. Thank you

Andyman Bakery for the coffee and pastries.

ACE CAREGIVER SUPPORT GROUP:

Offers 3 support groups each month, two in Amesbury and one in Groveland. Allows caregivers to come together for emotional, social and practical support. Participants must be a part of the ACE Caregiver Support Program. Call to sign up. ACE works in collaboration with our Greenleaf supportive day program.

BEREAVEMENT

GROUP: are scheduled at different times throughout the year and facilitated by Merrimack Valley Hospice. See the newsletter for more details.

OLDER BATTERED WOMEN'S GROUP:

A joint collaboration with GLSS Courtney Hutchinson, ESMV, Jeanne Geiger and the COA. Please contact Courtney at 781 586 8607 to find out more about this confidential group.

OLD ADULT ABUSE SUPPORT GROUP:

Are you being abused by you adult children/ grandchildren/nephew/ nieces . If so we offer a FREE confidential support group. Please Contact Courtney at 781-586-8607.

WOMEN'S SUPPORT GROUP:

This group is FREE and open to any older adult women seeking to create connections and gain the support of other older women who are aging gracefully.

month for 15 minute intervals to discuss legal problems they may have. Please contact the Senior Community Center to set up an appointment.

Veterans Support Group

This group will be held the Second Monday of the month at 10am 2/8, 3/14, 3/11. each month has a different topic see news letter for updates.

VETERANS SERVICES

Are you a veteran or the widow of a veteran? Have you ever served in the military? If so, you may be eligible for financial assistance and VA benefit programs. Please contact The Veteran Service Agent, at 978-388-8136 to see if you qualify.



Notary

Notary service is available at city hall in the clerks office.

LEGAL SUPPORT

L E G A L ASSISTANCE:

Merrimack Valley– North Shore Legal Services offers FREE legal services to those age 60 and older. Priority given to greatest need. For assistance, call 1-800-427-2521.

M E E T T H E LAWYER/ LEGAL

CLINIC: *Thurs 1x month, 8:30am:* FREE legal advice from Margo Birke, a local attorney who works with senior citizens daily, specializes in Elder Law. She can meet with up to 4 senior citizens each



Airing on Channel 12

Tues 4pm, Wed 9:30am

Thurs 7:30pm & Saturday 9am

Come and meet Annmary Connor, COA Director as she meets with special guests each month. Learn more about the services and resources available to you and your family.



Airing on Channel 12

Sun 8am, Mon 3:30pm, Tues 11am,

Wed 10am, Fri 4pm & Sat 8am

Join Doreen Brothers (Assistant Director and Certified Personal Trainer) and friends. To get started or continue on the path to wellness, join them at least 3 times per week.

FINANCIAL SUPPORT

SHINE : (Serving the Health Information Needs of Elders): *Wed, 9:30am-12:30pm.* This program assists elders with their health insurance needs. The SHINE Counselor assists Medicare beneficiaries of all ages including people under 60. Counselor Olyce Moore can help you

process health benefit claims & complete applications. Call the Senior Community Center to schedule an appointment.

RENT ASSISTANCE: If you are past due on your rent and you have exhausted all of your financial resources, contact Community Action at 978-388-2570

as you may be eligible for the Emergency Food & Shelter Program (EFSP).

PRESCRIPTION ASSISTANCE: If you need help paying for prescriptions please contact Doreen or Annmary to find out if you are eligible for reimbursement. Made possible by grants from the *Class of 1955* and *Central Congressional church.*

WELLNESS & FITNESS PRGRAMS

CHAIR YOGA : *Thurs 8:30am- 9:30am, FREE.* Whitney Willman provides Yoga instruction to older adults with a wide range of abilities. These classes are being sponsored by *Maplewood Care and Rehabilitation Center* who is committed to short term rehabilitation, getting you stronger and keeping you active and healthy.

first Friday of the month.

ZUMBA: *Thurs 10am, \$3 per class.* A fitness program comprised of Columbian dance. Join Kerstin Olson from the YWCA and fellow seniors for this new, fun form of exercise!

MEDITATION: *Wed 10am* Buddhist philosophy and practice, some yoga style warm up exercises, a few minutes of Qigong exercises, a breathing exercise, some chanting and Pure Land meditation. Exercises are very gentle and designed to relax the body. Sitting on chairs, lying down, or kneeling are all fine.

Tia Chi: *Fri 9:30am \$4 pp.* Come and learn the art of Tia Chi with Petra.

3B FITNESS: *Wed 5pm (Balance, Bones and Brain)*

What is it? It is a fun and high energy class developed to improve balance, increase bone density through strength training and improve cognition with trivia questions and brain games.

EXERCISE CLASS: *Mon and Wed 1:00pm, \$3 per class.* Come and join YWCA instructors at the Amesbury Senior Community Center for fitness fun.!

LINE DANCING: *Thurs 1pm, \$3 per class.* Come and have some fun learning the steps with Geri Mullen. **TAI CHI:** *Fri 9:30am, \$4 per class.* Come and learn the way to inner peace through Tai Chi with Petra Horgan.-except the

Wear comfortable clothes. The Teacher: John Lalumiere has been teaching for several years and practicing meditation since the 80's when he met his first teacher.

WE OFTEN RUN EVIDENCE BASED WELLNESS PROGRAMS, CHECK OUT OUR NEWSLETTER !



FUN ,GAMES, ART AND MORE.....

ART WITH CARA:

Budding artist? "Art with Cara" will nurture you while the cold weather keeps you indoors with pencil, pastel, or paint. You choose and I'll teach you. Mondays 10:00 to 11:30. Fee \$5.00

BINGO: *Tues 12:15pm.* 50¢ per card. Located in the Senior Community Center Great Room.

BLANKETS 4 KIDS:

Tues 10am: Help us make blankets for foster children. These blankets are being made by the tender loving hands of local residents .

BOOK CLUB: *Tues, 2nd of the month, 10am-11am.* Join the club to rediscover classics as well as popular new works. Books are provided and can be found in the Center.

GAME TIME: *Fri 12:30pm-3:00pm.* Join in a game of cribbage.

BRIDGE: *Thurs 12:30pm.* A small and enthusiastic group - looking for new players.

They will teach you how to play!

BUSY NEEDLES: *Tues 9:00am. Wanted -*

Individuals who love to crochet, needle work or knit. Hand crafted items on display at the Senior Community Center lobby and available for purchase. Items include sweaters, hats, blankets, scarves etc. Proceeds help support the Center.

MOVIE MONDAY:

Noon time , COME WATCH A NEW RELEASE WITH SOME FRIENDS OR A OLD TIME MOVIE.

PRIME TIME POETS:

The third Tuesday on the month March- October 6pm FREE and open to ALL..

THINKING OF YOU

CARDS: Please tell us at the Senior Community Center when you, a family member or friend are sick or not feeling well so we can send a *thinking of you* card.

IRIS FOLDING: *Thurs 9:30am .* Make your own greeting cards by trying

your creative hand at Iris Folding. \$3 fee per class. This is a detailed, independent activity with supervision. Contact Jeanne, the instructor.

WATERCOLOR PAINTING GROUP:

Wed 9:30am. Painters of all abilities are invited to join.

Wii BOWLING: *Mon 9am.* Join other players in the Senior Community Center Game Room located on the 2nd floor. Once per month players challenge seniors from the Merrimac senior center. Day, time and location vary each month. Please call to find out more.

Some new activities....

MAH JONGG
Starting Jan. 2016!

Mondays 2pm

3B FITNESS
Wednesdays 5pm

Blood Drives are a regular occurrence. **New TV shows/movie times**



POSTAGE STAMPS:

For your convenience the Senior Community Center sells single stamps or books of 20 Forever stamps. We also have applications available if you wish to purchase your stamps by mail.



COMPUTER CLASSES:

Are offered at various cycles in our computer lab. Call to see when the next session is running, we have desk tops, ipad and a tablet for you to learn on.

COMPUTER ROOM:

Available to seniors *Mon thru Fri 8am- 4pm* & except when computer classes are being held or other trainings are utilizing the room.

OUTREACH / CASE MANAGEMENT/ SUPPORT

The COA strives to support our older adults, disabled individuals and residents in needs. The COA offers innovative support to residents of Amesbury. The COA is innovative and works diligently on locating supports to aid

Individuals and families on maintaining their independent life in their home. The COA will work with you to the best of our ability to locate the resources and supports you uniquely need to remain in your home.

The COA offers this support through partnerships, connections,, interns and volunteers. Please contact on of our social work staff to make an appointment

AMESBURY CAREGIVERS ESSENTIALS (ACE)



Amesbury Caregiver Essentials (ACE) is FREE to all

Amesbury residents. It provides caregivers with the resources needed to manage the stress associated with caring for a loved one through case management, education and social and emotional support. Support groups are FREE to anyone regardless of township. Amesbury support group offers respite care. You will be able to attend the support group while feeling confident that your loved one is safe participating in the Greenleaf Supportive Day Program here at our Senior Center. Please

allow us a two day notice for members to join Greenleaf.

WHAT DOES ACE OFFER?

- Caregiver Support Groups -meet at different locations and monthly at the Amesbury Senior Center in Amesbury. Its primary focus is to provide support for the caregiver. As always, our Amesbury support group offers respite for your loved one.
- Entertainment– Comedians, Music, dancing, dinners and social events.
- Tele Check-In Program– Volunteer

run telephone check in program for clients who may need extra support.

- Friendly Visitor Program– Volunteer run program where volunteers visit elderly citizens in the homes in the area.
- After ACE– One year of support after a clients loved one passes. Bereavement support groups offered.

CURRENTLY REQUESTING VOLUNTEERS TO HELP RAISE MONEY FOR ACE AND THE GREENLEAF PROGRAM

~~~~~  
We are always seeking volunteers to aid us in many different ways  
~~~~~

Want to help? We are always looking for people to support the Friends of the COA– they are the financial support tot the COA. Did you know that the FCOA pays for all programing at the COA and helps to get sponsors to help for all our events?
~~~~~

### Meetings

COA board: Second Thursday of the month at 4:30pm

FCOA : Third Thursday of the month at 3pm



## GREENLEAF SUPPORTIVE DAY PROGRAM

The Greenleaf Supportive/Social Day Program offers each participant socialization and meaningful recreational activities as well as supervision, nutrition and support services in a community-based setting.

### RESPIRE FOR YOUR FAMILY TREE !

The program is designed to allow participants to continue living in their homes as independently and as long as possible. Greenleaf will also provide each caregiver with the respite needed to continue working, attend support programming, care for their family and attend to their own well being.



### Supportive Day

Mon-Fri 9m-3pm.  
Private pay cost is \$37/day

Greenleaf is contracted with Elder Services of the Merrimack Valley.

Payment options are available if you are a client of ESMV or are eligible for Masshealth.

Call for Greenleaf coordination staff for funding options.\*

**FOR MORE INFORMATION**

Please call or Email

Vanessa Kahrman  
978-388-8138 x544

kahrmanv@amesburyma.gov



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**www.communityactioninc.org**

**or call 978-374-7660**



**Amesbury Council on Aging**

68 Elm St  
Amesbury, Ma 01913

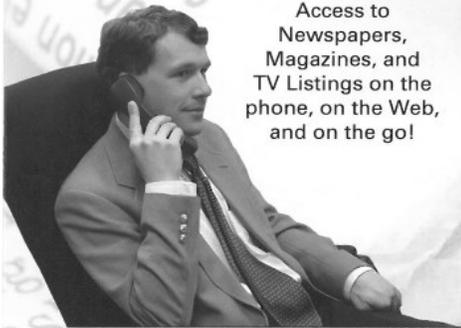


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**ARE YOU AN ADULT AGE 50 OR OLDER WHO  
HAS EXPERIENCED ABUSE? WE CAN HELP?**

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DOMESTIC VIOLENCE  
AWARENESS MONTH**

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education and support  
programs for people  
living with similar  
challenges.

Are you a woman  
who has experienced  
abuse by an intimate  
spouse or partner?

Are you an older  
adult who has been  
abused by a child  
or grandchild?

**CONTACT:**  
Courtney Hutchinson  
781-599-0110



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Referrals & Admissions please call (800) 442-1717

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- Aquatic Therapy
- Day Rehab Program
- Memory Clinic
- Pulmonary Program
- Orthotics/Prosthetics
- Pet Assisted Therapy
- Pediatric Therapy