



**Amesbury Senior Community Center**

68 Elm St

Amesbury, Ma 01913

978 388 8138

Fax 978 388 8144

Volume 2, Issue 11

**Nov. 2016**

**Council on Aging**

CITY OF AMESBURY COUNCIL ON AGING

# Carriage Town Senior Newsletter

## Interim Director Doreen Brothers, LSW



Happy November! This month especially, is a time to be grateful. It's a time to appreciate those around us and the ones who have served to keep our country safe. Please join us (for a breakfast) in saying thanks to our veterans on Tuesday, November 8th. I am also thankful for the amazing people who come to our center. Whether you come to play bingo, have lunch, join in exercise, take

a class, enjoy a support group or volunteer for us - You bring great meaning into my life and to the lives around you. We have an amazing community beyond the Senior Community Center as well. I'll share a few examples: Fire, Paramedics who recently trained our staff in anti-choking and CPR, the Police who work with us to conduct well-checks. Veterans Affairs –always

willing to collaborate with clients and programming, Health and Building Inspectors working with us to keep seniors in their homes, Youth Department and our schools with intergenerational Programs. Amesbury is an amazing community!

## Mayor Ken Gray

November is a busy month for many of us! Election Day is coming up fast on Tuesday, November 8th. If you have questions about who is on the ballot this year or any of the ballot questions, please feel free to contact the Clerk's Office at (978) 388-8100 or swing by City Hall as every vote counts!

Later that week, we honor those who have served in the U.S. Armed Forces on Veteran's Day (Friday November 11th), so please take the time to thank a Veteran for their service. We round out the month with Thanksgiving on Thursday November 24th.

I hope you all enjoy a wonderful day with your families, filled with food and football.

Don't forget the 21st Annual Village of Church Fairs in Amesbury on Saturday, November 5th. Enjoy six church fairs that day, all within walking distance and with the great weather we've been having I'm sure downtown will be busy!

Looking forward to seeing you all out and about, don't forget to keep it local...

Take care,

Ken



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**Interim Director**

Doreen Brothers,  
M.A., LSW, CPT  
x546

brothersd@amesbury  
ma.gov

**Operations Manager**

Vanessa Kahrman,  
MA, LSW x544

kahrmanv@amesbur  
yma.gov

**Prog.Coord./Comm.  
Relations**

Katrina Rioux, LSWA  
x545

**EMHOT Program  
Manager**

Courtney  
Hutchinson MA,  
LSW x543

~

**N.E.E.T**

Mary Jo Sullivan x  
556

**Activities/Aide**

Brandi Thompson  
**Nutrition Program:  
MOW Site Manager**

Jennifer  
978 388 8138 x549

**COA Board MTG  
11/10 4:30p**

**FCOA Board MTG  
11/17 2:00pm**

**Special Events:**

We ask that you **RSVP 978-388-8138** for all these events listed

- **11/1 Tue 11am: Brown Bag pick up**
- **11/4 9:30am Intergenerational Bingo for all ages**
- **11/8 Tues 8:30am Veteran's Breakfast**  
Everyone welcome; please sign up by 11/3
- **11/9 10am Tufts Presentation**
- **11/9 Wed 9am Simply Foot Care:**  
Catherine Languedoc, RN , Cost \$30 pp, Apt start at 9am
- **11/12 9am-1pm Christmas Family Faire: crafts, book signing, raffles, great food**
- **11/14 Mon 11:20 Sponsored lunch (FREE) Thank you Merrimack Valley Health Center.** RSVP by 11/10
- **11/14 4:30pm Greenleaf "Old Hollywood Movie Night"** Casablanca \$5/ ticket donated to Alzheimers Assoc.
- **11/17 Thurs, 11:20am Lunch. Noon Birthday Party:** Thank you Merrimack Valley Health Ctr for \$20 gift raffle. & Stop n Shop, FCOA. Entertainer-If this is your birthday month the FCOA invites you to lunch. rsvp 11/14

- **11/21 Mon 9am Coffee w. Chiefs .!** Learn about special projects around town. Special guest Nicole Spirito, Youth Recreation
- **11/18 Fri. 8:30 am, 9am and 9:30am Legal Clinic**  
\$5 fee in advance to reserve your appt. time. \$300 value
- **11/23 Wed 11:20am Sponsored Lunch:** Thank you *Country Rehab. Center*, Meet the great staff. Enjoy time together!
- **11/30 6pm- Pastel Paint Workshop: Thank you Amesbury Cultural Council**

**Groups**

- **11/3 Thurs 1pm Low Vision support group.**  
Newcomers welcome
- **11/4 & 11/18 Men's Group:** facilitated by Joe LeBlanc – pastry & coffee sponsored by **Andymans Bakery**
- **11/25 Men's Social Group:** Gathering of like minded men.
- **11/17 Thur NAMI 7pm:** National Alliance on Mental illness . The Family & Friends support group/ Connection Recovery. 978-872-4525 or [nea333@gmail.com](mailto:nea333@gmail.com)
- **9/21 thru 12/21 Wed 10am Bereavement Support Grp.** Please call Lois Marra Home Health VNA 978-684-2185

- **11/30, 12/28 5:30pm Bereavement Grp** Anna Jaques Cancer Center 1 Wallace Bashaw Jr. Way Suite 2001, Newburyport MA

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**Senior and Veteran Tax work off applications available Nov. 1st -see reception desk**

The Amesbury COA will be taking applications for the senior and veteran tax work off program. The program will start the first week on January 2017 and run until October 31, 2017. The senior tax program is for eligible seniors who's income is at or below 500% the poverty line and for any veteran. This program allows you to volunteer 90 hours earning \$1,000 off your property tax bill. Individuals gross no more than \$59,400 or couples \$80,100. Veterans –no income requirement just please show valid DD214. Positions are located throughout city departments. Applications are at reception on 2nd floor of the COA.

~~~~~  
**VOTER INFORMATION**

**State Election - Tues., November 8th**



*Please note:  
Reservations  
cannot be  
confirmed  
until payment  
is received.  
For details  
and to sign  
up for one of  
our group  
tours please  
contact the  
Council on  
Aging in  
Amesbury @  
978-388-8138.*

~~~~~

COA Board  
MTG 11/10  
4:30pm

**Friends of the  
Council on  
Aging**

FCOA Board  
MTG 11/17  
2:00pm

**FCOA Officers**

Ken Bosse,  
President  
John Jennell, Vice  
President  
Jackie Storti,  
Treasurer  
Arlene  
Moors, Secretary  
Lois Pierce,  
Membership  
Secretary

## **Trips and Tours— A fundraiser for the FCOA— Everyone is welcome**

November 17 - Silver  
Sizzle Review @  
Luciano's Lake Pearl,  
Wrentham, MA –  
Featuring performances by  
former Radio City Music  
Hall Rockettes, great  
comedy and a *Holiday Roast  
Turkey Dinner*. \$89pp  
payable to Best of Times.

December 5 – A White  
Mountain Christmas @  
Indian Head Resort –  
Located in Lincoln, NH;  
includes Luncheon Buffet,  
Welcome Reception, photo  
with Santa, dance band,  
floor show, Christmas  
Carol sing-alongs and a gift  
for all. \$76pp payable to  
Royal Tours.

December 7 – O Sole  
Trio @ Danversport  
Yacht Club. This  
versatile musical trio  
performs a Festive Holiday  
Program packed with your  
favorite hits of the past  
along with Holiday  
Classics. Includes lunch  
(choice of Chicken Parm  
w/Penne Pasta or Baked  
Scrod). \$89pp payable to  
Best of Times.

December 31 – New  
Year's Eve Day Trip @  
Danversport Yacht Club.  
Featuring Award Winning  
Singer Lydia Harrell and  
dancing to the Lovely  
Singer Orchestra. Includes  
Show, Luncheon (choice

of Stuffed Chicken Breast or  
Baked Scrod), Party Favors &  
Champagne Toast. \$95pp  
payable to Best of Times.



May 1-5, 2017 –  
Niagara Falls & Toronto –  
Includes a journey to the Falls  
on a Hornblower Niagara  
Cruise. Visits to beautiful  
Queen Victoria Park, historical  
Niagara-on-the-Lake,  
engineering marvel the  
Welland Shipping Canal and  
Fallsview Casino. Tour of  
cosmopolitan Toronto,  
including majestic Casa Loma.  
5 Days/4 Nights; 8 Meals (4  
Breakfasts/4 Dinners).  
\$499pp Dbl/\$658 Sgl. **\$75 on  
sign up reserves your seat;**  
final payment due 02/22/17.

May 19-21, 2017 – New York  
City – Includes visits to 09/11  
Museum & Memorial; Ferry  
Ride to Liberty & Ellis Island  
w/Admission to Statue of  
Liberty. Free time to explore  
the city; enjoy museums,  
shows, sightseeing, shopping,  
etc. at your own pace. 3  
Days/2 Nights; American  
Breakfast Buffet each  
morning. \$599pp Dbl/\$879  
Sgl. **\$50 on sign up confirms  
your reservation;** final  
payment due 04/07/17.

## **HEALTH INSURANCE NEWS!**

**Part D Prescription plans**  
often change from year to  
year. It is a good idea to  
check what plan is best for  
you in 2017. Medicare has  
an excellent web site  
([medicare.gov](http://medicare.gov)) that helps  
compare the plans that are  
available. If you are not  
computer savvy, see if you  
can get a relative or friend  
to help you. You can also  
get help from Olyce Moore,  
SHINE Counselor at the  
Amesbury COA, SHINE at  
Elder Services of Merrimac  
Valley, or by phoning Medi-  
care.

To compare Part D Plans  
you will need your Medicare  
Card and a list of your med-  
ications. There are forms  
available to fill out on the  
bulletin board at the COA.  
Please fill one out if you  
want help here in Amesbury  
and turn it in at the recep-  
tion desk upstairs. Open  
enrollment will continue  
until December 7<sup>th</sup>.

It is probable that costs for  
**Part B** may increase. How-  
ever, information about this  
has not been released yet.  
Increases could include the  
2017 Part B premium and  
the deductible.

**The state program Health Safety  
Net is decreasing the Federal Pov-  
erty Level percentage for those  
eligible for its programs that help  
with out of pocket costs for Part A  
(hospital expenses). Uninsured or  
underinsured residents whose  
family income is 300% FPL will be  
eligible for full Health Safety Net  
(down from 400% FPL). Eligibility  
for Partial Health Safety Net will  
be reduced to 150% FPL from the  
current income level of 200% FPL.  
Olyce Moore, SHINE Counselor**



### 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.*

### Council on Aging Board

Gayle Yarnell-  
Chairperson D.  
Kliggi Thomas- Vice  
Chair, Cynthia  
Costello- Secretary,  
Lee Ford –Treasurer,  
Paul C. Rogers,  
Marcia Gilmore,  
Frankie Lalemand,  
Sue Ballard, Teresa  
Axten, Andy Gilmore

**COA BOARD**  
11/10  
4:30pm

We welcome  
members to join  
us at our  
meetings

**FCOA BOARD**  
11/17 2:00pm

## Senior Crime Prevention Tips NOV 2016 By Officer Tom Hanshaw



As we approach the end of the year and the holiday season, I always like to remind readers about the importance of being careful with their money. It's likely you'll notice a number of charitable requests at this time of year, so be careful your money goes where it's really needed. Scam artists will try to trick you into thinking your money is going to someone in need but it's actually going into their pockets. Many of the scams today originate in foreign countries, where they gladly accept your credit card or wire transfer. Remember, no one can donate to every charity, so be penny wise and make sure your donations go

where they are needed.

We are quickly approaching the time of year when anything can happen in the weather department. Be sure you are not caught unprepared for a storm; have extra supplies on hand, just in case you can't get out for a day or two; bottled water, prescription medication, non-perishable foods and some cash, just in case power is lost. We certainly hope it's awhile before we see a snowstorm but we do live in New England where if you don't like the weather, just wait a minute.

Have you received a telephone call from "the IRS" saying you owe them money? Many residents have recently, even though April 15<sup>th</sup> passed by a few months ago. The

IRS will not call you in the event you do owe back taxes and police will not come and arrest you on their behalf. If you receive a call from someone who speaks with an accent and claims to represent them, immediately hang up. The longer you engage these criminals, the better the odds you'll fall for their tricks. You'll also get upset, which is not healthy. Even if you've got a return telephone number, it's likely police can do much with these scams.

Lastly, on behalf of Chief Ouellet and the staff at the Amesbury Police Department, I would like to wish everyone a very Happy Thanksgiving.

## STAY AWAY FROM FRIGHTFUL INVESTMENT MOVES

### DO YOU HAVFAVOR- ITE RECIPE TO SHARE?

When you're passing out candy this Halloween, you'll see some trick-or-treaters wearing costumes they hope are scary – and you might play along. But in real life, you can easily find some things that truly are frightening – such as bad investment moves.

Here's one such move: chasing after "hot" stocks. By the time you hear about them, they've probably cooled off – and they might be inappro-

priate for your needs, anyway.

Another scary move: Investing too aggressively – or too conservatively. Try to find the right mix of investments for your individual risk tolerance.

When you overreact to today's headlines, you're making another frightening investment move – because you're allowing yourself to be frightened. Don't be scared into making bad choices. Instead, stick with a solid, long-term strategy.

Finally, don't waste investment opportunities. If you have a 401(k) or similar retirement plan at work, contribute as much as you can afford.

The investment world can be challenging, but it doesn't have to be scary – especially if you avoid some frightful moves.

**This is Peter Doyle, your Edward Jones financial advisor located at 49 Main St, Amesbury, MA 01913, 978-388-1370.**

## Senator Kathleen O'Connor-Ives First Essex District



**VOLUNTEERS:**

- For the FCOA**— which supports the COA:
- Penny Mill clerk
- Administrative
- Fundraising
- All are welcome to join the board!
- Next meeting Nov 17th 2pm
- For the COA**
- NEET drivers
- Greeters
- Receptionists
- Special events

Dear Friends,  
Last month, I signed a legislative letter urging Governor Baker to reconsider recent changes to the policy which determines the reimbursement of services provided by Personal Care Attendants (PCAs). The plan would restrict PCAs from providing more than 40 hours of care a week per client. There are 38,700 people employed as PCAs in Mass. At an hourly wage of 14.12, who provide critically important care to 26,000 MassHealth members. While PCA services provide quantifiable advantages for the state budget in terms of reduced nursing home spending, there are also immeasurable benefits to

PCA services to the thousands of Mass. Residents who are able to stay in their homes and live independent lives thanks to PCAs.  
I will continue to work with my colleagues in the legislature to ensure access for Mass. Residents to the cost-effective, quality care PCAs provide especially for those who rely on the consistency and stability of PCA services to maintain their independence and quality of life.

As always, my office can be reached at 617722-1604 if we may be of assistance  
Sincerely,

Kathleen O'Connor Ives  
State Senator  
First Essex District

**WAYS TO SAVE \$\$\$!**

- SENIOR TAX WORK-OFF
- FUEL ASSISTANCE
- SNAP
- BROWN BAG
- OUR NEIGHBORS TABLE

Call Doreen  
978-388-8138 x546



If you'd like this newsletter emailed, please call Vanessa 978-388-8138

### FRIENDS OF THE AMESBURY COUNCIL ON AGING (FCOA) Annual Membership Drive

If you desire to become a member or want to renew, please complete the application below and mail with \$6.00 per person for the year (Friends fiscal year runs from July 1 to June 30). To have the Carriage Town Senior Newsletter mailed to your home is an extra \$8.00 per year. **The FCOA supports all the activities at the senior center— be a Member!- No age restriction!**

**NAME:** \_\_\_\_\_ **TELEPHONE:** \_\_\_\_\_

**ADDRESS:** \_\_\_\_\_

**Fill in amount included:**

|                         |
|-------------------------|
| FRIENDS \$6 _____       |
| NEWSLETTER \$8 _____    |
| Total Enclosed \$ _____ |

Please mail check to: Friends of the Amesbury Council on Aging (FCOA), 68 Elm Street, Amesbury, MA 01913 or hand to the receptionist on the second floor

Date received \_\_\_\_\_ Volunteer Staff/Initials \_\_\_\_\_

**FCOA is a non-profit**

# November 2016



| Monday                                                                                                                                                                                                                                             | Tuesday                                                                                                                                                                                                   | Wednesday                                                                                                                                                                                                    | Thursday                                                                                                                                                                         | Friday                                                                                                                               |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------|
|  <p><b>FCOA<br/>CHRISTMAS FAIR<br/>Saturday Nov. 12th<br/>9:00-1:00</b></p>  | <p>1</p> <p>9:00 Busy Needles<br/>10:00 Health Nurse<br/>11:00 Brown Bag<br/>11:00 Blankets for Kids<br/>12:15 Bingo<br/>2:15 TV Series</p>                                                               | <p>2</p> <p>9:30 SHINE<br/>10:00 Watercolor<br/>10:00 Bereavement Grp<br/>1:00 Exercise<br/>2:00 3B Fitness!</p>                                                                                             | <p>3</p> <p>8:30 Yoga Thx Maplewd<br/>9:30 Iris Folding<br/>10:00 Zumba<br/>10:00 Meditation<br/>12:00 Line dance<br/>1:00 Bridge<br/><b>1:00 Low Vision Support</b></p>         | <p>4</p> <p>9:00 Men's Group<br/><b>9:15 Bingo with<br/>Coastal Connections</b><br/>12:00 Game Room<br/>1:30 Shopping</p>            |
| <p>7</p> <p>9:00 Wii<br/><b>10:00 SHINE Presentation</b><br/>10:00 Art Class<br/>12:00 Monday Movie<br/>2:00 3B Fitness<br/>2:00 Mah Jongg</p>                                                                                                     | <p>8</p> <p><b>ELECTION DAY!</b><br/><b>8:30 Veteran's Breakfast</b><br/>9:00 Busy Needles<br/>10:00 Book Club<br/>10:00 Health Nurse<br/>11:00 Blankets for Kids<br/>12:15 Bingo<br/>2:30p TV Series</p> | <p>9</p> <p>9:00 Foot Care<br/>9:30 SHINE<br/><b>10:00 Tufts Presentation</b><br/>10:00 Watercolor<br/>10:00 Bereavement Grp<br/>1:00 Exercise<br/>2:00 3B Fitness<br/><b>4:30 Accreditation Meeting</b></p> | <p>10</p> <p>8:30 Yoga Thx Maplewood<br/>9:30 Iris Folding<br/>10 Zumba class<br/>10:00 Meditation Group<br/>1:00 Line Dancing<br/>1:00 Bridge<br/><b>4:30 COA Board Mtg</b></p> | <p>11</p> <p><b>VETERAN'S DAY</b><br/>Closed</p>  |

| Monday                                                                                                                                                                                                                                                                                                          | Tuesday                                                                                                        | Wednesday                                                                                                                                                                                         | Thursday                                                                                                                                                                                                                                            | Friday                                                                                                 |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------|
| <p>14</p> <p>10:00 Art Class</p> <p><b>11:15 Sponsored Lunch</b></p> <p><b>Thank you MVHC</b></p> <p>12:00 Monday Movie</p> <p>1:00 Chair Exercise</p> <p>2:00 MahJongg</p> <p>2:00 Computer Instruction</p> <p>2:00 3B Fitness!</p> <p><b>4:30 Old Hollywood Movie</b></p> <p><b>Night Alz. Fundraiser</b></p> | <p>15</p> <p>9:00 Busy Needles</p> <p>10:00 Health Nurse</p> <p>11:00 Blankets for Kids</p> <p>12:15 Bingo</p> | <p>16</p> <p>9:30 SHINE</p> <p>10:00 Watercolor</p> <p>10:00 Bereavement Grp</p> <p>1:00 Exercise</p> <p>2:00 3B Fitness</p>                                                                      | <p>17</p> <p>8:30 Yoga <b>Thx Maplewood</b></p> <p>9:30 Iris Folding</p> <p>10:00 Meditation</p> <p>10:00 Zumba</p> <p><b>12:00 Birthday party</b></p> <p>1:00 Bridge</p> <p>1:00 Line dancing</p> <p><b>2:00 FCOA meeting</b></p> <p>7:30 NAMI</p> | <p>18</p> <p>9:00 Men's Group</p> <p>9:00 Legal Clinic</p> <p>12:00 Game Time</p> <p>1:30 Shopping</p> |
| <p>21</p> <p><b>9:00 Coffee w/ the Chiefs</b></p> <p>9:00 Wii</p> <p>10:00 Art Class</p> <p>12:00 Monday Movie</p> <p>2:00 Mah Jongg</p> <p>2:00 Computer Instruction</p> <p>2:00 3B Fitness</p>                                                                                                                | <p>22</p> <p>9:00 Busy Needles</p> <p>10:00 Health Nurse</p> <p>11:00 Blankets for Kids</p> <p>12:15 Bingo</p> | <p>23</p> <p>9:30 SHINE</p> <p>10:00 Watercolor</p> <p>10:00 Bereavement Grp</p> <p><b>11:20 Sponsored lunch; Thx Country Rehab Ctr.</b></p> <p>1:00 Exercise</p> <p>2:00 3B Fitness</p>          | <p>24</p>                                                                                                                                                          | <p>25</p> <p>9:00 Men's Peer Social Group</p> <p>12:00 Game Time</p> <p>1:30 Shopping</p>              |
| <p>28</p> <p>9:00 Wii</p> <p>10:00 Art Class</p> <p>12:00 Monday Movie</p> <p>2:00 Mah Jongg</p> <p>2:00 Computer Instruction</p> <p>2:00 3B Fitness</p> <p><b>6:30 Veterans Peer Support</b></p>                                                                                                               | <p>29</p> <p>9:00 Busy Needles</p> <p>10:00 Health Nurse</p> <p>11:00 Blankets for Kids</p> <p>12:15 Bingo</p> | <p>30</p> <p>9:30 SHINE</p> <p>10:00 Watercolor</p> <p>10:00 Bereavement Grp</p> <p>1:00 Exercise</p> <p>2:00 3B Fitness</p> <p><b>6:00 Pastel Paint Workshop</b></p> <p>Free, Please sign up</p> |                                                                                                                                                                                                                                                     |                                                                                                        |



# November 2016



# *Save the Date*



*Christmas Family Faire 2016*

*Saturday November 12th*

*9am-1pm*

*Senior Community Center*

*68 Elm Street, Amesbury*

- **The BIGGEST “Raffle Table” EVER!**
  - **Mr. & Mrs. Santa Clause**
  - **Mrs. Clause Bakery Table**
  - **Blankets for Kids Table**
  - **FCOA & Frosty Luncheon**
- **Jewelry table, Knitted items, Blankets, Christmas décor**  
.....and so much more

**Co-Chairpersons: Sally Morrill & Margery Young**

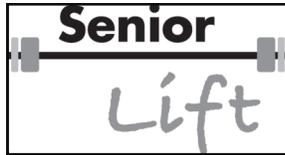
**978-388-8139 ext.557**

**Proceeds Benefit the Friends of the Amesbury Council on Aging**

*The Friends of the Amesbury Council on Aging would greatly appreciate donations of food, gift baskets, and gift certificates for this fall fundraiser.*



Channel 12  
Tuesdays 4:00pm  
Wednesdays  
9:30am  
Thursday 7:30pm  
Saturday 9:00am



Airing on Channel 12  
Sunday 8:00am, Mondays  
3:30pm, Wednesday

10:00am  
Saturday 8:00am  
Watch and join Doreen  
Brothers. LSW, Interim  
Director and Certified  
Personal Trainer with 2  
local guests.

**HELP WANTED!**  
**Penny Mill Clerks to tag  
clothes, take purchases,  
organize store. All shifts  
needed please.**

~~~~~  
"The secret to change is to

### Senior Lift Wellness Opportunities in November.

**\*INTELLECTUAL**

**COMPUTER CLASSES**  
running through December.  
Microsoft Word, Excel and  
Outlook/Email  
\$15 for 1 hour individual  
\$15 for 2 hour group lessons  
Please sign up with fee in  
advance

**\*SPIRITUAL**

Gratitude unlocks the  
fullness of life. It turns what  
we have into enough, and  
more. It turns denial into  
acceptance, chaos to  
order, confusion to clarity. It  
can turn a meal into a feast, a  
house into a home, a stranger  
into a friend.

Melody Beattie

**\*SOCIAL, EMOTIONAL**

**VETERAN'S SOCIAL  
GROUP**



Mon 11/28 6:30PM  
Try this group out!  
Snacks provided

**\*PHYSICAL, SOCIAL,  
EMOTIONAL**

**3B FITNESS** - Mon and  
Wed. 2pm \$3/class

**EXERCISE CLASS** -  
Wed. 1pm \$3/class

**MEDITATION** -  
Every Thurs. 10am

**YOGA** - Free every Thurs.  
8:30am Thank you  
Maplewood

**ZUMBA** - Every Thurs.  
10am

**LINE DANCING** - Every  
Thurs. 1pm

We have a treadmill and  
exercise bike on site for  
you to use. Burn calories  
for FREE!!!



**SAVE THE DATE!**

**Christmas Craft Fair**

• **Thurs. Dec. 8th**  
**Doors Open 10:15am**

**Christmas Senior  
Luncheon get your  
tickets early!**

**\*EMOTIONAL**

**DE-CLUTTERS'  
GRP**

**CALL TODAY!!!**

Spaces are limited, pre-  
registration is re-  
quired.\*\*\*

**GOT CLUTTER?**



10 week groups  
beginning

Early November

There are no  
age or geographic  
restrictions for  
group membership.

For more information  
please contact

Marnie Matthews,  
LCSW

978-624-2207

mmat-  
thews@nselder.org

**5 DIMENSIONS OF  
WELLNESS**



\*There are 5 main  
aspects of personal  
health: physical,  
emotional, social,  
spiritual, and intel-  
lectual. In order to  
be considered  
"well," it is imper-  
ative for none of  
these areas to be  
neglected.

See if you can look  
for ways to prac-  
tice good wellness  
habits.



**Looking for volunteers!**

The Greenleaf Supportive Day Program is looking for volunteers to help during fundraising events.

**CURRENTLY REQUESTING VOLUNTEERS !!**

HELP RAISE MONEY FOR THE GREENLEAF PROGRAM!

For more information please call:

**Katrina Rioux,**  
Program Coordinator/  
Community Relations  
**(978) 388-8138 x 545**

**Free Trial Day**



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. their family and attend to their own well being.

**Greenleaf Caregiver Support Activities**

- 11/14 4:30 PM **Alzheimer's Fundraiser: Old Hollywood Movie Night**
- 11/17 2pm: **Support group** with Katrina, BA, LSWA

**Greenleaf Caregiver Support.** This program is **FREE to all** and provides fun, recreational and social activities to anyone who has an interest.

The purpose for caregiver support is to provide caregivers with the resources needed to manage the stress associated with caring for a loved one

**All Greenleaf Caregiver Support Events are now open to the public!**

Check out our monthly newsletters for events!  
RSVP at (978) 388-8138.



**Greenleaf Supportive Social Day Program**

*Respite for your Family Tree*

Greenleaf Supportive Day Program is located within the Amesbury Senior Community Center.  
**Monday - Friday 9:00am - 3:00pm**  
Lunch is served at 11:15am  
For more information please call  
**Vanessa R. Kahrman 978-388-8138 x544**

**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.



Great Dane Service Dogs

**Upcoming Events:**

**Old Hollywood Movie Night**  
**Showing: Casablanca**

Popcorn, Concession Stand, & Red Carpet Photos

Monday Nov. 14th  
**4:00 Doors Open**

**4:30 Movie Showing**

\*Tickets \$5: Proceeds to Alz. Association

\*Limit of 50 attendees

**Past Events:**

We hope you have enjoyed some of our past events

**Oct. Halloween Comedy Night**

**Sept. Elvis Dinner Show**

**August Lobster & Jazz**

**July Hypnosis Program**

**June Bingo Night**

**May Chowder Festival**

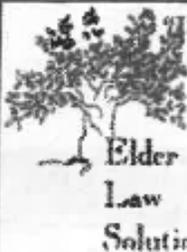
**FOR MORE INFORMATION**

Please call Katrina Rioux at 978-388-8138 x545

Vanessa Kahrman at 978-388-8138 x544

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**Thursdays 9:30-11:00**

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**ARE YOU AN ADULT AGE 60 OR OLDER WHO HAS MENTAL HEALTH CONCERNS? WE CAN HELP!**

The elder mobile mental health outreach team (EMHOT) is a completely free and confidential service funded by the MCOA and in partnership with the Pettengill House, Inc to residents of Amesbury, Salisbury, Newburyport, Merrimac, West Newbury, and Groveland that are aged 60 and older.

If you, or someone you know, are aged 60 or older and suffering with a mental health issue please call for a referral.

**CONTACT:**  
Courtney Hutchinson, MCJ, LSW  
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