

THE VOICE

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Rita LaBella, Activities

Wendy Farewell, Adm. Asst.

Mary Connolly, Nurse

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Marilyn Shahian,

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of

La Voz

the new Haverhill COA

A Newsletter for Haverhill Residents from 60 to 106

10 WELCOME STREET ~ HAVERHILL, MA 01830 ~ 978-374-2390

August 2016

Hours: Monday-Friday, 8 AM - 4 PM



Watch for Upcoming C.O.A. Activities:

So Popular, We are doing this Trip AGAIN!!!!

Block Island Sun., August 21 Travel to Galilee, RI; take the catamaran hydrofoil over to Block Island & tour the island on their famous School Bus. Lunch included at The National Hotel on the porch, weather permitting. A real summer treat. Cost: \$ 132 Groups, Inc.

Isle of Shoals Boat Ride, Warren's, Kittery Restaurant luncheon w/ salad bar and entrees, Pigs Fly Bakery Wed., August 24 Cost: \$84pp Royal Tours, LLC.

Presentation on Rocks Village, Haverhill October 19 slideshow presentation (no hands on objects) Sarah Sycz Jaworski, Historic New England 617-994-5970 sjaworski@historicnewengland.org To REGISTER, call Haverhill COA 978-374-2390 ext 16

SENIOR Summer BBQ

Hosted by ESMV and Meals-On-Wheels

Served at Haverhill Citizens Center dining room

August 26, 2016 11 a.m.

Menu: Hamburgers, Hot Dogs, Potato Salad, Baked Beans, Corn on the Cob, Watermelon

Please sign up w/ Mary in the Kitchen by August 17th, 2016

Must be 60+ years old & need to have filled out a Merrimack Valley Nutrition Client Registration Form

Haverhill Council on Aging has tickets to the Lowell Spinners game at 7:05 p.m. on Wed., August 11. Grandparents are encouraged to bring grandchildren for a great intergenerational evening of fun! Hot Dog and beverage vouchers will be given to seniors. Contact Kathy Bresnahan or Rita LaBella at 978-374-2390 for tickets.(no transportation)

Presentation on credit card skimming devices Robin Putnam of the Massachusetts Office of Consumer Affairs & Business Regulation, will be at the Citizens Center, 10 Welcome St., Wed., Sept. 14, at 1:00 p.m. The presentation will include information about the Office and what we do & tips on how to spot skimming devices found at gas stations & ATMs. Contact Kathy Bresnahan or Rita LaBella 978-374-2390 to REGISTER for this presentation.

SENIOR SUMMER PIZZA

& DANCE PARTY

w/ DJ George Whitehouse: Dancing & Entertainment

Wednesday, August 31 12:30 - 2:30pm

At Haverhill C.O.A., 10 Welcome St.

Sponsored by

Ashland Farms Assisted Living of No. Andover, Elder Services of the Merrimack Valley & Haverhill C.O.A.

Tickets \$5 RESERVATION REQUIRED

978-374-2390 ext 11 or 16

Kathy & Rita ... Haverhill C.O.A.

SENIOR ICE CREAM SOCIAL

Wednesday, September 7 12:00 PM

At Haverhill C.O.A., 10 Welcome St.

Sponsored by Senator Kathleen O'Connor-Ives & Haverhill C.O.A.

The Senator invites Haverhill seniors to enjoy the festivities and meet the Senator.

RESERVATIONS ARE REQUIRED!!

978-374-2390 ext 11 or 16

Kathy & Rita ... Haverhill C.O.A.

Could you use extra money for food? Join us for BINGO, prizes, & a chance to learn more about the Supplemental Nutrition Assistance Program! SNAP

Greater Boston Food Bank & Haverhill C.O.A. announce that

SNAP (food stamp) application assistance will be available

Wednesday, Sept. 14 1:00pm

@ Haverhill Citizen Center

Christa Mayfield, SNAP Application Assistance Counselor, will discuss the SNAP program, answer questions, facilitate a fun game of BINGO, & assist seniors with application process & help you follow up with the Department of Transitional Assistance (DTA) to make sure you get the benefits you deserve. Many people are unaware of the income eligibility requirements for SNAP or the ability for seniors to claim medical expenses in order to receive a higher benefit amount. If your gross income is less than \$1,980 a month for a household of 1 (or \$2,670 for a household of 2) then you are eligible for SNAP benefits.

Info: Christa Mayfield 617-598-5022 snap@gbfb.org

Have a Great Summer

**Recuerde – BROWN BAG 10:30am-3:00pm
(TUESDAY) @ the COA
Agosto 2, 2016 Septiembre 6, 2016 Octubre 4, 2016**

**Brown Bag Pick-Up Dates @ the COA
Always the 1st Tuesday of the Month,
10:30am - 3:00pm
Aug. 2, 2016 Sept 6, 2016 Oct 4, 2016**

**Brown Bag Program (1st Tuesday of each month)
YOU NEED TO SCAN IN, WHEN YOU COME IN TO
RECEIVE YOUR BROWN BAG.....
So you need to be registered with the
Council On Aging & have a scan card.
See Rita / Kathy, if you don't have a COA card.**

**Citizens Center of Haverhill (C.O.A.) Beneficios para las
comunidades Latinas y de otros países**

Bolsa de alimentos: recuerde que la bolsa de alimentos Brown bag (BOLSA CAFE) se entrega UNICAMENTE el primer Martes de cada mes entre las 10:30 A.M. y las 3:00pm

Elaboración de cobijas para niños. Traiga sus tijeras y participe en este importante programa voluntario para niños los Martes de 9:30 a 11:00 a.m. en el sótano del Senior Center.

Chequeo de la presión arterial: los Martes de 9:00 a 11:00 AM. venga y controle su peso y presión arterial. Regístrese al llegar a la oficina 6.

Las personas mayores de 60 años pueden almorzar de lunes a Viernes en el Centro de Servicios para el Ciudadano, la donación sugerida es de U.S. 2.00 por cada almuerzo. Inscríbase con dos días de anticipación.

Grupo con baja visión: las personas con limitación visual reciben orientación el primer Lunes de cada mes en el salón de 9:00 a 11:00 am. Deben inscribirse con anticipación

Meals on Wheels Volunteer Drivers Needed

The Nutrition program is looking for a few Meals on Wheels Drivers for the Haverhill Area. If you have a few hours a day Monday through Friday & a vehicle AND would like to help homebound elders get a nutritious hot lunch, give us a call!
Virginia: 978-651-3020 or email vchapinski@esmv.org

Yoga Class at the COA

to keep in shape, stretch those lazy muscles and limber up...!!!

**Classes offered Tuesday afternoons, 1:00 pm
YOU DON'T HAVE TO BE A "SENIOR"
TO TAKE the CLASS.**

Offered by Haverhill C.O.A and Recreation Department
Call Kathy or Rita for details 978-374-2390 ext 11 or ext 16

Volunteer Case Review Program

for MA Department of Children & Families

Community members (NOT employed by the DCF) who participate on panels to review the cases of children in foster homes or substitute care. Reviews last about 1 ½ hrs.; conducted at a local DCF area office Mon-Fri between 9:30AM & 4:30PM. Cases are reviewed every six months to ensure that the necessary services are being provided. Three members panels: Case reviewer from DCF, Admn. Staff member of local DCF office & Volunteer Case Reviewer from the local community.
www.state.ma.us/dcf or 1-800-KIDS.508 or 617-748-2000

**Winnekenni Castle
Cruise Day—Classics & Doo-Wop! Cars
Sunday, August 21 12 -4pm
Magic Moments- rock/Pop/Doo Wop Concert
Food & refreshments available.
347 Kenoza Ave (Rte 110), Haverhill
www.winnekenni.com or 978-521-1686**

**Meeting of Coloring Club for Adults
@ Haverhill C.O.A. Thursdays 9 AM – 11 AM
Local artist Christine Costanzo invites you to come & find out
what this new, fun, relaxing social activity is all about!!
FREE; supplies provided, (or bring your own).
No experience or artistic talent necessary.
Please Register so we have enough materials: 978-374-2390**

SPACE FOR SALE

**Great Medium to Reach the Senior Citizens!
CALL 603-601-8047**

Email: seniornewsletter@aol.com

OR WRITE TO:

**SENIOR NEWS PUBLICATIONS,
7 PHILBROOK TERRACE, HAMPTON, NH 03842**

FRUSTRATED WITH FINDING RELIABLE AND HONEST HELP?

I live a phone call away in Haverhill, MA
and am bonded and insured.

You can depend upon me to transport you, shop and run errands, prepare meals or assist with your pet.

CALL PEGGY CONNOLLY AT 781-424-7999

Hereforyou728@yahoo.com

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www.driscollcares.com

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Attorney Robert Juras

Wed., Sept. 28, 2016 1:00 pm

"2016 Elder Law Education Program: Taking Control of Your Future: A Legal Checkup."

The Following Topics Will Be Discussed: General Estate Planning Documents; Durable Power of Attorney; Healthcare Proxy; Wills; Trusts; Probate; Importance of a Declaration of Homestead; Estate Taxes; Nursing Homes & Medicaid; Allowable Spend Downs for Medicaid Qualification

at the Haverhill C.O.A.

RESERVATIONS for Seating, please.

978-374-2390 Ext 11 or 16

Chair Massages offered for \$5 for Haverhill Seniors, first Tuesday of the month 9 – 11 AM
by licensed massage therapist Susan L. Plouffe,
Walk-in; first come/first served at Haverhill C.O.A.

**Ashland Farm Community Yard Sale
& Family Fun Day**

Saturday, Sept 17 8AM to 1PM

Sell your stuff at your own table & make some quick cash for yourself. Tour Ashland Farm's campus & facility.

FREE for families: Petting zoo, Magician, face painting, continental breakfast, raffles.

700 Chickering Rd, No. Andover, MA 01845 978-291-5071

The Haverhill Council on Aging is seeking volunteers to assist with this year's craft fair. The fair will be held on **Sat., November 19** at the Citizens Center. Please call Kathy or Rita at 978-374-2390.

Tattersall Farm Trails & Sails Day

Sunday, September 18th 10:00 am - 3:00 pm

542 North Broadway, Haverhill, MA 01832

Experience Geocaching & Kite Flying Demonstrations

NOTE: The Haverhill Public Library is hosting a kite making class for children on Tues., August 16, from 6:30 to 7:30PM

Treasures Trolley Tour w/ Tour Guide

Thurs. August 18 5:00PM – 9:00PM

Tattersall Farm; Firefighting Museum; Winnekenni Castle; Whittier's Birthplace; buttonwoods Museum

Tickets: \$30 Age 21+ Food & beverages at each stop.

978-373-5663 Beverly@Haverhillchamber.com

ATTENTION SENIORS !!!!

OPEN HEARTS MINISTRIES

Would like you to join us for **LUNCHEON**

On the **FOURTH** Wednesday of each month

at **12:00 noon** in Fellowship Hall of

the **First Baptist Church, 217 Main St, Haverhill**

Lunch will be served at 12:00 noon FREE

Comedy Masque Review

Rehearsal 9-11 am Tuesday

C.O.A. Dining room, 10 Welcome St., Haverhill, MA

(Comedy Masque performs at local nursing homes as a volunteer project, also)

Come to Listen, sing along, +/or Join the Group!

New Members are Welcome!!!

ATTENTION SENIORS!

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IN HAVERHILL!

COME IN, SIGN UP AND

GET 25% OFF ON THE SPOT!

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SENIORS ON THE GO TRIPS TRIPS TRIPS

Haverhill Council On Aging TRIPS

978-374-2390 Kathy ext 11 or Rita ext 16

e-mail: kbresnahan@cityofhaverhill.com or
rlabella@cityofhaverhill.com

You don't have to be a "Senior" to go on these trips!!!
Check Life Long Journey Haverhill for more trips.

** SECOND TRIP—Due to Popularity **

Block Island. Sun., August 21 Travel to Galilee, RI; take the catamaran hydrofoil over to Block Island & tour the island on their famous School Bus. Lunch included at The National Hotel on the porch, weather permitting. A real summer treat. **Cost: \$ 132 Groups, Inc.**

Isle of Shoals Boat Ride, Warren's, Kittery Restaurant luncheon w/ salad bar and entrees, Pigs Fly Bakery Wed., August 24 Cost: \$84pp Royal Tours, LLC.

FOXWOODS Tues., Sept 13 Cost: \$35 (incl. motor coach transportation, \$15 food voucher, \$10 game play) For BINGO players, we will arrive at Foxwoods at 9AM. **Hav. C.O.A.**

Color Me Vermont Tour Sat., Sept 24 Bennington, VT Museum(think Grandma Moses), lunch at Mt. Anthony Country Club w/ dessert(apple Pie & ice cream) at Apple Barn & Country Bake Shop after bus tour of orchard. **COST: \$92**

Groups, Inc.

New England Goes Country & NH Turkey Train Foliage ride, Turkey Luncheon by Hart's Turkey Farm on board, Jimmy Lehoux Country Band at The Flying Monkey venue, Plymouth, NH. Cost \$99 October 18 BOT tour

Ogunquit Playhouse: "Million Dollar Quartet" Play Wed., Oct 19 Perkins Cove/Ogunquit. Groups, Inc.
2 Price Levels: Luncheon at Jonathon's: \$126pp
Lunch on your own: \$99pp

Octoberfest Celebration - Inn at East Hill Farm, Troy, NH LaBelle Winery, Amherst, NH w/ wine tastings; Cheese producing venue w/ tastings; German themed family style dinner; Oompah Band w/ singing, dancing. Groups, Inc.

OVERNIGHT TRIPS:

BREAK FOR MOOSE Grand Resort Hotel @ Sunday River Oct 6-8 (Thurs-Sun) incl: Sunday River Fall Festival; 4 meals, Freyburg Fair admission, Choldola Ride to North Peak, Moose Safari. Call C.O.A. for flyer BOT

White Mountain Hotel & Resort 2 nights/3 days Dec 7-9
Incl: 2 nights accommodations; 5 meals; 3 shows; ride on Conway Scenic Railroad "Apple Cider Express"; Special cocktail prices; all room/meal taxes & gratuities) **Hav COA**

Diabetic Shoe Clinic Thursday Oct 20th 9AM
Pro Medical East will be at Haverhill Council On Aging to perform fittings for diabetic shoes.

Need to pick up a doctor' order form to get filled out by their doctor. They should bring that to their 10 minute fitting appointment as well as Insurance information. **Appointments (REQUIRED)** are every ten minutes starting at 9am.
Mary Connolly, RN, Community Health Coordinator for City of Haverhill (978) 374-2390 X15

Haverhill COA Offers Information Session on Hypnosis and Reiki

Andrew Morris, owner of A Better Life Hypnosis & Reiki of Newburyport, MA will offer an exciting, informative & fun, one-hour program on **Thurs., October 13, at 1:00 at the Citizens Center, 10 Welcome St.** Topics covered: definition of hypnosis, psychology vs hypnosis, misconceptions about hypnosis, Reiki & EFT (what they are), how hypnosis can help you, elements of a hypnotic session, suggestibility tests (how hypnotizable someone is), group meditation. Question & answer session. Call Kathy Bresnahan or Rita LaBella 978-374-2390 for reservations.

Senior Golf Clinic at

Garrison Par Three Golf Course

Get out those golf clubs....it's time to participate in the Haverhill COA senior golf clinic! Ted Murphy of Garrison Golf, 654 Hilldale Ave., will be on hand to offer lessons **every Wed. morning 10:00am Cost: \$12 per lesson**

Chunky's Cinema is proud to announce...

Free Monthly Showings of the Classics : Wednesdays, Movies show at 12:00pm / Doors open at 11:00am
All group sizes are welcome...on first come, first serve basis. Groups of 8 or more...please email wdavis@chunkys.com or call 1-888-879-9001 for a group reservation.

RUTH'S HOUSE 978-521-5575

BRA DROP BOX @ Haverhill COA Lobby

For your gently used (or new!) bras.

ALSO: Seeking a Volunteer Van Driver on Tues.

Do You Know a Senior who needs a COAT?

If they are 62+, use SNAP, Veteran's Aid, Mass Health, SSI, Fuel Assistance or are low income, they qualify.
Call 978-521-5575 Tues - Fri 10:30 AM to 2:30PM

LifeLongJourneyHaverhill

please call Darlene Sutton 978-476-4677 or
LifelongJourneyHaverhill@Gmail.com
www.lifelongjourneyhaverhill.com

Lobster Bake- Aug 19 (noon); "Crazy For You"@ Robinson Theatre, Waltham - Aug 11.; Sept 13 Foxwoods Casino; **Forever Motown** -Sept 21(Venus De Milo, Swansea, MA); **"Silver Sizzle" Review Show & Lunch** (Luciano's Lake Pearl, Wrentham, MA); Nov 17; **Christmas @ the Newport Mansions: The Breakers & Marble House** -Sat - Dec. 3
Lunch on your own at Bowen's Wharf area of Newport.

NOTE: Some walking on tours!!

BrookRidge Community Church -

Free Community Meal on last Sunday of each month, year round, from 4-6pm. **Everyone is invited.** Enter by the front of the church, through the handicap ramp entrance.
BrookRidge Community Church, 232 Main St., Haverhill
info@brookridge.org 978-372-3933

Merrimac River Park on Route 110 near the Methuen line is OPEN!!! 24 hrs. a day.

Carry In/Carry Out Refuse control; **VOLUNTEERS** needed a few hours a week to pick up litter to maintain the beauty of the area. Coffee/donuts for volunteers!! **978-372-8231**

End of Life Care: Become a Hospice Volunteer
Using lecture, real life stories & small group exercises you will learn how to provide practical help & emotional support to those with life limiting illness & their loved ones; comprehensive 5 week training w/ a certificate. **Ordinary people making an extraordinary difference!** Held at Merrimack Valley Hospice House, 360 North Avenue, Haverhill, MA
Contact: Volunteer Manager at 978-552-4522
VolunteerManager@homehealthfoundation.org
<http://www.homehealthfoundation.org/mvh-volunteers/>

Merrimack Valley Hospice is offering a **Men's Support Group** meeting at Merrimack Valley Hospice House, 360 North Ave., Haverhill. A safe, supportive environment for men who are grieving to share their experiences & feelings as well as learn about the grieving process; led by specially trained facilitators & focus on the issues specific to men who have lost a loved one.
www.MerrimackValleyHospice.org
Info/Register: 978-552-4537 Emily Dingee

**Bereavement Groups:
The Grief Journey**

Wednesday afternoons 2:00 - 3:30 P.M.

**Widows and Widowers Group
Beginning the Grief Journey ~ for Seniors**

Wednesday mornings 10:30 - 12:00 NOON

Co-sponsored with H.L. Farmer & Sons Aftercare
Held at Merrimack Valley Hospice House
360 North Ave. Haverhill, MA
For information and to register call 978-552-4510

Two General Loss programs during August:
Every Wed., from 2- 3:30 @ Merrimack Valley Hospice House, Haverhill. Pre- registration requested / call Lois Marra LMHC @ 978-552-4537

Buttonwoods Place Adult Day Health Center in Haverhill providing quality Health Care Services to adults with ongoing medical, social, rehabilitative & cognitive needs since 1976. MassHealth reimbursement accepted.
www.ButtonwoodsPlace.com or call 978 373 1584 for info or to schedule a tour at 75 High Street, Haverhill. Currently openings for new participants & transportation is available. Center open Mon - Fri 7AM to 3:30PM

LIVESTRONG at the YMCA

is helping people move beyond cancer. Join fellow survivors & a caring community of staff at Haverhill YMCA for a 12 week complimentary program to build muscle & strength, increase flexibility, improve day to day life; Full Y membership included.
takesianw@northshoreymca.org
Contact: Wendy Takesian 978-374-0506 x1607

The Haverhill COA is hosting a
"Terrorism in the Middle East" discussion group
on the 2nd & 4th Tuesdays of the month at 10AM
Jay White, a retired FBI agent & a former member of the Joint Terrorism Task Force, will facilitate. Jay is an adjunct faculty member at several area colleges. Discussions are lively & informative. Contact Kathy or Rita 978-374-2390 / details.

Drawing and Painting Classes with
-- NO ART EXPERIENCE NECESSARY --
Thursdays 11:45 to 1:15pm Cost: \$5 per class
Pre-Register 978-374-2390 with Kathy or Rita (@ COA)

Family Caregiver Support Group
Elder Services of the Merrimack Valley, Inc. offers a supportive program for caregivers providing services to ease the stress of being a caregiver to their loved ones: FREE six week educational program designed to educate caregivers to care for themselves. Includes: caregiver counseling, Respite Care Scholarship program, workshop, More! For Info: ESMV 800-892-0890

Support Group

~ for those caring for loved ones with memory loss
Third Wed. of the month, 7-8:30 p.m. in Holy Family Hospital at Merrimack Valley's 1st floor Atrium, 140 Lincoln Ave., Haverhill, MA Facilitator-Patricia Lavoie, LICSW. 978-420-1162 or email patricia.lavoie@steward.org.

Movement to Music is a gentle, eclectic workout routine created by therapists at Whittier Rehab Hospital. Come exercise among friends where you're encouraged to go at your own pace & do only what you're comfortable with.
Stay strong & well balanced & keep up your endurance!
The greatest hits of the 50s are playing to keep you moving! The camaraderie of the group keeps you coming back.
Join us Wednesdays & Fridays 9-10 AM
@ the Haverhill COA, 2nd floor, ROOM 45
Keep moving so you can enjoy life! Your first class is "on me!"
~ Heather True, Inpatient Rehab Assistant at WRH

Seniors Passes to State & Federal Parks

Massachusetts seniors 62 & older can purchase passes for a nominal fee of \$10 for all Massachusetts state parks that charge a parking fee during the period parking fees are charged. Copy of MA driver's license or other official proof of MA residency is required. Info. On SeniorMassParks at www.mass.gov. Also, a similar \$10 lifetime pass for residents over 62 for national parks is available at participating federal recreation sites. Passes can be obtained on line or by mail as well for a \$20 fee. Visit www.store.usgs.gov/pass/senior for more info.

Home Health VNA, of Lawrence, is pleased to offer **FREE informational brochure "Know Your Choices, A Guide for Patients with Serious Advancing Illness"**. Produced by Mass. Dpt. of Public Health, w/ information on advance care planning, palliative care, hospice care & medical orders for life sustaining treatment. Download free guide:
www.homehealthfoundation.org/patients-resources
978-552-4186

**Haverhill COA Offers
Conversational Italian Classes**

Start Again SEPTEMBER 21, 2016
Maria Chiachio's Conversational Italian classes Wed. 10am.
Cost is \$5 per class. 978-374-2390 to register.

Wingate At Haverhill
Invites Seniors in the Community
To a Complimentary Healthful Breakfast
the First Tuesday of each month at 9AM
At Wingate at Haverhill, 190 North Ave. Limited Seating--call
978-372-7700 for **Reservations**

August Regular Menu

Monday	Tuesday	Wednesday	Thursday	Friday
1 Greek Chicken Orzo Pilaf Zucchini NG Bread Mixed Fruit	2 Lasagna Meat Sauce Parm Cheese Summer squash Italian Bread Mandarin oranges	3 Breaded Fish Mashed Sweet Potatoes Peas Wheat Bread Cookie**	4 Meatloaf Gravy Steamed Potatoes Carrots WW Dinner Roll Cantaloupe	5 Egg Salad Pasta Salad Cauliflower & Red Pepper Salad Hot Dog Roll Diet Jell-O
8 Hamburger Cheese on the side Green Beans Mashed Potatoes Burger Bun Pineapple	9 Baked Chicken Vegetable Rice Brussels Sprouts Oat Bread Peaches	10 Veggie Frittata w/cheese Potatoes O'Brien Corn Biscuit Pudding	11 Sweet n' Sour Chicken Asian Veggies White Rice Dinner Roll Fresh Fruit	12 Eggplant Parmesan Pasta Capri Veg Italian Brd Fruit Bar
15 Hot Dog Baked Beans Chef's Veg Hot Dog Roll Mandarin oranges	16 Roasted Turkey Gravy 3 oz Mashed Potato Stuffing Carrot&Turnip WG Bread Mixed Fruit	17 American Chop Suey Parmesan Broccoli Dinner Roll Fresh Fruit	18 Birthday Chicken Picata Herbed Potatoes Green Beans Oat Bread Cake**	19 Special: Salmon Fruit Salsa Orzo Pilaf Summer Veg Blend NG Bread Fruit Ambrosia
22 Breaded Chicken Bites Honey Mustard Mashed Potatoes Zucchini WG bread Pears	23 Sliced Pork Gravy Mashed Butternut Cauliflower Oat Bread Apple Crisp**	24 Chicken Tetrazzini Pasta Peas Wheat Bread Peaches	25 Roast Beef Gravy Roasted Potatoes Beets Dinner Roll Honeydew	26 Stuffed Shells Parmesan Marinara Spinach Italian Bread Yogurt
29 Pulled Pork BBQ Sauce Corn & Red Peppers Rice & Beans Burger Bun Applesauce	30 Tuna Salad Potato Chips Tomato&Cuke Salad Sandwich Roll Diced Pears	31 Pasta Meatballs Parmesan Broccoli Twisted Breadstick Chef's Choice Dessert		

@ the Langley-Adams Library
185 Main St, Groveland, MA 978-372-1732
www.langlevadamslib.org

All programs are free & open to the public. Please register.

ONGOING EVENTS:

Adult Scrabble Fri.; Knit-A-Bitters Group; TUES. FILMS @ 2pm ; Book Groups: Mystery and a Cup of Tea First Wed. of month at Town Hall; Nichols Village Book Club - third Tues of month at Nichols Village; Details: Call Library.

Haverhill Public Library - ACTIVITIES

99 Main St. Haverhill, MA 01830 www.haverhillpl.org
Calendar of Events or 978-373-1586

PLEASE, Pre-Register for these activities; all are **FREE & open to the public**; no library card needed:

Microsoft Excel Classes Aug 2 & 9 2:30 – 4PM FREE for ADULTS of all ages. Must know how to use a mouse & keyboard REGISTER!

Kite Making Workshop Tues., August 16 6:30pm
All Materials provided .. but **Must REGISTER!!**

Fly your kite at Tattersal Farm Trails & Sails Day
Sunday, September 18th 10:00 am - 3:00 pm
542 North Broadway, Haverhill, MA 01832
Experience Geocaching & Kite Flying Demonstrations

Ceramic Workshop Tuesdays Aug 2 & 23 6:30PM
By Shoe Town Art Center; Make/paint coil pottery. Must attend both classes & pick up final piece from library.
REGISTER!!!

Zombified Caricatures Sat., Aug 6 at 1:00pm & 2:30pm
Artist Joe Sherry will draw your zombie caricature.
REGISTER FOR ONLY ONE SESSION, PLEASE!!!

Library shows FREE movies: call for titles...
Recent Movies: Sat., August 20 at 1 pm.
Movie Matinees—Classic Films: TUESDAYS at 10am

Genealogy Lecture Class- Intro. Genealogy Part 2 class
Tues., Aug 23 from 1:30 – 3:00 p.m. **FREE** Beginner Family research; must have taken **PART 1**

Meeting of Coloring Club for Adults FREE/ materials provided. Tues., Aug., 9 at 6 PM & Sat., Aug., 20 at 2PM.

Get Lit book club Thurs., Aug. 18 7 – 8:45pm @ Barking Dog Ale House, Washington St. The club, aimed at 20- to 30-somethings. Book: North of Boston by Elizabeth Elo

Library's Knit & Crochet Group meets twice this month
August 6 1 to 3 p.m. & August 20 7 to 8:45 p.m.
SCRABBLE played TUESDAYS at 3:00pm
at Haverhill Public Library, Morton Reading Room
Bring your Board & Tiles. Contact: Pat Stoute 978-918-2234

Meditation Group with Rev. John LaLumiere
Fridays 10:00am @ Citizens Center, 10 Welcome St.
Meetings include gentle Yoga, Quigong & breathing exercise, Buddhist philosophy, & Pure Land style meditation.
Rev. LaLumiere is a Pure Land Buddhist & a lifelong resident of Haverhill. **Attendance is FREE & open to all.**
Please pre-register first time. 978-374-2390 ext 11 or 16

Get on Track with Us!

Haverhill, MA (978) 372-7731 Hampstead, NH (603) 329-7333 Salem, NH (603) 893-3588

www.pentucketbank.com
www.facebook.comPentucketBank



Farmer & Sons/Bethany

Helping the community heal...

**Farmer & Sons Aftercare Program/
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Nancy Thornton
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2 Eggs, Toast and Side with Coffee
6:00 A.M. to 7:00 A.M.
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10% Senior Discount on Tuesday

– 65 AND OVER – JUST COME IN –
– NO COUPON NEEDED FOR OUR SENIORS –
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 seniornewsletter@aol.com

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 7 PHILBROOK TERRACE
 HAMPTON, NH 03842

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 Look For Fantini Products
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MONDAY

9AM Dance Class
 9:30AM Knitting Group
 11AM Bowling
 @All Saints Lanes
 11:30am – 3B's
 (Balance / Bones / Brain)
 1PM Bingo

TUESDAY

9:30AM Blankets-4-Kids
 9:30AM Zumba Gold Toning
 9:00AM Blood Pressure Clinic
 9-11:00AM Comedy Masque
 9:30AM Mahjong
 10AM Terrorism Discussion
 (2nd & 4th Tuesday)
 12:30PM Bright Knights Chess
 1:00PM Yoga

WEDNESDAY

Book Discussion of each month
 9AM Movement
 9AM Dance Class
 10AM Conversation
 12 Noon Bridge
 12:30PM 45's Tour

N.E.E.T. DRIVERS NEEDED !!!
 A dependable car, a good driving record & a little time each month are all you need to become a **NEET driver**. Northern Essex Elder Transport, Inc. program (NEET) drives seniors from their homes to medical appointments. All seniors requesting NEET rides are independent & ambulatory; drivers are provided with supplemental insurance for their vehicle & are reimbursed 43 cents per mile. 978-388-7474

SIGN-IN PLEASE
 who come to the
PLEASE USE YOUR
ALL Activities, inc

We need to be able
 the Citizens' Center
 Center

Haverhill Recreation Department & C.O.A. are offering
Zumba Gold classes geared toward active Baby Boomers & Seniors. Instructor: Stephanie Smith, certified Zumba Gold instructor. **Classes:**
Tuesday: 9:30AM Zumba Gold Toning Class
Thursday: 9:30 AM Zumba Gold
Citizen Center - Recreation Hall (basement)
Cost: \$5.00 per session. 978-374-2390 ext 11 or 16

Haverhill Council On Aging
 products or services of any
 We advocate "buyer beware"
 not responsible for the claims
 advertisers and sponsors.

SNAP Benefits app
 Council On Aging, 10 We
 Supplemental Nutrition A
 3-page application for Sen
 Transitional Assistance fo

MVRTA "Medi-Ride"
 Haverhill Seniors and ADA eligible residents can obtain transportation to Lahey Clinic in Peabody as well as several Boston hospitals for Monday appointments; possible **Tues/Thurs appointments**. Cost is \$8 one-way; \$16 roundtrip. Cost for companions is \$4 and \$8.
MVRTA: 978-469-6878 Opt#3 COA: 374-2390 ext 11 / 16

Bowling ANY
 Haverhill Council
 at All Saints Bowling C
 The bowling center offer
for \$4.50 includes shoe
 Mondays men meet at 9
 Call Joe at the bowling c

SIMPLICITY SALON
SENIOR SPECIALS 65+

- Wash, Set \$15.00
- Wash & Blow Dry \$20.00
- Wash, Cut & Set \$20.00
- Wash, Cut & Blow Dry \$30.00

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Thomas Perrotta, R. Ph.
292 Prospect Street, Lawrence, MA 978-682-2557

Medicine-On-Time Medication Management System

DAY	THURSDAY	FRIDAY
<p>Sup 1st Wed. 12 Noon Music Italian Class ment</p>	<p>9AM Tai Chi 9AM Teddy Bear Workshop 9AM Coloring Club for Adults 9:30 AM Zumba GOLD 10:30 Dominos-Mexican Train 11:45PM-1:15PM Draw/Paint/Classes 1PM Bingo</p>	<p>9:00AM – Movement to Music 9:30AM Scrabble 10:00AM - Meditation 11AM – 3B's (Balance/Bones/Brain) 12 Noon Bridge 12:30PM 45's Tournament</p>

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SE..... Attention Seniors
izens' Center for Activities:
R SCAN Cards to sign in for
ding lunch & even just Coffee
z Talking.
ustify budget money allotted to
your attendance is key to the
receiving funding.

Does not endorse nor recommend the company mentioned in our newsletter. Be an educated consumer. We are not responsible for representations made by

ations are available at the Haverhill me St..
 tance Program has an easy s; we can fax it to MA Dept of ou. 978-374-2390 ext 11 or 16

NE???? MONDAYS
 Aging has a bowling group er, 26 Broadway, Haverhill. special senior rate of 3 strings coffee..... lots of fun!! am; women meet at 11 a.m er at 978-374-0083

Ruth's House Wish List
 Clothing; Jewelry; Linens, Curtains, Kitchen Ware; Musical Instruments; Small Furniture; New Personal Hygiene Items; Monetary & Memorial Donations. Working w/ 85 agencies in the Merrimack Valley, Ruth's House assisted 3500+ people in 2012— half were children under the age of 18.

Ruth's House MONTHLY 1/2 price clothing SALE
 First week of every month: orange stickers 50% off
 First Saturday of month: all clothing 50% off.
Womens, Mens & childrens & babies clothing
 Ruth's House 111 Lafayette Square, Haverhill
 www.RuthsHouse.org 978-521-5575
 www.facebook.com/RuthsHouseHaverhill

Andover Senior Center 978-623-8321
Parkinson's Disease Support Group
 2nd Thurs 1:30-3pm

For a Complete List of Haverhill C.O.A. Activities, Trips & Events, watch for our own Activities Coordinator, Kathy Bresnahan's "Senior Citizen Corner" articles which will appear in the Haverhill Gazette each week.

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- ~ Tracheotomy Care & Cardiac Care

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A Way of Life, not Just a Place to Live



BETHANY COMMUNITIES

Housing with support services for Seniors

Subsidized units available - Equal Opportunity Housing

Merrivista 374-2168
 Phoenix 374-2164
 Mission Towers 374-2173



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978-372-9311

PREVENT IDENTITY THEFT

Haverhill TRIAD has purchased a shredder to destroy papers that can be used by identity thieves. **Papers to shred:** charge slips & charge bills, bank statements, financial records & all papers that contain social security numbers & account numbers. The shredder is available at the Citizens Center, 10 Welcome St., Room 4, Wed. & Fri. 12:30 to 2:30pm. **FREE for Senior individuals,** but not organizations.

The service has been donated by TRIAD, Essex County Sheriff's Department, & Haverhill Council On Aging.

For Info: call Joel at 978-374-2390 Wed /Fri. 12:00-2:30pm

FREE Clothing for Needy People at Common Ground Clothing Outlet 6 White Street, Haverhill

Tuesdays & Wednesdays 10AM - 2PM

House-bound Seniors can call for selection & delivery. Please,
Call Millie 978-373-3384 or 978-478-7195

Pregnancy Care Group

Pregnancy Care Center, (serving mothers & mothers-to-be receiving case management services) has expressed a need for infant formula, baby food, diapers, clothing & gently-used baby equipment, EXTRA-LARGE Gift Bags.

Donations will be received directly by Pregnancy Care Center 978-373-5700 during office hours at 469 Main St., Haverhill or leave them w/Rita @ COA.

Want to Stay in your Home, but need some health related assistance???

Contact: **Northeast Independent Living Program, Inc.**

(NILP) 20 Ballard Road, Lawrence, MA 01843

(978)-687-4288 FAX (978)-6894488 www.nilp.org

Part of the Merrimack Valley Aging & Disability Resource Consortium (a non-profit organization), a collaborative project between NILP & Elder Services of the Merrimack Valley.

Specialized services available include:

Long Term Options Counseling, Adults with Physical Disabilities Program, Deaf and Hard of Hearing IL Services, Personal Care Assistance, peer counseling, accessibility advocacy & referral for durable medical equipment, etc.

Merrimack Valley Hospice Offers Free Loss of a Parent Workshops

for adults who have experienced the loss of a parent.

Tues., June 7, 6:00 p.m. - 8:00 p.m.

at Merrimack Valley Hospice House, 360 North Ave, Haverhill MA. This workshop is designed to help participants understand the grief process when a parent dies, share their experiences & support each other in a facilitated environment.

Questions/to register: Bereavement Coordinator 978-552-4510

Common Ground Ministries needs Volunteers in their Thrift Store, Furniture Outlet Store, & Food Pantry/Café, Drivers
Call Ron Mills 508-633-0122

FREE Clothing for Needy People at Common Ground Clothing Outlet

6 White Street, Haverhill

Tuesdays & Wednesdays 10AM - 2PM

House-bound Seniors can call for selection & delivery. Please,
Call Millie 978-373-3384 or 978-478-7195

SHARPS WARNING

As a community service, the Citizens Center accepts used sharps (needles) for disposal. Sharps must be in a **SEALED plastic container & given to a staff member**, ideally the nurse if she is available. Common household laundry detergent bottles or coffee cans work well. For the safety of our community, **DO NOT LEAVE** sharps containers on tables, counters etc.

MEDICAL EMERGENCIES

Anytime it is felt there is a medical emergency in the building, seek out the nurse for assistance. If the nurse is not available, & it is necessary to call 911, do so from a **desk phone, not a cell phone**. This allows the 911 operator to have the location of the call & prevents the risk of being disconnected. Additionally, **notify a staff member** to assist the responders in entering the building & clearing doorways.

ATTN: SENIOR HOMEOWNERS

Free, confidential counseling help from H.O.M.E. (Homeowners Options for Massachusetts Elders) is available regarding Reverse Mortgages & Homeowner Refinancing. Don't sign-up for any refinancing until you talk with one of these Senior Advocates. 1-800-583-5337 or 617-451-0680 or 781-848-5200 or www.elderhomeowners.org

Wandering Eye Care

Dr. Laura Potvin, P.C., & Dr. Kathleen Horn **Optometrists** offer a service to provide vision care for homebound & nursing home residents. Dr. Kathleen Horn will be providing in house vision care, by appointment in a room that may be darkened; for patients needing routine vision care or whose eye wear needs repairing or updating. 978-374-8991

I.C.E. Your Phone !!!!

Emergency room patients who were incapacitated could not provide information to allow paramedics or police to contact the designated relative or contact in an emergency situation. I.C.E. your telephone by entering into your cell phone emergency information: **In Case of Emergency**. Type the acronym ICE into your cell phone, followed by a name, then save their phone number. Don't forget to inform the person that they are your ICE contact. Apply an ICE sticker to your phone. See Joel at the Haverhill COA Wednesday & Friday afternoons 12:00 - 2:30pm for your sticker.

CoOL Seminars College of Older Learners NECC @ Haverhill Campus, Hartleb Technology Center.

"You're Never Too Old To Be CoOL!"

Are you over 50 & looking to participate in challenging educational opportunities? Are you interested in attending stimulating seminars simply for the love & joy of learning? Come explore subjects of interest as part of a community. Both members & seminar leaders will challenge their intellects & take responsibility for the subject. 978-556-3110

"Membership Driven, Peer Led" coolnecc@gmail.com

New Seminars and Continuing Classes

Merrimack Valley Hospital Senior Lunches

are held quarterly (March, June, Sept., Dec.)
on the first Tuesday, 1-2 p.m. in the 1st floor auditorium.
Cost is \$5 (includes a full lunch & presentation)
Please RSVP to 1-800-488-5959

What it takes to be a Foster Grandparent:

you're a role model, a mentor, & a friend. Foster Grandparents serve up to 40 hours per week & may qualify to earn a tax-free, hourly stipend. You'll receive pre-service orientation, training from the organization where you serve, & supplemental accident and liability insurance while on duty.

They will not need to be bilingual. mvcsc-fgp@comcast.net

Foster Grandparents of Gr. Lawrence & Haverhill

264 Essex St., 2nd fl, Lawrence, MA 01840 978-686-9407

The Office of Congresswoman, Niki Tsongas, has office hours:

Haverhill Citizens Center Tuesdays 9am - 11am.

Patrick Kenney, Constituent Services Representative will be available to answer questions & concerns of constituents. One of the Congresswomen's top priorities is to help residents navigate the services provided by the federal government, including social security & Medicare, Veterans Affairs, Federal Grants, College loans & grants, academy nominations, passports, visas & adoptions. For more information, contact the Lawrence Office 978-681-6200

Do You Have Questions About Medicare Options or Benefits?

The purpose of SHINE: (Serving The Health Insurance Needs of Everyone) is to insure that Medicare beneficiaries have access to no-cost, accurate, unbiased information regarding health insurance & health care options. SHINE Counselors are certified annually to ensure the most accurate, up-to-date information is shared with Medicare beneficiaries & their families. To schedule an appointment with a SHINE Counselor at the Haverhill Council On Aging, call Wendy 978-374-2390 ext 19 at the COA

BOOK CLUB MEETING @Haverhill C.O.A.

FIRST WEDNESDAY of the Month (unless it is a holiday)

12:00 pm in Library Room (basement)

New Members are Welcome !!

Tel 978-374-2390 ext 11 or 16 for more details.

Does your Yard need Light Yard Work ????

Haverhill COA, in cooperation with the Haverhill Boys' and Girls' Club has formed a partnership. The Club will provide people for light yard work, including picking up trash, fallen branches, & bagging. Mowing & use of mechanical tools is not allowed because of their age. Reasonable rates. Contact Mr. Brian Therrien 978-374-6171 after 2:30PM weekdays.

Commission On Disability Issues How Can You Help Us?

Let us know what your needs are as an individual or a group. Attend meetings at the Haverhill Citizens Center. Make a financial donation +/- or Volunteer your time. We are a commission, appointed by the mayor, volunteering our time & skills to represent & insure equal treatment for the disabled citizens of our community. For info: 978-374-2387 ext 35
www.ci.haverhill.ma.us/departments/human/disabilities/index

PROJECT BREAD

Most comprehensive resource for hungry people in MA.

Hours: Mon-Fri: 8am to 7pm Sat: 10am to 2pm

FoodSource HotLine 1-800-645-8333 TTY: 1-800-377-1292

Treasure Hunt for Ancestors -- FREE

Be a detective & solve mysteries!! Start a Family Tree!! Marcelle Greenbaum will work with you one-on-one on this interesting activity. COA 978-374-2390 ext 11 or 16

Haverhill COA has a Handyman Service

If you have small electrical or appliance repairs/ other small repairs work, he would be happy to assist you. Seniors will be responsible for cost of minor replacement parts, but service is free of charge. Items must be brought to the Citizens Center, 10 Welcome St. INFO: Kathy or Rita 978-374-2390

General Bereavement Groups

Weekly on Wed.. 2 - 3:30pm July & August

Merrimack Valley Hospice House

978-552-4128

Widow/Widowers Group

Merrimack Valley Hospice House

978-552-4537 978-374-9257 978-552-4528

Social Security Telephone Services

Call 1-800-772-1213 to replace Medicare cards, change your address or phone number if you receive benefits, Make changes to your direct deposit, get proof of your benefit amount, get a Social Security card application, locate the nearest field office, listen to informational messages, or request your Social Security Statement.

LOCK BOX for your home!!!

Make entrance to your home convenient for fire & ambulance service with no damage to the house! Haverhill residents can have a lock box attached to the outside of the house or apartment. Contact Fire Dept. Deputy LaLiberty 978-373-8460 or Joel Berg 978-374-2390 x 38.

Senior Citizen Tax-Incentive Program

Do you need help paying your Real Estate Taxes? Earn up to \$1,031.25 off your Real Estate Tax Bill. For information on the "new & better for you" requirements Contact Joel Berg, 10 Welcome St. Haverhill 978-374-2390 ext 38 Wed. & Fri. Afternoons 12:30 - 2pm

If you know of anyone who is home-bound or in a nursing home who would appreciate a "Thinking of You" or a pretty card from the Sunshine Group here at the Haverhill Council On Aging, please give their name (& address if you have it) to Kathy kbresnahan@cityofhaverhill.com or Rita rlabella@cityofhaverhill.com or 978-374-2390 ext 11 or 16

Elder Brown Bag Program

Elder Services of the Merrimack Valley. & Greater Boston Food Bank have established an Elder Brown Bag Program. Eligible Elders will receive a free bag of groceries on the first Tuesday of each month or 4th Thursday. There is **NO COST INVOLVED**. Each participant must register in advance & must be 60 years of age or older & be low income. For info: Laura Marsan, lmarsan@esmv.org 978 946 1303 or Pati Fernandez, pfernandez@esmv.org 978-946-1254 Applications also from Rita, Haverhill COA 978-374-2390

Low Vision Group Meetings

First Monday of the Month

(unless it is a holiday, then call COA 978-374-2390 ext 19)

Citizens Center, Room 32, 10 Welcome St., Haverhill
All interested parties welcome / Support system.

Also Available through the Citizens Center:
the "VOICE" newsletter (FREE) on Tape or CD
Braille Playing Cards and Checkerboards.

ESSEX COUNTY TRIAD PROGRAM S.A.L.T. COUNCIL FOR HAVERHILL

**Meet Monthly on First Wed., 1:00pm Room 45
Haverhill COA, 10 Welcomes St.**

is a cooperative effort between Haverhill Police Department, C.O.A. & the Sheriff's Department to address senior's safety concerns by giving them a forum to discuss & conduct programs with the Law Enforcement Community. S.A.L.T. Council will identify concerns within our senior community & use the resources available to develop programs to address issues. We run programs like: YELLOW DOT for your car, shredding personal documents, Photo IDs & other programs for the safety of Seniors. **If you would like to serve on this council & help your community (and yourself) lead a better, safer life, please, Call Joel Wed/Fri 12:30-2:30 pm 978-374-2390 ext 38 COA**

**Penacook Place Alzheimer's Family Support Group
Meets Monthly on first Sat. of month 10:00 - 11:30 AM
Penacook Place, 150 Water St., Haverhill, MA
Contact person: Jennifer Gillan 978-374-0707 ext 133**

Don't forget to RECYCLE!!

Haverhill's Mandatory Bi-Weekly curbside Single-Stream recycling allows you to combine paper, cardboard, plastic, glass & cans all in the same container **DO NOT INCLUDE:** Styrofoam, bubble wrap, plastic bags. (Plastic bags can be recycled @ Market Basket)

Pick up schedule:

www.ci.haverhill.ma.us/departments/health/recycling.htm

Free recycling stickers are available at City Hall & the DPW, 500 Primrose St. or by calling 978-420-3817

NAMI (National Alliance on Mental Illness) Family and Friends Support Group Contact: Bernie Gallant bernard.c.gaallant@gmail.com or Mickey Koplove mkoplove@gmail.com (for family members & friends with a loved one dealing with a mental illness)

AND

NAMI's Connection Peer Support Group Contact: Sue L. crystalenergycreations@hotmail.com (for anyone with a psychiatric diagnosis)

Meet at Merrimack Valley Hospital 1st Thurs. of the month 7:00 pm - 8:30 pm.

**Senior Bingo - Monday & Thursday 1:00PM at
Haverhill COA - (must be 60+ to play)
Card purchase 12:15pm to 12:50pm ONLY.
Shot Gun & regular Games start at 1:00pm; finish
@:30pm Prizes / raffle / coffee break**

SAFE RETURN PROGRAM

Do you have a parent, spouse or loved one who wanders because of Alzheimer or Dementia problems?

Call **Safe Return Program** of the Alzheimer's Association. (617) 868-6718 OR 1-800-272-3900
www.alzmass.org

FREE SAFETY INSPECTION for SENIORS

Get a **FREE** safety inspection from the **Haverhill Police Department** that will help prevent you and your family. **FREE** service offered by the Haverhill Council on Aging w/cooperation of the Haverhill Police Dept., Officer Paul Malone 978-722-1565 Submitted by Joel Berg

Protective Services Department of Elder Services of the Merrimack Valley will address safety concerns of elders in the community & what steps to take if you have concerns about someone you know. Claire Whitten, (978) 946-1200 Ext 1371

MassEDP

Provides **adaptive telephone equipment** for people who **have difficulty using the telephone** due to issues such as hearing or vision loss.

Three eligibility requirements:

Resident of Massachusetts; Permanent disability that can be verified by a MA physician; Residential phone service
1-800-300-5658 Or: www.massEDP.com

E-Z TRAN Applications

are available from the Council On Aging to help Seniors get around Haverhill by van. **You must be at least 60 years of age, and live in Haverhill or be an individual with a disability that prevents you from using the MVRTA fixed bus route. For more information, call MVRTA 978-469-6878 (select Option 3 on menu when prompted) Or Call Council On Aging for application 978-374-2390**

THE BOOK ROOM

New and Used Books sold.

Run by Haverhill High Students in Learning for Life Program. Also **Seeking Adult Volunteers**
Located at City Hall, in the basement, Room 5
Call 978-374-5723 for Current Hours

HAVERHILL COA WANTS & NEEDS:

Please contribute the following items in boxes on table located in the Citizens Center lobby, right-hand side:

Eye Glasses donated to the Lion's Club
(will be repaired and distributed to needy persons)

CANCELLED STAMPS

(These go to St. Jude's Hospital to pay for dialysis treatments)

PULL TABS from Soda Cans & Food Cans

(These go to Aleppo Shrine Children's Transportation Fund to pay for transportation to the various Shriners' Hospitals)

PLEASE BRING the following **upstairs** to Activities Dept:

NEW YARN & unfinished knitting projects.

Embroidery Thread & Cotton Material
in small prints for our **Teddy Bear Makers**
(Please, **NO** Curtain, silky, upholstery or drapery material)

Donations of **NEW** small paper plates, napkins, plastic silverware. Please leave these upstairs with Activities Dept.

If you are being contacted by someone you don't know:

Never give out personal or financial information.
Say, "no". Hang up. Report it to the local police.

Prescription Advantage has continuous open enrollment.

Prescription Advantage is a state-sponsored prescription drug insurance plan for Massachusetts seniors & disabled residents who meet eligibility requirements. Contact Haverhill COA 978-374-2390 x19 to schedule an appointment with a SHINE Counselor.

CARE GIVER'S SUPPORT GROUP Meets First Monday of each Month 1:00 - 2:15pm

at The Oxford, 681 Main St. Haverhill

Offering caregivers support, information & an opportunity to share experiences.

Hosted by Oxford Rehab & Brookhaven Hospice
RSVP: Social Services @ Oxford Rehab
978-373-1131 X111

Did you know that we have a showcase of beautiful handmade articles for sale at the Citizens Center? The next time you need a special gift for a baby consider shopping our supply of sweater sets and Raggedy Ann and Andy dolls. They are beautiful!

YWCA ENCORE- After Breast Cancer Help you restore mobility, flexibility, confidence through gentle exercise & peer group support.

YWCA greater Newburyport, 13 Market St
Newburyport, MA 01950 978-465-9922
Registration is required; Class size 10 participants.

CELL PHONES FOR ELDERS

The Haverhill Council on Aging has cell phones that can dial 911 for Haverhill Seniors. There is no charge for the phones or the 911 service. Come to the Citizens Center to find out if you are eligible to receive one.

See Joel Berg, Wednesdays & Fridays 12:00- 2:30 pm
978-374-2390 10 Welcome St, Haverhill, MA

Please, **Bring your old, out-dated or unused Prescriptions to the lock box in the Police Department Lobby** so they can be disposed of properly by Covanta, Inc.. Information: call 978-374-2413.
Sponsored by Haverhill COA, TRIAD, Essex County Sheriff's Department, & Haverhill Police department.

USE IT or LOSE IT!!!!

Use our Yoga Classes at the COA to keep in shape, stretch those lazy muscles and limber up— or else.....!!!

Classes offered **Tuesday afternoon, 1:00 pm**
Tuesday evening, 6:15 pm

**YOU DON'T HAVE TO BE A "SENIOR"
TO TAKE EITHER CLASS.**

Offered by Haverhill C.O.A and Recreation Department
Call Kathy or Rita for details 978-374-2390 ext 11 or ext 16

Problems with your Medicare Coverage???

You have rights & resources!!!

If you are a Medicare beneficiary & are not satisfied with the quality of care you have received, call MEDICARE at 1-800-633-4227, or call MASSPRO helpline @ 1-800-252-5533. Trained complaint specialists are available to help you with your concern.

* - MERCURY ALERT - *

Covanta, Haverhill's local Energy-from-Waste facility asks that fluorescent bulbs (including compact fluorescent bulbs) be recycled at either Aubuchon Hardware Riverside Plaza, Haverhill or True Value Middlesex St, Bradford. This will help to keep mercury out of the environment.
Any questions, please call Covanta's Mercury Separation Coordinator Dan Harty @ 978-241-3002

Penacook Place

**Alzheimer's Family Support Group
Meets Monthly on first Saturday of the month
10:00 - 11:00 AM,**

Penacook Place, 150 Water St., Haverhill, MA
Contact person: Jennifer Gillan 978-374-0707 ext 162

Application for Disabled Parking Placard
Disability Placards for a car wind shield, are issued to qualified Massachusetts residents on a temporary or permanent basis. You do not need to own a car to qualify & there is no fee for the placard.

For forms & information call Joel at the **Haverhill COA**
978-374-2390 Ext 38 **WED & FRI. 12 - 2:30pm**

SENIORS STAYING HEALTHY

Blood pressure clinics every Tuesday in the Walk-in; first come / first served. **nurse's office**, Citizens Center
9:00 am to 11:00am.

First & Third Tuesdays there will be two nurses

There will be **ONLY ONE** nurse on the other Tuesdays, so plan accordingly



Foot Clinic

1st Thursday of each month 9am - 12 noon

Cost is \$25, payable at the time of service.

Call Wendy/ Haverhill COA: 978-374-2390 ext 19
to make a **reservation** and for information.

Chair Massages offered for \$5 for Haverhill Seniors, first Tuesday of the month by licensed massage therapist Susan L. Plouffe, Walk-in; first come/first served.

SHARPS WARNING

As a community service, the Citizens Center **accepts used sharps (needles) for disposal.** Sharps must be in a **SEALED plastic container and given to a staff member**, ideally the nurse if she is available. Common household laundry detergent bottles or coffee cans work well, especially if taped shut so they cannot open by accident. For the safety of our community, **DO NOT LEAVE sharps containers on tables, counters etc. !!!!**

submitted by **Mary Connolly, RN** Community Health Coordinator & Haverhill COA nurse & 978-374-2390 X 15

Volunteers needed to work at Senior Bingo,

Monday +/-/or Thurs. afternoons-- noon - 2:30pm

To get details, please come in to the Citizen's Center and talk to the Bingo Callers, from 12:00 to 12:30 on Mon. or Thur.

Haverhill's Brightside is Seeking Volunteers

Haverhill's Brightside is reorganizing and needs your help!! Many wonderful programs are in progress including Bloomfest, Haverhill Goes Green, Adopt-A-Park, community gardens, & clean-ups. Interested people are encouraged to become involved, to help beautify our City.

For info: Elaine Barker at 978-372-3861

Stevens-Bennett Home in need of Activity Volunteers

We need assistance with bingo/card games, reading, one on one visiting, exercising, short walks, shopping, and "Best Friend". Ask for Inez Ruiz @ 978-374-8861 ext 221

Meals On Wheels

Merrimack Valley Nutrition (Lawrence, MA)

978-686-1422

Serving Meals on Wheels to the **homebound seniors** (age 60 and over) in 18 communities in the Merrimack Valley.

"Somebody Cares New England"

Winter Street Café- Saturdays ; AHEPA Outreach-Thursdays
web site: www.somebodycaresNE.org
e-mail: office@somebodycaresNE.org

Interfaith Network of Compassion (INC) & Haverhill Hunger Round Table Meetings

At UU Church, Ashland St. Entrance

A varied group of social service agencies & houses of worship who deal with issues of homelessness, hunger, clothing, fuel assistance, housing, etc. **WWW.INCLINK.ORG**

Join us & bring someone with you who would like to learn about the many services available to low income families & individuals in Haverhill. **Also actively seeking volunteers!!!**

A Summer Danger

Now that the lawn mowing season is here, it is important for people, including elder, to exercise caution using power lawnmowers. More and more people are showing up at emergency rooms with injuries caused by lawnmowers. Over a nine year period, 74,000 people were injured; in 2004 more than 80,000 were injured. One third of the injuries involved loss of fingers or toes. The most common injury was to eyes or the bodies of the operators or bystanders from the whirling blades hurling stones or other objects. Elders suffered many injuries from falling while trying to pull or push a mower up a slippery slope. The suggestions were that children should be kept away from lawn mowers and adults should wear goggles, long pants and heavy work shoes.

Haverhill's Shoe Repair Secret

BAY STATE SHOE REPAIR, 84 Emerson St.

He specializes in shoe repairs plus almost any type of leather item re-sewed or repaired.

THOUGHTS.....

Kind words can be short & easy to speak, but their echoes are truly endless *Mother Teresa*

Kindness is the language which the deaf can hear and the blind can see.

Man is the only animal that blushes.... Or needs to....

Mark Twain(1835-1910)

Friends are angels here on earth.

When nothing can go wrong, it will.

Nothing is ever as easy as it seems.

Everything cost more than you have and takes longer.

If you try to please everybody, someone won't like it.

It's easier to get into a thing than out of it.

Whatever you really want to do, you'll have to do something else first.

Pre-Plan; Then go on Living

Office Hours: 8:00AM - 4:00 PM

Monday - Friday

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Linwoodcemeteryonline.com

**A legislative update from
State Senator Kathleen O'Connor Ives,
First Essex District**

The Massachusetts Senate & House have unanimously approved comprehensive veterans legislation known as the **Veterans H.O.M.E. Act**. Senate Bill 2325, "An Act Relative to Housing, Operations, Military Service, & Enrichment," seeks to improve housing & employment opportunities for military veterans & their families by establishing the **Office of Veterans' Homes and Housing** within the Department of Veterans' Services. I filed a successful amendment which tasks this newly created office with studying how cities & towns may create incentives for landlords to reduce rental prices for veterans so they can live where they want to live. Municipalities can offer property tax exemptions to surviving spouses of any service member or veteran who suffered an injury or illness during active duty service, or to any service member who is missing in action & veterans who have a 100 percent disability rating for service-related blindness.

Veterans would also be given preference in public housing in all communities in the Commonwealth, not only the community in which they reside; any disability compensation they receive from the federal government in excess of \$1,800 would not be used for the purpose of computing their monthly rent. The term "veteran status" will be added as a protected class under the statute prohibiting employment discrimination.

My office can be reached at 617-722-1604 if we may be of assistance.

**State Representative Linda Dean Campbell
617-722-2430 Linda.Campbell@MAhouse.gov
has office hours at the Haverhill Council on Aging on the
First Friday of the Month 9 AM - 10 AM.
Please do not hesitate to use my office as a resource.**

Greenleaf Supportive Day Program

Offers participants socialization, meaningful recreation activities, supervision, nutrition while allowing them to continue to live in their homes & providing respite for the participant's caregivers.
Hours: 9am - 3pm Mon-Fri.

Small group setting: Max of 15 participants.

Contracted w/ Elder Services of Merrimack Valley

<http://www.amesburyma.gov/senior-community-center/webforms/greenleaf-social-supportive-day-program>

Doreen Brothers, M.A. LSW 978-388-8138

Amesbury COA Assist. Director/ACE Coordinator

**Senior Volunteers with Stipend
through National ABLE Network**

program that folks 55 or older can apply for work (20 hrs.) paid at minimum wage by this agency for them to work in a local business. Some income restrictions; interview locally. 855-994-8300

Mass Med Line: Massachusetts College of Pharmacy & Health Sciences (MCPHS) offers a confidential help-line to all Massachusetts residents who need help with their medications. Call toll free: 1-866-633-1617; speak to a pharmacist & case manager for confidential, personal assistance for pharmacy questions

Birds of a feather flock together and then potty on your car.

The older you get the tougher it is to lose weight because by then your body & your fat have gotten to be really close friends.

Groveland COA Daily/Weekly Activities - Open to all
Mon: 9:30a.m Art Class -Free; Movies 12:00pm -Town Hall Meeting Room
Wed.: Game Day 12:30pm - Book Discussion Group 10:30a.m. on the first Wed. of the month
Zumba 10:00 a.m. \$5.00 per class (drop ins welcome)
Yoga ~ Fridays 11:30a.m. w/ Mary Van Abs. \$5.00 per class (drop ins welcome)
Third Tues.: Veterans Services w/ Mike Ingham 6 - 7:30pm
Call for an Appt. 978-374-2351 x 32
TRIPS: flyers available upon request: GROVELAND COA.

THE SOCIAL LIFE - DANCE 8 - 11pm
Singles & Couples Welcome.

August 20; Sept. 17; Oct 22; Nov. 19; Dec 17-New Year's Dance

American Legion Farm Hall, Rte 121-Main St., Haverhill, MA
For Info: 978-373-0058 after 4:00 PM; Or 1-603-642-5881

3B Senior Fitness @ Haverhill COA
Balance, Bones, and Brain

Fridays 11:00am - noon Room 45

AND Mondays 11:30am - 12:30pm

A comprehensive program of fitness appropriate for seniors: balance training to prevent falls, strength training to increase bone density & age appropriate trivia to challenge the brain by incorporating trivia questions with great music & an enjoyable workout. Register/Details: 978-374-2390 Ext 11 or 16

Greater Haverhill Food Collaborative
- Brown Bag Program 8AM - 10:30AM
Volunteers needed on 1st Tuesday of each month at Pentucket Lake School
AND / OR
4th Thursday at Silver Hill School to fill Brown Bags
Call Rita / COA 978-374-2390 X 16 for info

Veteran Annuity: Are you eligible????

The Commonwealth of Massachusetts & its Department of Veterans' Services are pleased to provide an annuity in the amount of \$2,000 payable biannually on Aug. 1st & Feb. 1st in two installments of \$1,000 each, in recognition of the service of our distinguished 100% service-connected disabled veterans, to the parents of distinguished veterans (Gold Star Parents), widow/widowers (Gold Star Wives or Husbands) of distinguished veterans who gave their lives in the service of their country during wartime. Application available in the Veterans Services Office, contact for required documents needed. 978-374-2351

Exposure to Agent Orange in Vietnam

Veterans who suffered exposure on land in Vietnam or on a ship operating on the inland waterways of Vietnam between Jan. 9, 1962 & May 7, 1975.

VA assumes that certain "presumptive" diseases can be related to a Veteran's qualifying military service. Compensation claim can be made in the Veterans Services Office, 10 Welcome St, Haverhill, MA 01830; contact for required documents needed: Mike Ingham 978-374-2351

THOUGHTS.....

What goes up, but never comes down (other than taxes)?
ANSWER: AGE



ATTENTION: VETERANS

Department of Veterans Services

At Haverhill Citizens Center

10 Welcome St., Haverhill, MA 01830

Director: Michael G. Ingham

Secretary: Betty Burnell

VA Hospital Transportation: Michael Goulet

Office Hours: 8am to 4pm Monday - Friday

Second Floor/Veterans Office

Phone: 978-374-2351 Fax: 978-521-2626

SENIOR CITIZEN VETERANS

or the WIDOW(ER) OF A VETERAN

Massachusetts Department of Veterans Services

Massachusetts General Law Chapter 115

Financial Assistance Benefits

Senior citizen veterans or widow(er) of a veteran may be eligible for monthly financial assistance & reimbursement of medical expenses if your income is within certain guidelines. Note: house of residence & vehicles are not counted as assets.

To apply for Massachusetts General Law Chapter 115 benefits:

Haverhill residents: contact Michael G. Ingham Veterans Director for Haverhill at 978-374-2351; office hours 8-4 PM

Groveland residents call the Council On Aging for appointment: 978-372-1101, 8-4PM. Veterans Agent Office hours are 6-7:30 PM Third Tuesday of each month.

Message from Executive Office of Elder Affairs

Senior Care Options (SCO) Program brings

Medicare & MassHealth together & is especially for MassHealth members. Seniors, 65 years of age or older, who meet the MassHealth financial eligibility criteria, may be eligible for SCO. SCO:

- will provide Medicare Part D Prescription Drug coverage without any co-payments
- offers dental, vision and hearing-aid coverage
- offers individualized care: each member's doctor & a team of professionals design each care plan & each member has 24 hour access to a team of professionals.
- members keep all their MassHealth benefits.

More info: 1-888-885-0444 and 1-800-841-2900

TTY: 1-888-821-5225

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- Pediatric Therapy

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www.assistedlivingcenter.org

Senior Citizen Veterans/Widow(er) Program



and

Senior Care Options (SCO) are available at

Assisted Living Center in Salisbury

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