

# THE VOICE

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

November 2016

Hours: Monday-Friday, 8 AM – 4 PM

#### COA Staff:

Vincent Ouellette, Director

Kathy Bresnahan, Activities

Rita LaBella, Activities

Wendy Farewell, Adm. Asst.

Mary Connolly, Nurse

#### COA Board of Directors:

Sheila Babolian,

Marcelle Greenbaum,

KathyPothier, David Prescott,

Marilyn Shahian,

James Fiorentini, Mayor

#### Thanksgiving Party

@ Haverhill COA for Seniors

Wednesday, November 16 12:30PM to 2PM

COST: \$ 5 Chicken Connection-Turkey Dinner

Annual C.O.A. SENIORS Christmas Party at  
DiBurros on Thursday, Dec 15. Details: TBD

**PLEASE DO NOT** call until after Nov 21 as we are  
**NOT** taking **ANY** names until then.

#### Haverhill C.O.A. Craft Fair

Sat., Nov. 19, at the Citizens Center, 10  
Welcome St. 9 AM to 1 PM. ALL

**HAND-MADE ITEMS**

**PUBLIC WELCOME!!!!**

Call Kathy Bresnahan or Rita LaBella 978-374-2390

Darlene Sutton's Life Long Journey Haverhill will host a **Craft  
Fair: "A Snowman's Journey" Fri., Dec. 2, 9AM to  
2PM @ NECC Technology Building.** Cost of  
crafter's tables: \$20 / **all crafters are welcome.**

**PUBLIC WELCOME!!!!**

To reserve a table contact Darlene Sutton at 978-476-4677.

Due to popular demand, Haverhill's own journalist **Tom  
Vartabedian** will repeat his workshop: **"Write Your Own  
Obituary."** Mondays, Nov. 7, Nov. 14, & Nov. 21 1:00PM  
at the Citizens Center, 10 Welcome St. Discussion: leaving  
a legacy of information, importance of documenting  
important highlights/ accomplishments while we are living.  
We encourage people who have **NOT** attended the class to sign up.  
**Please plan on attending all three classes, if possible. FREE !!!**  
978-374-2390 ext 11 or 16 **REGISTER** for seating.

**Mass Audiology** will provide **free Hearing Screenings**  
**Nov. 17 at 9:30AM** at the Citizens Center. Call  
Mary at (978) 374-2390 X 15 to **schedule an appointment.**  
Mary Connolly, RN, Community Health Coordinator  
City of Haverhill (978) 374-2390 X15

#### New Ceramic Class

Haverhill COA is offering a **ceramic class** just in time for  
Christmas decorating! Students will learn basic techniques of  
working w/ porcelain clay to create/design Christmas ornaments,  
glazing, firing clay, working with gold/silver leaf.

Classes: **Mondays & Wednesdays beginning Nov. 2  
11:00 a.m. at the Citizens Center, 10 Welcome St.** Cost  
is \$5 per class Register w/ Kathy or Rita 978-374-2390

Mistral Concert – Sun., Oct 30 5:00pm

@Temple Emanuel in Andover

Concert is titled "Young at Heart" and narrated by Mike and Kitty  
Dukakis. Program includes Saint Saens ever-beloved "Carnival of  
the (Mistral) Animals.

Children free at the door and costumes welcome.

Haverhill COA has some free tickets, **but** you need to commit  
to attending or we won't get tickets next time.

#### *FALLS / BALANCE Program*

November 8 10:00AM

At Haverhill C.O.A., 10 Welcome St. Room 45

"This will be a general educational session about the benefits of  
living a healthy lifestyle & wellness to maintain strength and  
reduce risk of hospitalizations, as well as strategies to improve  
balance & posture to reduce the risk for falls. Also discussion of  
environmental modifications and lifestyle changes to prevent  
falls."

Jaclyn Wasmer, Wingate at Haverhill | 190 North Avenue |

Haverhill, MA, 01830 Office: 978-806-6709

RSVP to Kathy/Rita at the COA 978-374-2390 for seating.

#### Watch for Upcoming C.O.A. Activities:

To REGISTER, call Haverhill COA 978-374-2390 ext 16

**Haverhill C.O.A. Craft Fair**  
**Sat., Nov. 19, at the Citizens Center, 10  
Welcome St. 9 AM to 1 PM. ALL**

**HAND-MADE ITEMS.**

**PUBLIC WELCOME!!!!**

**CERAMICS CLASSES** Mon. & Wed. beginning Nov. 2  
11:00 a.m. Cost is \$5 per class.

**Beneficios en el Citizens Center of Haverhill (C.O.A.)**

**Mayerley Astacio, Minority Outreach Worker**

**Hola! Mi trabajo es asistir a latinos envejecientes a tener acceso a los servicios que ellos necesitan para seguir viviendo independientes en la comunidad. Si usted o alguien que usted conozca se puede beneficiar de mi ayuda por favor contactarme via la informacion ofrecida debajo.**

**Telefono: 978-651-3024 Email: mastacio@esmv.org**

**Horario Semanal en Haverhill COA:**

**Lunes- 9:00am a 3:00pm**

**Chequeo de la presión arterial:** Martes de 9:00am a 11:00am venga y controle su peso y presión arterial. Regístrese al llegar a la oficina #6. (Sala de almuerzo, a la izquierda)

**Las personas de 60 años en adelante pueden almorzar de lunes a Viernes en el Centro de Servicios para el Ciudadano, la donación sugerida es de \$2 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.

**Clinica de los pies,** 1er Jueves de cada mes de 9am-12pm tiene un costo de \$25 pagados en el momento del servicio. Para reservaciones o información llamar al 978-374-2390

**Clases de Oro Zumba,** el departamento de recreación Haverhill y Haverhill C O A Clases: Martes 9:30am Jueves 9:30am con la

978-651-3024 también pueden llenar la aplicación en Haverhill C.O.A.

**Aplicación para E-Z TRAN** Es un medio de transporte ofrecidos a personas de 60 años o más, o una persona deshabilitada, a moverse con más facilidad en los alrededores de Haverhill, para más información llamar a MVRTA al 978-469-6878 seleccione la opción 3, o puede llenar la aplicación en el Haverhill C.O.A.

**Recuerde – BROWN BAG 10:30am - 3:00pm**

**(TUESDAY) @ the COA**

**Noviembre 1 Diciembre 6 2016**

**Brown Bag Pick-Up Dates @ the COA**

*Always the 1<sup>st</sup> Tuesday of the Month,*

**10:30am - 3:00pm**

**Nov. 1, 2016 Dec 6, 2016**

**Brown Bag Program ( 1<sup>st</sup> 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.**

**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**

### 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.

### Brain Injury Support Group

**TBI - Survivors and Caregivers Welcome**

2nd Tuesday of each month, 6 - 7:30 p.m.

Whittier Rehab Hospital, 145 Ward Hill Ave. (Seminar Room)

Bradford, MA 01835

You **MUST** call to register:

-Caroline Keaney (Whittier) 978-469-1453 OR

-Tress Ricker (MA Chapter of Brain Injury Association).

800-242-0030 ext. 13

### Save the Pretzels for the Party!

Anyone can do Pathways Yoga

Gentle Pathways Yoga Classes - Mat Yoga  
with Mary Van Abs

Tuesdays 1:00 to 2:30PM at Haverhill COA

Exercise! Doctors suggest yoga for mobility, range of motion & stress reduction. Mary recognizes the importance of therapy & incorporates an awareness of her students personal needs in every class. You will gently learn how to stretch muscles & practice breathing exercises, working at your own pace, doing what you can do. Finish class with a stress reducing relaxing exercise. You will learn practices that you can do at home. **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

### Rebuilding Together Greater Haverhill, Inc

is accepting applications for no-cost home repair assistance on

**Annual Rebuilding Day on Sat., April 29, 2017**

**Application deadline is December 31, 2016.**

Applicant eligibility: Own & occupy your home for at least 2 years in Greater Haverhill area (Haverhill, Groveland, Georgetown, Boxford, Merrimac, West Newbury, Plaistow, NH); Meet Federal HUD low-income guidelines.

Tel: 978-469-0800 or email [RTtogether@outlook.com](mailto:RTtogether@outlook.com)

Rebuilding Together Greater Haverhill, Inc. is a registered 501(c)3 non-profit organization.

### Could you use extra money for food? Supplemental Nutrition Assistance Program! SNAP

Seniors can 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](mailto:snap@gbfb.org)

**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.

### Haverhill COA Offers Conversational Italian Classes Wednesdays - 10:00am

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

## Spotlight Playhouse Presents

**Broadway on Essex;**

**HoliDAZE**

**a Holiday Dinner Theater Cabaret**

December 2,3,9,10

At The Galleria at Maria's Restaurant,

85 Essex Street, Haverhill

Doors open at 6:30. Senior tickets are \$35

*Includes: Show, Dinner and Dessert*

**Call 617-470-2175**

or <http://www.spotlightplayhouse.org/>

## KEVIN B. COMEAU

### Funeral Home

*Big Enough To Serve You,  
Small Enough To Know You*

486 Main St., Haverhill, MA

*Independently Owned & Operated*

**978-521-4845**

[www.comeaufuneral.com](http://www.comeaufuneral.com)



## WW PROPERTY SERVICES

*"Home Improvements"*

**CARPENTRY & REPAIRS**

**Int/Ext Painting & Wallpapering**

**Cabinet Refinishing**

*Book NOW for Spring Exterior Painting or  
Pressure Washing*

**\*\*\*\* 20% Senior Discount \*\*\*\***

**Free Estimates ~ References ~ Insured**

**Call 978-685-3437 or Cell: 978-857-2594**



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**603-890-0580**

[btalbot@residencesalemwoods.com](mailto:btalbot@residencesalemwoods.com)

6 Sally Sweet's Way • Salem, New Hampshire  
[www.residencesalemwoods.com](http://www.residencesalemwoods.com)

# 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](mailto:kbresnahan@cityofhaverhill.com) or  
[rlabella@cityofhaverhill.com](mailto:rlabella@cityofhaverhill.com)

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

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

Offered by: **LifeLongJourneyHaverhill**

**NH Christmas Shopping Tour:** Tilton Outlets, 3 course meal @ Onion's Restaurant in Tilton & LOUDEN, NH to see the Lights @ NH Speedway, etc. **Saturday, Nov. 26**

Cost \$79pp **Groups, Inc.**

**New Year's Eve Day Trip** at Danversport Yacht Club **Sat., Dec 31, 2016** w/ "Award-winning singer & international recording artist" Lydia Harrell & LIVE "Lovely Singer" Orchestra. Cost: \$85pp(transportation, Luncheon w/ meal choice, Show, Orchestra, Dancing, Party Favors, Champagne Toast)

OR \$65pp to Drive-on-your-own **BOT Trip**

## OVERNIGHT TRIPS:

**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**

## LifeLongJourneyHaverhill

please call Darlene Sutton 978-476-4677 or  
[LifelongJourneyHaverhill@gmail.com](mailto:LifelongJourneyHaverhill@gmail.com)  
[www.lifelongjourneyhaverhill.com](http://www.lifelongjourneyhaverhill.com)

**Foxwoods Casino** Nov 15; "Silver Sizzle" Review Show & Lunch (Luciano's Lake Pearl, Wrentham, MA) Nov 17;  
**Christmas at Indianhead** - \$80 Nov 30;  
**Christmas @ the Newport Mansions: The Breakers & Marble House** -Sat., Dec. 3 \$69 (Lunch on your own at Bowen's Wharf, Newport); **Regal Players "Christmas Time"** - \$72 Dec 4;  
**LaSalette Shrine** - \$40 Dec 12

**NOTE: Some walking on tours!!**

## 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.

**RUTH'S HOUSE 978-521-5575**

**BRA DROP BOX @ Haverhill COA Lobby**

For your gently used ( or new! ) bras.

## Senior Coat Program

Do you or someone you know need a winter coat? The Thrift Shop at Ruth's House is currently running its **Winter Coat Program** for seniors (gloves, hat and scarf included)!!

**Who Qualifies?** Anyone who is over 55 years old (ID required) & proof of enrollment in programs :

Ma Health SSI Food Stamps SS Disability

Nutrition Programs Veteran's Aid Fuel Assistance

and a Signed Referral Form from a participating Agency, House of Worship or Ministration.

**Hours are by appointment.**

Tuesday - Friday 10:30 to 2:30 Please call (978) 521-5575 during these hours to schedule an appointment.

**The Thrift Shop at Ruth's House**

111 Lafayette Square, Haverhill, MA 01832

## 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**

## 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](mailto:info@brookridge.org) 978-372-3933

## 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!!!**

## Your first choice in rehabilitation since 1982!

Since 1982, this family owned healthcare organization has provided premier rehabilitation services that incorporate family values into daily practice. For extensive rehabilitation services that put you first, choose Whittier!

### INPATIENT, OUTPATIENT AND HOME HEALTHCARE SERVICES

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145 Ward Hill Avenue, Bradford, MA 01835

Referrals & Admissions please call (800) 442-1717

- Comprehensive Rehab Services
- PT/OT/TRISpeech
- Complex Wound Care
- Vent Weaning
- Stroke/Brain Injury Program
- 5 Bed Dialysis Suite
- Aquatic Therapy
- Day Rehab Program
- Memory Clinic
- Pulmonary Program
- Orthotics/Prsthetics
- Pet Assisted Therapy
- Pediatric Therapy

**Bereavement Groups:**

**The Grief Journey**

Holy Family Hospital at Merrimack Valley -Atrium  
140 Lincoln Ave., Haverhill, MA Mon. 1:30 - 3:00 p.m.,  
Ongoing ..thru Dec 19, For info/ register call 978-552-4128

**Men's Grief Support Group** meet at Merrimack  
Valley Hospice House, 360 North Ave., Haverhill. Tues., 6:30 to  
8:00 PM Info/Register: 978-552-4537 Emily Dingee

**Widows and Widowers Group**

**Beginning the Grief Journey ~ for Seniors**

Wednesday mornings 10:30 - 12:00 NOON

**Newly Bereaved – Widow/Widowers Group, age 60 & over**

For those whose loss occurred less than 6 months ago.  
Wed., 9:30 - 11:00 a.m., Ongoing thru Dec 14, 2016

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**

**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 2<sup>nd</sup> & 4<sup>th</sup> 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.

**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 to educate caregivers to care for themselves; Includes:  
caregiver counseling, Respite Care Scholarships, workshop, etc.  
For Info: **ESMV 800-892-0890**

**End of Life Care: Become a Hospice Volunteer**

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 Ave.,  
Haverhill, MA Contact: Volunteer Manager at 978-552-4522  
[VolunteerManager@homehealthfoundation.org](mailto:VolunteerManager@homehealthfoundation.org)  
<http://www.homehealthfoundation.org/mvh-volunteers/>

**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, 2<sup>nd</sup> floor, ROOM 45**

Keep moving so you can enjoy life! Your first class is "on me!"  
~ Heather True, Inpatient Rehab Assistant at WRH

**Drawing and Painting Classes**

with Anna Teresa Hull

-- **NO ART EXPERIENCE NECESSARY** --

Thursdays 11:45 to 1:15pm Cost: \$5 per class

**Pre-Register 978-374-2390 with Kathy or Rita (@ COA)**

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. 978-552-4186 Download  
free guide: [www.homehealthfoundation.org/patients-resources](http://www.homehealthfoundation.org/patients-resources)

**Greater Haverhill Food Collaborative**

**– Brown Bag Program 8AM – 10:30AM**

**Volunteers needed** on 1<sup>st</sup> Tuesday of each month at  
Pentucket Lake School

**AND / OR**

4<sup>th</sup> Thursday at Silver Hill School to fill **Brown Bags**  
Call Rita / COA 978-374-2390 X 16 for info

**HelpLine** provides direct assistance over the phone to individuals  
ages **55 to 64** who need to understand their health coverage  
options & insurance enrollment process.

**HelpLine** helps seniors over age 65 find a **SHINE** ("Serving the  
**Health Insurance Needs of Everyone**") counselor who speaks  
their language, is located in their geographic area, & can answer  
their health care questions. **1-800-272-4232**

**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](mailto:patricia.lavoie@steward.org).

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**November Regular Menu**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>31 Special:</b> Turkey Broccoli Casserole Egg Noodles Beets Dinner Roll Pumpkin Cookie	<b>1 Baked Fish</b> Roasted Sweet Potatoes Mixed Vegetables Wheat Bread Yogurt	<b>2 Soup</b> Lemon Pepper Chicken Brown Rice Peas Honey Wheat Roll Sliced Pears	<b>3 Meatloaf</b> Gravy Green beans Mashed potatoes NG Bread Fresh Fruit (orange)	<b>4 Stuffed shells</b> Marinara sauce Spinach Italian Bread Mixed fruit
<b>7 Chicken Drumstick</b> Sweet n Sour Sauce White Rice Asian Blend NG Bread Fresh Fruit (pear)	<b>8 Alfredo Lasagna</b> Zucchini Diet Gelatin Italian Bread	<b>9 Soup</b> Hamburger W/Cheese Potato Wedges Carrots Hamburger Roll Mandarin oranges Ketchup and Mustard	<b>10 Birthday</b> Beef Stew with vegetables Steamed Potatoes Biscuit Birthday Cake	11 Veteran's Day No Meal Service
<b>14 LS Hot Dog</b> Pork Baked Beans Chef's Choice Veg Hot Dog Roll Fresh fruit (Orange) Ketchup, Mustard, Relish	<b>15 Chicken Bruschetta</b> Pasta Broccoli Pudding/Dt pudding Italian Bread	<b>16 Soup</b> Vegetable and Cheese Frittata Vegetable Orzo Peas Sliced Peaches NG Bread	<b>17 Thanksgiving Special</b> Turkey with Gravy Mashed Potatoes Stuffing Green Bean Casserole Dinner Roll Cranberry Sauce Assorted Pie	<b>18 Macaroni &amp; Cheese</b> w/Crumb Topping Brussels Sprouts Honey Wheat Roll Sliced Pears
<b>21 Baked Chicken</b> Gravy Rice Pilaf Corn & Red peppers NG Bread Cookie/Grahams	<b>22 Baked Ham</b> Raisin Sauce Mashed Potatoes Carrots Dinner Roll Pineapple	<b>23 Soup</b> Pasta and Meatballs Marinara Sauce Zucchini Mandarin Oranges Italian Bread	<b>24</b> Thanksgiving No Meal Service	
<b>28 Sliced Pork</b> Gravy Butternut Squash Rice Pilaf Wheat Bread Applesauce	<b>29 Shephard's Pie</b> (Ground Beef, Gravy, Mashed Potatoes and Corn) Italian Bread Fresh Fruit (Orange)	<b>30 Soup</b> Chicken Cordon Blue Roasted Potatoes Peas WW Dinner Roll Mixed Fruit		

**State Senator Kathleen O'Connor Ives,  
First Essex District**

In September, 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 MA. at an hourly wage of \$14.12, who provide critically important care to 26,000 MassHealth members. PCA services provide quantifiable advantages for the state budget in terms of reduced nursing home spending as well as immeasurable benefits to the thousands of MA residents who are able to stay in their homes & live independent lives thanks to PCAs.

I will continue to work with my colleagues in the legislature to ensure access for MA residents to the cost-effective, quality care PCAs provide, especially for those who rely on the consistency & stability of PCA services to maintain their independence & quality of life.

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

**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**

**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

**DOES SOMEONE ELSE'S  
DRINKING BOTHER YOU?**

Al-Anon can help 1-888-4ALANON (25-2666)

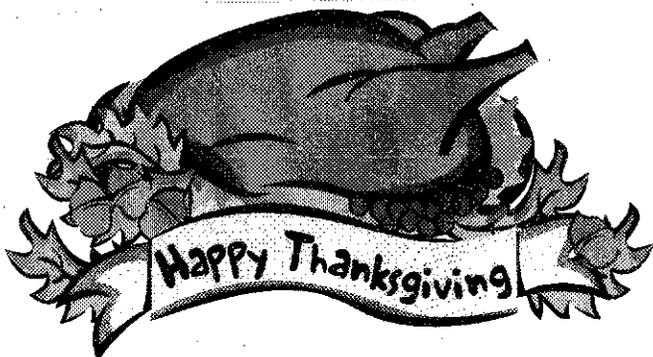
**Local Meetings:** Al-Anon is an Anonymous Fellowship.

Mon - 7pm First Church of Christ, Bradford

Tues - 6:45pm Whittier Rehab. Hospital, Ward Hill, 1st floor

Fri - noon Presbyterian Church, 346 Broadway, rear

Sat - 5:15pm Whittier Pavilion, 76 Summer St., side door left



**Get on Track with Us!**

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

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**10% Senior Discount on Tuesday**

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 7 PHILBROOK TERRACE  
 HAMPTON, NH 03842

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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, in**

We need to be able  
 the Citizens' 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**  
 Council On Aging, 10 W  
 Supplemental Nutrition Assistance  
 3-page application for Senior  
 Transitional Assistance

**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 AN**  
 Haverhill Council On Aging  
 at All Saints Bowling Center  
 The bowling center offers  
 for \$4.50 includes shoe rental  
 Mondays men meet at 7:00  
 Call Joe at the bowling center

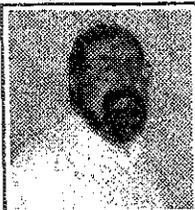
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Thomas Perrotta, R. Ph.  
 292 Prospect Street, Lawrence, MA 978-682-2557

DAY	THURSDAY	FRIDAY
Group 1st Wed. 12 Noon Music Italian Class ment	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	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

**A bank you can trust<sup>SM</sup>**



**Haverhill Bank**

Member FDIC Equal Housing Lender

**PLEASE..... Attention Seniors**  
**Citizens' Center for Activities:**  
**BR SCAN Cards to sign in for**  
**riding lunch & even just Coffee**  
**& Talking.**  
 justify budget money allotted to  
 ; your attendance is key to the  
 receiving funding.

does not endorse nor recommend the  
 company mentioned in our newsletter.  
 e"; be an educated consumer. We are  
 s or representations made by

ications are available at the Haverhill  
 rome St..  
 istance Program has an easy  
 rs; we can fax it to MA Dept of  
 you. 978-374-2390 ext 11 or 16

**ONE???? MONDAYS**  
 n Aging has a bowling group  
 ater, 26 Broadway, Haverhill.  
 a special senior rate of 3 strings  
 & coffee..... lots of fun!!  
 0am; women meet at 11 a.m  
 nter at 978-374-0083

**The Thrift Shop at Ruth's House**  
 111 Lafayette Square, Haverhill 978-521-5575  
 Working with area agencies for 24 years to help clothe needy  
 families & provide job training.

**Ruth's House Wish List**  
 Men's Clothing...Jeans, Shirts, Jackets; School Supplies;  
 Furniture( we will pick up); New Personal  
 Hygiene Items; Monetary & Memorial Donations.  
 Accepting donations on Thurs, Fri and Sat.  
 \*\*\*\*\*

**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**  
 www.RuthsHouse.org 978-521-5575  
 www.facebook.com/RuthsHouseHaverhill

**Andover Senior Center** 978-623-8321  
**Parkinson's Disease Support Group**  
 2<sup>nd</sup> 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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### 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

**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](mailto:wdavis@chunkys.com)

or call 1-888-879-9001 for a group reservation.

### 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](http://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](http://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](mailto: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 1<sup>st</sup> 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](mailto:mvcsc-fgp@comcast.net)  
Foster Grandparents of Gr. Lawrence & Haverhill  
264 Essex St., 2<sup>nd</sup> 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.

### NEED HELP WITH SNOW SHOVELING ???

Haverhill COA, in cooperation with Haverhill Boys' & Girls' Club has formed a partnership: the Club will provide "SNOW SHOVELERS" for Haverhill Seniors at a reasonable fee. Use of mechanical tools is not allowed. To get on the list, call Mr. Brian Therrien, 978-374-6171 after 2:30pm, weekdays

**DON'T WAIT FOR SNOW -- SIGN UP NOW!**

### 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](http://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](mailto:kbresnahan@cityofhaverhill.com) or Rita [rlabela@cityofhaverhill.com](mailto:rlabela@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 4<sup>th</sup> 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](mailto:lmarsan@esmv.org) 978 946 1303 or Pati Fernandez, [pfernandez@esmv.org](mailto: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](http://www.ci.haverhill.ma.us/departments/health/recycling.htm)

[m](#)

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](mailto:bernard.c.gaallant@gmail.com) or Mickey Koplove [mkoplove@gmail.com](mailto: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](mailto: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](http://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](http://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.

#### 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

#### 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

**1<sup>st</sup> 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 Caf - Saturdays ; AHEPA Outreach-Thursdays  
web site: [www.somebodycaresNE.org](http://www.somebodycaresNE.org)  
e-mail: [office@somebodycaresNE.org](mailto:office@somebodycaresNE.org)

**Life Choice Hospice is seeking direct care & vigil volunteers** to provide companionship & comfort for our patients. We provide complete hospice volunteer training. Opportunities available in nursing homes, assisted living facilities & patient homes throughout MA.

Amelia Lambert, Volunteer Coordinator 978-777-8222 or  
[ALambert@lifechoicehospice.com](mailto:ALambert@lifechoicehospice.com) located at 790 Turnpike St.  
(Route 114) Suite 302, North Andover, MA 01845

### DOES SOMEONE ELSE'S DRINKING BOTHER YOU?

Al-Anon can help 1-888-4ALANON (25-2666)

**Local Meetings: Al-Anon is an Anonymous Fellowship.**

Mon - 7pm First Church of Christ, Bradford

Tues - 6:45pm Whittier Rehab. Hospital, Ward Hill, 1<sup>st</sup> floor

Fri - noon Presbyterian Church, 346 Broadway, rear

Sat - 5:15pm Whittier Pavilion, 76 Summer St., side door left

### 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.....

Let not your tongue cut your throat.

Faith is when you close your eyes and open your heart.

The best sermons are lived, not preached.

Speak kind words & receive kind echoes.

## Community Action, Inc.

Low Income Home Energy Assistance Program

Would you like to know how you could get a  
**25% discount** on your monthly National Grid bills  
and/or home heating oil at deep discounts?  
Homeowners can also receive assistance with heating system  
repairs, replacements and free home energy audits.



Visit our website to learn more:

[www.communityactioninc.org](http://www.communityactioninc.org)

or call 978-374-7660

**Pre-Plan; Then go on Living**

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

Monday - Friday

*Linwood*

**Cemetery & Crematory**

Corner of Mill and Water Street

Burial & Cremation Planning

Main: 978-374-4191 ~ Sales: 978-965-2383

[Linwoodcemeteryonline.com](http://Linwoodcemeteryonline.com)

**@ the Langley-Adams Library**  
185 Main St, Groveland, MA 978-372-1732  
[www.langlevadamslib.org](http://www.langlevadamslib.org)

All programs are free & open to public. Please REGISTER!

Mon. Nov. 7 @ 6:30-7:45 p.m. Hypnotist Andrew Morris of A Better Life Hypnosis & Reiki

Mon. Nov. 14 @ 6:30-7:45p.m. Quilts with Georgetown's Terry Palardy (the vintage sewing machine lady!)

Mon. Nov 18 1 - 3PM Adult Film: Shutter Island

Mon. Nov.21 6:30-7:45p.m. The Mothers of Thanksgiving  
L-A's Lauren Towler : presentation on Sarah Joseph Hale & Lydia Maria Child.

**Sneak Peak of December:**

Mon., Dec.5 6:30-7:45pm

Chasing Mayflies author Vincent Donovan

Wed., Dec. 7 6:30-7:45pm Holiday wreath making with  
The Groveland Garden Club. **Limited space/sign up a must!**

Thurs., Dec. 15 Kevin Comtois 6-8 p.m.

Rock & Roll & the Rise of Youth Culture

**ONGOING EVENTS: Details: Call Library.**

Adult Scrabble Fri.; Knit-A-Bitters Group Mondays; 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;

**Haverhill Public Library - ACTIVITIES**

99 Main St. Haverhill, MA 01830 [www.haverhillpl.org](http://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.**

**Your Organized Life Starts Here** Nov. 1 at 7 p.m. Certified Professional Organizer Lorraine Falcone will walk you through each step necessary to transform your home into a neat, clean, functional living space for you & your family to enjoy. **Free! Register!**

**Presentation on Rocks Village, Haverhill**

Tues, Nov 15 7PM slideshow presentation (no hands on objects) Sarah Sycz Jaworski, **Historic New England**  
617-994-5970 [sjaworski@historicnewengland.org](mailto:sjaworski@historicnewengland.org)

**Learn how to borrow digital magazines with your library card at our upcoming "Zen of Zinio" class Nov, 7 at 7 p.m. Free! Register!!!**

**FREE Wool Applique Workshop Sat., Nov 19 2PM**  
Crafter Vicki Murphy; Make a fun craft. **REGISTER**

**Family Memorabilia Archival Preservation Thurs, Nov 17**  
Rhonda Chadwick teaches how to store family memorabilia for long term preservation. **FREE! REGISTER!**

**Microsoft WORD Classes Nov 1 & 8 2:30 - 4PM FREE for ADULTS of all ages. 2 Part Class. Must know how to use a mouse & keyboard REGISTER!**

**Photography Group Nov. 21 at 7PM Open to all ages.**

**Learn how to Borrow Digital Magazines from the Library Nov 7 at 7PM FREE REGISTER!**

**Library shows FREE movies: call for titles...**  
**Recent Movies: Sat., Nov 19 at 1pm;**  
**Tues., Nov 8 & 28; Thurs. Nov 3 At 6 PM**  
**Movie Matinees: TUESDAYS at 10am**

**Genealogy Lecture Class-Intro. Genealogy Part 1**  
Tues., Nov 22 from 1:30 - 3:00 p.m. **FREE** Beginner Family research.

**Meeting of Coloring Club for Adults FREE/ materials provided.** Tues., Nov 8 at 6 PM & SUN., Nov 20 at 2PM.

**Library's Knit & Crochet Group meets twice this month**  
Sat., Nov 5 1 to 3 pm & Tues., Nov 15 7 to 8:45 pm  
Talk about your favorite books, yarns & patterns; bring your knitting /crochet project to work & chat.

**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

**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

**THE SOCIAL LIFE - DANCE 8 - 11pm**

**Singles & Couples Welcome.**

**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

**Life Choice Hospice seeking direct care & vigil volunteers** to provide companionship & comfort for our patients. We provide complete hospice volunteer training. Opportunities available in nursing homes, assisted living facilities & patient homes throughout MA.

Amelia Lambert, Volunteer Coordinator 978-777-8222 or [ALambert@lifechoicehospice.com](mailto:ALambert@lifechoicehospice.com) located at 790 Turnpike St. (Route 114) Suite 302, North Andover, MA 01845

**Element Care**, a non-profit organization dedicated to providing health & social services to elders, enabling them to remain in their own homes & communities with dignity, safety & as much independence as possible presents.....

**PACE (Program of All Inclusive Care for the Elderly)**, throughout the Merrimack Valley. **Services provided to eligible seniors include:** primary medical & specialty services; emergency care; prescription drugs; medical equipment; adult day health; in-home services; family caregiver support; transportation; meal programs ; hospital nursing home care (when necessary). **To be eligible for PACE, potential participants should meet certain criteria. For information call: 877-803-5564**



**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: 1-888-885-0484 and 1-800-841-2900

TTY: 1-888-821-5225

**GREAT NEWS for VETERANS**

The Veterans Northeast Outreach Center in Haverhill received \$2 million to prevent veteran homelessness.

**Veteran Annuity: Are you eligible????**

The Commonwealth of Massachusetts & its Department of Veterans' Services provides 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

**Assisted Living Center ~ Salisbury**

**An Affordable Solution  
to Your Assisted Living Needs**

- When you are seeking a *safe* alternative to living at home alone, turn to the *Assisted Living Center - Salisbury.*
- When you are looking for a *socially stimulating* environment, turn to the *Assisted Living Center - Salisbury.*
- When you are searching for an all inclusive, *affordable* senior residential alternative, with your own private unit & bath, turn to the *Assisted Living Center - Salisbury.*

**Assisted Living Center - Salisbury**

Where you Can Have it All  
Where you Can Afford it All

(978) 463-9809



Ask about our:  
**Medicaid Programs  
Veteran's Programs**

19 Beach Rd. • Salisbury, MA 01952

[www.assistedlivingcenter.org](http://www.assistedlivingcenter.org)

Senior Citizen Veterans/Widow(er) Program



and

Senior Care Options (SCO) are available at

Assisted Living Center in Salisbury

**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

State Representative Linda Dean Campbell

617-722-2430 [Linda.Campbell@MAhouse.gov](mailto: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.

**Volunteers Needed to Deliver  
VOICE Newsletters in Haverhill.**

Call Rita at the C.O.A. 978-374-2390 x16