

# THE VOICE

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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

September 2016

Hours: Monday-Friday, 8 AM - 4 PM

**Attorney Robert Jutras**

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

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

**Topics To 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**

**Fly your kite at Tattersal Farm Trails & Sails Day**

**Sunday, September 18<sup>th</sup> 10:00 am - 3:00 pm**

542 North Broadway, Haverhill, MA 01832

Experience Geocaching & Kite Flying Demonstrations

Due to popular demand, Haverhill's own journalist **Tom Vartabedian** will repeat his workshop: **"Write Your Own Obituary."** Monday, Nov. 7, Nov. 14, & Nov. 21 1:00PM at the Citizens Center, 10 Welcome St. Mr. 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.

978-374-2390 ext 11 or 16

**FLEA MARKET, CRAFT FAIR & BAKE SALE**

Sat, Sept 17 First Presbyterian Church of Haverhill,

346 Broadway, 9:00am-3:00pm, rain or shine.

**VENDORS ARE WANTED.** \$20 per space. \$5 to rent a table.

To reserve a space, call Susan Duarte, 978-387-2936

**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.

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

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

**SENIOR ICE CREAM SOCIAL**

**Wed., Sept. 7 12:00 PM**

Presentation on credit card skimming devices Robin Putnam of the Massachusetts Office of Consumer Affairs & Business Regulation, , Wed., Sept. 14, at 1:00 p.m.

**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](mailto:sjaworski@historicnewengland.org)

**Community Action Heating Assistance program**

**Tuesday, September 13 10 - 11:00AM** will be at the Citizen Center, 10 Welcome St. for an information session on **eligibility requirements & info on applying for program.**

**Tuesday, October 11, 9:00am - 11:00am** Community Action will be at the Citizen Center to assist seniors with the **applications for heating assistance.**

**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: pick up litter to maintain beauty of the area.

Coffee/donuts for volunteers! **Dick LaBlonde 978-372-8231**

**Two Craft Fairs Planned - Crafters Wanted**

Attention all **senior crafters!** Council on Aging will hold a **Holiday Craft Fair Sat., Nov. 19, at the Citizens Center, 10 Welcome St. from 9 a.m. to 1 p.m.** Tables are free of charge to all **seniors 60 and older. NEW HAND-MADE ITEMS ONLY**; NO flea market-type items. **Volunteer workers needed** for planning, promotion, & set up. 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," Friday, Dec. 2, from 9 a.m. to 2 p.m. at NECC Technology Building.** Cost of tables: \$20 and **all crafters are welcome.** To reserve a table contact Darlene Sutton at 978-476-4677.

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

**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 instructora Stephanie Smith instructora certificada. Costo \$5 por sección.

**Clinica de Zapatos para Diabeticos** Jueves 20 de Octubre de 9am Pro Medical East estará en el Haverhill C.O.A para hacer las medidas para los zapatos. Necesitará una orden llenada por su doctor la cual puede conseguir en el Haverhill C.O.A. Tiene que traer dicha orden en su 10 minutos de cita que tendrá para la medida de los zapatos. También necesitara información de su seguro. Citas son requeridas, son cada 10 minutos empezando a las 9am de dicho día.

**Wingate en Haverhill** invita a los envejeciente en la comunidad a un Desayuno complementario saludable cada primer Martes de cada mes a las 9am en Wingate en Haverhill, 190 North Ave. Asiento limitado llame 978-372-7700 para reservación.

**SNAP Beneficios (cupones de comida)** las aplicaciones están disponibles en el Haverhill C.O.A en 10 Welcome Street, Haverhill. El Programa Asistencial de Suplemento Nutricional tiene una aplicación fácil de llenar de 3 páginas, la podemos enviar vía Fax a el departamento de DTA por usted.

**Ropa gratis para personas necesitadas en Common Ground Clothing Outlet** 6 White Street, Haverhill, Martes y Miércoles dwe 10am - 12pm

**Servicios telefónicos de Social Security,** Llame al 1-800-772-1213 si quiere remplazar su tarjeta de seguro médico, cambiar su dirección o número de teléfono si recibe beneficios, hacer cambios en su depósito directo, obtener prueba de la cantidad de su beneficio, obtener una aplicación de Social Security, localizar la oficina más cercana, escuchar mensajes de información o requerir el estado de cuenta de su Social Security.

**Programa de Funda de Comida para Envejecientes (Brown Bag)** Elder Services of the Merrimack Valley y Greater Boston Food Bank han establecido Elder Brown Bag Program. Envejecientes elegibles recibirán una funda gratis de alimentos cada 1er Martes o cada 4to Jueves de cada mes. Los participantes tienen llenar una aplicación, debe tener 60 o más de edad y tener bajo ingreso. Para información contactar a Mayerley Astacio al 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  
Septiembre 6, 2016 Octubre 4, 2016 Nov. 1, 2016**

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

## SPACE FOR SALE

**Great Medium to Reach the Senior Citizens!**

**CALL 603-601-8047**

**Email: [seniornewsletter@aol.com](mailto: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](mailto:Hereforyou728@yahoo.com)

## EXCEPTIONAL CARE FOR SENIORS FROM ONE OF AMERICA'S BEST HOSPITALS

Holy Family Hospital offers award winning, personalized care for seniors including:

- The Center for Orthopedic Excellence which performs nearly 4,000 procedures per year
- Cardiovascular care and a state-of-the-art cardiac catheterization lab
- A Senior Adult Behavioral Health program
- Oncology/Geriatrics by Dana-Farber Community Cancer Care

Holy Family  
Hospital



[HolyFamilyHospital.org](http://HolyFamilyHospital.org) Methuen • Haverhill

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Haverhill, MA 01835  
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Patrick J. Driscoll

*• Opposite Zion College  
• Large Off-Street Parking Area*

**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.

**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/>

**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 ..Sept 12 – Dec 19, For info/  
register call 978-552-4128

**Men's Support Group** meet at Merrimack Valley  
Hospice House, 360 North Ave., Haverhill.  
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 Sept 14 – 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](http://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

**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

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. 21 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](mailto:snap@gbfb.org)

## KEVIN B. COMEAU Funeral Home

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Small Enough To Know You*

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[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.

**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.

**Ogunquit Playhouse: "Million Dollar Quartet" Play Wed., Oct 19 Perkins Cove/Ogunquit.** Lunch at Jonathon's: **Cost: \$126pp** Groups, Inc.

**Octoberfest Celebration - Inn at East Hill Farm, Troy, NH, Sun., Oct 23 LaBelle Winery, Amherst, NH w/ wine tastings; Cheese producing venue w/ tastings; German themed family style dinner; Oompah Band w/ singing, dancing. COST: \$ 89pp** Groups, Inc.

**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**

**LOUDEN, NH to see the Lights Sat., November 26**  
Details: TBA  
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**

## **LifeLongJourneyHaverhill**

please call Darlene Sutton 978-476-4677 or

[LifelongJourneyHaverhill@gmail.com](mailto:LifelongJourneyHaverhill@gmail.com)

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

Nov 15 Foxwoods Casino; Forever Motown -Sept 21 (Venus De Milo, Swansea, MA); Spamalot - North Shore Music Theatre in Beverly Oct. 21; "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!!**

## **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**

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)

**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

## **Friends of Groveland C.O.A.**

### **Town -Wide YARD SALE (Rain or Shine)**

**Sunday, Sept 18 8:00am - 2:00pm**

Participants hold sales at their homes; Friends of GCOA handles publicity/Yard /Community signs/ maps showing sale locations.

**Donation: \$25 w/ deadline of Sept 11;** apply at COA office/ Town Hall or send SESE: Valerie Osborne, 3 Pleasant St., Groveland, MA 01834 978-374-6253 **Maps on sale:** Groveland Town Hall - Fri, Sept 18 7:30am - 4pm & Sat 7:30am - noon

**Proceeds support programs & services for Groveland Seniors.**

**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.

## **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**

## **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!!!**

**Diabetic Shoe Clinic Thursday Oct 20<sup>th</sup> 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

**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. 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. [www.state.ma.us/dcf](http://www.state.ma.us/dcf) or 1-800-KIDS.508 or 617-748-2000

**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, suggestibility tests (how hypnotizable someone is), 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](mailto: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.

**Fall Raffle / Fund Raiser**  
**Oct 15 @ Garibaldi Club w Band- AIRTIGHT**  
**Big Cash Prizes: \$2000, \$1000, \$500(limited # sold)**  
Call for Tickets at Ruth's House  
Call 978-521-5575 Tues - Sat 9:00 AM to 5:00PM

**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.

**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

**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.

**"Preparation is Key-" .... Beacon Hospice**

Things you should know before you or a loved one needs end of life care **Wed., October 5th 1pm** at the Citizens Center, 10 Welcome St.; join specialists from **Beacon Hospice**, for light refreshments & **discussion about advanced care planning; navigate the difficult conversations that arise before & during end of life care;** erase the myths associated with this compassionate service that recognizes that as we approach end of life, every moment matters." Call Kathy / Rita at 978-374-2390 to REGISTER.

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.

**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)**

**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

**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 including Haverhill; **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**

# Elder Services of the Merrimack Valley- September Regular Menu 2016

Monday			Tuesday			Wednesday			Thursday			Friday					
<b>Totals include: Entrée, sides, dessert, fruit, bread, milk &amp; margarine.</b> <i>Sodium (Na): Milligrams noted in parentheses</i> <i>Milk: 100 cal, 12 carbs and 110 mg sodium</i> <i>Margarine: 40 cal, 0 carbs and 50mg sodium</i> <i>*High sodium item (&gt;500mg)</i> <i>Shading = higher sodium meal (&gt;1200mg)</i> <b>Menu Subject to Change Without Notice</b>												<b>1 Baked Chicken &amp; Gravy (150)</b> <b>Mshd Potato(105)</b> <b>Carrot&amp;Turnip(70)</b> <b>NG Bread (150)</b> <b>Diet Gelatin (10)</b>			<b>2 Vegetarian Chili (335)</b> <b>Rice pilaf (225)</b> <b>Squash Blend (5)</b> <b>Cornbread (290)</b> <b>Fresh Fruit (5)</b>		
<b>Cal</b>	<b>Carb</b>	<b>Na</b>	<b>Cal</b>	<b>Carb</b>	<b>Na</b>	<b>Cal</b>	<b>Carb</b>	<b>Na</b>	<b>Cal</b>	<b>Carb</b>	<b>Na</b>	<b>Cal</b>	<b>Carb</b>	<b>Na</b>			
									520	50	640	730	110	1015			
<b>5</b>  <b>Labor Day</b> <b>No Meal Service</b>			<b>6 Hot Dog(340)</b> <b>Pork Baked Beans(330)</b> <b>Chef's Veg (5)</b> <b>Hot Dog Roll(210)</b> <b>M.Oranges (5)</b>			<b>7 Special: Chicken Mirabella (285)</b> <b>Brown Rice (5)</b> <b>Carrots (70)</b> <b>Watermelon (5)</b> <b>White Brd (120)</b>			<b>8 Beef Stew with Vegetables (145)</b> <b>Potatoes (5)</b> <b>Cauliflower (5)</b> <b>Biscuit (355)</b> <b>Pudding** (190)</b>			<b>9 Macaroni n'cheese* (615)</b> <b>Topping (165)</b> <b>Spinach (110)</b> <b>Honey Roll (180)</b> <b>Mixed Fruit (5)</b>					
			<b>Cal</b>	<b>Carb</b>	<b>Na</b>	<b>Cal</b>	<b>Carb</b>	<b>Na</b>	<b>Cal</b>	<b>Carb</b>	<b>Na</b>	<b>Cal</b>	<b>Carb</b>	<b>Na</b>	<b>Cal</b>	<b>Carb</b>	<b>Na</b>
			670	80	1050	725	80	630	780	95	860	740	100	1170			
<b>12 Swedish Meatballs (240)</b> <b>Egg Noodles (5)</b> <b>Broccoli (15)</b> <b>D.Roll(180)</b> <b>Diet Gelatin(10)</b>			<b>13 Chicken Parmesan*(720)</b> <b>Pasta (5)</b> <b>Capri Blend (15)</b> <b>Oat Bread (150)</b> <b>Mixed Fruit (5)</b>			<b>14 Soy&amp;Ginger Pork* (530)</b> <b>White Rice (5)</b> <b>Asian Veg (5)</b> <b>White Brd (120)</b> <b>Pineapple (5)</b>			<b>15 Greek Pasta Salad (185)</b> <b>Marinated Veggie Salad (100)</b> <b>Roll (180)</b> <b>Bday Cake**(175)</b>			<b>16</b>  <b>Closed for Staff Appreciation</b>  <b>No Meal Service</b>					
<b>Cal</b>	<b>Carb</b>	<b>Na</b>	<b>Cal</b>	<b>Carb</b>	<b>Na</b>	<b>Cal</b>	<b>Carb</b>	<b>Na</b>	<b>Cal</b>	<b>Carb</b>	<b>Na</b>						
640	70	600	715	95	835	595	80	835	570	85	800						
<b>19 Chicken Drumstick (290)</b> <b>Msh Swt Pot(30)</b> <b>Peas (60)</b> <b>D.Roll(180)</b> <b>Yogurt (75)</b>			<b>20 Salmon with Dill Sauce (265)</b> <b>Rice Pilaf (90)</b> <b>B.Sprouts (15)</b> <b>WG Bread (150)</b> <b>Cookie (100)</b>			<b>21 Chicken &amp; Broccoli Alfredo (420), Pasta (5)</b> <b>S.Squash(5)</b> <b>Oat Bread(150)</b> <b>Peaches(5)</b>			<b>22 Burger (200)</b> <b>Cheese (185)</b> <b>Potato Wedges()</b> <b>Mixed Veg (5)</b> <b>Burger Bun(230)</b> <b>M.Oranges (5)</b>			<b>23 Mini Ravioli w/Marinara*(570)</b> <b>Zucchini (5)</b> <b>Italian Brd (190)</b> <b>Fresh Fruit (5)</b>					
<b>Cal</b>	<b>Carb</b>	<b>Na</b>	<b>Cal</b>	<b>Carb</b>	<b>Na</b>	<b>Cal</b>	<b>Carb</b>	<b>Na</b>	<b>Cal</b>	<b>Carb</b>	<b>Na</b>	<b>Cal</b>	<b>Carb</b>	<b>Na</b>			
685	95	785	670	85	600	590	85	735	800	80	1030	500	75	930			
<b>26 Sliced Pork &amp; Gravy (100)</b> <b>Mshd Potato (5)</b> <b>Chef Veg (15)</b> <b>Oat Bread (150)</b> <b>Applesauce (15)</b>			<b>27 Chicken Caesar Salad*(565)</b> <b>Pasta Salad (130)</b> <b>Beet Salad (140)</b> <b>Bread Stick (230)</b> <b>Mixed Fruit (5)</b>			<b>28 Meatloaf &amp; Gravy (185)</b> <b>Swt Potato (25)</b> <b>G.Beans (5)</b> <b>WW Roll (180)</b> <b>Fruit Loaf**(170)</b>			<b>29 Veggie Frittata w/cheese (180)</b> <b>Pot O'Brien (30)</b> <b>Corn (15)</b> <b>Italian Brd (190)</b> <b>Pudding**(170)</b>			<b>30 Breaded Fish (360)</b> <b>Butternut (5)</b> <b>CousCous (180)</b> <b>NG Bread (150)</b> <b>Fresh Fruit (5)</b>					
<b>Cal</b>	<b>Carb</b>	<b>Na</b>	<b>Cal</b>	<b>Carb</b>	<b>Na</b>	<b>Cal</b>	<b>Carb</b>	<b>Na</b>	<b>Cal</b>	<b>Carb</b>	<b>Na</b>	<b>Cal</b>	<b>Carb</b>	<b>Na</b>			
490	55	530	1050	90	1230	970	115	720	630	85	765	890	125	850			

For cancellations, please call: **978-686-1422** 24 hours in advance

\$2.00 Voluntary Confidential Donation Requested Per Meal

Questions? Please contact Nutritionist, Leigh Hartwell 978-651-3023

### 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, 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

### 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

### 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

### How much water should I drink ?

"Health experts" & diet gurus proclaim the necessity for drinking a minimum of eight 8-ounce glasses of water daily; other bona fide experts argue that you can drink too much water. Water is critical to our wellbeing; our bodies are made up of 60 % water & we need water to survive. But how much? Many people sip water continuously. The notion that we should drink 64 ounces (2litres) of water daily to be healthy & hydrated is accepted as a basic health standard. It's a good idea to drink eight to sixteen ounces of clean, filtered water first thing in the morning. Try to avoid drinking water out of flimsy water bottles as they are known to leach chemicals. Don't over-hydrate while eating or you can interrupt digestion. Don't under-hydrate during strenuous physical activity.

Vanessa Underwood  
603 382-7460

[UnderwoodSportsandFitness.com](http://UnderwoodSportsandFitness.com)  
fitnessa@aol.com

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**10% Senior Discount on Tuesday**

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seniornewsletter@aol.com

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SENIOR NEWS PUBLICATIONS,  
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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  
3-page application for  
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

at All Saints Bowling  
The bowling center offers  
for \$4.50 includes shoes  
Mondays men meet at  
Call Joe at the bowling

## 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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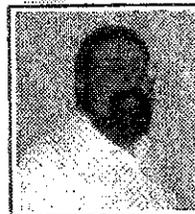
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DAY	THURSDAY	FRIDAY
<p>Group 1st Wed. at 12 Noon to Music s Italian Class ament</p>	<p>9AM Tai Chi 9AM Teddy Bear Workshop 9AM Coloring Club for Adults 9:30 AM Zumba GOLD 10:30 Dominos-Mexican Train 11:45PM-1:15Pm Draw/Paint/Classes 1PM Bingo</p>	<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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**PLEASE..... Attention Seniors**  
**'Citizens' Center for Activities:**  
**YOUR SCAN Cards to sign in for**  
**receiving lunch & even just Coffee**  
**& Talking.**  
 justify budget money allotted to  
 your attendance is key to the  
 receiving funding.

**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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 you. 978-374-2390 ext 11 or 16

**ONE???? MONDAYS**  
 on Aging has a **bowling group**  
 nter, 26 Broadway, Haverhill.  
 a **special senior rate of 3 strings**  
**& coffee..... lots of fun!!**  
 10am; women meet at 11 a.m  
 nter at 978-374-0083

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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

### 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](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.

### 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](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 [rlabella@cityofhaverhill.com](mailto: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 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](http://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](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.....

Today I was in a store that sells ONLY sunglasses. A young sales lady walks over & asks, "What brings you in today?" I looked at her, & said, "I'm interested in buying a refrigerator." She didn't quite know how to respond.

What a status symbol of today are those cell phones that everyone has clipped onto their belt or purse. I can't afford one, so I'm wearing my garage door opener instead.

Old age is when you still have something on the ball, but you are just too damn tired to bounce it.

A fitness movie for folks my age called "Pumping Rust."

When people see a cat's litter box they always say, "Oh, have you got a cat?" Just once I want to reply, "No, it's just for company!"

### 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 the public. Please register.  
**Threadneedle Alley Mon., Sept. 12 6:30-7:45 p.m.**  
How many layers of clothing did a woman wear during the Civil War? Elizabeth Hallett, presenter.

**Wed., Sept. 28 6:30-7:45 p.m.** Mystery author, Edith Maxwell: Series: The Local Foods Mysteries, Country Store Mysteries (under the name of Maddie Day), etc.

#### 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](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:**

Microsoft Excel Classes Sept 6 & 13 2:30-4PM FREE for ADULTS of all ages. 2 Part Class. Must know how to use a mouse & keyboard REGISTER!

Photography Group Sept 19 at 7PM Open to all ages.

Class on Smartphones & Tablets offered Free class at the library Sept 12 at 7PM (iPhones & I pads) & Sept 13 at 7 PM (Android phones & tablets) REGISTER!

Financial Aid & College Planning Seminar  
Thurs., Sept 15 w/ Certified College Planning Specialist Jim Femia FREE REGISTER!

Meet Julia Childs Sat., Sept 17 1:30PM Delvena Theatre Company presents FREE performance on the life of Julia Childs of "The French Chef" & ask questions. REGISTER!

Essex County Historical Houses w/ "The Old House Whisperer" John Cole Tues., Sept 20 7PM REGISTER

Virtual Visit via skype w/ young adult Author Susan Dennard Tues., Sept 20 2PM "Witchworld" fantasy series & "Something Strange & Deadly" series author. REGISTER!

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

Genealogy Lecture Class- Intro. Genealogy Part 1 class  
Tues., Sept 27 from 1:30 - 3:00 p.m. FREE Beginner Family research.

Meeting of Coloring Club for Adults FREE/ materials provided. Tues., Sept 13 at 6 PM & Sat., Sept 24 at 2PM.

Get Lit book club Thurs., Sept 15 7-8:45pm @ Barking Dog Ale House, Washington St. The club, aimed at 20- to 30-somethings. Book: Rosemary's Baby by Ira Levin.

Library's Knit & Crochet Group meets twice this month  
September 10 1 to 3 pm & September 20 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.

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

#### 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.

State Senator Kathleen O'Connor Ives,  
First Essex District

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](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.

#### 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



### 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: 1-888-865-0484 and 1-800-841-2900

TTY: 1-888-821-5225

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- Vent Weaning
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- Memory Clinic
- Pulmonary Program
- Orthotics/Prosthetics
- Pet Assisted Therapy
- Pediatric Therapy

## Assisted Living Center ~ Salisbury

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- 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.*

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Where you Can Afford it All

(978) 463-9809



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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

### SPACE FOR SALE

CALL 603-601-8047 Email: [seniornewsletter@aol.com](mailto:seniornewsletter@aol.com)

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