

# 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

**JUNE 2014**

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

COANEWS@cityofhaverhill.com

### COA Board of Directors:

Sheila Babolian,

Marcelle Greenbaum,

KathyPothier, David Prescott,

Marilyn Shahian,

James Fiorentini, Mayor

### Hunking Middle School Vote on 6/10/14

The children & grandchildren of Haverhill need a new school. Our Committee, Haverhill Citizens for School Success-Haverhill for Hunking, is a group of concerned parents, grandparents, educators, professionals, students & volunteers. The current Hunking Middle school will close in 2017. The time is now to preserve the education for the future & enable the city to build a new school with your YES vote.

**Please vote on Tuesday, June 10 to support building a new Hunking School.**

Thank you from the Haverhill Citizens for School Success.

### NECC July 4th Celebration -

**Thursday, June 26 12:00 noon**

Ticketed Event: \$15 (No tickets sold @ door)

*Come Wish*

**Charlene Boucher a Happy Retirement**

### Haverhill COA Has Lowell Spinners Tickets !!

Grandparents, children & grandchildren are welcome to enjoy a great night at the ball field on **Tuesday, July 22 at 7:00PM**. Seniors will receive a voucher for a hot dog and a drink. Contact Kathy or Rita at 978-374-2390 for ticket details.

### Golf Clinic at Garrison's

Due to popular demand Haverhill Recreation Department and COA will once again offer its **weekly adult golf clinic** with Ted Murphy at Murphy's Garrison Par 3 Golf Center, 660 Hilldale Avenue. Whether you have put off learning to play golf or want to improve your swing, this is the perfect opportunity for you! Golf clubs will be provided. Ted's golf clinic meets **every Wednesday at 10:00 a.m.** Cost for the clinic is \$10 per week. No pre-registration is required.

Questions/more info., please contact Activities Dept., Haverhill COA, ext 11 or 16 978-374-2390

### INC & Haverhill Hunger Round Table Meetings

**At UU Church, Ashland St. Entrance**

**Thursday June 19 12:00pm Noon**

(bring your lunch)

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

Haverhill Council on Aging is planning a

**Fourth of July celebration on Thursday, July 3, at the Citizens Center, 10 Welcome St., from 1:00 until 3:00 p.m.** Come join the fun as George Whitehouse of A Good Times DJ plays music from the 50s through the 70s. Lunch by Broadway Caterers (Chicken Connection).

**Tickets: \$8 per person & must be purchased in advance.** Call Kathy Bresnahan or Rita LaBella 978-374-2390

Haverhill Council on Aging is offering a private tour of Boston with acclaimed actor, teacher, and historian Steven Collins. Mr. Collin's fully-narrated 100 minute tour includes historical, literary, & architectural treasures of "Beantown." A few of the sites included in the tour are the USS Constitution, the Public Garden, Beacon Hill, the State House, Longfellow Bridge, Trinity Church, Cambridge, & Copley Square. This tour will take place on Thursday, September 25, 2014.

Cost of this educational trip is \$37 per person, including transportation & tour. The group will stop for "lunch on your own" at Salvatore's in Boston.

Contact Kathy or Rita at 978-374-2390 to register for this trip.

**Monday, June 9, at 10:30AM**, Alan Trebat will speak on the

### Home Modification Loan Program

At the Citizens Center, 10 Welcome St., Haverhill

**The HOME MODIFICATION LOAN PROGRAM-HMLP** was established by the Massachusetts legislature to provide loans in amounts between \$1,000 & \$30,000 for modifications to the primary, permanent residence of elders, & individuals with disabilities. These loans allow MA. homeowners to remain in their home & must specifically relate to a person in the household's ability to function on a daily basis.

### THE MUSIC MAN

**Spotlight Playhouse @ Haverhill High School**  
**June 13, 14, 20, 21 @ 7Pm and June 22 at 3:00pm**  
Ticket info 978-380-8509

Haverhill COA & Buttonwoods are having a **TEA & Tour at Buttonwoods in June or July.**

**Ticketed event: \$15**

**Please call Kathy/Rita to RESERVE a seat.**

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

**Volunteers Needed to help once a month, on the first Tuesday of the month, 8:00am – 10:30am, to Fill Brown Bags at Pentucket Lake School. Please call for information & to sign up so we have an accurate count of workers.**  
**Rita/ Hav. COA 978-374-2390 ext 16**

**Jumpstart—Children First seeks Volunteers**

Preschool children in Lawrence need YOUR help! Join the Jumpstart Merrimack Valley Community Corps and make a difference in a child's life.

- Work in a classroom twice a week with a team
- Earn a stipend or education award up to \$1,200
- Program runs approximately Sept 2014 – May 2015
- Receive free training and professional development
- Leadership opportunities available

For more information contact Jessie {617-873-0407, Jessie.Levit-Shore@jstart.org}

Learn more at [www.jstart.org](http://www.jstart.org) and apply online at <http://application.jstart.org>

**Ruths House**

First week of every month: 1/2 price clothing sale.

**Womens, Mens & childrens clothing**  
 regular price \$4.99; sale price \$2.50

**Babies clothing**  
 regular price \$1.99; sale price \$.99

Ruth's House 111 Lafayette Square, Haverhill  
[www.RuthsHouse.org](http://www.RuthsHouse.org)  
[www.facebook.com/RuthsHouseHaverhill](http://www.facebook.com/RuthsHouseHaverhill)

**Meditation Group Meets at COA**

with Rev. John LaLumiere meets **Fridays 10:30am**

**@ the Citizens Center, 10 Welcome St.**

Meetings include gentle Yoga, Quigong exercises, 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 so we can set up the room correctly:  
 978-374-2390 ext 11 or 16

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

**Fridays (1<sup>st</sup> class Free) 11:00am – noon Room 45**

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 along with the workout, you will enjoy the workout, laugh, & not only challenge your body but your brain too. And the workout flies by with great music!  
 Join Brian for this fun, energetic class!  
 Register/Details: 978-374-2390 Ext 11 or 16

**Bowling ANYONE???? MONDAYS**

Haverhill Council on Aging has a bowling group at **All Saints Bowling Center, 26 Broadway, Haverhill.** The bowling center offers a special senior rate of 3 strings for **\$4.50 includes shoes & coffee..... lots of fun!!**  
 Mondays men meet at 9:30am; women meet at 11 a.m.  
 Call Joe at the bowling center at 978-374-0083

**2014 Buttonwoods Museum**

**Authors Lecture Series**

- Sat, June 7 Children's Book Authors/Illustrators
- Fri, July 11 US History Authors
- Fri, Aug 1 Historical Fiction Authors
- Fri, Aug 15 Picture Book, Art Book Authors/ Ill.
- Fri, Sept 5 True Crime, Murder Mysteries Authors
- Sat Sept 20 Young Adult, "Tween", Graphic Novel Authors
- Fri, Oct 3 Horror –Paranormal Authors

Info/Registration: Chris Obert 978-372-5825  
[Chris@PearTreePublishing.net](mailto:Chris@PearTreePublishing.net) or  
 Buttonwoods Museum 978-374-4626

**Citizens Center of Haverhill (C.O.A.)**

**Actividades para la comunidad latina**

Tel 978 374 2390 Ext 12 (Guillermo Martinez).

**Curso de computación en asocio con la Librería de Haverhill, Miércoles de 1:00 a 4:00 p.m. en el segundo piso de la Librería (laboratorio de cómputo). Gratis. Inscríbese ahora mismo.**

**Curso de Inglés básico, Jueves de 8:00 a 10:00 a.m. Para personas adultas que no hablan inglés.**

**Clases de ciudadanía. Lunes y Jueves de 1:00 a 3:00 p.m. Venga e inscríbese, o llame**

**Voluntariado:** Tiene usted alguna habilidad especial como tocar guitarra, bordar, tejer, pintar, decorar, etc. Hágase voluntario de este Centro y comparta sus habilidades con otras personas.

**Yoga:** El yoga es muy importante para la salud física y mental. Tenemos clases con traducción al Español. Martes de 1:00 a 2:30 p.m. Salón 45 (Piso 2<sup>o</sup>). Primera clase GRATIS. Costo regular U.S. 7.50.

**Bolsa de alimentos:** recuerde que la bolsa de alimentos (color café) se entrega **UNICAMENTE** el primer Martes de cada mes entre las **10:00 A.M. y las 3 y 3:00 p.m.** Si usted deja de reclamarla durante **DOS meses**, deberá aplicar nuevamente. La próxima entrega será el **Martes 6 de Mayo.**

**Elaboración de cobijas para niños de 4 años.** Traiga sus tijeras y participe en este importante programa voluntario para niños los **Martes de 9:30 a 11:00 a.m.** en el sótano del Senior Center. Informes Kathy/Rita 978 374 2390 X 11 y 16.

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

**Nosotros hablamos Español. (Recycling)**  
**Llame hoy si usted necesita ayuda.**

**Haverhill Farmers Market**

**begins on Sat June 28 thru Oct 25, 2014**

**At 40 Bailey Blvd., near Haverhill Police Dept.**



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Patrick J. Driscoll

Haverhill Public Library patrons can access thousands of movies, television shows, music albums & audiobooks, all available for mobile & online access through **hoopla digital** ([hoopladigital.com](http://hoopladigital.com)); requires only a library card to access. Visit [www.haverhillpl.org](http://www.haverhillpl.org) ; [www.hoopladigital.com](http://www.hoopladigital.com)  
Sarah Moser, MA, MSLIS, Haverhill Public Library  
99 Main St., Haverhill, MA 01830 978-373-1586, ext 641

**Films at Haverhill Public Library**  
in the Johnson Auditorium.

Sat., June 21, 1:00 pm - **Her**  
[www.haverhillpl.org](http://www.haverhillpl.org) 99 Main St, Haverhill, MA 01830  
Contact: Suzanne Trottier, 978-373-1586, [strottier@mvlc.org](mailto:strottier@mvlc.org)

**Haverhill Public Library**

**Internet I and II** free Beginning Internet Classes; require advance sign-up. For dates, times & to reserve a spot; please come to the Reference and Information desk at the library or call 978-373-1586 x 608. For June classes, we will begin taking reservations May 20.

**eBooks and eReaders**

Monday, June 2 6:30-7:30 pm (sign-ups begin 5/19)  
OR

Tuesday, June 17 3:30-4:30 (sign-ups begin 6/3)  
Haverhill Public Library free workshop: how to download library eBooks to your eReader using the OverDrive Media Console App. Class is open to people with eReaders that have "App" capability. For patrons with other eReaders, we are offering one-on-one classes. Classes limited to 8 people.

**Intro to Genealogy**

Haverhill Library : an introduction to genealogy class. Learn how to get started tracing your family history.  
Tues., June 24 1:30-2:30; Sign-ups begin June 10.

Nancy House, Reference Librarian, Haverhill Public Library  
99 Main St. Haverhill, MA 01830 [www.haverhillpl.org](http://www.haverhillpl.org)  
p: 978 373-1586

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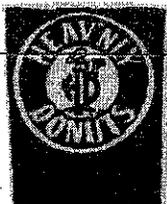
Mon.-Thurs. 7:30 AM - 2 PM

Fri. 7:30 AM - 3 PM

Sat. & Sun. 8AM-1PM

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# SENIORS ON THE GO .... TRIPS TRIPS TRIPS

Please call Haverhill Council On Aging Kath  
ext 11 or Rita ext 16.978-374-2390 for details or  
e-mail: kbresnahan@cityofhaverhill.com or  
rlabella@cityofhaverhill.com

You don't have to be a "Senior" to go on these trips!!!

## THE TEMPTATIONS- LIVE IN CONCERT!!!

Wed., June 11 @ Venus de Milo, Swansea, MA  
Cost: \$79pp (includes transportation, luncheon & show, MEAL  
CHOICE) BOT trip

Best of the Golden Oldies w/ Band: Straight Lace  
Wed., July 23 @ Danversport Yacht Club BOT trip  
Cost: \$ 79pp (incl. transportation, luncheon choice & show)

Touring Boston Harbor Islands/Walking Tour to George's  
Island Sat, July 26 COST: \$79 (incl. motor coach  
transportation, boat cruise of Boston Harbor to Georges Island( 25  
minutes), deluxe box lunch on Island, etc.)  
Groups, Inc. Trip

Spirit of Boston Luncheon Cruise w/ entertainment & Dancing  
Tuesday, July 29 Cost: \$ 79pp  
(incl. transportation, Cruise, Buffet Luncheon, Entertainment &  
Dancing) BOT trip

Cruise Lake Sunapee &  
League of NH Craftsmen Annual Fair Sat, Aug 9  
Cost \$89 Groups, Inc. Trip

Foster's Clam Bake & Great American Songbook w/ Lydia  
Harrell Wed, August 13 Cost: \$85 BOT trip

One day on Martha's Vineyard Sat, August 17  
Sightseeing w/ our own motor coach!!! Cost: \$89  
Groups, Inc. trip

New England Goes Country Wed., Sept 17  
At Danversport Yacht Club, Danvers, MA  
COST:\$79 (includes Jimmy Lehoux & Nicole Frechette show,  
lunch w/ meal choice, transportation) BOT trip

Rhode Island Lighthouse cruise w/ tourguide/ full cours dinner  
@ Andino's Restaurant in Little Italy; WATERFIRE event  
viewing Saturday, Sept 27  
Cost: \$94 Groups, Inc trip

Private Tour of Boston with acclaimed actor, teacher, and  
historian Steven Collins; fully-narrated 100 minute tour includes  
historical, literary, & architectural treasures of "Beantown." ;  
included in the tour are the USS Constitution, the Public Garden,  
Beacon Hill, the State House, Longfellow Bridge, Trinity Church,  
Cambridge, & Copley Square. Thursday, September 25, 2014.  
Cost of this educational trip is \$37 pp( including transportation  
& tour. ) The group will stop for "lunch on your own" at  
Salvatore's in Boston.

NH Covered Bridges tour and Cathedral of the Pines; lunch at  
East Hill Farm(meal choice) w/ gift shop & farm animals to  
visit. Sunday, Sept 28 Cost: \$ 79 Groups, Inc

The Lettermen, Live in Concert Thurs, Nov 13  
@ Mohegan Sun Cost \$79 (includes \$30 Gaming Package,  
transportation, show ticket) BOT trip

The Sicilian Tenors @ Demetri's, Foxborough Wed, Dec 3  
Cost: \$79 ( transportation, luncheon w/ meal choice, show)

## Haverhill COA Overnight Trips 978-374-2390

You don't have to be a "Senior" to go on these trips!!!

Wildwood Crest & Cape May June 3<sup>rd</sup> - 6<sup>th</sup>, 2014  
Deluxe Ocean-front accommodations; evening entertainment;  
Atlantic City Casino trip w/package; Renault Winery tour &  
luncheon, more!!! BOT

NY City Cruise to Nowhere Nov 7 - 9, 2014  
No PASSPORT required!!! Includes Rockettes Christmas  
Show, 911 Memorial, 2 nights cruise aboard Norwegian ship:  
GEM , meals on ship, etc. Cost: \$ 399pp

## Groveland Daily / Weekly Activities - Open to all

Mon afternoons: Movies 12:00pm -Town Hall Meeting Room  
Mondays - 9:30a.m Art Class -Free

Wednesday: Game Day 12:30pm - Book Discussion Group  
10:30a.m. on the first Wednesday 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 Tuesday: Veterans Services with Mike Ingham, please call  
for an Appt. 6-7:30pm 978-374-2351 x 32

## TRIPS:

Wed., Oct 22—Comedy Singer Joey Vincent at Lantana's  
Function facility Cost: \$79pp

Overnight Trips 2014 Full flyers available upon request.  
October 26-30, 2014 San Antonio  
November 12-19, 2014 Irish Splendor  
February 14-22, 2015 Costa Rica

## Northern Essex Community College (NECC)

### Life Long Learning Center

100 Elliott St., Haverhill, MA 01830

Contact Charlene Boucher: 978-659-1225

Life Long Learning is a program of lectures, study groups & trips  
for adults held at 2:00 p.m. every Thursday at the Haverhill  
Campus in the Technology Center TC103.

All programs are open to the public.

First Tuesday Genealogy 10 -11:30am FREE

LLL Book Society 1:30-3pm FREE

Let's Talk Current Events 10am-noon w/ Reservations

Study Groups: Call NECC for details: 978-659-1225.

Most are \$ 25 or \$40.00 ( may Include \$10 capital fee)

### NECC LLL Thursday Afternoon @ 2:00pm

\$2 programs (except where noted)

June 5 Let's Get Educated MSPCA program about Nevins  
Farm, Methuen.

June 12 NO PROGRAM

June 26 JULY 4th Celebration

(come say goodbye to Charlene Boucher)

\$15 Ticketed Event;

# HAPPY FATHERS DAY!!!!

CONTINUED ON PAGE 5

**Lunch & Entertainment by Vincenzo Rizzo**  
**July 3 NO PROGRAM**  
**July 10 The Dynamic Duo – Jan Clevesy & Toni Ronsivalli**  
**July 17 NO PROGRAM**  
**July 24 The Flip Side (fiddle, guitar & base)**  
**July 31 NO PROGRAM**

**Bethany Trips:**

Darlene Sutton, Activity Director 978-374-2165  
[dsutton@bethanycommunities.org](mailto:dsutton@bethanycommunities.org)  
 Bethany Community Services, 22 Phoenix Row, Haverhill

**Lobsterfest at Indian Head Mon, June 16 \$80**  
**2014 OVERNIGHT TOURS**

September 14 -18 **Atlantic City-Philadelphia-New York**  
 4 nights at the Resort Casino Hotel (over looking the ocean)  
 \$499pp-\$75 due at sign up(includes \$30 gaming package)

Bethany Community Services is collecting "Box Tops for Education" from all general Mills products( little square on the boxtop) & Campbell Soup Labels (entire label is needed)

**Holy Family Hospital hosts a full course dinner for SENIORS the 3<sup>rd</sup> Wed. of the month @ 3:30PM in Hospital Auditorium. Cost is \$5 pp (incl. buffet, rolls, salad, dessert, coffee/tea w/ Guest Speaker. Reservations Required: 1-800-488-5959**

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

Al-Anon can help 1-888-4ALANON (1-888-425-2666)

**Local Meetings:**

Mon – 7pm First Church of Christ, Bradford  
 Tues – 6:45pm No. Essex MHC, 60 Merrimack St., 3<sup>rd</sup> Floor  
 Fri - noon Presbyterian Church, 346 Broadway, rear  
 Sat - 5:15pm Whittier Pavilion, 76 Summer St., side door left  
**Al-Anon is an Anonymous Fellowship.**

**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**

**Blankets-4-Kids program Tuesday 9:30 – 11:00 am**

(please call to make sure we are doing this program weekly, as we do not always have fleece to work on)

**Bring your scissors!!! Class in Craft Room (in basement) @ Haverhill COA will be seeking Volunteers for this worthy project to make blankets for children living in the Merrimack Valley. Call Kathy/Rita, Haverhill COA if you might be interested in volunteering. 978-374-2390 ext 11 or 16**

**For Seniors at Rite Aid**

68 So. Main St., Bradford, MA 978-373-0292 #3  
**Wellness65+ offers & benefits just for you:**  
 20% off the Whole store every First Wed. of the month;  
**FREE** delivery service now offered.

**Frail Elder Waiver**

A program designed to keep nursing home eligible elders, whose desire is to stay at home with services, as long as it is safely possible. Inquire at **Age Info. Dept, Elder Services of the Merrimack Valley, Inc. 978-683-7747 or 800-892-0890**

**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!!!**

**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 and friends with a loved one dealing with a mental illness) **AND**

**NAMI's Connection Peer Support Group**

Beth W. [ewwhippies30@gmail.com](mailto:ewwhippies30@gmail.com) or Sue L. [crystalenergycreations@hotmail.com](mailto:crystalenergycreations@hotmail.com)  
 (for anyone with a psychiatric diagnosis)

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

**BOOMERVENTURES @ ANDOVER C.O.A.**

**SCREENING ROOM: DINNER DATE!**

Weekly movies running through August 28 at 7pm unless listed. On June 12 & 26, July 17 & 31, August 14 & 28 the Screening Room will be preceded by our annual **Grill Nights**. Dinner: 5pm; Movies **ALSO:** Nordic Walking; Boomer Energize w/ Exercise; Boomer Zumba Intervals; Bender Barre; Serenity Yoga; Mind Body Medicine for Caregivers.  
 Call for info: 978-623-8321 or [www.boomerventure.com](http://www.boomerventure.com).  
 Classes held at "The Center at Punchard" 30 Whittier Ct., Andover, MA. School Administration Bldg. Ground floor.

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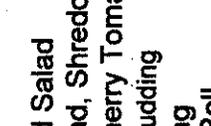
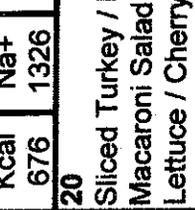
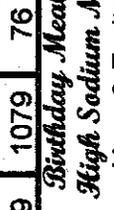
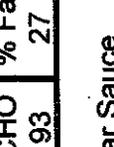
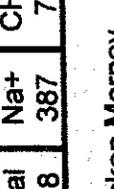


**THE STEVENS-BENNETT HOME**

An Invitation to Gracious Independent Living For Elderly Ladies Celebrating 150 Years of Continuous Caring Service  
[www.Stevens-Bennett.org](http://www.Stevens-Bennett.org)  
**978-374-8861**

**THE HOME CARE CONNECTION NETWORK**

"Personal Care on a Personal Level"  
**978-837-2088**  
**"Certified Home Health Aides"**

<p>2 Roasted Chicken Whipped Potatoes Peas &amp; Carrots Cranberry Sauce Fresh Apple Oatmeal Bread</p> 	<p>3 Apple Juice Broccoli, Egg and Cheese Bake Green Beans Almandine Fruited Gelatin Diet Gelatin Snowflake Roll</p>	<p>4 Ground Beef Stroganoff Pasta Carrot Coins Peaches Whole Wheat Bread</p> 	<p>5 Roast Pork with Gravy Red Bliss Whip Potatoes Mixed Vegetables Fruit Cocktail Multigrain Bread</p>	<p>6 LF Seafood Salad Potato Salad, Shredded Lettuce, Cherry Tomatoes Chocolate Pudding Diet Pudding Sandwich Roll</p>
<p>9 Sweet &amp; Sour Meatballs White Rice Scandinavian Vegetables Peaches Dark Rye Bread</p>	<p>10 Orange Glazed Chicken Baked Potato / LF Sour Crm California Blend Vegetables Tapioca Pudding / Diet White Bread</p> 	<p>11 Lasagna with Meat Sauce Parm Cheese Green Beans Fresh Orange Italian Bread</p>	<p>12 Roast Turkey with Gravy Whip Potatoes with Chives Peas &amp; Carrots / Cranberry Sauce / Pears Multigrain Bread</p>	<p>13 High Sodium Meal Sliced Ham &amp; Cheese Toss Salad / LS Dressing Potato Salad / Mustard Fruited Gelatin / Diet Gelatin Light Rye Bread</p>
<p>16 Salisbury Steak with Gravy Red Bliss Whip Potatoes Mixed Vegetables Pears Wh Wh Bread</p>	<p>17 Fish Strips / Tartar Sauce Florentine Rice Peas &amp; Carrots Peaches Multigrain Bread</p> 	<p>18 Chicken Breast Fillet Whip Potato with Chives Tuscany Blend Veggies Cranb'ry Sauce / Diet Pudd. Butterscotch Pudding White Bread</p>	<p>19 Birthday Meal Turkey Ham &amp; Fruit Sauce Whip Swt Pot / Veg Medley Birthday Cake / Plain Cake Diets &amp; MOWs / Wh Wh Roll</p>	<p>20 Sliced Turkey / LF Mayo. Macaroni Salad / Shredded Lettuce / Cherry Tomatoes Cran Sauce / Fresh Orange Italian Bread</p>
<p>23 Apricot Glazed Chicken White Rice Mixed Vegetables Peaches Whole Wheat Dinner Roll</p>	<p>24 Macaroni and Cheese Zucchini &amp; Stewed Tomatoes Fruited Gelatin Diet Gelatin Multigrain Bread</p> 	<p>25 Cheeseurger / Ketchup Kernel Corn Toss Salad / LS Dressing Fresh Orange Hamburger Roll</p>	<p>26 Beef Meatloaf with Gravy Red Bliss Whip Potatoes Vegetable Medley Fruit Cocktail Whole Wheat Bread</p>	<p>27 Chicken Salad / Potato Salad Shredded Lettuce Cherry Tomatoes Loma Doones Hot Dog Roll</p> 
<p>30 Chicken Morney White Rice California Blend Vegetables Pears Light Rye Bread</p>	<p>KEY: Kcal = Kilocalories Na+ = Sodium mg. CHO = Carbohydrates in Grams % Fat = % Kcal from Fat</p>	<p>Home Delivered Meal Diabetic clients may consider reserving some meal items for a snack.  Congregate participants can reserve packaged dessert, bread and milk.</p>	<p>Nutrient Analysis meets 1/3 of the RDI (Recommended Daily Intake)  Suggested Donation \$2.00 per meal.  All Meals served with Margarine &amp; 1% Milk</p>	<p>July 4th No meal Served Independence Holiday</p> 

### Senior Volunteers with Stipend

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. There are income restrictions (both are considered if married). A candidate can apply and if qualified, can be offered interviews locally. 855-994-8300

### Female Veteran Monthly Drop-In Group

on issues related to being a woman veteran (employment relationships, healing & coping with emotional & physical pain of various sorts, wellness, goals for the future, etc.).

**When:** Fourth Thursday of Every Month

**Where:** Haverhill CBOC, 108 Merrimac Street, Haverhill, MA (part of the Bedford VA system)

**Time:** 3:00 - 4:30 p.m.

**Facilitators:** Heidi Lillenthal, Psy.D., 781-687-2626 & Kathy W. Cochrane, LICSW, 781-983.3328 (please call one of these numbers with any questions)

### Recuerde - BROWN BAG

(TUESDAY) Martes Junio 3 (June 3)

Martes Julio 1 (July 1)

10:00am - 3:00pm

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

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

June 3 July 1 August 5

10:00am - 3:00pm



**SCRABBLE** Wednesdays at 9:30am

**DOMINOES- Mexican Train Version**

Thursdays at 10:00 - 12:30

**MAHJONG Group** Tuesday at 9:30am. Come in to learn to play and/or play on a weekly basis. **FREE**

**BRIGHT KNIGHTS CHESS CLUB**

Meets Tuesdays 12:30 All levels of chess playing welcome.

**New Members Welcome to all Groups!!**

You don't have to be a "Senior" to play!!!

Citizens Center, 10 Welcome St.

978-374-2390 ext 11 or 16

### WOOD CARVING course

Fridays, 9:00 - 11:30AM

Mr. Fred Arakelian, instructor.

He is an expert wood carver & has won many awards in the past 23 years. A carving kit of supplies will be provided at a one-time-per-project charge of \$18; carving knives will be loaned to you for free. Course Cost: \$5 per class for an 8 week session.

Registration is required for new students.

Call Haverhill COA 978-374-2390 ext 11 or 16

**The Haverhill TRIAD Committee**

meets first Wednesday of each month 1:00pm, RM45, 10 Welcome St. We run programs like: YELLOW DOT for your car, shredding personal documents & other programs for the safety of Seniors.

We are always looking for new ideas. 978-374-2390 ext 38

### Line Dancing in the Game/Exercise Room

Mon & Wed 9am to 11am

General Public Welcome -- Men and Women

No Age Limit Moderate Exercise Nice & Easy

Lots of FUN!!!! 978-374-2390 ext 11 or 16 (info)

### Ok<sub>2</sub> Age at Home<sup>uc</sup>

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North Andover, MA

SENIOR SPECIAL 65+

30 Minute Facial or

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JWRYMSHA@hotmail.com

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MONDAY - FRIDAY

10% Senior Discount on Mondays

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Open 7 Days A Week from 6:00 a.m. - 2:00 p.m.

620 Primrose Street, Haverhill, MA

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18 Franklin St. & 45 Broadway St.

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- Laundry Facilities
- 1 Bedroom Units
- Community Room
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**Upscale Subsidize Housing for Seniors and Physically Challenged**

Rents are based on 30% of income. Must meet income and eligibility requirements.

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**HABLAMOS ESPAÑOL**  
 MANAGED BY APT MANAGEMENT, INC.  
 FINANCED BY MASS. HOUSING FINANCE AGENCY

**MONDAY**

- 9AM Dance Class
- 9:30AM Knitting Group
- 11AM Bowling @All Saints Lanes
- 1PM Bingo
- 1-3PM Citizenship Class

**TUESDAY**

- 9AM Comedy Masque
- 9-11AM Blood Pressure Clinic
- 9:30AM Blankets for Kids
- 9:30AM Mahjong
- 10:30AM Zumba Gold Toning Class
- 1PM Yoga
- 12:30PM Bright Knights Chess Club
- 6:00PM Active Yoga

**WEDNESDAY**

Book Discussion  
 First Wednesday  
 Month at 12 NOON

- 9AM Movement
- 9AM Dance
- 9:30 Scrabble
- 12 Noon Bridge
- 12:30PM 45's To

**NEET DRIVERS NEEDED !!!**

A dependable car, a good driving record & a little time each month are all you need to become a **NEET driver**. The Northern Essex Elder Transport, Inc. program (NEET) drives seniors from their homes to medical appointments. All of the seniors requesting NEET rides are independent & ambulatory. The NEET drivers are provided with supplemental insurance for their vehicle and are reimbursed 43 cents per mile. Call the Haverhill Citizen Center at 978-374-2449 or NEET office at 978-388-7474 to sign up.

**SIGN-IN PLEASE**  
 who come to the C  
**PLEASE USE YOUR**  
**ALL Activities, incl**

We need to be able to  
 the Citizens' Center  
 Center

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

**SNAP Benefits** app  
 Council On Aging, 10 Wel  
 Supplemental Nutrition Ass  
 3-page application for Sen  
 Transitional Assistance for

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

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Veterans Benefits for Assisted Living

Elder Law

Medicaid Applications

978-373-1120

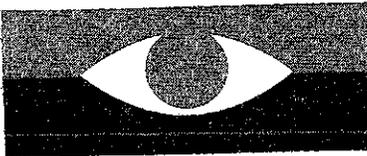
www.elainedaltonlaw.com

Haverhill Recreation Department is offering **Zumba Gold classes** geared toward active Baby Boomers & seniors. Instructor: Stephanie Smith, certified Zumba Gold instructor.

**Tuesday: 10:30AM Zumba Gold Toning Class**  
**Thursday: 9:30 AM Zumba Gold**  
 Citizen Center - Recreation Hall (basement)  
**Cost: \$5.00 per session.** Call Kathy Ext. 11 or Rita Ext. 16  
 978-374-2390 or kbresnahan@cityofhaverhill.com

**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.  
 Cost is \$8 one-way and \$16 roundtrip. Cost for companions is \$4 and \$8.  
 COA 978-374-2390 ext 11 or 16



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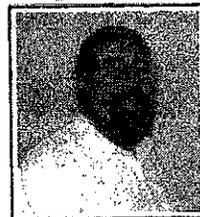
www.tallmaneye.com/srnews

Amesbury, Haverhill, Lawrence,  
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1-855-812-2020

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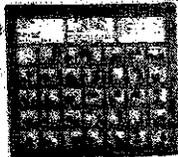
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**DAY**

Group of each N

nt to Music Class

ument

**THURSDAY**

8-10AM Basic English Course  
9AM Tai Chi  
9AM Teddy Bear Workshop  
9:30 AM Zumba GOLD  
10:30 Dominos-Mexican Train  
11:45PM-1:15Pm Draw/Paint/Classes  
1PM Bingo  
1-3PM Citizenship Class

**FRIDAY**

9:00 - 11:30AM Wood Carving Class  
10:30 - Meditation  
11AM - 3B's (Balance/Bones/Brain)  
12 Noon Bridge  
12:30PM 45's Tournament

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

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e"; be an educated consumer. We are  
s or representations made by

ocations are available at the Haverhill  
ome 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  
nter, 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

**Ruth's House Wish List**

Clothing; Jewelry; Linens, Curtains &  
Blankets;  
Bric-a-Brac; Kitchen Wares; Musical  
Instruments;  
Small Furniture  
New Personal Hygiene Items including  
Soap, toothpaste, toothbrushes, deodorant,  
shampoo  
Monetary & Memorial Donations.  
Working with 85 agencies throughout the  
Merrimack Valley, Ruth's House assisted  
more than 3500 people in 2012 - half were  
children under the age of 18.  
For more information, Visit our website:  
RuthsHouse.org  
Or call 978-521-5575

**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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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 Services of the Merrimack Valley, Inc. and the 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. Brown bags will be distributed at **Pentucket Lake School, 252 Concord St., Haverhill**. 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 **Dayna Brown** ([dbrown@esmv.org](mailto:dbrown@esmv.org) 978 946 1368.) Applications also available from Rita at the Haverhill COA 978-374-2390.

### ICE. 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.

### PREVENT IDENTITY THEFT

Haverhill TRIAD has purchased a shredder to destroy papers that can be used by identity thieves. The shredder is available at the Citizens Center, 10 Welcome St., Room 4, **Every Wednesday & Friday** 12:30 to 2:30pm. This is for **Senior** individuals, but not organizations. There is no charge for this service; the service has been donated by TRIAD, Essex County Sheriff's Department, & Haverhill C. O. A.  
For further information, call Joel at 978-374-2390  
**Wed and Fri. 12:00 - 2:30pm**

**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**. Donations will be received directly by Pregnancy Care Center 978-373-5700 during office hours.

### 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.

### Losses and Transition in Later Life

#### Making the Most of Change

Introducing a new, informal program for men & women who have moved to Haverhill elder housing, nursing homes or assisted living facilities or who may have recently experienced the loss of a loved one. We understand that sometimes an elder just needs to be with someone who can help them make sense of what they are going through right now as they adapt to the changes a recent loss or move may have created. If you know of an isolated elder who might appreciate a visit, please contact Nancy Thornton, MS, LSW 978-374-9257  
Program is funded by a Griffin White, Inc Foundation grant

### 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)

### ATTENTION SENIORS !!!!

#### OPEN HEARTS MINISTRIES

Would like you to join us for **LUNCHEON**  
On the **LAST** 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**

### 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

### Drawing and Painting Classes with

Instructor: **Cara Smoley** 978-388-4987  
[www.wisdomportraits.com](http://www.wisdomportraits.com)

Thursdays 11:45 to 1:15pm Cost: \$5 per class  
**Pre-Register** 978-374-2390 with Kathy or Rita (@ COA)

### 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

### Chunky's Cinema Monthly Movie Classics

#### **FREE** Movies shown at 12:00pm

Call for 1-888-879-9001

for Movie selections, dates & reservations.

All group sizes are welcome...we are accepting "reservations" for groups of 8 or more (as long as everyone is ordering meals from our menu).  
Doors open at 11:00am

**BOOK CLUB MEETING @ Haverhill CO**  
**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 for more details.



**General Bereavement Groups**  
**"The Grief Journey"**

Mon. 1:30pm – 3:00pm Merrimack Valley Hospital  
 978-552-4128

Tues. 9:00am – 10:00AM Senior Center, Amesbury  
 978-552-4537

**"Adult "Loss of a Parent"" or "Loss of an Adult Child"**  
**Widow/Widowers Group @ Merrimack Valley Hospice**  
 978-552-4537 978-374-9257 978-552-4528

**Widow/Widowers Group Plaistow Public Library**  
 2<sup>nd</sup> & 4<sup>th</sup> Tuesday 1:00pm – 2:30pm 978-552-4528

**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 Department Deputy LaLiberty 978-373-8460 or Joel Berg 978-374-2390 x 38

**Fibromyalgia & Chronic Fatigue Support Group**

Meets on 3<sup>rd</sup> Wednesday of the month  
 from 7:00pm – 9:00pm at the Plaistow Public Library.  
**FREE to all and no registration required; OK to come late.**  
 For info: [laurie@greenet.net](mailto:laurie@greenet.net) ; Plaistow library 603-382-6011  
 Or Christine at 978-852-1980

**DIABETES SUPPORT GROUP**

Meets on the 3<sup>rd</sup> Wednesday of the month  
 from 10 am – 11 am Room 45- Second Floor  
 Haverhill Citizens Center (C.O.A.)  
 Bring your questions about Diabetes Management.  
 Karen DiPietro, VNA RD, CDE 978-552-4588  
[dipietro@homehealthfoundation.org](mailto:dipietro@homehealthfoundation.org)  
 Also access: DIABETES.org  
 For the American Diabetes web site.

Check with your podiatrist to see if you qualify for shoes (for diabetics) through Medicare.

Showcase Cinema – Lawrence  
**"Silver Screen Series" every Monday 1:00pm**  
 Cost: \$ 2.00 (transportation on your own)  
 Includes Movie, popcorn & soda 978-686-7880



**Farmer & Sons Aftercare and Merrimack Valley Hospice** are co-sponsoring a new educational and supportive program for "Senior" widows and widowers. **Tuesdays from 1-2:30pm** at the Merrimack Valley Hospice House, Griffin White Room, 360 North Avenue, Haverhill  
 For more information on this and other bereavement supportive programs offered and/ or to pre-register, call Nancy Thornton, Grief Counselor 978-374-9257

**What it Takes to be a Foster Grandparent!!!**

As a Foster Grandparent, you're a role model, mentor & 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 & liability insurance while on duty. Call: Maria Medina, Project Director 978-686-9407 [mvcsc-fgp@comcast.net](mailto:mvcsc-fgp@comcast.net) Foster Grandparents of Gr. Lawrence & Haverhill, 264 Essex St., 2<sup>nd</sup> floor, Lawrence, MA 01840

**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.

The Office of Congresswoman, Niki Tsongas, has office hours: **Haverhill Citizens Center Tuesdays 9am - 11am.** Denise Johnson, 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

**Treasure Hunt for Ancestors with Genealogy**

If you like being a detective and solving mysteries, want to start a Family Tree & need direction, Marcelle Greenbaum will work with you one-on-one on this interesting activity. Call Rita/ Kathy, COA 978-374-2390

**Penacook Place**

**Alzheimer's Family Support Group** meets Monthly on the last Wednesday of the month 6:00 - 7:00 pm, Penacook Place Conference Room, 150 Water St., Haverhill, MA  
 Contact person is: Michelle Martino 978-374-0707

If you bring in yarn or other donations, **PLEASE bring them upstairs to the Activities Dept; do not leave in the lobby or dining room;** Or call Rita/Kathy & we will come down to get them.

**Donations have been getting "lost"!!**  
**We do appreciate your donations !!**

If you donate unfinished knitted items, please try to include a copy of the pattern, so the items can be finished.  
 Haverhill COA Activities Dept. 978-374-2390 ext 11 or 16

**You're Never Too Old to be CoOL**  
**College of Older Learners**

6 week seminars for those over 50. New seminars being offered each semester at Northern Essex Community College. Classes meet 2 hours each week  
 Please see the Non-credit NECC catalogue or visit our website: [www.necc.mass.edu/cool](http://www.necc.mass.edu/cool) or call 978-556-3110

### FREE SAFETY INSPECTION

Get a **FREE** safety inspection from the **Haverhill Police Department** that will help protect you and your family. Call Police Dept: **978-373-1212**

Service provided **FREE** by the Haverhill Council On Aging w/ cooperation of the Haverhill Police Dept.

### Recycling News REMINDER:

Recycling in Haverhill is **Single-Stream!** This means all your junk mail, newspapers, milk jugs, cartons, cans & bottles (& more) can all go together in one recycling bin! Simply rinse f any food residue & toss in your bin. **Please do NOT include plastic bags.** Questions: Franco Cordano 978-420-3817

### 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)

### 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. Call 1-800-300-5658 Or: [www.massEDP.com](http://www.massEDP.com)

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

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. The **S.A.L.T. council (seniors and lawmen)** will identify concerns within our senior community & use the resources available to develop programs to address issues. If you would like to serve on this council & help your community (and yourself) lead a better, safer life, call **Joel on Wed/Fri 12:30-2:30 pm 978-374-2390 ext 38**

### Hearing Aid Assistance Available

**AUDIENT**, a nationwide program connected with the Northwest Lions Foundation for Sight & Hearing, provides assistance with the cost of hearing aids & related care to income qualified individuals. Info/Application 866-956-5400

Everyone loves **Monday's Super Bingo!** played at the Citizens Center, 10 Welcome St., every Monday and Thursday at 1:00 ; **Super Bingo is played on Mondays only.** There are many new friends to meet at bingo; we **welcome all players who are 60 yrs and older or disabled.**

### FIRE SAFETY

Eliminate home fire danger. Protect your life & property from fires. The **Fire Department** will inspect seniors' houses & apartments & give them helpful hints on how to avoid fires. **This is a free service.** For appointment call 373-8460 between 8:00am - 12:00 pm Mon-Fri. submitted by: Joel Berg.

Would you like to attend a traditional Protestant worship service on Sundays, but don't have transportation? Ward Hill Church is willing and happy to offer you a lift to it's 10 am Service. If interested, call Pastor Alex Burgess 978-374-0663

### Low Vision Group Meetings First Monday of the Month

( unless it is a holiday,  
then call Hav. COA 978-374-2390 ext 16 )  
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.

### YELLOW DOTS FOR SAFETY

Seniors be secure in your car! If you are involved in an accident or suddenly feel ill, a "Yellow Dot" attached to your rear window tells emergency personnel that in your glove compartment is a medical information package w/ your name, address, next of kin, doctor, etc. This will prevent them from making medical errors & speed your recovery. For info: call Joel 978 374 2390 on Wed/Fri 12:30-2:30 pm COA

### THIS IS A FREE SERVICE

Presented by TRIAD and H.C.O.A.

### TAI CHI CLASSES

Make an investment in yourself and achieve a healthy lifestyle! Tai Chi Classes are offered at 9:00 a.m. on Thursdays Rm 45 at the Citizens Center. **Classes are \$5, so stop by and join in.**

**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.

Michael Springman, Protective Services Supervisor,  
(978)946-1459 [mspringman@esmv.org](mailto:mspringman@esmv.org)

### 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 the 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 near elevator:

#### **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 for children to the various Shriners' Hospitals)

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

**NEW YARN (also Fun Fur yarns) & unfinished knitting projects for our Knitters**

**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 Department)

#### **Prescription Advantage**

**has continuous open enrollment.**

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

#### **CARE GIVER'S SUPPORT GROUP**

**Meets First Monday of each Month**

**1:00 - 2:15pm**

**at The Oxford, 681 Main St. Haverhill**

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

Hosted by Oxford Rehab & Brookhaven Hospice

RSVP: Social Services @ Oxford Rehab

978-373-1131 X111

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

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

YWCA greater Newburyport, 13 Market St

Newburyport, MA 01950 978-465-9922

Registration is required; Class size 10 participants.

### CELL PHONES FOR ELDERS

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

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

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

### USE IT or LOSE IT!!!

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

**Classes offered Tuesday afternoon, 1:00 pm**  
**Tuesday evening, 6:15 pm**  
**YOU DON'T HAVE TO BE**

**A "SENIOR" TO TAKE EITHER CLASS.**

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

### Problems with your Medicare Coverage???

**You have rights & resources!!!**

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

### \* - MERCURY ALERT - \*

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

### Health Insurance Questions????

Haverhill Council On Aging **does not endorse any insurance company or program.**

**Be sure to consult with family members or SHINE counselor prior to making any changes or signing any documents with any insurance companies.**

Contact Haverhill COA 978-374-2390 x19 to schedule a free appointment with Pat Paradis, Elder Services SHINE Counselor Or Elder Services: 800-892-0890 / 978-683-7747

### 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

ALSO.....

Merrimack Valley Hospital has **FREE**  
Blood Pressure Clinics on 1<sup>st</sup> & 3<sup>rd</sup> Fridays, in auditorium  
12:30-1:30pm (please plan to arrive promptly at 12:30pm)  
\*\*\*\*\*

### 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.

### Don't forget to RECYCLE!!

**Help Save money by lowering our trash intake and  
increasing our recycling!!**

Haverhill's Mandatory Bi-Weekly curbside 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)

For pick up schedule visit:

[www.ci.haverhill.ma.us/departments/health/recycling.htm](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 Franco / Karin 978-420-3817

### We Need Volunteers

There are residents at Phoenix Row (Bethany Community), who  
do not hear well or have vision problems and need help with  
games such as BINGO or POKENO. If you would be interested  
in volunteering to help individuals play these games, please  
contact Darlene @ 978-374-2165 or  
dsutton@bethanycommunities.org

### 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

### 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. This will be done at reasonable  
rates. Contact Mr. Brian Theirrien 978-374-6171 after  
2:30PM weekdays.

### The Needle Disposal Kiosk has been REMOVED

**from the Citizens Center dining room.** Anyone wishing  
to dispose of needles must give them to me or a member of staff if  
I am not available. Please be aware that we do not accept  
medication: (the police department takes unused medicine) **All  
Needles must be in a sealed, secured container  
(detergent bottle, coffee can etc) THEY CANNOT  
BE IN PAPER OR PLASTIC BAGS; No more than  
two containers at a time.**

Mary Connolly, RN, Community Health Coordinator  
City of Haverhill 978-374-2390 X 15

### More people now eligible for Senior Citizen Tax Volunteer Program

People 65 years or older who volunteer for the City  
of Haverhill can now receive up to \$1,031.25 back on their  
Haverhill real estate taxes.

Questions on the program, call Assessor's Office:  
978-374-2316 for eligibility guidelines. Seniors who would  
like to volunteer, contact Joel Berg, Council on Aging:  
978-374-2390 Wed & Fri 12:30 - 2:00pm

### Interfaith Network of Compassion (INC)

"I-N-C is a varied group of social service agencies and houses of  
worship who deal with issues such as homelessness, hunger,  
clothing, fuel assistance, housing, etc."

Please call **Sharon** at 978-241-3517 for more information.

**OUR WEBSITE is WWW.INCLINK.ORG**

**Elder Abuse, Neglect or Financial Exploitation  
HOT LINE: Call 1-800-243-4636 or 1-800-922-2275**

### 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

**Merrimack Valley Hospice**, a not-for-profit agency  
providing important medical, spiritual and supportive  
services to terminally ill patients and their families is  
offering several **bereavement support groups**  
**throughout the area, free and open to the public.**  
Call: 978-552-4537 [www.merrimackvalleyhospice.org](http://www.merrimackvalleyhospice.org)

### 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)

## SATURDAY NIGHT DANCE SCHEDULE 2014

**Methuen Senior Activity Center**  
77 Lowell St, Methuen 978-983-8825

### Hillview Singles Dances

**Ballroom Dancing at it's Finest !!**

**Live Band; Singles & Couples Welcome**

**Every Thursday 8:00pm - 11:30pm**

**Hillview Country Club, North St., No. Reading, MA**

Cost: \$12 (incl. coffee, chips, complimentary light food)

### THE SOCIAL LIFE

**2014 Dance Schedule / Music by Dan Baia**

**Friday May 30; July 18;**

**Sept 27 8pm-12pm**

Cost: \$9 - members; \$10 - non-members

**Singles & Couples Welcome.**

Dances are held at the American Legion Farm Hall,  
Rt 121-Main St., Haverhill, MA

For Information, Call 978-373-0058 after 4:00 PM

## General Bereavement Groups

*"The Grief Journey"*

Mon. 1:30pm - 3:00pm Merrimack Valley Hospital  
978-552-4128

Tues. 9:00am - 10:00AM Senior Center, Amesbury  
978-552-4537

*"Adult "Loss of a Parent"" or "Loss of an Adult Child"*

*Widow/Widowers Group*

Merrimack Valley Hospice House  
978-552-4537 978-374-9257 978-552-4528

Widow/Widowers Group Plaistow Public Library  
2<sup>nd</sup> & 4<sup>th</sup> Tuesday 1:00pm - 2:30pm  
978-552-4528

Submitted to **VOICE** by Mary Connolly, RN  
Community Health Coordinator  
City of Haverhill, 10 Welcome St, Haverhill, MA  
978-374-2390 X 15 -voice 978-374-2373 -fax

### Special Health Related Activities!!!!

**Senior Hearing Screenings** Brian from Rogers Hearing Solutions will be here at the COA, 10 Welcome St. RM 45 the **first Tuesday each month for FREE hearing screenings.** He will check & clean hearing aids, & possibly be able to perform minor repairs. Call C.O.A. to schedule an appointment; 978-374-2390 ext 19

One-day **Balance Class** presented by Northeast Rehab. at Hav COA; call for reservation/ we need at least 6 people registered to schedule this class.

Shingles Vaccinations available at Rite Aid Pharmacy, 68 Main Street, Bradford Some insurances **WILL** cover the vaccination. Call (978) 373-0292 for more information.

Rita explained to her friend Kathy, that her husband is lazy. The only way I get him up is to throw the cat on the bed. "How does that get him up, asked Kathy?" Rita answers, "He sleeps with the dog."



"I have metal fillings in my teeth. My refrigerator magnets keep pulling me into the kitchen. That's why I can't lose weight!"

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- ~ Private Pay ~ Medicaid

[www.theoxford.net](http://www.theoxford.net)

**978-373-1131**

**689 Main St.,  
Haverhill, MA**

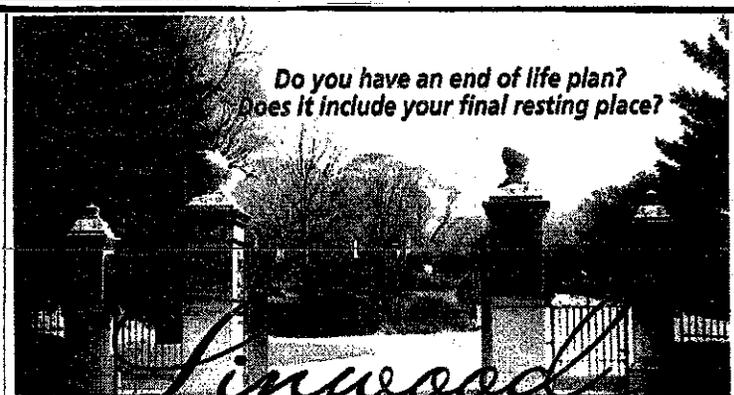
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### ATTENTION: VETERANS

Department of Veterans Services  
At Haverhill Citizens Center

10 Welcome St., Haverhill, MA 01830

Director: Michael G. Ingham

Secretary: Betty Burnell

VA Hospital Transportation: Miguel Lopez

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

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

Senior Citizen Veterans/Widow(er) Program



and

Senior Care Options (SCO) are available at

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- Orthotics/Prosthetics
- Pet Assisted Therapy
- Pediatric Therapy

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### Continuing Continue.

A program customized for our patients over 65, where appointments, technology and world-class doctors and providers are focused on you.

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