

The Voice

Haverhill Council on Aging

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Vincent Ouellette -

Director of Human Services

Mary Connolly -

Director of COA/Nurse

Indhira Rijo -

Principal Account Clerk

Betty Burnell- Transportation

Maria Yagual - Outreach

Paola Hussein -

Volunteer/Activities

Coordinator

Melinda Barrett - Mayor

**Remember you can view our
newsletter online:**

www.cityofhaverhill.com

Click on Departments

Click on Council On Aging

Click on The Voice

**IF YOU HAVE CHANGED
YOUR ADDRESS OR
PHONE NUMBER PLEASE
CALL US TO UPDATE IT IN
OUR SYSTEM**

**IF YOU WANT THE VOICE
MAILED TO YOU CALL US
AT 978-374-2390 EXT 3916**

**DONATIONS WILL BE
APPRECIATED**

LA VOZ

A newsletter for Haverhill residents from 60-106

10 Welcome Street Haverhill, MA 01830

Monday—Friday 8am-4pm

978-374-2390

www.cityofhaverhill.com



April 2025



“The earth laughs in flowers”

Welcome April! As April rolls in, it gives us new hope for longer days, blooming flowers and new opportunities to arise. I can't believe we are already this far in into this new year. Time rolls by so fast and we hope we can take the moment to enjoy the little things. Let's make April a month for planning, making progress and to fill it with joy.

We begin April with an Estate Planning presentation with Veronica Wythe. Come for lunch with Comcast's presentation on cybersecurity. Enjoy singer-guitarist Howie Newman performing songs from yesteryear. Followed by another presentation on vein disease. Alan Ames will be performing “Alan Ames Thinks he's Funny”, to bring in some laughs. The Senior Medicare Patrol will inform you on how you can protect yourself from Medicare Fraud. We will end the month with an AARP presentation on Disrupting Aging. Don't forget our monthly movie day and Chit Chat group as well as Therapy Gardens. Look for all details inside as well as the information for our upcoming Spring Fling. Make sure you reserve your spots for events and help spread the word.

If you are interested to become a member please come in or give us a call. Look for important numbers inside.



**Center will be closed
April 21, 2025**

WEEKLY ACTIVITIES

MON	TUE	WED	THUR	FRI
<u>9am -</u> Knitting Group Rm45		<u>9am -</u> Chair Yoga <u>9am -</u> Comedy Masque	<u>9am -</u> TAI-CHI <u>9am -</u> Teddy Bear Workshop 	
<u>10AM -</u> LINE DANCING (Basement)	<u>9:30 AM -</u> ZUMBA <u>9:30AM-</u> MAHJONG	<u>10:00AM -</u> WORLD AFFAIR DISCUSSION	<u>9:30AM -</u> ZUMBA (Basement)	MORNING COFFEE DAILY 9-11AM 
<u>11AM -</u> 3B's (Rm 45)	<u>11:00 AM -</u> OPEN ART STUDIO <u>11:00 AM -</u> SENIOR FITNESS	<u>11:00AM -</u> SENIOR FITNESS (Basement)	<u>11AM</u> SENIOR BALANCE (Basement)	<u>11:30AM -</u> 3B'S (Rm 45)
<u>11AM -</u> SENIOR FITNESS (Basement)		<u>12:30PM -</u> BRIDGE (Rm 2)	MAXIMUM CLASS SIZE IS 20 PEOPLE	<u>12:30PM -</u> BRIDGE (Rm 2)
<u>12PM -</u> BINGO (Dining Hall)	<u>1PM -</u> YOGA (Rm 45)	<u>12:30PM -</u> 45'S TOURNAMENT <u>1PM</u> 3 B's		<u>12:30PM -</u> 45'S TOURNAMENT (Basement)

PLEASE PRE REGISTER FOR ACTIVITIES, SPACE IS LIMITED.

MAKE SURE TO USE YOUR MEMBERSHIP CARD TO SCAN IN ON THE COMPUTER

POOL TABLE AND FITNESS ROOM ARE OPEN DAILY 8-3pm

FOR INFORMATION OR TO BECOME A MEMBER YOU

CAN CALL 978-374-2390 EXT 3916

COMMUNITY NIGHT MEALS

MONDAY NIGHTS



SERVING STARTS AT 4:30pm

OPEN UNTIL 5:30pm

OPEN TO ALL IN THE HAVERHILL
COMMUNITY

CONGREGATE LUNCHES

AgeSpan will be serving lunches in the
dining room

STARTING AT 10:30 to 11:00

\$2 suggested donation



BINGO

MONDAYS

Haverhill Citizen Center

Cards sold at 12pm

Game begins at 1pm



Must be a member with the COA

COMEDY MASQUE

WEDNESDAYS

The Council on Aging Comedy Masque is
looking for interested senior citizen
singers to join their group. The group
performs at local nursing homes
throughout the year.

Feel free to contact Dolores at

978-556-9391

Or Paula at

978-374-2390 ext 3916

H GOLD CARD

Haverhill residents who are 62 and older are
eligible for a free HPS "Gold Card", which is good
for admission to all regular season home athletic
events, musicals and other district events.

These cards can be picked up at the Council On
Aging located at the Haverhill Citizens Center
(10 Welcome Street). Proof of residence and age
is required to obtain a card. Residents will not be
permitted to show proof of age at the events.

BRIDGE

LOOKING FOR NEW PLAYERS

WEDNESDAYS & FRIDAYS

12:30-3:30pm

Rm 2



Health updates

WELLNESS CLINIC

WEDNESDAYS 9-11

WITH NURSE MARY CONNOLLY



AT HOME HEARING HEALTHCARE



ALEX THOMAS

HEARING INSTRUMENT SPECIALIST

- COMPLEMENTARY HEARING SCREENING
- COMPLEMENTARY HEARING AID CLEANING
- COMPLEMENTARY VIDEO EAR EXAM

2ND FRIDAY OF THE MONTH

REGISTER WITH MARY CONNOLLY AT

978-374-2390 EXT 3915

Next date: 4/11/25



FOOT CARE IS BACK!!

Certified Foot Care Specialist,
Marie Anderson, NP, will be available
the

3rd Friday of each month at 11am.

You must have an appointment to be
seen.

Appointments may be made by
calling nurse

Mary

at 978-374-2390 X 3915.

There is a \$45 fee for the service,
payable with cash or check. At your
first appointment a complete foot
evaluation will be done.

VETERINARY CARE PROGRAM

AgeSpan is fortunate that, through the
generosity of Meals On Wheels America and
PetSmart, we can offer people 65 and over
help with these bills through our Veterinary
Care Program.

Who can apply?

People currently receiving AgeSpan
services , such as Meals on Wheels, home
care or those living in community housing.

People 65 and over, not using our services

People who reside in one of the 28 cities/
towns we service.

For more information you can contact
AgeSpan at **800-892-0890** if you receive
our services

If you are not receiving our services, you can
contact Sandy Jennings at

978-946-1222

Ruth's House Client Referral Program

Please call or drop by to make an appointment



We offer FREE Clothing to families and individuals 4 times a year.

Eligibility Requirements: Government Assistance such as: HIP, SNAP, WIC, SSI, SSDI, Medicare, Rental or Fuel Assistance.

Ruth's House 111 Lafayette Square Haverhill, MA 01832

Phone# 978-478-6644 email:referrals@ruthshouse.org www.ruthshouse.org

Come for Lunch Stay Connected

Comcast's Community Impact Team will share cybersecurity information, lunch, and help 15 registrants set up a new free computer.



xfinity

Join us to learn more

Date: April 10, 2025

Time: 11 AM to 1 PM

Location: Haverhill Council on Aging

10 Welcome Street, Haverhill, MA

Sign Up Today!

Contact Mary Connolly

Phone:
(978) 374-2390 X 3915

Email:
mconnolly@haverhillma.gov

Xfinity representatives will also be available onsite to help you sign up for Internet Essentials and NOW.

internet essentials

Internet Essentials offers qualifying households high-speed home internet for a low monthly price. With Internet Essentials, you can get fast, reliable speeds with no credit check, no term contract, and no cancellation fees.

- Go to xfinity.com/getIE
- Call 1-844-963-0231
- Visit an Xfinity store

NOW Internet

NOW Internet is prepaid internet that works for you with unlimited data, consistent speeds, and all-in monthly prices. Equipment is included. You can even pause your service and your bill if you need to. There's no catch and no commitments.

- Choose your speed
- Up to 100 Mbps \$30/mo
 - Up to 200 Mbps \$45/mo

Learn more at xfinity.com/now/internet

Restrictions apply. Not available in all areas. Limited to Internet Essentials ("IE") residential customers 18 years of age or older meeting certain eligibility criteria. If a customer is determined to be no longer eligible for the IE program, regular rates will apply to the selected Internet service. Subject to Internet Essentials program terms and conditions. Professional installation extra. Advertised price applies to a single outlet. Actual speeds vary and are not guaranteed. For factors affecting speed visit xfinity.com/network-management. ©2024 Comcast. All rights reserved.



MUSIC FOR SENIORS
Haverhill Citizens Center

10 Welcome St.
Haverhill
978-374-2390

Thursday, April 10, 11 a.m.

FREE CONCERT
All area seniors are welcome



Reservations required
CALL 978-374-2390
TO RESERVE A SPACE

Entertainment by
**HOWIE
NEWMAN**
singer-guitarist

Classic songs from yesteryear, including:

Frank Sinatra
Elvis Presley
Dean Martin
Beatles

Neil Diamond
Everly Brothers
Johnny Cash
The Drifters

PLUS show tunes, standards and more

A sing-along, toe-tapping musical journey from the early 1900s through the 1970s



This performance is supported in part by a grant from the Haverhill Cultural Council, a local agency supported by the Mass. Cultural Council, a state agency.

Haverhill CoA

ALAN AMES
THINKS HE'S FUNNY



WEDNESDAY APRIL 23, 2025
11AM
DINING HALL
CALL TO RESERVE 978-374-2390
ext 3916
10 WELCOME STREET

**ATTORNEY
VERONICA WYTHER**

Will present on avoiding probate,
differences between will and trusts, power
of attorney and healthcare proxies and
pitfalls of Medicaid on

Friday April 4, 2025

1pm

Rm 45

Please register at
978-374-2390 extension 3916



YOU ARE
INVITED

MEDICAL
EDUCATION

GET A LEG UP ON VEIN DISEASE

Presented by: Carly Goolbis, PA-C, Physician Assistant at Atlantic Vein Institute

When: Thursday, April 17th, 2025

Time: 11 AM (Refreshments will be served)

Where: Haverhill Citizen Center - RM 45

10 Welcome Street

Haverhill, MA 01830

Program Objectives:

- Educate the community on Vein Disease
- Identify if you have symptoms of possible Vein Disease
- Learn about the various treatment options

Target Audience: Men & Women of all ages



ATLANTIC VEIN INSTITUTE
7 GRAF ROAD, SUITE 1B
NEWBURYPORT, MA 01950
T: 978-462-8006

Medtronic

COFFEE HOUR



LET'S CATCH UP AND HAVE
A LITTLE CHIT CHAT!

Thursday April 17, 2025

9-10am
Dining Hall

Enjoy a warm cup of coffee
or tea while engaging in
casual chats with friends.
It's a chance to catch up,
simply unwind or make
new friends.



THURSDAY APRIL 24, 2025

11AM

RM 45

Protect Yourself from Medicare Fraud!

Did you know that over 60 billion of our taxpayer dollars are lost to Medicare fraud annually?

Join a representative of the Massachusetts Senior Medicare Patrol (SMP) Program and participate in a discussion on how Medicare beneficiaries are instrumental in preventing, detecting, and reporting Medicare Fraud.

We all can have an active role in protecting Medicare for ourselves and future generations.

This free informational workshop will provide you with the tools to become a more informed and engaged health care consumer, and more vigilant about protecting yourself from becoming a victim of deceptive marketing and medical identity theft. Additionally, this information session will provide you with other important information to assist you in navigating the increasingly complex healthcare delivery system.

If you cannot attend this workshop but have questions about your healthcare bills, Medicare Summary Notices, Explanation of Benefits, or other billing statements, please call the MA SMP Program office at 800-892-0890. If you would like to order a free MA SMP Personal Healthcare Journal, "My Health Care Tracker," to keep track of your healthcare encounters, call 800-892-0890 or click on [Request My Health Care Tracker](#).

This website is supported in part by a grant [No. 50-MPPG0069] from the Administration for Community Living (ACL), U.S. Department of Health and Human Services (DHHS). Grantees carrying out projects under government sponsorship are encouraged to express freely their findings and conclusions. Therefore, points of view or opinions do not necessarily represent official ACL or DHHS policy.

HAVERHILL COA

MOVIE DAY



WEDNESDAY APRIL 16, 2025

11AM RM 45

Briggs and his companion Lulu, a Belgian Malinois, travel down the Pacific Coast in time to catch their best friend's and handler's funeral. One of them has a week to live; the other lives like every day is his last.

RSVP WITH PAULA 978-374-2390 EXT 3916
HAVERHILL CITIZEN CENTER
10 WELCOME STREET

Kevin B.
Comeau FUNERAL HOME

486 Main Street, Haverhill, Massachusetts 01830 1-(978) 521-4845




INDEPENDENTLY OWNED AND OPERATED

Big Enough to Serve you, Small Enough to Know You

www.comeaufuneral.com
kevincomeau1@aol.com

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Alwood
COMPANY**

Providing monuments of unsurpassed quality for families in the greater Merrimack Valley and Southern New Hampshire since 1948.

(978) 372-4951

Please contact our office for personalized care and service.

Be Independent for Life

Nichols Village
AN ACTIVE ADULT COMMUNITY

One Nichols Way
Groveland, MA 01834
Nichols-Village.com

CALL 978-372-3930

Berube-Comeau Funeral Home
A Life Celebration Home

Our family serving your family

Francis Berube, Jr.
978-373-5668
47 Broadway
Haverhill, MA 01832
www.berubecomeau.com



CYSTIC FIBROSIS FOUNDATION



Cystic fibrosis is a genetic disorder that affects close to 40,000 people in the U.S. The Cystic Fibrosis Foundation is the world's leader in the search for a cure for CF, and supports a broad range of research initiatives to tackle the disease from all angles.

**HELP MAKE CF STAND FOR CURE FOUND
DONATE TODAY**

WE ARE IN A RELENTLESS PURSUIT OF A CURE
WWW.CFF.ORG

Fantini Baking Company, Inc.

Contact Us if you are an organization in need of FREE BREAD to help those in need.
Look for Fantini products at your local supermarket!

sales@fantinibakery.com

ADT-Monitored Home Security

Get 24-Hour Protection From a Name You Can Trust

- Burglary
- Flood Detection
- Fire Safety
- Carbon Monoxide




Authorized Provider SafeStreets **833-287-3502**

Important Public Service Announcement!

DO NOT put your jewelry box out at a yard sale! You could be giving away HUNDREDS or THOUSANDS of \$\$\$\$. We'll help you find, and pay you fairly for your hidden **GOLD, SILVER,** and vintage costume jewelry treasures! Also buying US & foreign silver & gold coins, your unwanted sterling silver flatware and serving pieces & old watches.

Pratt Hobby Shop
20 East Main St.
Georgetown
978-352-2234
Celebrating our 50th year in business!




Giving starts with heart.

Compassion is at the heart of our care.

PREMIER PROVIDER FOR POST ACUTE REHAB · PROUD TO BE AGENCY FREE! ORTHOPEDIC PROGRAM · PULMONARY PROGRAM · WOUND CARE PROGRAM
COMING SOON! AHA HEART FAILURE ACCREDITATION



AMERICA'S BEST NURSING HOMES 2024 Newsweek statistics

ASPEN HILL
978.372.7700 · ASPENHILLREHAB.COM · 190 NORTH AVE. HAVERHILL, MA 01830

It's a privilege to be part of a community that looks out for one another and lifts each other up when needed. At Pentucket Bank, we're proud to support the members of our community of all ages. We value those who have helped shape our past so that we may thrive in the future. Thank you!

Pentucket Bank
Start with heart.

Member FDIC | Member DIF | Equal Housing Lender | NMLS # 1630813

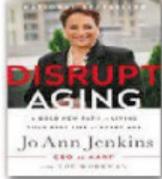


Disrupt Aging In Your Community



JOIN
STEVE KENNEY
MA AARP Speakers Bureau Volunteer
TUESDAY APRIL 29, 2025
11AM
RM 45

"Disrupt Aging is for anyone who insists on living a life of connection, engagement, expansion, and possibility—at any age."
—Jo Ann Jenkins, CEO of AARP



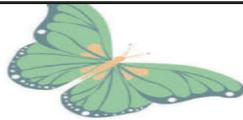

Haverhill Council on Aging Wins Again!!!

As participants in the Active Agers Program through Massachusetts Council on Aging 2 participants from our fitness programs have won a \$25.00 Visa card. Winners in the January submission are:

Susan Mood 3 B's Friday Session
Dolores Bourque Comedy Masque review

Congratulations !! Please see Nurse Mary to receive your prize.





HAVERHILL COA

Spring Fling

Friday May 16, 2025

12-2pm

\$12

lunch and entertainment

Tickets will be available starting May 1st

Call Paula at 978-374-2390 ext 3916

Entertainer Dan Kirouac



This performance is supported in part by a grant from the Haverhill Cultural Council, a local agency supported by the Mass Council, a state agency

Let's welcome all new beginnings



FREE HEALTH AND WELLNESS SERIES

Delicious Diabetic Desserts

Presented by Therapy Gardens

Citizens Center, 10 Welcome Street, Room 45, Haverhill, MA.

Monday, April 14th at 1pm



Delicious Diabetic Desserts teaches how to bake using less sugar. Learn to create delectable desserts using natural sweeteners, whole grains, and nutrient-rich ingredients. Our expert instructors guide you through recipes for sugar-free chocolate cake, almond-flour cookies, and more. Walk away with new skills and a collection of recipes that prove you don't have to sacrifice taste for health. Ideal for diabetics, their loved ones, and anyone interested in mindful eating.

Light refreshments will be served

REGISTRATION PERIOD from April 7th through the 11th
Call Mary Ryan to register at (978) 374-2390 x 3900

**Sponsored by the City of Haverhill Public Health Department **



UNDERSTANDING ALZHEIMER'S AND DEMENTIA

An education program presented by the Alzheimer's Association®



ALZHEIMER'S IS NOT NORMAL AGING.

It's a disease of the brain that causes problems with memory, thinking and behavior.

Join us to learn about:

- » The impact of Alzheimer's.
- » The difference between Alzheimer's and dementia.
- » Alzheimer's disease stages and risk factors.
- » Tips for communicating with people living with dementia.
- » Alzheimer's Association resources.

Tuesday, May 6
11:00 a.m. - 1:00 p.m.

Haverhill Council on Aging
10 Welcome St
Haverhill, MA 01830

Lunch will be served. RSVP to
Mary Connolly at 978.374.2390

Visit alz.org/CRF to explore additional education programs online and in your area.



ALZHEIMER'S
ASSOCIATION
Massachusetts /
New Hampshire Chapter

21124962

Tax Season is Back!

Through AARP, we will have two days with our experts for senior residents of Haverhill and surrounding areas, starting from February 13 until early April.

For more information, please contact Indhira by calling the Citizen Center at 978-374-2390 extension 3919.



nationalgrid

Connect to Caring

Meet with a Customer Advocate at Haverhill Citizen Center



Our Customer Advocates will be available to meet one-on-one on the 3rd Thursday of the month to discuss options to manage your energy bill and help you find assistance, including:

- Discount Rate
- Payment Plans
- Budget Billing
- Arrears Management Program (AMP)

No appointment is needed, but please bring the following when you visit:

if you receive SNAP, MassHealth, SSI or WIC, please bring your benefit card and/or program acceptance letter to enroll in our Discount Rate Program.

If you are looking for assistance, we're here to help.

For more information, please visit ngrid.com/heretohelp

Life can be hard but finding assistance shouldn't be.

Haverhill Citizen Center –
10 Welcome Street
Haverhill, MA 01830



the 3rd Thursday
of the month
10 a.m. - 1 p.m.

April Regular Menu 2025

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Monday</p> <p>7 Two Compartment Chicken Parmesan 1pc Braided Chicken 4oz Marinara Sauce 1oz Mozzarella Cheese On top of 4oz Pasta ½ cup Roman Blend Veg 1 slice MG bread ½ cup Pineapple</p>	<p>1 5oz Turkey A la King with mushrooms ½ cup Mashed Potatoes ½ cup Corn 1pc Biscuit ½ c Pineapple</p>	<p>2 1pc Grilled Chicken 2oz Citrus & Fennel Sauce ½ cup Parmesan Risotto ½ cup Broccoli Congregate: Cream of broccoli soup to replace broccoli 1pc Cookie 1pc Oat Bread</p>	<p>3 Two Compartment Beef Stew 3oz Beef 2oz Celery 2oz Carrots ½ cup Steamed Potatoes 1pc MG Bread ½ cup tapioca pudding</p>	<p>4 Two Compartment 4oz Braided Eggplant 4 oz Marinara Sauce 1oz Mozzarella Cheese ½ cup Pasta ½ cup Capri Blend 1pc LS WW Bread 1 pkt Parmesan cheese ½ cup mandarins</p>
<p>7 Two Compartment Chicken Parmesan 1pc Braided Chicken 4oz Marinara Sauce 1oz Mozzarella Cheese On top of 4oz Pasta ½ cup Roman Blend Veg 1 slice MG bread ½ cup Pineapple</p>	<p>8 4oz Potato Crunch Fish ½ cup Corn ½ cup Brussels Sprouts 1pc Burger Bun ½ cup Canned Fruit 1pc tartar sauce No Margarine</p>	<p>9</p> <p>No Meals AgeSpan Volunteer Appreciation</p>	<p>10 Special: 3oz Baked Ham 2oz Pineapple Glaze 4oz Potatoes Au Gratin or 4oz Cheesy Mashed Potatoes (cheddar) 4oz Apple Crisp 4oz Caesar Salad 1pc Caesar Dressing 1pc Croutons 1pc Onion Roll (Congregate) 1pc LS Wheat Bread (HDM)</p>	<p>11 Two Compartment 10 oz macaroni and cheese ½ cup Peas 1 slice WW Bread 1pc Fresh Fruit (orange)</p>
<p>14 3 oz Sliced Turkey 2 oz gravy ½ cup Mashed potato ½ cup Carrots 1 pc LS Wheat Bread ½ cup applesauce</p>	<p>15 Two Compartment Beef Burgundy 3oz Sliced beef 4 oz Burgundy sauce (with mushrooms) on top of ½ cup Egg Noodles ½ cup Broccoli 1pc WW Bread ½ cup canned fruit</p>	<p>16 Cold: 3oz Egg Salad ½ cup Quinoa Salad ½ cup Marmalade Beets 1/2 cup Gelatin ½ pc Pita Bread No Margarine</p>	<p>17 3oz Stuffed Chicken (Broccoli & Cheese) 2oz Supreme Sauce 4oz Roasted Sweet Potatoes 4oz Berry Crisp 4oz Garden Salad 1pc Menu Magic Dressing 1pc Oat Bread</p>	<p>18 4oz Cod 2oz Mediterranean Sauce ½ cup Rice Pilaf ½ cup Creamed Spinach 1pc WW Dinner Roll 1pc Fresh Fruit</p>
<p>21</p> <p>Holiday No Meals Served</p>	<p>22 6oz Broccoli Egg Bake ½ cup Roasted Potatoes ½ cup Carrots Congregate: Tomato soup to replace carrots 1pc Fruit Loaf 1pc Yogurt 1pc Juice (no milk) 1pc Ketchup</p>	<p>23 1pc Hot dog (LS Beef/pork) ½ cup baked beans ½ warm Cinnamon Apples ½ cup Latin Slaw 1pc Hot dog roll 1pc Mustard 1pc Relish No Margarine</p>	<p>24 Birthday 1pc Meatloaf (1.5oz beef & 1.5oz turkey) 2 oz Gravy ½ cup Mashed Potatoes ½ cup Garlic Green Beans 1pc MG Bread 1pc Birthday Cake</p>	<p>25 Two Compartment Chicken Stir Fry 3oz Chicken 4oz Sweet & Sour Sauce 4oz Mandarin Veg Blend ½ cup Brown Rice ½ cup Pineapple 1pc Oat Bread</p>
<p>28 Two Compartment Deconstructed Shepherd's Pie 3oz Beef 2oz Gravy 3oz Corn ½ cup Mashed Potatoes 1pc Biscuit ½ cup chocolate pudding</p>	<p>29 3oz Grilled Chicken 2oz Balsamic Sauce ½ cup Mashed Butternut ½ cup Sautéed Garlic Kale 1pc WW Dinner Roll ½ cup canned fruit</p>	<p>30 Cold: 2 oz Turkey 1 oz Swiss Cheese ½ cup Spinach Salad ½ cup Three Bean Salad Congregate: Minestrone soup to replace three bean salad 2 slices LS WW Bread 1 pkt mustard 1pc Salad Dressing 1pc Fresh Fruit NO Margarine</p>		

RESOURCES



Adults, at least 60 years of age or qualified adults with disability who are determined to be “Homebound” are eligible for home delivered meals at no cost. Call Elder Services of the Merrimack Valley at 1800-892-0890

COULD YOU USE EXTRA MONEY FOR FOOD?

SNAP (Supplemental Nutrition Assistance Program)

For info: Christa Mayfield 617-598-5022/ snap@gbfb.org

Contact Mercedes Reynoso for assistance with filling out SNAP application. 978-374-2390 X3930

AgeSpan & Greater Boston Food Bank has established the Elder Mobile Market program. Eligible Haverhill elders can pick up a free bag of groceries on the 1st Tuesday of every month (depending on your address) You must fill out application. Must be 60 or older and low income.

Info: Ruth Ortiz 978-946-1279/ Rortiz@AgeSpan.org

Applications from Maria or Paola at HAV COA

PROJECT BREAD’S FOODSOURCE HOTLINE(1800)-645-8333 is able to provide SNAP application assistance over the phone and help identify all of the allowable expenses such as housing and medical costs to ensure you receive full amount of benefits that you are entitled to. **Hotline is open Monday through Friday from 8am to 7pm and Saturdays 10am-2pm.** They can assist in 180 languages. TTY line also available at 1800-377-1292. Or through Live Chat on www.gettingsnap.org

IMPORTANT NUMBERS

HAVERHILL HOUSING

AUTHORITY

978-372-6761 /25 Washington Square

AGESPAN

800-892-0890

RUTH’S HOUSE

978-521-5575

COMMUNITY ACTION

978-373-1971

SOCIAL SECURITY

866-964-4324



Are You Eligible for a Medicare Change?

SHINE (Serving Health Insurance Needs of Everyone...on or eligible for Medicare) can help!

You may have a Special Enrollment Period (SEP) to make changes to your Medicare plan for a limited time. Most SEPs are limited to specific situations. If you are currently enrolled in a Medicare Advantage Plan (HMO, HMO-POS, PPO) you can change to Original Medicare with a Medigap and a Drug Plan or change to a different Medicare Advantage Plan through the end of March. Also, if your 2024 plan is no longer available in 2025, or if you are eligible for a Medicare Savings Program, you may have a SEP to make a change. Timelines vary for these SEPs so be sure to reach out to SHINE to learn of your options. A SHINE counselor will review your coverage and will help determine if you are qualified to make a change at this time of year.

Certified SHINE counselors offer free, unbiased, confidential counseling on all aspects of health insurance to anyone on or eligible for Medicare. SHINE counselors will also assist to help you understand Medicare and your options.

**To schedule a SHINE appointment, call
Indhira 978-374-2390 ext 3919**

Sección de Español

CLASES DE CIUDADANIA PARA SENIORS

DISPONIBLE EN INGLES LUNES 9-10:30 AM

DISPONIBLE EN ESPANOL VIERNES 9-10:30 AM



CLASES DE INGLES PARA SENIORS

DISPONIBLES JUEVES DE 9-10AM

CONTACTAR A MARIA YAGUAL AL 978-374-2390 EXTENSION 3912 PARA MAS INFORMACION

NOTICIAS PARA LA COMUNIDAD LATINA

¿Necesita ayuda con sus cuentas de calefacción?

Llame a Community Action Inc. 978-373-1971/ 978-374-7660

Cupones de Alimentos (SNAP): Si necesita ayuda para aplicar para el programa de SNAP, haga cita con nuestra trabajadora social

Mercedes Reynoso o llame al 978-374-2390 X3930 para una cita

AgeSpan y Greater Boston Food Bank a establecido el programa del **Mercado Movil**. Si tiene bajos ingresos, tiene 60 años o más y vive en Haverhill puede ser elegible a recibir una funda de alimentos gratis el primer martes del mes (dependiendo donde vive). Para información contacte a Ruth Ortiz 978-946-1279/ Rortiz@AgeSpan.org

Pida aplicación a Maria o Paola aquí en el centro.

nationalgrid

Conéctate con la asistencia

Reúnete con un defensor del cliente en el **Centro de Atención Ciudadana de Haverhill**



Nuestros defensores del cliente estarán disponibles para reunirse personalmente el **tercer Jueves del mes** con el fin de analizar las opciones para gestionar tu factura de energía y ayudarte a encontrar asistencia; entre estas opciones se incluyen:

- Tarifa con descuento
- Planes de pago
- Facturación de presupuesto
- Programa de gestión de atrasos (AMP)

No necesitas cita, pero trae lo siguiente cuando nos visites:

Si recibes SNAP, MassHealth, SSI o WIC, trae tu tarjeta de beneficios o carta de aceptación del programa para inscribirte en nuestro Programa de Tarifas con Descuento.

Si buscas asistencia, estamos aquí para ayudarte.

Para obtener más información, visita ngrid.com/heretohelp

La vida puede ser difícil, pero encontrar asistencia no debería serlo.

Centro de Atención Ciudadana de Haverhill:
10 Welcome Street
Haverhill, MA 01830



el **tercer Jueves del mes**
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Call NEET at 978-388-7474 or

Visit www.driveforneet.org/volunteer

VETERANS

Dept. of Veteran Services

Haverhill Citizens Center
10 Welcome St. Haverhill, MA
Veteran's Office 2nd floor

Jeffrey Hollett Veteran Director

Office Hours: 8am-4pm
(978) 374-2351 Ext 3932

Fax: (978) 521-2626

Financial Assistance Benefits

Massachusetts General Law Chapter 115
Veteran Affairs Claims
Welcome Home Bonuses
State of MA Burial Assistance
State of MA Annuity Application Assistance

Employment

Employment Counseling

Education

Montgomery GI Bill- Chapter 30
Post 9/11 Education Benefits- Chapter 33
Vocational Rehabilitation- Chapter 31

Document Verification

Retrieve Discharge Documents
Military Records

VA Hospital Transportation

Transportation is offered to eligible Haverhill residents to the following Hospitals by appointment only: Bedford, Lowell, and West Roxbury, Jamaica Plain.

Schedule an appointment with

Jared DesRoche 978-374-2351 ext. 3910

The City of Haverhill recognizes and deeply appreciates the service of all veterans. Our office strives to advise, engage, and advocate for veterans, dependents, and their families.



Meals on Wheels drivers needed in Haverhill

Just a few hours per week can make a difference in the lives of older adults in Haverhill.

More than half of Meals on Wheels recipients live alone, and for many of them, the person delivering the meal is often the only person they will see that day. The pandemic has been especially hard on seniors, many of whom were or continue to be isolated in their homes

When you sign up to become a volunteer Meals on Wheels driver, you do more than drop off a meal. You make a difference.

It's easy to give back. Drivers must be 18, pass a background check, have a vehicle, and a valid driver's license. Receive a daily stipend for a commitment from 1 to 5 days a week and just 3 hours per day.

Ready to sign up? Contact Meals on Wheels at nutrition@agespan.org or call 978-686-1422.



MVRTA E-Z TRAN

Applications are available at the COA to help seniors get around Haverhill by van. Must be at least 60yrs old & live in Haverhill or be an individual with a disability that prevents you from using the MVRTA fixed bus route. Call MVRTA 978-469-6878(select option 3) or call COA 978-374-2390 for an application. **A limited number of vouchers for free ride are available at the COA.**

Contact Indhira at 978-374-2390 X3911

MVRTA "MEDI-RIDE"—EXPANDED DAYS

Haverhill seniors and ADA eligible residents can obtain transportation to Lahey Clinic in Peabody as well as other several Boston Hospitals for Mon/Tues/Thurs appts. scheduled between 11am & 1:30pm.

Cost: \$8 one way; \$16 roundtrip. Companions \$4/\$8

Call MVRTA 978-469-6878



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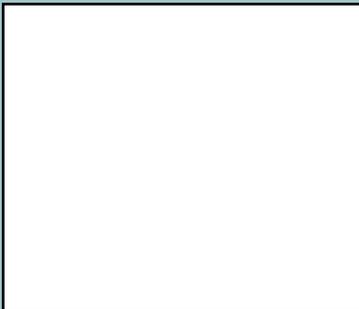
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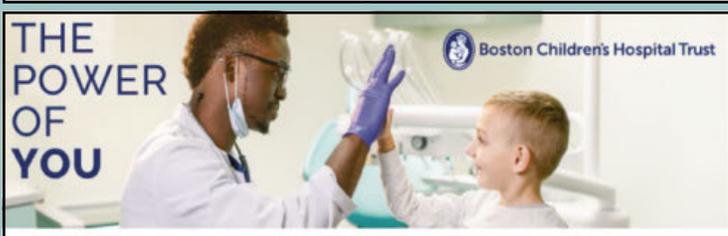
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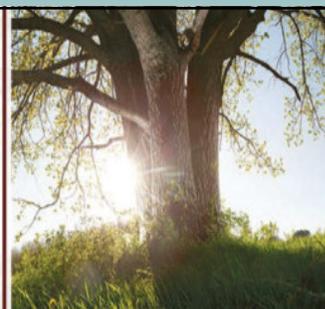
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