

The Voice

Haverhill Council on Aging

COA STAFF

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.haverhillma.gov

Click on Parks & Rec

Click on Council On Aging

Click on Newsletter

**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



FEBRUARY 2026



"Happiness is not by chance, but by choice"

Welcome to February! We celebrate love, friendship and kindness. The days are still cold but slowly the days are getting lighter and we can anxiously wait for Spring. We look forward to sharing another month together and may new opportunities come our way.

We start the month off with some nutrition education on Probiotics and Prebiotics with Agespan. Also, a Senior Safety presentation with Maurice Pratt, from the Essex Sheriff Dept. The Valentine's Luncheon is sold out but you can still get on a waitlist. Our next shindig will be the St. Patrick's Day Luncheon and tickets go on sale on 2/24. Movie day and Chit Chat program will be on the schedule. Therapy Garden will return soon. Please make sure you RSVP for all these events. Please be mindful of the weather, our activities will be cancelled when the Haverhill public schools are closed. Call the center if you are unsure.

If you are interested in becoming a member please come in or give us a call. You must be a member to participate in our events and classes.

CENTER CLOSED 02/16/26

FEBRUARY 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Knitting Group 9am Line Dancing 10am 3 B's 11am Senior Fitness 11am Bingo 12pm	3 Zumba 9:30am Mahjong 9:30am Open Art Studio 11am Senior Fitness 11am Mobile Market 11am Yoga 1pm	4 Chair Yoga 9am Comedy Masque 9am World Affair Discussion 10am Senior Fitness 11am Bridge 12:30pm 45's tournament 12:30pm 3 B's 1pm	5 Tai Chi 9am Teddy Bears 9am Zumba 9:30am Senior Balance 11am	6 3 B's 11:30am Bridge 12:30pm 45's Tournament 12:30
9 Knitting Group 9am Line Dancing 10am 3 B's 11am Senior Fitness 11am Bingo 12pm	10 Zumba 9:30am Mahjong 9:30am Open Art Studio 11am Senior Fitness 11am Yoga 1pm	11 Chair Yoga 9am Comedy Masque 9am Probiotics & Prebiotics 10am Senior Fitness 11am Bridge 12:30pm 45's tournament 12:30pm 3 B's 1pm	12 Tai Chi 9am Teddy Bears 9am Zumba 9:30am Senior Balance 11am Valentine Party 12 (RSVP)	13 3 B's 11:30am Bridge 12:30pm 45's Tournament 12:30
16 CLOSED	17 Chit Chat Group 9am Zumba 9:30am Mahjong 9:30am Open Art Studio 11am Senior Fitness 11am Yoga 1pm	18 Chair Yoga 9am Comedy Masque 9am World Affair Discussion 10am Senior Fitness 11am Bridge 12:30pm 45's tournament 12:30pm 3 B's 1pm	19 Tai Chi 9am Teddy Bears 9am Zumba 9:30am Senior Balance 11am Movie Day 12pm	20 3 B's 11:30am Bridge 12:30pm 45's Tournament 12:30
23 Knitting Group 9am Line Dancing 10am 3 B's 11am Senior Fitness 11am Bingo 12pm	24 Zumba 9:30am Mahjong 9:30am Open Art Studio 11am Senior Fitness 11am Senior Safety 11am Yoga 1pm	25 Chair Yoga 9am Comedy Masque 9am Senior Fitness 11am Bridge 12:30pm 45's tournament 12:30pm 3 B's 1pm	26 Tai Chi 9am Teddy Bears 9am Zumba 9:30am Senior Balance 11am	27 3 B's 11:30am Bridge 12:30pm 45's Tournament 12:30

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

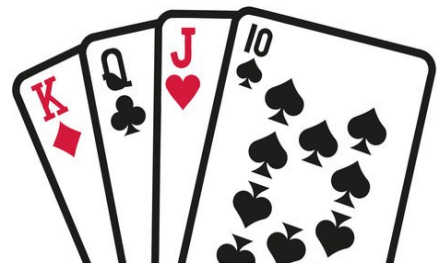
Haverhill Citizen Center

Cards sold at 12pm

Game begins at 1pm



Must be a member with the COA



BRIDGE

LOOKING FOR NEW
PLAYERS

WEDNESDAYS &
FRIDAYS

12:30-3:30pm

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.

Our knitting group is in need of
yarn to continue their great work.
Please donate any yarn that has
not been stored for a long time at
the Haverhill citizen center.

Thank you.

Looking for a gift? In the lobby we
have items knitted by the group to
purchase.



Health updates

WELLNESS CLINIC

WEDNESDAYS 9-11

WITH NURSE MARY CONNOLLY



FOOT CARE IS BACK!!

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

**3rd Friday of
every other 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

IMPORTANT INFORMATION

PLEASE BE AWARE

WHEN HAVERHILL PUBLIC SCHOOLS ARE CLOSED OUR ACTIVITIES WILL
BE CANCELLED.

IF THERE IS A DELAY, WE WILL ALSO BE DELAYED.

IF YOU HAVE AN ACTIVITY SCHEDULED PLEASE MAKE SURE YOU ARE ON
A CALL LIST FOR THAT ACTIVITY.

CALL 978-374-2390 FOR DETAILED INFORMATION.

YOUR SAFETY AND WELL BEING IS IMPORTANT TO US ESPECIALLY
DURING INCLEMENT WEATHER. PLEASE MONITOR THE WEATHER AND
AVOID UNNECESSARY TRAVEL.



MEXICAN TRAIN DOMINO

If anyone is interested in starting a
group to play Mexican Train Domino
please reach out to
Paula 978-374-2390
extension 3916.



HAPPY VALENTINE'S DAY



How do I tell you
What you are to me?
It's raining and it's cloudy
And your voice
And our story
Came to my mind
It was a windy day
Still, I opened the door
Now, you are far away
But near my heart



Nutrition Discussion Probiotics & Prebiotics

What Are They and How Can They Help You?

Date: 2/11/2026

Time: 10am

Rm 45

RSVP 978-374-2390 ext. 3916

We're not
ALL BAD!!



Join Leigh Hartwell, RDN
Topics Include

- The Gut Microbiome
- Probiotic, Prebiotics and Their Effect On Health
- Sources and Samples of Beneficial Foods

Sponsored by:



COFFEE HOUR

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

Tuesday
February 17, 2026

9-10am
Dining Hall

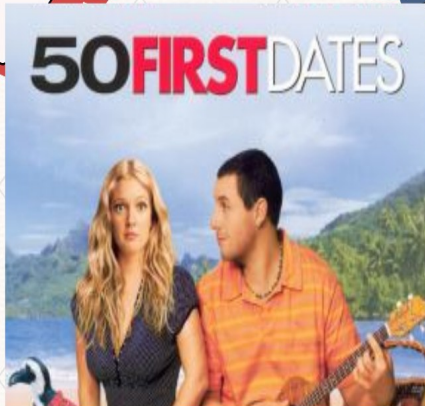
Enjoy a warm cup of
coffee or tea while
engaging in casual chats
with friends. It's a chance
to catch up, simply
unwind or make new
friends.



HAVERHILL COA

MOVIE DAY

50 FIRST DATES



A YOUNG MAN FALLS IN LOVE WITH A GIRL WHO HAS SHORT-TERM
MEMORY LOSS FROM AN ACCIDENT. EVERY DAY WHEN SHE WAKES UP SHE
REMEMBERS NOTHING FROM THE DAY BEFORE. IN AN EFFORT TO HELP
HER REMEMBER HIM, HE MAKES A VIDEO TAPE FOR HER TO WATCH EVERY
MORNING.

THURSDAY FEBRUARY 19, 2026

12PM RM 45

RSVP WITH PAULA 978-374-2390 EXT 3916

10 WELCOME STREET



HAVERHILL COA

SENIOR SAFETY

TUESDAY FEBRUARY 24, 2026
@11AM ROOM 45

This presentation will include tips, techniques, and
strategies for handling every day and not-so-
everyday situations. If you'd like to hear about the
latest scams in our area as well as how to maintain
personal safety, this presentation is for you.

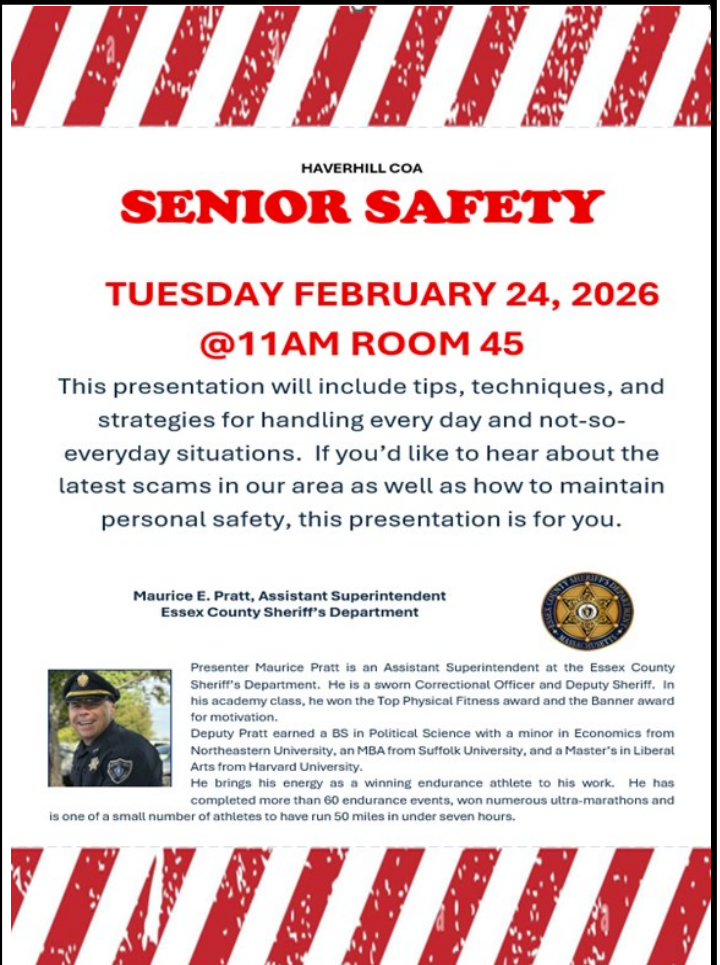
Maurice E. Pratt, Assistant Superintendent
Essex County Sheriff's Department



Presenter Maurice Pratt is an Assistant Superintendent at the Essex County
Sheriff's Department. He is a sworn Correctional Officer and Deputy Sheriff. In
his academy class, he won the Top Physical Fitness award and the Banner award
for motivation.

Deputy Pratt earned a BS in Political Science with a minor in Economics from
Northeastern University, an MBA from Suffolk University, and a Master's in Liberal
Arts from Harvard University.

He brings his energy as a winning endurance athlete to his work. He has
completed more than 60 endurance events, won numerous ultra-marathons and
is one of a small number of athletes to have run 50 miles in under seven hours.





REAL ID Workshop

Thursday March 12, 2026
@11am Room 45
Register at 978-374-2390 ext. 3916
10 Welcome Street

REAL ID or a valid Passport is required
to fly within the US and to enter certain federal buildings

The Registry of Motor Vehicles' workshop will cover:

- The difference between a "Standard ID" and a "Real ID"
- Renewing a Driver's License or Identification Card
- REAL ID federal and state requirements

Learn if a REAL ID is right for you!



Haverhill Real Estate Exemptions FY 2026

Haverhill provides an additional exemption of 40%

Ownership and residency requirements

Elderly – must be 70 years or older with limits on income and assets. Annually up to \$700.

Widow/Widower – limits on assets. Annually up to \$587.

Blind – must have a certificate from the MA Division of the Blind. Annually up to \$700.

Veteran with Service-Connected Disability – 10%-100% service disability. From up to \$577 to \$1,441 annually.

You must file an application with supporting documents every year with the Assessor's Office beginning November 15, 2025.

Deadline for filing the yearly application is April 1, 2026.

Please contact the Assessor's Office at (978) 374-2316 for more information. assessors@haverhillma.gov

Important Public Service Announcement!

DO NOT put your jewelry box out at a yard sale! You could be giving away HUNDREDS or THOUSANDS of \$\$\$.

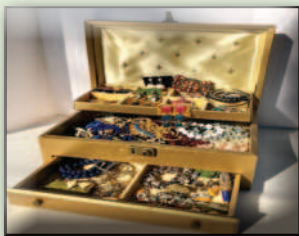
We'll help you find, and pay you fairly for your hidden **GOLD, SILVER**, and vintage costume jewelry treasures! Also buying US & foreign silver & gold coins, your unwanted sterling silver flatware and serving pieces & old watches.

Pratt Hobby Shop

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MONUMENTS - MARKERS

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**Giving starts
with heart.**

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!



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Groveland, MA 01834
Nichols-Village.com

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Haverhill Council On Aging, Haverhill MA

06-5434

Ruth's House Client Referral Program



Ruth's House 111 Lafayette Square Haverhill, MA 01832

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

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.

Hello,

I hope everyone is having a happy and healthy New Year.

I am starting year two of the two-year legislative session! I am always honored to serve Amesbury, Andover, Haverhill, Merrimac, North Andover, Tewksbury and Wilmington.

Here are some updates from the State House

Recent laws passed include:

Social Security numbers are removed from public death certificates, limiting full access to those with legitimate need.

Public transit workers have expanded protections by increasing penalties for assault and battery against them.

The Massachusetts Data Privacy Act was advanced to protect young people, give residents more control over their personal data, and strengthen enforcement.

Statewide economic work:

I was appointed to the Massachusetts Competitiveness Council to help attract jobs, talent, companies, and private investment.

I had Economic Development Secretary Eric Paley on my podcast, The Finegold Factor, to discuss how new technologies are reshaping jobs and competitiveness. Check it out on Youtube.

Local wins:

Andover Housing Authority received a \$3 million state grant to modernize Frye Circle Elderly Housing.

Merrimac received \$30,000 in accessibility grant funding to add curb cuts and improve access on several local streets.

Around the district:

I joined community events, including the Emmaus Inc. 40th anniversary in Haverhill, Eagle scout Ceremonies, Wamesit Lane's 10th Anniversary, the Andover Firefighters Santa Parade, the Amesbury Holiday Parade, and the Merrimac holiday party.

I met with local leaders and advocates, including Phyllis Jones at the Commission on Ability Assistance in North Andover, to discuss equity and accessibility.

Big congratulations to the Shawsheen Rams on winning the MIAA Division 5 Championship!

Have a happy 2026!

Connect at barry.finegold@masenate.gov/617-722-1612
Barry

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:

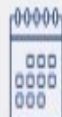
If you receive SNAP, MassHealth, SSI or WIC, please bring your benefit card and/or program acceptance letter to enroll in our Discount Rate Program.

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.

Haverhill COA



St. Patrick's Day Luncheon



FRIDAY MARCH 20, 2026

12-3pm

\$20



Reservations begin on 2/23/26 for
Haverhill residents.

Reservations begin 2/24/26 for
non Haverhill residents.

RSVP 978-374-2390 ext 3916



Haverhill Citizen Center
10 Welcome street



February Regular Menu 2026

Monday	Tuesday	Wednesday	Thursday	Friday
2 Two Compartment 8oz Chicken Sausage Gumbo ½ cup white Rice 1pc Biscuit ½ cup Canned Fruit	3 3 oz Pot Roast 2 oz Brown Gravy ½ cup Carrots ½ cup Mashed Potatoes 1pc WW Bread 1pc Cookie	4 3 oz Chicken Meatballs 2 oz Honey & Garlic Sauce ½ cup Rice Noodles ½ cup Broccoli 1pc WW Dinner Roll 1pc Fresh Fruit	5 Two Compartment 8oz White Ground Turkey Chili with chickpeas, corn & Sweet Potato ½ cup Green Beans 1pc Corn Bread ½ cup Canned Fruit	6 1pc Broccoli Egg Bake ½ cup Roasted Potatoes ½ cup Beets Congregate: Warm Beet Soup instead of beets 1pc WW Bread 1pc Yogurt 1pc Juice (no milk) 1pc Ketchup
9 Two Compartment Chicken pot pie 3oz Diced Chicken ½ puff Pastry (Congregate) ½ cup peas and carrots 3oz sauce ½ cup Mashed potato 1pc Biscuit (HDM) 1pc Dinner Roll (Congregate) ½ cup Canned Fruit	10 Sloppy Joe 3oz Ground Beef 2oz Tomato Sauce ½ cup Sweet Tater Tots ½ cup Corn 1pc WW Burger Bun ½ cup Canned Fruit No Margarine	11 Hot dog (LS Beef/pork) ½ cup baked beans ½ warm Cinnamon Pears ½ cup Latin slaw 1pc Hot dog roll 1pc Mustard 1pc Relish No Margarine	12 1 pc Potato Crunch Fish ½ cup Lemon & Herb Couscous ½ cup Capri Blend Congregate: Vegetable Soup instead of Capri Blend 1pc MG Bread 1pc tartar Sauce ½ cup Chocolate Pudding	13 Valentines Day Two Compartment 1 pc Breaded Eggplant 4 oz Marinara Sauce 1oz Cheese ½ cup Pasta ½ cup California Blend 1pc LS Bread 1 pkt Parmesan cheese 1pc Red Velvet Cupcake
16 Holiday No Meals	17 Two Compartment 3oz sliced Beef 4oz Burgundy Sauce with carrots & onions (no mushrooms) ½ cup Egg noodles 1pc MG Bread ½ cup Pineapple	18 Ash Wednesday Cold: 3oz Egg Salad ½ cup Garden Salad 1pc Potato Chips Congregate: Potato Leek Soup instead of chips 1pc Sandwich Roll 1pc Dressing 1pc Fresh Fruit (orange) No Margarine	19 Chinese New Year 3pc Chicken Dumplings ½ cup Asian Blend (no mushrooms) & Bok Choy 4oz Vegetable Fried Rice 1pc Orange Upside Down Cake 1pc Dinner Roll	20 Lent Two Compartment 2pc Stuffed Shells 4oz Marinara Sauce ½ cup cauliflower 1pc Oat Bread 1pc Gelatin 1pc Parm Cheese
23 Two Compartment Beef Stew 3oz Beef 2oz Celery 2oz Carrots ½ cup mashed potatoes 1pc Biscuit ½ cup Canned Fruit	24 3oz BBQ Pulled Pork ½ cup Mashed Sweet Potato ½ cup Brussels Sprouts Congregate: Corn Chowder instead of Brussels Sprouts 1pc WW Burger Bun ½ cup Applesauce No Margarine	25 3oz Chicken Strips 4oz Sweet and Sour Sauce ½ cup Broccoli ½ White Rice 1pc WW Dinner Roll ½ cup Pudding	26 Birthday 3 oz Sliced Turkey 2 oz gravy ½ cup Mashed potato ½ cup Green Beans 1 pc LS Wheat Bread 1pc Cupcake	27 Lent 3oz Unbreaded Pollock 2oz Tuscan Sauce ½ cup Carrots ½ cup Parm Risotto 1pc MG Bread ½ cup canned fruit

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

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: Amelia DeStefano 978-651-3071 adestefano@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



Confused about Medicare? Considering enrollment? Unsure about what to do?

The SHINE Program can help.

Are you, a friend or a loved one turning 65 or already 65, considering retirement, and/or simply confused about Medicare?

You are not alone! A SHINE counselor will explain your options and answer your questions.

Learn about the structure of Medicare, when to enroll, and helpful tips to choose plans that suit you, your lifestyle, and your Medicare insurance needs.

Sessions will be presented by a certified SHINE Counselor who provides unbiased Medicare health insurance information and will help guide you through your Medicare options.

Call SHINE at 978-946-1374 to request the link to be sent to you via email, or to talk with a SHINE counselor.

After registering, you will receive a confirmation email containing information about joining the meeting.

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.

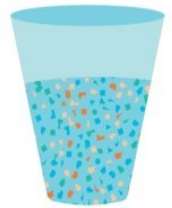
978-373-1971/ 978-374-7660

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

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

Mayerley Astacio 978-651-3024

Microplasticos, impacto grande: Que debe saber!



Cuando: Jueves 26 de Marzo, 2026

Hora: 11am Cuarto #2

Donde: Haverhill Citizen Center

Registrarse con Paola o Maria

Los microplasticos estan en todas partes, pero que significa para nosotros? En esta presentacion, Mariely Almonte, tecnica registrada de nutricion y nutricionista Leigh Hartwell, exploraran como los microplasticos entran a nuestros cuerpos, revisar estudios recientes y explorar formas para reducir la exposicion en alimentos, bebidas, ropas y cosmeticos.

Brindado para usted de parte de:





Give the Gift OF A LIFT!

Northern Essex Elder Transport, Inc. (NEET) is a non-profit organization providing non-emergency medical transportation for older adults utilizing volunteer drivers. This is a unique, personal and flexible volunteer opportunity that works around your schedule.

You drive when and where you want.
Mileage reimbursement and supplemental insurance is provided.

Won't You Give the Gift of a Lift?

driveforneet.org/volunteer

Scan here to volunteer today!!



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.

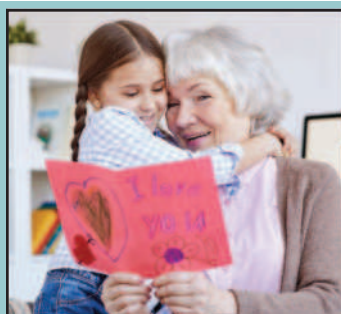
Ready to sign up? Contact Meals on Wheels at nutrition@agespan.org or call 978-686-1422.



MINI MEVA

An origin to destination service for individuals who cannot use the Meva fixed route bus system. ADA eligible and non-ADA eligible.

Applications available at the Haverhill COA or you can contact Meva at 978-469-6878



WINGATE RESIDENCES AT HAVERHILL

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THE ONES YOU LOVE.

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Need Help with Medicare Plans? Special or Open Enrollment Period? Retiring/Turning 65?

Schedule Phone Appointment to
Review Prescription Costs
Supplement & Medicare Advantage

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debhaleyinsurance@gmail.com

Deb Haley

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I do not offer every plan available in your area. Currently I represent 18 organizations that offer 45 products in your area. You may also contact Medicare.gov, 1-800-MEDICARE or your local State Health Insurance Program (SHIP) to get information on all your options.



*Are you caring for a
loved one at home
who requires
daily assistance?*



You may qualify for our
program - a MassHealth benefit.
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monthly payment up to \$1,700,
in-home visits and more.



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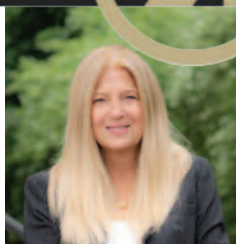
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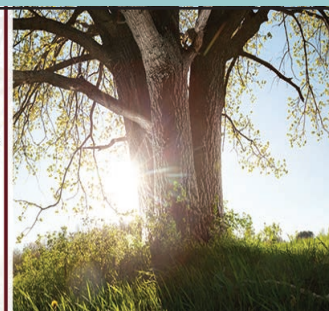
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