

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



MARCH 2026



"Marching forward with new dreams and fresh energy"

March is here! We welcome the signs of Spring. :) Hopefully we can shed some layers with warmer weather. Enjoy the brighter, longer days and make new plans for the Spring season. It's the best time to come out of hibernation and look forward to new experiences.

This month we start off with a Real ID Workshop, understand the difference between a Real ID and a Standard ID. Blue Cross Blue Shield will be here with Medicare coverage information. AARP will be back with a conversation regarding Social Security. Our St. Patrick's Luncheon for this month has sold out but you can be put on a waitlist. Therapy Garden is back this month with the topic of inflammation. Also, join Geri this month discussing How to recognize a medical emergency. Be sure to check the calendar and inside for all detailed information. Please make sure you RSVP for all these events. Stay active, engaged and be involved.

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.

HAPPY
St. Patrick's
DAY

MARCH 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2 Knitting Group 9am Line Dancing 10am 3 B's 11am Senior Fitness 11am Bingo 12pm</p>	<p>3 Zumba 9:30am Mahjong 9:30am Open Art Studio 11am Senior Fitness 11am Mobile Market 11am Yoga 1pm</p>	<p>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</p>	<p>5 Tai Chi 9am Teddy Bears 9am Zumba 9:30am Senior Balance 11am</p>	<p>6 3 B's 11:30am Bridge 12:30pm 45's Tournament 12:30</p>
<p>9 Knitting Group 9am Line Dancing 10am 3 B's 11am Senior Fitness 11am Bingo 12pm</p>	<p>10 Zumba 9:30am Mahjong 9:30am Open Art Studio 11am Senior Fitness 11am Yoga 1pm</p>	<p>11 Chair Yoga 9am Comedy Masque 9am Senior Fitness 11am Bridge 12:30pm 45's tournament 12:30pm 3 B's 1pm</p>	<p>12 Tai Chi 9am Teddy Bears 9am Zumba 9:30am Senior Balance 11am RMV Real ID presentation 11am</p>	<p>13 3 B's 11:30am Bridge 12:30pm 45's Tournament 12:30</p>
<p>16 Knitting Group 9am Line Dancing 10am 3 B's 11am Senior Fitness 11am Bingo 12pm</p>	<p>17 Zumba 9:30am Mahjong 9:30am Open Art Studio 11am Senior Fitness 11am Yoga 1pm</p>	<p>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</p>	<p>19 Tai Chi 9am Teddy Bears 9am Zumba 9:30am Senior Balance 11am BCBS Presentation 12pm</p>	<p>20 3 B's 11:30am Bridge 12:30pm 45's Tournament 12:30 St. Patrick's Luncheon</p>
<p>23 Knitting Group 9am Line Dancing 10am 3 B's 11am Senior Fitness 11am Bingo 12pm</p>	<p>24 Chit Chat 9am Zumba 9:30am Mahjong 9:30am Open Art Studio 11am Senior Fitness 11am Movie Day 12pm Yoga 1pm</p>	<p>25 Chair Yoga 9am Comedy Masque 9am Senior Fitness 11am Bridge 12:30pm 45's tournament 12:30pm 3 B's 1pm</p>	<p>26 Tai Chi 9am Teddy Bears 9am Zumba 9:30am Senior Balance 11am AARP Social Security 11am</p>	<p>27 3 B's 11:30am Bridge 12:30pm 45's Tournament 12:30</p>
<p>30 Knitting Group 9am Line Dancing 10am 3 B's 11am Senior Fitness 11am Bingo 12pm</p>	<p>31 Zumba 9:30am Mahjong 9:30am Open Art Studio 11am Senior Fitness 11am Yoga 1pm</p>			

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

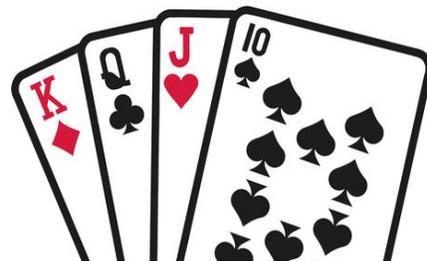
Haverhill Citizen Center

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



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 Passports Driver 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!



Tax Season is Back!

Through AARP, we will have three days with our experts for senior residents of Haverhill and surrounding areas, starting from February 11th until early April.

For more information, please contact Indhira by calling the Citizen Center 978-374-2388 at extension 3919.

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.



DO YOU HAVE THE RIGHT TYPE OF MEDICARE COVERAGE?

Join The Health Plan Options Seminar

If you already have a Medicare plan or are looking to find a plan for the first time, you want to be sure you have the right coverage. This seminar explains all your health insurance options, including the rules for Medicare, so you can be confident you're making the right choices.

WHAT WILL THE HEALTH PLAN OPTIONS SEMINAR COVER?

This seminar is a presentation and discussion, led by a Blue Cross Blue Shield of Massachusetts representative, and typically includes:



Explanation of Medicare Parts A, B, and C



Medicare enrollment timeline



Medigap plans that help supplement Medicare coverage



Medicare Advantage plans, such as HMOs and PPOs



Medicare Part D prescription drug plans

COME PREPARED WITH YOUR QUESTIONS

Scan the QR code to learn more about Medicare, or visit bcbsma.info/medicarevideos.



Event Details

Date: Thursday, March 19th, 2026

Time: 12pm-1pm

Location: Haverhill Council on Aging- 10 Welcome Stret, Haverhill

Link:

Blue Cross Blue Shield of Massachusetts is an Independent Licensee of the Blue Cross and Blue Shield Association.

COFFEE HOUR

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

Tuesday
March 24, 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.



HAVERRILL COA MOVIE DAY

**SPRINGSTEEN
DELIVER ME
FROM
NOWHERE**

Free
Entry

**Tuesday March 24, 2026
12pm RM45**

From 20th Century Studios, *Deliver Me from Nowhere* chronicles the making of Bruce Springsteen's 1982 "Nebraska" album. Recorded on a 4-track recorder in Springsteen's New Jersey bedroom, the album marked a pivotal time in his life and is considered one of his most enduring works a raw, haunted acoustic record populated by lost souls searching for a reason to believe.

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

*You are invited to attend a conversation with
AARP about Social Security*

Social Security – We Earned It! Making Social Security Secure

THURSDAY MARCH 26, 2026

11AM RM 45

RSVP 978-374-2390 EXT 3916

Get informed! You'll learn how Social Security is funded, about its current and future financial health, and the options to ensure the stability of the program. Social Security faces a long-term financial shortfall unless Congress acts. We'll discuss the pros and cons of the 5 most common solutions to ensure that Social Security can continue to pay the full payments that Americans have earned. AARP is advocating to protect the long-term future of Social Security. This presentation will provide the information you need to make your voices heard! **Everybody who is currently receiving or planning to receive a Social Security payment is invited and encouraged to attend.**



AARP
Massachusetts

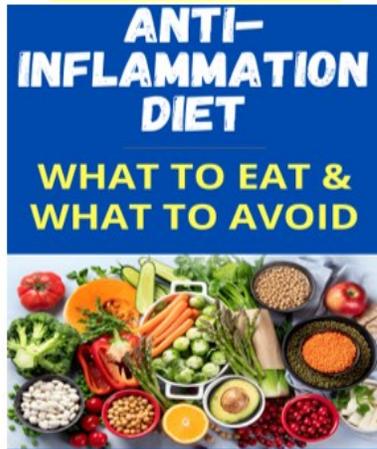
FREE HEALTH AND WELLNESS SERIES

Anti-Inflammatory Diet

Presented by Therapy Gardens

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

Monday, March 23rd at 1pm



Inflammation can take a toll on your health and the food you eat can really make a difference. The Anti-Inflammation Diet breaks it down clearly: what to eat more of, what to avoid and which foods are fueling inflammation. This straight-forward session is a must attend for those seeking guidance to looking and feeling their best.

Light refreshments will be served

Registration period from March 16th through March 20th

Call Mary Ryan to register at 978-374-2390 x3900

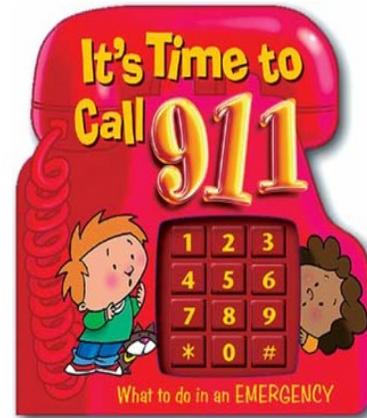


FREE HEALTH AND WELLNESS EDUCATION

How to Recognize a Medical Emergency

Tuesday, March 3rd from 11-12 noon

Citizens Center, Room 45



Knowing how to recognize an emergency can potentially help save a life. It can be an acute injury or sudden onset of an illness that needs immediate attention to prevent serious impairment or loss of life. In this informative seminar, we will review common medical emergency situations and the appropriate actions to take. This seminar is not to be missed! The life you save may be your own!

Sponsored by the City of Haverhill Public Health Department



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

20 East Main St. • Georgetown
978-352-2234

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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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AN ACTIVE ADULT COMMUNITY

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

CALL 978-372-3930

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rtutulescu@4LPi.com • (800) 477-4574 x6222

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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.

- The new legislative session is underway, and I'm focused on delivering real results — especially for our seniors.

The Senate passed legislation to give cities and towns new tools to lower property taxes for seniors, including a means-tested exemption and expanded eligibility for the Senior Tax Deferral Program to help residents age in place. Check it out here: <https://malegislature.gov/Bills/194/S2901>

I also spoke on the Senate floor in support of a bipartisan amendment to ban pay-per-signature practices in ballot initiatives, strengthening transparency and protecting voters.

In Haverhill, I was proud to attend Mayor Melinda Barrett's inauguration and congratulate newly sworn-in city and school officials.

Recent State Grants:

- Merrimack Valley Economic Development Corporation was awarded \$60,000 for building grants to support regionally based efforts to grow and retain existing businesses and attract new businesses to the Commonwealth.
- The Haverhill Housing Authority received \$527,296 for the replacement of rotted structural beams and \$605,500 for the rehabilitation of vacant units

Haverhill and Methuen were awarded \$314,785 through the Shannon Community Safety Initiative. This funding supports evidence-based programs designed to prevent and reduce youth and gang violence in the community.

As always, connect with me at barry.finegold@masenate.gov or call the office at 617-722-1612.

Best regards,

Barry R. Finegold



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.



*Be ready
to save a
life*
with
Hands-Only CPR

It's easy to learn. You can increase the chance of someone surviving a cardiac emergency by taking a **FREE American Red Cross** 30-minute class.

More than 350,000 cardiac arrests occur outside a hospital each year. Learn how to deliver lifesaving CPR care without rescue breaths and be prepared.

When you immediately provide Hands-Only CPR, you can increase the chance of survival.

To sign-up for a free 30-minute class on **Thursday April 2, 2026 @11am Room 45**
Please contact Paula
978-374-2390 ext 3916



RAQS SHARKI

DISCOVER BELLY DANCE
With Celia!



Dynamic Show and Lesson!

RSVP at 978-374-2390 ext 3916

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



April 9, 2026 @ 11AM

Haverhill Citizen Center
10 Welcome St
Haverhill



March 2026 Regular menu

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2 3 oz Stuffed Chicken Broccoli & Cheese 2 oz Supreme sauce ½ cup Orzo & Peas ½ cup Beets 1 slice MG bread ½ cup Mandarins</p>	<p>3 1pc Vegetable Frittata (Spinach & Feta) 1pc Roasted Potatoes ½ cup Capri Blend 1pc Fruit Loaf ½ cup Yogurt 1pc Juice (no milk) 1pc Ketchup</p>	<p>4 Cold: 2oz Deli Turkey 1 slice Swiss ½ cup Three Bean Salad Congregate: Carrot Ginger Soup instead of three bean salad ½ cup Garden Salad ½ Wheat Pita ½ cup canned fruit</p>	<p>5 Two Compartment American Chop Suey 3oz beef ½ cup pasta 4oz Tomato sauce ½ cup Cauliflower 1pc WW Garlic Roll 1 pc Fresh Fruit</p>	<p>6 5oz lentils & 2oz Vegetarian Gravy ½ cup carrots ½ cup Mashed potato 1pc Biscuit (HDM) 1pc Cookie</p>
<p>9 1pc meatloaf (1.5oz beef & 1.5oz turkey) 2 oz Gravy ½ cup Mashed Potatoes ½ cup Green Beans 1pc Oat Bread ½ cup Gelatin</p>	<p>10 4oz Baked Pollock ½ Garlic & Dill Sauce ½ cup Brown Rice ½ cup Beets 1pc WW Bread ½ cup Mandarins</p>	<p>11 Hot dog (L.S Beef/pork) ½ cup baked beans ½ warm Cinnamon Pears ½ cup coleslaw 1pc Hot dog roll 1pc Mustard 1pc Relish No Margarine</p>	<p>12 Birthday 1pc Breaded Chicken 2oz Marry Me Sauce ½ cup Quinoa ½ cup Mixed Veggies 1pc LS WW Bread 1pc Cupcake</p>	<p>13 3pc Cheese Ravioli 4oz Alfredo & Mushroom Sauce 4oz Garlic Spinach Congregate: Tomato & Spinach Soup instead of garlic spinach ½ cup Canned Fruit 1pc MG Bread 1pc Parm Cheese</p>
<p>16 Two Compartment 8oz Chicken & Sausage Gumbo ½ cup white Rice 1pc Biscuit ½ cup fruit</p>	<p>17 Special 3oz Corned Beef with 2oz Au Jus on top of 1pc wedged cabbage 4oz Cubed Carrot & turnip blend 4oz Steamed Potatoes & parsley 1pc Mint Brownie 1pc Marble Rye</p>	<p>18 3 oz Chicken Meatballs 2 oz Honey & Garlic Sauce ½ cup Rice Noodles ½ cup Broccoli Congregate: Chinese Vegetable soup instead of broccoli 1pc WW Dinner Roll 1pc Fresh Fruit No Margarine</p>	<p>19 Two Compartment 8oz White Ground Turkey Chili with chick peas, corn & Sweet Potato (no tomatoes) ½ cup Green Beans 1pc Corn Bread ½ cup Chocolate Pudding</p>	<p>20 Two Compartment 1 pc Breaded Eggplant 4 oz Marinara Sauce 1 slice mozzarella Cheese ½ cup Pasta ½ cup California Blend 1pc LS WW Bread ½ cup mandarins</p>
<p>23 3 oz Sliced Turkey 2 oz gravy ½ cup Mashed potato ½ cup Green Beans 1 pc LS Wheat Bread ½ cup canned Fruit</p>	<p>24 1pc Grilled Chicken 2oz Butter Sauce (Indian) ½ cup White Rice ½ cup Peas & pearlled onions ½ cup Mandarins ½ slice Pita Bread</p>	<p>25 1 pc Potato Crunch Fish ½ cup Lemon & Herb Couscous ½ cup Capri Blend Congregate: Minestrone Soup instead of capri blend 1pc MG Bread 1pc Cookie 1pc tarter Sauce</p>	<p>26 Opening Day 1pc Pork Sausage with 1/4 cup Peppers and Onions ½ cup Corn ½ cup warm fruit crisp 1pc Sausage Roll ½ cup Garden Salad 1pc Menu Magic Dressing</p>	<p>27 1pc Broccoli Egg Bake ½ cup Roasted Potatoes ½ cup Beets 1pc Fruit Loaf 1pc Yogurt 1pc Juice (no milk) 1pc Ketchup</p>
<p>30 Two Compartment 3oz sliced Beef 4oz Burgundy Sauce with carrots & onions (no mushrooms) ½ cup Egg noodles 1pc MG Bread ½ cup Pineapple</p>	<p>31 3pc Pork 2oz Orange Sauce ½ cup Broccoli ½ cup Vegetable Rice 1pc Dinner Roll ½ cup Canned Fruit</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

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:





SPRING IS IN THE AIR! VOLUNTEER!

Get Involved, Make a difference!

Volunteer to drive older adults in your community.
You decide when and where to drive.
Mileage reimbursement provided.

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. Drive 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.



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

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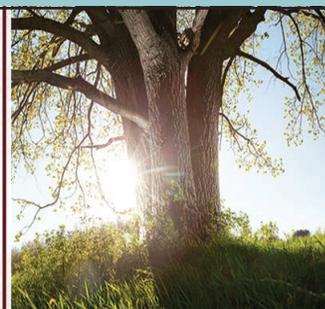
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