

The Voice

Haverhill Council on Aging

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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



NOVEMBER 2025

"Give thanks for a little and you will find a lot"

Welcome to November! How did we get here so fast?! The month will be full of gratitude and special gatherings. It's a busy season planning meals, decorating and shopping. It all goes by so fast but remember to slow down savor your meals and enjoy the cozy afternoons. Bring on the peace and joy. Wishing you warmth and good health on this Thanksgiving season.

Thank you to everyone that came out to our Halloween Luncheon. It was a spooky time. This month we have a couple of presentations. Starting with AgeSpan's nutritionist discussing Microplastics, how it gets into our bodies and its effects. Followed by a Senior & Scams presentation by Align Credit Union. Driscoll Funeral home will be back to provide guidance on individuals who are looking to plan ahead. Don't forget to join us on our Chit Chat group and Movie Day. Sign up for Therapy Gardens with Mary Ryan to explore small gourmet recipes. Once again Haverhill is a winner for the MCOA Active Agers contest. Look inside this edition to see if you are a winner of a gift card. Please help spread the word of our Craft Fair happening this month, come in and shop for a gift just in time for the holidays. We will be putting up our tree 3rd week of November with tags for our Giving Tree program. Help a nursing home senior receive a gift for the holidays. Our next big event will be our Holiday Luncheon, reservations will begin 11/17. Tickets will sell out fast. Look inside for more details.

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 11/11, 11/27 and 11/28

November

2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Knitting Group 9am Line Dancing 10am 3 B's 11am Senior Fitness 11am Bingo 12pm	4 Zumba 9:30am Mahjong 9:30am Open Art Studio 11am Senior Fitness 11am Mobile Market 11am Yoga 1pm	5 Chair Yoga 9am Comedy Masque 9am World Affair Discussion 10 Senior Fitness 11am Bridge 12:30pm 45's tournament 12:30pm 3 B's 1pm	6 Tai Chi 9am Teddy Bears 9am Zumba 9:30am Senior Balance 11am Microplastics 11am	7 3 B's 11:30am Bridge 12:30pm 45's Tournament 12:30
10 Knitting Group 9am Line Dancing 10am 3 B's 11am Senior Fitness 11am Bingo 12pm	11 CLOSED	12 Chair Yoga 9am Comedy Masque 9am Senior Fitness 11am Seniors & Scam 11am Bridge 12:30pm 45's tournament 12:30pm 3 B's 1pm	13 Tai Chi 9am Teddy Bears 9am Zumba 9:30am Senior Balance 11am Driscoll Lunch & Learn 12pm	14 3 B's 11:30am Bridge 12:30pm 45's Tournament 12:30
17 Knitting Group 9am Line Dancing 10am 3 B's 11am Senior Fitness 11am Therapy Garden 1pm Bingo 12pm	18 Zumba 9:30am Mahjong 9:30am Open Art Studio 11am Senior Fitness 11am Yoga 1pm	19 Chair Yoga 9am Comedy Masque 9am World Affair Discussion 10 Senior Fitness 11am Bridge 12:30pm 45's tournament 12:30pm 3 B's 1pm	20 Tai Chi 9am Teddy Bears 9am Zumba 9:30am Senior Balance 11am National Grid 10-1pm	21 3 B's 11:30am Bridge 12:30pm 45's Tournament 12:30 Thanksgiving Luncheon
24 Knitting Group 9am Line Dancing 10am 3 B's 11am Senior Fitness 11am Bingo 12pm	25 Zumba 9:30am Mahjong 9:30am Open Art Studio 11am Senior Fitness 11am Yoga 1pm	26 Chair Yoga 9am Comedy Masque 9am Senior Fitness 11am Bridge 12:30pm 45's tournament 12:30pm 3 B's 1pm	27 CLOSED	28 CLOSED
				EVERYDAY: M-F Pool table 8-3pm Fitness room 8-3pm Library 8-3pm

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.

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



NO CLINIC OCTOBER 22



FOOT CARE IS BACK!!

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

**Every other
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

Medicare Open Enrollment: October 15 – December 7.

Health insurance costs are an important part of your budget and Medicare Open Enrollment is your opportunity to review your Medicare plans with a SHINE counselor to learn about what you can expect with your current plan in 2026, or to learn about all options that may be most cost-effective for you.

You may also benefit from cost-savings programs which a SHINE counselor will explain to you.

Medicare plans can change annually, and changes are expected for 2026.

This can affect your health care and drug costs.

SHINE = Serving the Health Insurance Needs of Everyone...on or eligible for Medicare. Certified SHINE counselors are available all year, and offer free, unbiased, confidential counseling on all aspects of health insurance to anyone on or eligible for Medicare.

Call **1800 Medicare to make changes with your plan**



HAVERHILL COA

HOLIDAY CRAFT FAIR

FREE ADMISSION
CRAFTS, JEWELRY, HOME DECOR,
RAFFLE AND SO MUCH MORE!

Saturday November 15, 2025
9am-1pm

CITIZEN CENTER
10 WELCOME STREET
HAVERHILL, MA 01830



Microplastics, Big Impact: What you Need to Know!

DATE: Thursday November 6, 2025

TIME: 11AM ROOM 45

LOCATION: HAVERHILL CITIZEN CENTER

Microplastics are everywhere, but what do they mean for us? In this presentation, Registered Dietitian, Leigh Hartwell & Nutrition Student, Jose Zuniga will explore how microplastics get into our bodies with food and what current research says about their effects.

RSVP 978-374-2390 ext 3916



SENIORS & SCAMS



Learn why scammers target seniors and what you can do about it!



Align
CREDIT UNION

PROTECTING YOURSELF:

UNDERSTANDING COMMON SENIOR SCAMS

- How much do you know about scams?
- Why are You at Risk for Financial Scams?
- The Usual Suspects and Types of Scams.
- Protecting Yourself from Scams.
- Resources to Report Scams & Financial Abuse.

Align is insured by NCUA and MSIC.

Presented By:

Jennifer Souza - AVP Community Engagement & Financial Literacy
November 12, 2025 at 11AM

RSVP 978-374-2390 ext 3916

+ AMESBURY + DANVERS + FRAMINGHAM + HAVERHILL + LOWELL + SEABROOK +



DRISCOLL
FUNERAL HOME
and cremation service

Lunch and Learn

Anaili Diane of Driscoll Funeral Home is a licensed funeral director, embalmer, and a former cremation specialist. She is the preplanning funeral director at the funeral home. Her role is to provide guidance and clarity to individuals who are looking to plan ahead for themselves or their loved ones with the intention of avoiding further complications and costs during times of grief and distress.

THURSDAY NOVEMBER 13, 2025

12pm

Must RSVP at 978-374-2390 ext 3916

COFFEE HOUR

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

**Tuesday
November 18, 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.



FREE HEALTH AND WELLNESS SERIES

Cooking Small: Gourmet Recipes for 1 or 2

Presented by Therapy Gardens

Citizens Center, 10 welcome Street, Room 45, Haverhill MA

Monday, November 17th at 1pm



Master delicious gourmet meals in just the right portion sizes. Get essential cooking techniques, tips for shopping efficiently, and strategies to minimize food waste while preparing dishes for one or two people. Explore curated and exclusive Therapy Gardens recipes designed to elevate your culinary experience. Perfect for anyone seeking flavorful, small-scale cooking solutions.

Light refreshments will be served

Registration period from November 10th through November 14th

Call Mary Ryan to register at 978-374-2390 x 3900



HAVERHILL COA

MOVIE DAY

LILLO & STITCH

A LONELY HAWAIIAN GIRL
BEFRIENDS A RUNAWAY ALIEN,
HELPING TO MEND HER
FRAGMENTED FAMILY.

THURSDAY NOVEMBER 20, 2025

12:00PM

RM 45

10 WELCOME STREET



Haverhill is a Winner AGAIN

in the latest round of Active Agers supported by MCOA.

The following winners were randomly selected for participation in our fitness programs:

Marilyn Margosian

Rosemary Morel

Leslie Huber

Winners may pick up their \$25.00 Visa Gift Card from Mary Connolly.

CONGRATULATIONS!

Important Public Service Announcement!

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

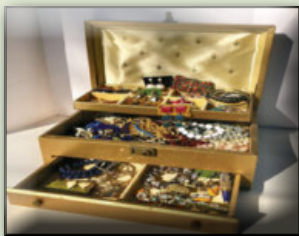
We'll help you find, and pay you fairly for your hidden **GOLD, SILVER**, and vintage costume jewelry treasures! Also buying US & foreign silver & gold coins, your unwanted sterling silver flatware and serving pieces & old watches.

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MONUMENTS - MARKERS

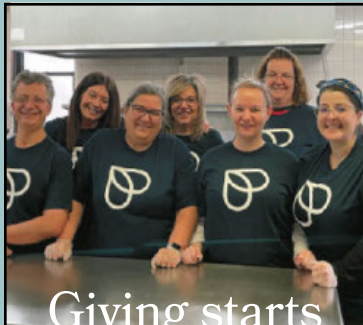
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Haverhill Council On Aging, Haverhill MA

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.

HAVERHILL COA THE GIVING TREE



Tis the season of giving!

Give a gift to a Haverhill senior.
Stop by the Citizen Center and pick up a
gift tag from our Christmas tree.
Many nursing homes have seniors
without families and will not have visitors
for Christmas.

All gifts should be wrapped, labeled and returned to
the Citizen Center by Tuesday **December 16, 2025**.
Gifts will be distributed to Haverhill nursing homes
Gifts should be related to nursing home items like
blankets, towels, toiletries, word puzzles, puzzles,
word search books, etc.

**Tree should be up by 19th of November in the
dining hall. Please do not leave gifts under the
tree. Leave in Room 4.**

**For more information you can call 978-374-2390
ext 3916**

CITIZEN CENTER
10 WELCOME STREET



SENATOR FINEGOLD NEWSLETTER

Amesbury · Merrimac · Haverhill · North Andover · Andover · Tewksbury · Wilmington

Hello,

Each week, I'm busy with hearings, briefings, and working directly with constituents, and I'm excited to share updates from the State House and our district.

One of my major efforts has been advocating for Senate Bill S.2581, which limits cellphone use in schools to help improve focus and support student mental health.

I also hosted a public hearing on the economic impact of Massachusetts colleges and universities.

Recently, the Senate passed the Massachusetts Data Privacy Act (S.2608), which I strongly supported. This legislation provides robust protections for consumers against data exploitation and targeted advertising.

Back in the district, I've been involved in numerous events including retirements, ribbon cuttings—especially the exciting opening of Dominic's restaurant in Haverhill and important openings like Merrimack Health and the Shawsheen Preschool.

Community highlights have included a successful State Grants Expo, recognizing a local preservation award recipient Eva Hamori, enjoying the vibrant spirit of Andover Days, and welcoming an intern, Collin!, who's focused on environmental issues and public service.

Best Barry





HAVERHILL COA

CHRISTMAS

Luncheon

FRIDAY DECEMBER 19, 2025

12-3PM

\$20

RESERVATIONS AND TICKETS AVAILABLE
ON 11/17/25

978-374-2390 EXT 3916

• 50/50
RAFFLES

Citizen Center
10 Welcome Street



November 2025 Regular menu

Monday	Tuesday	Wednesday	Thursday	Friday
3 November Two Compartment 12oz Pasta Fagioli: 8oz of White beans & Navy Beans, 4oz carrots, celery, tomatoes, spinach, ditalini Pasta ½ c Cauliflower 1 pc Oat Bread 1pc Brownie cookie 1pc parmesan	4 Fish Sandwich 4oz Potato Crunch Fish ½ cup Mashed Sweet Potato ½ cup Cheesy Cauliflower 1pc WW Burger Bun 1pc Tarter Sauce ½ cup canned fruit No Margarine	5 Beef & Broccoli 3oz Sliced beef ½ cup Broccoli ½ cup soy, sesame & Garlic Sauce ½ cup Brown Rice 1pc MG Bread ½ canned fruit	6 Pork Diablo 3oz Pork Roast 2oz Creamy Mustard Sauce ½ cup Mashed Potatoes ½ cup Brussels Sprouts Congregate: Garden Salad to replace Brussels ½ cup Chocolate Pudding 1pc Vienna Bread	7 1pc Breaded Chicken 2oz Marry Me Sauce ½ cup Couscous ½ cup Green beans 1pc Dinner Roll 1pc Fresh Fruit (Orange)
10 Two Compartment Chicken pot pie 3oz Diced Chicken ½ puff Pastry (congregate only) ½ cup peas and carrots 3oz sauce ½ cup Mashed potato 1pc Biscuit (HDM) 1pc Dinner Roll (Congregate) ½ cup Gelatin	11 No Meals Veteran's Day	12 Hot dog (LS Beef/pork) ½ cup baked beans ½ cup Cinnamon Apples ½ cup Latin Slaw 1pc Hot dog roll 1pc Mustard 1pc Relish No Margarine	13 Birthday 8oz American Chop Suey 3oz ground beef ½ cup pasta 4oz Tomato sauce ½ cup Garlic Spinach 1pc WW Garlic Roll 1pc Birthday Cake	14 Cold: ½ cup Tuna Salad ½ cup Garden Salad ½ cup Corn & Black Bean Salad 2 pc Oat Bread 1pc Salad Dressing ½ cup Mixed fruit
17 Two Compartment 3 oz Grilled Chicken 2oz Lemon Pepper Sauce 1 cup Tuscan White Bean Pasta* (tomatoes, spinach, garlic) ½ cup canned Fruit 1pc MG Bread	18 1pc Bateman meatloaf (1.5oz beef & 1.5oz turkey) 2 oz Gravy ½ cup Mashed Potatoes ½ cup Mixed Vegetables Congregate: Vegetable Soup to replace mixed vegetables 1pc Cornbread ½ cup Pudding	19 Two Compartment Swedish Meatballs 3pc chicken meatballs 4 oz Swedish sauce ½ cup White Rice ½ cup Green Beans 1 pc Oat Bread ½ cup Pineapple	20 Special: 3oz Roasted Turkey on top of ¼ cup stuffing with 2oz Gravy 4oz Whipped Potatoes 4oz Mashed Butternut Squash Congregate: Cranberry Sauce 1pc Assorted Pie 1pc Honey Wheat Dinner Roll	21 Two Compartment 2pc Stuffed Shells 4 oz Marinara Sauce ½ cup Capri Blend 1 pc Oat Bread ½ cup Mandarins 1pc Parmesan
24 1pc Cheese Omelet 1pc Turkey Sausage ½ cup Creamy Polenta ½ cup Green Beans & Tomato 1pc Fruit Loaf ½ cup Yogurt 1pc Juice (no milk) 1pc Ketchup	25 3oz Stuffed Chicken (Broccoli and Cheese) 2 oz Supreme sauce ½ cup Rice Pilaf ½ cup Beets 1 slice MG Bread ½ cup Mandarins	26 Two Compartment 3oz Ravioli 4 oz Ground Beef Bolognese ½ c Broccoli Congregate: Caesar Salad to replace broccoli 1 pc WW Garlic Roll 1pc Cookie 1pc parmesan GLSS – Chilled Menu for 11/28	27 Happy Thanksgiving No Meals delivered	28 Happy Thanksgiving No Meals delivered

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: 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



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.

Join an Intro to Medicare session with a SHINE counselor on a Wednesday evening on Zoom, 5:00-7:00 pm:

July 16, August 13, September 17, October 22, November 19, December 17.

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

HAVERHILL COA

FERIA DE ARTESANIA NAVIDENA

ENTRADA GRATIS
ARTESANIA, JOYAS, DECORACION, SORTEOS Y MUCHO MAS!

Sabado 15 de Noviembre 2025
9am-1pm

CITIZEN CENTER
10 WELCOME STREET
HAVERHILL, MA 01830

HAVERHILL COA

ALMUERZO DE NAVIDAD

VIERNES 19 DE DICIEMBRE 2025
12-3PM
\$20

RESERVACIONES Y TICKETS DISPONIBLE EL
11/17/25
978-374-2390 EXT 3916

50/50 SORTEOS

Citizen Center
10 Welcome Street

Help Older Adults Keep Their Independence Become a Volunteer Driver

Drive when and where you want and give the gift of independence to older adults in your community



Call 978-388-7474 about this flexible volunteer opportunity or visit www.driveformeet.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.

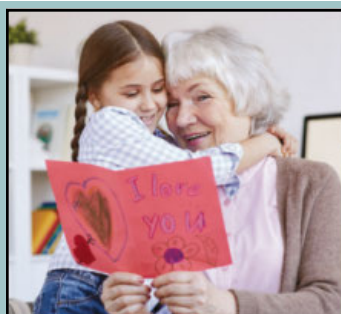
Ready to sign up? Contact Meals on Wheels at nutrition@agespan.org or call 978-686-1422.



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



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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.



AdultFosterCare of the North Shore

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



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06-5434

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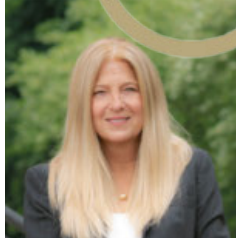
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