

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



AUGUST 2026



"August is like the Sunday of summer."

Welcome August! We hope you have taken advantage of the warmth of summer, making most of it's days. Summer is winding down and it's a good time to slow down and savor the last of the season before we enter to the mayhem of the busy holiday season and the cold weather. Know that we are grateful to have your presence at the center and your participation. We hope we bring you moments of laughter, friendship, connection and great memories.

We begin the month with our Farmer's Market voucher distribution, vouchers are limited. Look inside for information on eligibility. Join us for a free concert with Tim Van Egmond presenting "Hats off to Seniors", full of Folk singing and Story-telling. Delvena Theater will be back with a murder mystery performance "Bon Voyage Forever". There will be a waiting list started for our Luau Luncheon at the Yatch Club, space is very limited. Remember to sign up for Traveling Chef and join us at Chit Chat for some good conversation. Coming up next month Tommy Rull will be back to perform for us among other good presentations. Please remember to RSVP early otherwise activities will have to be cancelled because of lack of participation. Check inside for more information. 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.

Please be advised that when our parking lot is full, you cannot park across the street. You will get towed

AUGUST 2026

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 10am Open Art Studio 11am Senior Fitness 11am Mobile Market Yoga 1pm	5 Chair Yoga 9am World Affair Discussion 10 Senior Fitness 11am 45's tournament 12:30pm 3 B's 1pm	6 Tai Chi 9am Teddy Bears 9am Zumba 9:30am Senior Balance 11am	7 3 B's 11:30am 45's Tournament 12:30 Farmer Market Voucher Distribution 9am
10 Knitting Group 9am Line Dancing 10am 3 B's 11am Senior Fitness 11am Bingo 12pm	11 Zumba 9:30am Mahjong 10am Open Art Studio 11am Senior Fitness 11am Hats off to Seniors 11am Yoga 1pm	12 Comedy Masque 9am Senior Fitness 11am 45's tournament 12:30pm 3 B's 1pm	13 Tai Chi 9am Teddy Bears 9am Zumba 9:30am Senior Balance 11am Bon Voyage Forever 1pm	14 3 B's 11:30am 45's Tournament 12:30
17 Knitting Group 9am Line Dancing 10am 3 B's 11am Senior Fitness 11am Bingo 12pm	18 Chit Chat 9am Zumba 9:30am Mahjong 10am Open Art Studio 11am Senior Fitness 11am Yoga 1pm	19 World Affair Discussion 10 Senior Fitness 11am 45's tournament 12:30pm 3 B's 1pm	20 Tai Chi 9am Teddy Bears 9am Zumba 9:30am Senior Balance 11am Traveling Chef RSVP only	21 3 B's 11:30am 45's Tournament 12:30 Luan RSVP only
24 Knitting Group 9am Line Dancing 10am 3 B's 11am Senior Fitness 11am Bingo 12pm	25 Zumba 9:30am Mahjong 10am Open Art Studio 11am Senior Fitness 11am Yoga 1pm	26 Chair Yoga 9am Comedy Masque 9am Senior Fitness 11am 45's tournament 12:30pm 3 B's 1pm	27 Tai Chi 9am Teddy Bears 9am Zumba 9:30am Senior Balance 11am	28 3 B's 11:30am 45's Tournament 12:30
31 Knitting Group 9am Line Dancing 10am 3 B's 11am Senior Fitness 11am Bingo 12pm				

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 and 60 and up to play

DO NOT PARK ACROSS THE STREET

HAPPY RIDES

Transportation Vouchers are Available!



The COA is offering \$25 dollars in Taxi Voucher Coupons
Sponsored by a grant from Haverhill Exchange Club

To be used for social engagement (Hair dressers, shopping, visits etc.)
We can provide one packet at a time. Please note that all vouchers are numbered and must be returned by the Cab Company once they are used. Additionally, please notify Indhira whenever the coupons are used, along with the nature of the trip, as this information is needed for reporting purposes.

We would also appreciate it if you could write a thank-you note to the Haverhill Exchange Club for their support.

You must be a Haverhill Resident 60 years of age or older, and a member to qualify.

Call Indhira at 978-374-2390 ext 3919

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.

The Honest Pharmacist Returns!!

Dr. So will return the **3rd Wednesday of each month**
from 9-11 to meet with clients in the Citizen Center
Dining room.

The Honest Pharmacist is a free non profit service
run by Dr. So, a licensed Pharmacist, for anyone who
needs help with their medications. He can help with
finding lower prices, insurance denials, prior authori-
zations and medication delivery services.

Digital Support Available

The Haverhill Council on Aging in partnership with
the City of Haverhill, Haverhill Public Schools and
Massachusetts Broadband Institute will offer
walk in support for questions on computers, phones,
tablets etc.

Will be available at the Citizen Center in the month
of August. Tuesday and Wednesday 10-1 Thursday
and Friday 9-12.

MBI

MASSACHUSETTS
BROADBAND INSTITUTE

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



“HATS OFF TO SENIORS”
Celebrating Their Wit, Wisdom, and Spirit
Free Concert with Folksinger & Storyteller
TIM VAN EGMOND



Tuesday August 11, 2026
11 A.M.
RSVP 978-374-2390 ext. 3916
Haverhill Citizen Center



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

**DO YOUR GRANDKIDS
VISIT YOUR HOME?**

**ARE YOU WORRIED
ABOUT LEAD PAINT?**

Through the City's Lead Hazard Reduction Program, eligible homeowners will receive **FREE** lead-based paint hazards abatement to make their homes safer for children and families.

**SEE IF YOU
QUALIFY TODAY!**

Contact Community Development
Department (978) 374-2344



**Delvena Theatre
presents**



BON

VOYAGE

FOREVER!

An exciting, live comedy murder mystery performance set on a cruise of a lifetime. Murder on a cruise? Who dunnit? Lots of audience interaction, token prizes and fun!

**HAVERHILL CITIZEN CENTER
10 WELCOME STREET, HAVERHILL**

**THURSDAY, AUGUST 13
1:00 PM**

RSVP 978-374-2390 ext 3916

This production is supported in part by a grant from the Haverhill Cultural Council, a local agency, which is supported by the Massachusetts Cultural Council, a state agency.



Haverhill Cultural Council
making haverhill one great place to live



**Mass
Cultural
Council**

Beth Israel Lahey Health 
Anna Jaques Hospital

Lunch and Learn at Anna Jaques Hospital (free)

Join us for an informative Senior Lunch & Learn where you'll gain a better understanding of common lab tests and what your results may mean for your health. We'll also discuss when it's appropriate to seek care at the Emergency Room versus Urgent Care, helping you make informed decisions when health concerns arise. Enjoy lunch while learning practical tips to navigate your healthcare with greater confidence.

Date: Wednesday, August 26

Time: 11:00 AM – 12:30 PM

Location: Anna Jaques Hospital

Program Cost is free, if you would like to ride the COA van there is a \$5 transportation cost.

**Please register with Nurse Mary (978) 374-2390 X 3915
mconnolly@haverhillma.gov no later than August 20th.**

COFFEE HOUR



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

Tuesday
August 18, 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.

TRAVELING CHEF

TUESDAY JUNE 30, 2026

Cheese Omelet, sausage, Cinnamon,
French Toast Bake, Fresh Fruit Salad, Juice

RSVP BY 5/21

FRIDAY JULY 24, 2026

Hot Dog Bar, Potato Salad
Baked Beans, Brownie Cookie, Lemonade

RSVP BY 6/18

THURSDAY AUGUST 20, 2026

Grilled cheese and Tomato, Tomato Soup,
Roasted Zucchini Salad, Berry Crisp, Juice

RSVP BY 7/21

TUESDAY SEPTEMBER 29, 2026

Chicken with Marry Me sauce, Fettuccine, Roasted Asparagus,
Dinner roll, Ice Cream, Juice

RSVP 8/21

MEALS SERVED 11-12PM

YOU MUST RSVP

978-374-2390 EXT 3916



\$2

DONATION

VOTER REGISTRATION DRIVE

The City Clerk's Office will host a voter registration drive

Tuesday September 15th
from 9:30 to 11:30 AM
at the Citizen Center.

Staff members will be on hand to assist voters with
registration, enrollment or address changes, process vote-by-
mail applications, provide sample ballots, and answer election
related questions. As we gear up for the 2026 mid-term
elections, this is a great opportunity to learn about what is on
the ballot this election cycle.

Tommy Rull, Singer/Entertainer
will perform his show
"A Musical Journey Through the Years"



Tuesday, September 8, 2026
Entertainment: 11-30 a.m.-12:30 p.m.
RSVP to 978-374-2390 Ext 3916
Haverhill Citizen Center

*Take a walk down memory lane. Enjoy the music of Sinatra,
Neil Diamond, Kenny Rogers, Paul Anka, Perry Como
Barry Manilow, Elvis, Perry Como, Lou Rawls, Engelbert . . .
and many more!*



"This program is supported in part by a grant from the Haverhill Cultural Council,
a local agency which is supported by the Massachusetts Cultural Council, a state agency."
*Sing along to familiar songs! Dance "if the spirit moves you!"
Share a laugh & a good time with "old" & new friends!*



*For a short video of song clips from Tommy's show, his home page is
<http://www.tommyrull.com/> & for recent videos Tommy is on Facebook.*



ASPEN HILL

REHABILITATION & HEALTHCARE

Welcome to Aspen Hill Rehabilitation & Healthcare Center, a warm and welcoming skilled nursing center offering the best in subacute rehab and long-term care with a primary goal of returning patients home as soon as possible. We are excited to infuse our center with our progressive rehab approach. An integral part of the Haverhill community, our top-notch professional staff partners with the best healthcare providers in the area to deliver exceptional clinical care. Our caregivers strive to enrich and enhance the quality of life of everyone and are dedicated to meeting all their physical, emotional, and spiritual needs.

190 North Ave • Haverhill

978-372-7700

www.aspenhillrehab.com



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Nichols Village

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Nichols-Village.com

CALL 978-372-3930



The Affordable Option in Haverhill

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Private units featuring full kitchen and private bathroom.

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Call (978) 374-2170



www.bethanycommunities.org



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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

Call 978-314-3760

debhaleyinsurance@gmail.com

Deb Haley

Certified Enrollment Agent

MA, NH, ME, VT, CT, RI, NJ, NC, SC, TN, FL, AZ

Licensed Health Insurance Broker - NPN#18509337

I do not offer every plan available in your area. Currently I represent 13 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.



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of the North Shore
Celebrating 25 years
formerly Adult Foster Care of the North Shore

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a MassHealth benefit. AFCNS offers
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monthly payment up to \$1,700,
in-home visits and **more**.



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25 years
of serving
Essex County
and beyond**

978-281-2612

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Haverhill Council On Aging, Haverhill MA

06-5434



CRAFTERS NEEDED FOR THE



HAVERHILL COA ANNUAL CRAFT FAIR



TABLES FREE FOR SENIORS 60+

\$10 PER TABLE FOR UNDER 60

TO RESERVE A TABLE CALL PAULA AT

978-374-2390 EXT 3916



KNITTERS, JEWELRY MAKERS,
FLOWERS, CHRISTMAS ORNAMENTS, ETC



**SATURDAY
NOVEMBER 14, 2026
9-1PM**



HAVERHILL CITIZEN CENTER
10 WELCOME STREET



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

The SHINE Program can help.

SHINE: Serving Health Insurance Needs of Everyone...on or eligible for Medicare

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 can explain your options.

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.

You are invited to attend an "Introduction to Medicare" zoom session with SHINE on any of the dates below. Copy & paste the link into your browser to register or call 978-946-1374 and ask for the link to be sent to you via email.

Following registration, be sure to review the information in your confirmation email.

Wednesday, June 17, 5:00-7:00 pm

<https://us02web.zoom.us/join/register/gogD-qPpRMymuobreg6QtQ>

Wednesday, July 15, 4:00-6:00 pm

<https://us02web.zoom.us/join/register/TMsWK9VbSD-D-bYXOt6DCw>

Wednesday, August 12, 4:00-6:00 pm

<https://us02web.zoom.us/join/register/5CGxS9xXQF2nnSrB4qrDDA>

Wednesday, September 16, 4:00-6:00 pm

<https://us02web.zoom.us/join/register/ub2FgSagTtm1b9exgiX9ng>

SENDING YOU
HUGS
WRAPPED IN
SUNSHINE
AND TIED IN
A BOW
*Happy National
Senior Citizen Day!*



FARMER MARKET VOUCHERS

FARMER MARKET VOUCHERS DISTRIBUTION WILL BE
FRIDAY AUGUST 7, 2026 9-12PM
HAVERHILL CITIZEN CENTER.

VOUCHERS WILL BE DISTRIBUTED WORTH \$25

FIRST COME, FIRST SERVED

TO BE ELIGIBLE TO RECEIVE FARMERS MARKET VOUCHERS YOU MUST BE

- 60 YEARS OF AGE OR OLDER
- DISABLED AND LIVING IN SENIOR HOUSING WHERE CONGREGATE NUTRITION SERVICES ARE PROVIDED AND
- MUST BE INCOME ELIGIBLE
- MUST BE HAVERHILL RESIDENT

COUPONS ARE FOR PURCHASING PRODUCE AT NEARBY FARMER'S MARKETS

PLEASE ONLY TAKE COUPONS IF YOU WILL USE THEM

PLEASE BRING YOUR ID, PROOF OF RESIDENCY

AND PROOF OF INCOME

FOR ANY QUESTIONS YOU CAN CALL 978-374-2390 EXT 3916
10 WELCOME ST

SPONSORED BY AGESPAN

August Regular Menu 2026



Monday	Tuesday	Wednesday	Thursday	Friday
3 Two Compartment 10 oz macaroni and cheese ½ cup Stewed Tomatoes 1pc Oat Bread 1pc Fresh Fruit	4 1pc Grilled Chicken 2oz Bourbon Sauce ½ cup Quinoa ½ cup Green beans 1pc MG Bread ½ cup Mandarins	5 Cold: 3oz Egg Salad ½ cup Potato Salad ½ cup Garden Salad Congregate: Potato Leek Soup instead of potato salad 2 slices Rye Bread 1pc Menu Magic Dressing 1pc Yogurt 1pc Juice (no milk) No Margarine	6 Two Compartment 8oz Beef Chili (4oz Ground Beef, Pinto Beans and Kidney Beans) ½ cup Brown Rice 1pc Cornbread 1pc Cookie	7 1pc Breaded Fish ½ cup Mashed Sweet Potatoes ½ cup Cauliflower 1pc WW Dinner Roll ½ cup Applesauce 1pc Tarter Sauce
10 Butter Chicken 3oz Chicken Strips 2oz Butter Sauce 1 cup basmati Rice & Peas ½ Pita Bread ½ cup Mandarins	11 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	12 Two Compartment 3 oz Chicken Meatballs 4 oz Sweet and Sour Sauce ½ cup Vegetable lo mein ½ cup Asian Blend Veggies 1 pc Oat bread 1pc Fresh fruit	13 Two Compartment Cold: Chicken Greek Orzo Salad 4oz Diced Chicken 4oz Orzo, Tomatoes, black olives & Feta cheese Congregate: Roasted Red Pepper & Tomato Soup instead of green bean salad ½ cup Marinated Green Bean Salad 1pc Cookie 1pc MG Bread	14 Two Compartment "Beef and Noodles" * 3oz Ground Beef 4oz Egg Noodles with gravy, carrots and peas ½ cup Corn 1pc WW Dinner Roll ½ cup pineapple whip
17 3 oz Sliced Turkey 2 oz gravy ½ cup Mashed potato ½ cup Carrots 1pc LS Bread ½ cup Applesauce	18 1pc Cheese Omelet 1pc Turkey Sausage Congregate: 2pc Sausage ½ cup Roasted Potatoes ½ cup Ratatouille 1pc Fruit Loaf ½ cup canned fruit 1pc Ketchup	19 Cold: ½ cup Diced Chicken Salad 1/2 cup Black Bean and Corn Salad Congregate: Black Bean Soup instead of Black Bean Salad ½ cup Tomato & Cucumbers 1pc Fresh Fruit 2pc Oat Bread	20 Special: 3oz Italian Sausage & ¼ cup peppers and onions ½ cup Blueberry Crisp ½ cup Roasted Potatoes ½ cup Garden Salad 1pc Sub Roll 1pc Dressing No Margarine	21 3 oz Yankee Pot Roast 2 oz Au Jus ½ cup Beets ½ cup Mashed Butternut 1pc MG Bread ½ cup Gelatin
24 "Steak Diane" 3oz Sliced Beef 2oz Diane Sauce & Mushrooms ½ cup Capri Blend ½ cup Mashed Potatoes ½ cup Pudding 1pc WW Bread	25 3oz Unbreaded pollack 2oz Garlic & Lemon Butter ½ cup Roasted Sweet Potatoes ½ cup Creamed Spinach Congregate: Creamy Spinach Soup instead of Creamed Spinach 1pc MG Bread 1pc Cookie	26 1pc Breaded Chicken 2oz Marry Me Sauce ½ cup Couscous ½ cup Green beans 1pc Oat Bread ½ cup Pineapple	27 Cold: 2 oz Sliced Ham 1 slice American Cheese ½ cup Zesty 4 Bean Salad ½ cup Garden Salad 2 slices LS Wheat Bread 1 pkt Mustard 1pc Fresh Fruit 1pc Menu Magic Dressing 1pc Juice (no milk) No Margarine	28 3oz Korean Ground Turkey & 1oz Scallions ½ cup Broccoli ½ cup White Rice ½ cup canned fruit 1pc Dinner Roll
31 Two Compartment 3oz Grilled Chicken Strips 4oz Hawaiian Sauce with Peppers & Pineapple ½ cup Long Grain White Rice & Black Beans ½ cup Canned Fruit 1pc WW Dinner Roll				



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

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. Krista Demarkis ext 3930

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



MERCADO DE AGRICULTORES

**DISTRIBUCION DE CUPONES DE \$25 PARA EL MERCADO DE
AGRICULTORES**

**VIERNES 7 DE AGOSTO, 2026 9-12PM
HAVERHILL CITIZEN CENTER.**

POR ORDEN DE LLEGADA

PARA SER ELIGIBLE:

- TENER MINIMO DE 60 AÑOS O MAS O SER
- INCAPACITADO Y QUE VIVA EN VIVIENDAS PARA PERSONAS MAYORES
- TENER INGRESOS ELEGIBLES Y
- SER RESIDENTE DE HAVERHILL

**POR FAVOR DE TRAER SU IDENTIFICACION, PRUEBA QUE VIVE EN
HAVERHILL, Y PRUEBA DE INGRESOS ELEGIBLES.**

**PARA PREGUNTAS LLAME AL 978-374-2390 EXT 3916
10 WELCOME ST**

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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.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 appoint-
ment only: Bedford, Lowell, and West Rox-
bury, 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 back-
ground check, have a vehicle, and a valid driver's li-
cense. 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.**



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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Premier Provider for Post Acute Rehab • Agency Free • Wound care Program
Orthopedic Program • Pulmonary Program • Certified Secured Memory Care



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