

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



APRIL 2026



"Where flowers bloom so does hope"

April has arrived! Spring is really here, hopefully it will bring plenty of sunshine that can brighten our days. A little laughter and a little sunshine, what more can we ask for? This is a perfect time to get out and reconnect, start fresh with renewed energy.

We get the month started with a CPR workshop followed by a Belly dancing show and lesson, courtesy of the Cultural Council. Join the Alzheimer's Association for a presentation on Healthy Habits to help protect your brain. AARP will be back with a Home Fit Workshop. Storyteller Davis Bates will be here for stories and Sea songs. Align Credit Union will return with their presentation on Seniors & Scams. If you are interested in learning about Disability Placards, the RMV will be here explaining the do's and don'ts. Don't forget to sign up for Therapy Graden, movie day and our Chit Chat group. Looking ahead, our Spring Fling tickets will start selling on April 21st. Seats are limited. Great news!! Our new van will be rolling this month. For more information look inside or call the center. It's very important to RSVP for activities.

ATTENTION: The dining room will be closed for activities except for meals from April 7-10.

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 WILL BE CLOSED
MONDAY APRIL 20, 2026**

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

VOLUNTEER OPPORTUNITY

Front Lobby Greeter

Monday - Friday 9-12

Volunteer Share opportunity available.

Contact Mary Connolly
(978) 374-2390 X 3915



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



*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.

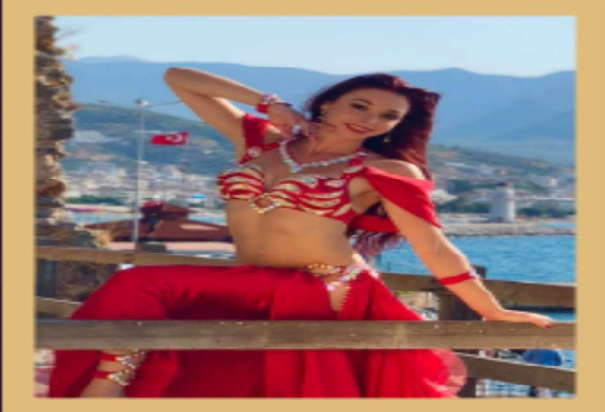
When you immediately provide Hands-Only CPR, you can increase the chance of survival.

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



BUILDING BRAIN-HEALTHY HABITS

An education program presented by the Alzheimer's Association®



TIPS TO BUILD HEALTHY HABITS AND HELP PROTECT YOUR BRAIN

Research shows there are everyday habits you can build today to help protect your memory and thinking as you get older – even reducing your risk of cognitive decline and possibly dementia.

Join us to learn about:

- » Healthy habits for your brain, like exercising and eating right.
- » The brain-heart connection.
- » Why brain health is important at all ages.
- » Building your personalized action plan for brain-healthy habits.

Tuesday, April 14
11:30 AM - 12:30 PM

Haverhill Council on Aging
10 Welcome St
Haverhill, MA 01830

Healthy snacks provided. There will be a raffle drawing for a grocery store gift card. Please register with Paola at (978) 374-2390 x3916.

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

RSVP 978-374-2390 ext. 3916



Massachusetts /
New Hampshire Chapter

2761 3483



Upcoming AARP Speakers Bureau Presentation

Home Fit: Modify Your Home for Safety and Comfort

Time: Thursday April 16, 2026 @11:30am

Location: Room 45

RSVP at 978-374-2390 ext. 3916

Description: The AARP Home Fit Workshop provides information to participants on how to decide what type of home modifications are needed to stay in their home as they age. It also provides ideas and inspiration on making those modifications. The goal of the presentation is to educate participants on home updates that can make it easier for them to go about their daily activities while staying comfortable, independent, and injury-free in their home. Find additional resources at www.aarp.org/homefit

Presenter: Beth Gray-Nixx

AARP MA Speakers Bureau Volunteer

COFFEE HOUR

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

Tuesday
April 21, 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.



The Haverhill Council on Aging presents:

SEA SONGS & STORIES

From Shore to Deep Water



Tuesday,
April 21st

11:00 am

RSVP at 978-374-2390
ext 3916

Haverhill
Citizen Center
10 Welcome St.

a lively participatory program by

DAVIS BATES

Parents' Choice Award-winning singer & storyteller



Celebrate New England Maritime Traditions & Folklore! Sing Along & Share in the Fun!
Funded, in part, by a grant from the Haverhill Cultural Council, a local agency supported

SENIORS & SCAMS

Presented by

Align
CREDIT UNION
Connecting all your banking needs



Speakers

KELLEY CONTARINO

VP Community Engagement

JENNIFER SOUZA

Financial Literacy/Community Engagement Specialist

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.

TUESDAY APRIL 28, 2026

11:30am/ RM 45

RSVP 978-374-2390 ext 3916

+ AMESBURY + DANVERS + FRAMINGHAM + HAVERHILL + LOWELL + METHUEN + SEABROOK + WILMINGTON +

HAVERHILL COA

MOVIE DAY



SNOW WHITE

FOLLOW SNOW WHITE'S ADVENTURE AS SHE JOURNEYS INTO MAGICAL WOODS TO ESCAPE THE EVIL QUEEN AND MEETS THE BELOVED BASHFUL, SLEEPY, SNEEZY, HAPPY, DOPEY, GRUMPY AND DOC WHO JOIN HER QUEST TO RESTORE THE KINGDOM!

THURSDAY APRIL 23, 2026

12PM RM 45

RSVP WITH PAULA 978-374-2390 EXT 3916

10 WELCOME STREET

FREE HEALTH AND WELLNESS SERIES

🌱 **Microgreens Made Easy** 🌱

Presented by **Therapy Gardens**

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

Monday, April 27th at 1pm

HOW TO GROW MICROGREENS EASILY AT HOME



Microgreens are young plants that can offer powerful nutrients. In this seminar, you will learn how to grow your own microgreens indoors or outdoors. We will review basic setup, lighting, watering, harvesting and easy ways to use them in your meals. Incorporating them into your diet can provide significant health benefits.

Light refreshments will be served

REGISTRATION PERIOD from April 20th through April 24th
Call Mary Connolly to register at (978) 374-2390 x 3915



Maura Healy, Governor
Kimberly Drotzoll, Lieutenant Governor
Monica Tibbitts-Nault, Secretary & CEO
Colleen Ogilvie, Registrar



Disability Placard Workshop

Thursday April 30, 2026

11am/ RM 45

RSVP at 978-374-2390 ext. 3916

presented by the Massachusetts Registry of Motor Vehicles

▶ The Massachusetts Registry of Motor Vehicles (RMV) issues disability license plates and placards to people with disabilities who meet certain medical qualifications. Join us for a Disability Plate and Placard workshop on [date, time] to learn more.

Topics include:

- ✓ Disability placard or plate application process
- ✓ Dos and don'ts of placard use
- ✓ Placard renewal procedures
- ✓ Replacing a lost or stolen placard



Important Public Service Announcement!

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

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

Pratt Hobby Shop
20 East Main St. • Georgetown
978-352-2234

Celebrating our 50th year in business!



**MONUMENTS - MARKERS
CEMETERY LETTERING**
Office and display on Route 125 Ward Hill
QUALITY, DEPENDABILITY and
REASONABLE PRICES since 1948
(978) 372-4951
www.atwoodmemorialcompany.com



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!



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

**SUPPORT OUR
ADVERTISERS!**

Be Independent for Life
Nichols Village
AN ACTIVE ADULT COMMUNITY

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

CALL 978-372-3930

LET'S GROW YOUR BUSINESS
Advertise in our Newsletter!

CONTACT ME Raluca Tutulescu

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

IF YOU LIVE ALONE

MDMedAlert!™
At HOME and AWAY!

✓ Ambulance ✓ Police ✓ Family
"STAY SAFE in the HOME YOU LOVE!"
✓ GPS & Fall Alert

STARTING AT
\$19⁹⁵
/mo.



800.809.3570 * md-medalert.com

NEVER MISS OUR NEWSLETTER!

SUBSCRIBE

Have our
newsletter
emailed
to you.



Visit


www.mycommunityonline.com

ADVERTISE HERE

to reach your community



Call 800-477-4574

The poster features a central white rounded rectangle containing text, surrounded by a decorative border of various colorful flowers including red, yellow, blue, and white blooms with green leaves. The text is centered within the white area.

HAVERHILL COA

Spring Fling

FRIDAY MAY 15, 2026

12-2pm

\$15

Reservations will begin 4/21 for
Haverhill residents and 4/22 for
non Haverhill residents.

May this season bring you warmth,
joy, and new beginnings

HAVERHILL CITIZEN CENTER

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 VAN IS
ROLLING!!**

Upcoming Trips

Friday April 3rd

Van leaves Citizen Center at
11:00 returns at 3:30

The Brook Casino Seabrook NH

Celebrate Red Sox Opening Day!

Fenway Park's Opening Day is a **festival-like event** steeped in tradition

Try your luck on the slot machines

Lunch on your own 3 food venues on site. \$\$

Tuesday April 21st

Van Departs at 9:00 AM Returns at 3:00 PM

Lindt Chocolate Shop Stratham NH

followed by

Mr. Mikes Restaurant at 12:00 \$\$

\$5.00 transportation cost (cash or check only)

Reserve your spot with

Driver Doris (978) 351-2430



AN AFTERNOON LUNCHEON & SHOW BY THE SEA

Wednesday, May 20

11:30AM Arrival & Lunch | 12:15PM Show | 1:45PM Conclusion
Blue Ocean Music Hall

Step back in time and enjoy an afternoon of music, memories, and ocean views. Join us for a specially priced, all-inclusive Luncheon & Show featuring **Tru Diamond – A Tribute to Neil Diamond**, performing beloved classics like Sweet Caroline, Cracklin' Rosie, America, and more. It's a feel-good show filled with the songs everyone knows and loves. Your experience also includes a delicious luncheon served tableside.

LUNCHEON MENU

Entree: Boneless Breast of Chicken

Rice Pilaf | Chef's Choice Vegetable | Warm Rolls & Butter

Dessert: Chocolate Mousse Cup | Coffee, Decaf or Tea

\$40

WEDNESDAY MAY 20

@11AM \$40 per person

YOU ARE WELCOMED TO DRIVE ON YOUR OWN

RSVP WITH PAULA AT 978-374-2390 EXT 3916

RESERVATIONS WILL START MONDAY APRIL 13

MONEY WILL BE DUE BY MAY 8

Our oceanfront venue is fully handicapped accessible, with comfortable seating, onsite parking and convenient access for buses and vans.

blue ocean
EVENT CENTER
4 Oceanfront North | Salisbury MA

April Regular Menu 2026



Monday	Tuesday	Wednesday	Thursday	Friday
<p>6 Two Compartment Greek Chicken 3oz Grilled Chicken 4oz feta, spinach, olives & red peppers ½ cup Orzo 1pc Oat Bread ½ cup applesauce</p>	<p>7 Two Compartment 8 oz macaroni and cheese ½ cup Peas 1 slice WW Bread ½ cup mandarins</p>	<p>8 Soft Taco 3oz Ground Beef 2oz peppers & onions ½ cup Black Beans ½ cup Spanish Rice 1pc Tortilla 1pc Sour Cream 1pc Cookie No Margarine</p>	<p>9 Meatball Sub 3pc Chicken Meatballs 2oz Marinara Sauce ½ cup tater tots ½ cup Broccoli 1pc Sub Roll 1pc Fresh Fruit No Margarine</p>	<p>10 4oz Unbreaded Pollock 2oz Lemon, garlic, dill & Mustard ½ cup Mashed Potatoes ½ cup Capri Blend Congregate: Italian Veggie Soup instead of Capri Veg 1pc WW Dinner Roll ½ cup Pudding</p>
<p>13 1pc cheese omelet 1pc Turkey Sausage 2pc Sausage Congregate ½ cup Roasted Potatoes ½ cup Chuckwagon Corn 1pc Fruit Loaf ½ cup fruit 1pc Ketchup</p>	<p>14 1pc Breaded Chicken 2oz French sauce ½ cup Parmesan Risotto ½ cup Green Beans 1pc WW Bread ½ cup Pineapple</p>	<p>15 Cold: 2oz Deli Turkey 1oz Swiss Cheese ½ cup Pesto Pasta Salad ½ cup 3 Bean Salad Congregate: Corn Chowder instead 3 Bean Salad 1/2 cup Yogurt ½ Pita Bread 1pc Juice (no milk) 1pc Mustard No Margarine</p>	<p>16 Special: 3oz Baked Ham 2oz Pineapple Sauce 4oz Garlic Mashed Potatoes 4oz Apple Crisp 4oz Garden Salad 1pc Menu Magic Dressing 1pc LS Bread</p>	<p>17 Mongolian Beef 3oz Sliced Beef 2oz Sauce & scallions 1/2 cup Snap Peas ½ cup Brown Rice 1pc MG Bread 1pc Fresh Fruit</p>
<p>20 Patriot's Day Holiday No Meal</p>	<p>21 3oz Pork Roast 2oz BBQ sauce ½ cup Mashed Sweet Potato ½ cup Cauliflower & Parsley Congregate: Cauliflower soup instead of cauliflower 1pc Cornbread ½ cup Applesauce No Margarine</p>	<p>22 4oz Potato Crunch Fish ½ cup Rice Pilaf ½ cup Creamed Spinach 1pc Vienna Bread ½ cup Gelatin 1pc tartar sauce</p>	<p>23 Birthday 1pc Bateman meatloaf (1.5oz beef & 1.5oz turkey) 2 oz Gravy ½ cup Mashed Potatoes ½ cup Beets 1pc MG Bread 1pc Cupcake</p>	<p>24 Two Compartment 3oz Chicken Strips 4oz Alfredo Sauce On top of ½ cup Pasta ½ cup Broccoli 1pc WW Dinner Roll 1pc Fresh Fruit</p>
<p>27 Two Compartment 1pc Cheese Lasagna 4oz Marmara ½ cup Italian Blend Veg 1pc WW Garlic Roll 1pc Cookie 1pc parmesan</p>	<p>28 3 oz Sliced Turkey 2 oz gravy ½ cup Mashed potato ½ cup Carrots Congregate: Carrot soup instead of carrots 1 pc LS Wheat Bread ½ cup fruit</p>	<p>29 1pc Hot dog (LS Beef/pork) ½ cup baked beans ½ warm Cinnamon Apples ½ cup coleslaw 1pc Hot dog roll 1pc Mustard 1pc Relish No Margarine</p>	<p>30 Cold: Chicken Salad 3oz Chicken, Mayo & Celery ½ cup Garden Salad ½ cup Potato Salad 2pc Oat Bread ½ cup Pineapple Fruit Whip 1pc Dressing No Margarine</p>	<p>3 Two Compartment 2pc Stuffed Shells 4oz Marinara Sauce ½ cup cauliflower 1pc Oat Bread 1pc Cookie 1pc Parm Cheese</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

Haverhill COA

Spring Fling

FRIDAY MAY 15, 2026
12-2pm
\$15
Reservations will begin 4/21 for Haverhill residents and 4/22 for non Haverhill residents.

May this season bring you warmth, joy, and new beginnings

Haverhill Citizen Center



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.



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

INDEPENDENT LIVING • ASSISTED LIVING
MEMORY CARE

LIVE WORRY-FREE AND
ENJOY MOMENTS WITH
THE ONES YOU LOVE.

wingateliving.com | 978.912.9250

HELLO RV AND CAMPING COMMUNITY!



792 Mayhew Turnpike Bridgewater NH, 03222

CAMP AT NEWFOUND LAKE IS NOW ACCEPTING SEASONAL AND ALL OTHER
RESERVATIONS FOR THE 2024 SEASON.

RESERVE YOUR RV/CAMPING SEASON!

Check us out at:
www.camp-nh.com



Or call us at:
603-744-3344

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 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?



You may qualify for our
program - a MassHealth benefit.
AFCNS offers caregivers:
24/7 support, a tax-free,
monthly payment up to \$1,700,
in-home visits and more.



Serving Essex
County and beyond
for over 23 years.

978-281-2612
www.adultfostercarens.com



Member FDIC
NMLS # 407690

The Affordable Option in Haverhill

Assisted Living MERRIVISTA



Private units featuring full kitchen and private bathroom.

Schedule a Tour Today!

Call (978) 374-2170



www.bethanycommunities.org



Community Action, Inc.

Home Energy Assistance Program (HEAP)

Would you like to know how you could get up to
31% OFF on your monthly National Grid bills
and/or home heating oil at deep discounts?

Homeowners can also receive assistance
with heating system repairs,
replacements and free home energy audits.



Visit our website to apply:
www.communityactioninc.org
or call 978-373-1971 ext. 218

Compassion is at the heart of our care.

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



978.372.7700 • ASPENHILLREHAB.COM • 190 NORTH AVE. HAVERHILL, MA 01830



Ad info. 1-800-477-4574 • Publication Support 1-800-888-4574 • www.4lpi.com

Haverhill Council On Aging, Haverhill MA

06-5434

Kevin B.
Comeau
FUNERAL HOME

Big Enough to Serve You.
Small Enough to Know You.

978-521-4845

486 Main Street, Haverhill, MA
www.comeaufuneral.com

Independently Owned & Operated



2024

(21)

**MASTERS
DIAMOND**
PRODUCER



TOP 3% OF ALL CENTURY 21® PRODUCERS IN THE US BY
HOME SALE COMMISSIONS

**JUDY
MOYNIHAN**

jmoynihan@c21ne.com
978.360.9495

CENTURY 21.
North East

This recognition is determined between 01/01/2023-12/31/2023 from data reported to Century 21 Real Estate LLC, as compared to all US-based C21® a listed real estate associates eligible for the C21 Awards program pursuant to applicable rules, excluding agents registered as a Team.

Sarah's Place

Adult Day Health

**SARAH'S PLACE ADULT
DAY HEALTH CENTER**

"Feeling the Love, Sharing the Laughter"

- Keeping active, healthy, social and in the community
- Professional, caring staff to help you remain independent
- Activities that promote physical and mental well being • Respite for caregivers
- Nutritious meals and snacks • Serving aging and disabled adults since 2000

(978) 374-2175 • www.sarahsplace.org

180 Water Street, Haverhill, MA 01830



**Berube-Comeau
Funeral Home**

A Life Celebration Home

47 Broadway, Haverhill, MA

978-373-5668

www.berubecomeau.com

Comeau Funeral Service, Inc. D.B.A.



FULLER RV
RENTALS & SALES

150 Shrewsbury St, Boylston, MA 01505, RTE 140

fullerrv.com

Get Away From It All



1 (800) 338-2578

Family Owned and Operated Since '84

**THRIVE
LOCALLY**



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



BANKERS LIFE®

Charles Wheeler - Financial Advisor

Bankers Life Advisory Services, Inc.

978-994-0975



*"Meeting Your
Retirement Needs."*

Bankers Life is the marketing brand of various affiliated companies of CNO Financial Group including, Bankers Life and Casualty Company, Bankers Life Securities, Inc., and Bankers Life Advisory Services, Inc. Non-affiliated insurance products are offered through Bankers Life Securities General Agency, Inc. (dba BL General Insurance Agency, Inc., AK, AL, CA, NV, PA). Securities and variable annuity products and services are offered by Bankers Life Securities, Inc. Member FINRA/SIPC, (dba BL Securities, Inc., AL, GA, IA, IL, MI, NV, PA). Advisory products and services are offered by Bankers Life Advisory Services, Inc. SEC Registered Investment Adviser (dba BL Advisory Services, Inc., AL, GA, IA, MT, NV, PA). Investments are: Not Guaranteed—Involve Risk—May Lose Value. Home Office: 303 East Wacker Drive, 5th Floor, Chicago, IL 60601 Bankers Life Securities Customer Call Center: (844) 553-9083

BLS-0246-ADV-MA



Ad info. 1-800-477-4574 • Publication Support 1-800-888-4574 • www.4lpi.com

Haverhill Council On Aging, Haverhill MA

06-5434