

# 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.cityofhaverhill.com](http://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](http://www.cityofhaverhill.com)



# JANUARY 2026



*"The New Year stands before us, like a chapter in a book"*

January has arrived! Stepping into a brand new year, full of possibilities. It's been very crisp outside so far which is perfect to settle down after the hustle of the holidays. Time to plan on what's next and what new activities you will decide to join. What will the new memories be? Hopefully we can slow down this month, just sit and relax and welcome 2026. May the new year bring us prosperity, good health and love for each other.

Our Holiday Luncheon was a success and we thank everyone who participated and especially all the sponsors that helped us with the occasion. The Giving Tree program also did very well and we were able to donate enough gifts to the Ivy Hill Court, Baker Katz and The Oxford. Thank you to everyone who made the time and effort to purchase these gifts. This month we plan to take it easy, please keep warm and be safe from any winter conditions. We start the month with an Estate Planning with Gerald Shyavitz. Followed by a presentation by the Alzheimer's organization called New Year, New Mindset: Resolutions for Brain Health. Align Credit Union will return with their Senior & Scam presentation. Please make sure you RSVP for all these events. Chit Chat group and Movie day will still be on for this month. Valentine Luncheon information will be included. Check all details inside.

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 01/19/26**

2026

## JANUARY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 <b>CENTER CLOSED</b>	2 3 B's 11:30am Bridge 12:30pm 45's Tournament 12:30
5 Knitting Group 9am Line Dancing 10am 3 B's 11am Senior Fitness 11am Bingo 12pm	6 Zumba 9:30am Mahjong 9:30am Open Art Studio 11am Senior Fitness 11am <b>Mobile Market 11am</b> Yoga 1pm	7 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	8 Tai Chi 9am Teddy Bears 9am Zumba 9:30am Senior Balance 11am <b>Meet &amp; Greet with Doris - 11am</b>	9 3 B's 11:30am Bridge 12:30pm 45's Tournament 12:30
12 Knitting Group 9am Line Dancing 10am 3 B's 11am Senior Fitness 11am Bingo 12pm	13 Zumba 9:30am Mahjong 9:30am Open Art Studio 11am Senior Fitness 11am Yoga 1pm	14 Chair Yoga 9am Comedy Masque 9am Senior Fitness 11am Bridge 12:30pm 45's tournament 12:30pm 3 B's 1pm	15 Tai Chi 9am Teddy Bears 9am Zumba 9:30am Senior Balance 11am <b>Movie Day 11am</b>	16 3 B's 11:30am Bridge 12:30pm 45's Tournament 12:30 <b>Estate Planning - G. Shyavitz- 10am</b>
19 <b>CENTER CLOSED</b>	20 <b>Chit Chat Group 9am</b> Zumba 9:30am Mahjong 9:30am Open Art Studio 11am Senior Fitness 11am Yoga 1pm	21 Chair Yoga 9am Comedy Masque 9am Senior Fitness 11am Bridge 12:30pm 45's tournament 12:30pm 3 B's 1pm	22 Tai Chi 9am Teddy Bears 9am Zumba 9:30am Senior Balance 11am <b>Resolutions for Brain Health-12</b>	23 3 B's 11:30am Bridge 12:30pm 45's Tournament 12:30
26 Knitting Group 9am Line Dancing 10am 3 B's 11am Senior Fitness 11am Bingo 12pm	27 Zumba 9:30am Mahjong 9:30am Open Art Studio 11am Senior Fitness 11am Yoga 1pm	28 Chair Yoga 9am Comedy Masque 9am Senior Fitness 11am Bridge 12:30pm 45's tournament 12:30pm 3 B's 1pm	29 Tai Chi 9am Teddy Bears 9am Zumba 9:30am Senior Balance 11am <b>Seniors &amp; Scams 11am</b>	30 3 B's 11:30am Bridge 12:30pm 45's Tournament 12:30

## COMMUNITY NIGHT MEALS

### MONDAY NIGHTS



SERVING STARTS AT 4:30pm

OPEN UNTIL 5:30pm

OPEN TO ALL IN THE HAVERHILL  
COMMUNITY

## CONGREGATE LUNCHES

AgeSpan will be serving lunches in the  
dining room

STARTING AT 10:30 to 11:00

\$2 suggested donation



## BINGO

### MONDAYS

Haverhill Citizen Center

Cards sold at 12pm

Game begins at 1pm



Must be a member with the COA

## CHAIR YOGA

JOIN MELISSA

WEDNESDAYS AT 9AM

ROOM 45

\$2 PER CLASS



## 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**



## 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](mailto:assessors@haverhillma.gov)



HAVERHILL COA

# MOVIE DAY

**SUPERMAN**

Free  
Entry

**Thursday January 15, 2026  
11am RM45**

**Superman must reconcile his alien Kryptonian heritage with his human upbringing as reporter Clark Kent. As the embodiment of truth, justice and the human way he soon finds himself in a world that views these as old-fashioned.**

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

# COFFEE HOUR

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

Tuesday  
January 20, 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.



## ESTATE PLANNING LECTURE

LIVING TRUSTS/AVOIDING  
PROBATE COURT/PROTECTING YOUR ASSETS AND MUCH MORE  
MANY HANDOUTS/FREE OFFICE CONSULTS

**ATTY. GERALD L. SHYAVITZ**

11 KENOZA AVE  
HAVERHILL, MA  
(53 YEAR EXPERIENCE)  
G.SHYAVITZ@COMCAST.NET

FRIDAY JANUARY 16, 2025

11-12PM RM 45

HAVERHILL CITIZEN CENTER

RSVP WITH PAULA 978-374-2390 X3916

## 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**

January 29, 2026 11am

RSVP 978-374-2390 ext 3916

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



# NEW YEAR, NEW MINDSET: RESOLUTIONS FOR BRAIN HEALTH

**THURSDAY JANUARY 22, 2026**

**12pm  
Room 45**

**RSVP  
978-374-2390 x 3916**



 **ALZHEIMER'S  
ASSOCIATION**

**10 WELCOME STREET  
HAVERHILL, MA 01830**

## A NEW YEAR, A NEW OPPORTUNITY TO VOLUNTEER

### MAKE A DIFFERENCE!

**Drive older adults in your community to medical appointments. You decide when and where.**  
**This is a unique, personal and flexible volunteer opportunity that works around your schedule.**



**Mileage reimbursement and supplemental insurance is provided.**

**NEET- Northern Essex Elder Transport, Inc. is a non-profit organization providing non-emergency medical & essential transportation for older adults with the support of volunteer drivers.**



**Scan here to volunteer today!**  
**[driveforneet.org/volunteer](https://driveforneet.org/volunteer)**





## Important Public Service Announcement!

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

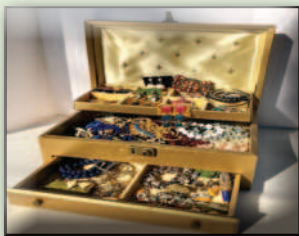
We'll help you find, and pay you fairly for your hidden **GOLD, SILVER**, and vintage costume jewelry treasures! Also buying US & foreign silver & gold coins, your unwanted sterling silver flatware and serving pieces & old watches.

**Pratt Hobby Shop**

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978-352-2234

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**MONUMENTS - MARKERS**

**CEMETERY LETTERING**

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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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[Nichols-Village.com](http://Nichols-Village.com)

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**CONTACT ME Raluca Tutulescu**

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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](mailto:referrals@ruthshouse.org) [www.ruthshouse.org](http://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.

nationalgrid

### Connect to Caring

Meet with a Customer Advocate at Haverhill Citizen Center



Our Customer Advocates will be available to meet one-on-one on **the 3rd Thursday of the month** to discuss options to manage your energy bill and help you find assistance, including:

- Discount Rate
- Payment Plans
- Budget Billing
- Arrears Management Program (AMP)

No appointment is needed, but please bring the following when you visit:

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

If you are looking for assistance, we're here to help.

For more information, please visit [ngrid.com/heretohelp](http://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.

Happy Holidays! As the holidays approach and we enter the snowy, wintry weather, I want to update you on what's happening in the State House and around our communities.

My bill, S.243, An Act requiring consumer notification for chatbot systems, is moving through the Joint Committee on Consumer Protection and Professional Licensure. This bill requires companies to clearly disclose when consumers are interacting with a chatbot so people aren't misled by AI during commercial transactions.

On October 30th, we held a public hybrid hearing where we heard the DRIVE Act. I co-chaired this hearing with my house counterpart, Chairwoman Carole Fiola. Governor Healey, Secretary Paley, and many other colleagues testified in support of the DRIVE Act. This funnels \$400 million into Research and Development.

Friends from the Andover Senior Center visited the State House this month. It was great to connect with them and discuss the issues that matter most to our community.

I visited institutions like UMass Amherst and learned about initiatives such as the "Future of Food" and collaborating with leaders in Pittsfield on housing, energy, and regional economic growth.

I was able to run the Feaster Five in Andover on Thanksgiving and attend multiple holiday parades in Andover, Merrimac, Amesbury, and more!

Merrimac was awarded a \$30,000 grant to install curb cuts from the Massachusetts Office on Disability.

Andover Housing Authority received a \$3 million state grant for updates to Frye Circle Elderly Housing through the Comprehensive Modernization Program Award.

Connect with me at [barry.finegold@masenate.gov](mailto:barry.finegold@masenate.gov) or call the office at 617-722-1612.

To stay up-to-date with what I am working on, follow me on [Facebook](#), [Instagram](#) and [X \(Twitter\)](#).

Best,

Barry



**HAVERHILL COA**

# *Valentine's Day Party*

**Thursday February 12, 2025**

**12-2pm**

**\$15 per ticket**

**Reservations start on 1/20/26**

**for Haverhill Residents**

**Reservations 1/21/26 for**

**non Haverhill residents**

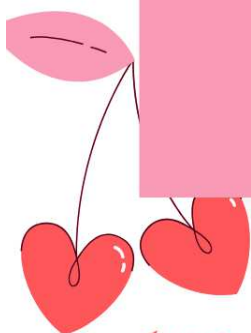
**RSVP**

**Paula 978-374-2390 ext 3916**

**SNOW DATE**

**2/26/25**

**10 Welcome Street**



# January Regular 2026

Monday	Tuesday	Wednesday	Thursday	Friday
			1	2
			No meals Holiday	No meals Holiday
<b>5 Two Compartment</b> 3oz sliced Beef 4oz Burgundy Sauce with carrots & onions (no mushrooms) ½ cup Egg noodles 1pc MG Bread ½ cup Pineapple	<b>6 3oz Chicken Strips</b> 2oz Sweet and Sour Sauce ½ cup Broccoli ½ White Rice 1pc WW Dinner Roll ½ cup Gelatin	<b>7 Cold: 3oz Egg Salad</b> ½ cup Garden Salad 1pc Potato Chips 1pc Sandwich Roll 1pc Dressing 1pc Fresh Fruit (orange) <b>No Margarine</b>	<b>8 Hot dog (LS Beef/pork)</b> ½ cup baked beans ½ warm Cinnamon Pears ½ cup coleslaw 1pc Hot dog roll 1pc Mustard 1pc Relish <b>No Margarine</b>	<b>9 Two Compartment</b> 2pc Stuffed Shells 4oz Marinara Sauce ½ cup cauliflower 1pc Oat Bread 1pc Cookie 1pc Parm Cheese
<b>12 3oz BBQ Pulled Pork</b> ½ cup Roasted Sweet Potato ½ cup Brussels Sprouts 1pc Burger Bun ½ cup Applesauce <b>No Margarine</b>	<b>13 Two Compartment</b> Beef Stew 3oz Beef 2oz Celery 2oz Carrots ½ cup mashed potatoes 1pc Biscuit ½ cup Cookie	<b>14 3 oz Sliced Turkey</b> 2 oz gravy ½ cup Mashed potato ½ cup Roasted Butternut <b>Cong: Butternut soup</b> 1 pc LS Wheat Bread ½ cup canned Fruit	<b>15 Special</b> <b>Two Compartment</b> <b>HDM: Chicken Cacciatore</b> <b>Cong: Shrimp Cacciatore</b> 4oz Penne & Parsley 4oz Roasted Green Beans ½ cup Strawberry Parfait with vanilla pudding 1pc Parm Cheese 1pc WW Dinner Roll	<b>16 3oz Breaded Pollock</b> ½ cup Mixed Vegetables ½ cup Parm Risotto 1pc tartar sauce 1pc MG Bread ½ cup Canned Fruit
19 <b>Holiday No Meals Served</b>	<b>20 1pc Vegetable Frittata</b> (Spinach & Feta) 1pc Roasted Potatoes ½ cup Capri Blend 1pc Fruit Loaf ½ cup Yogurt 1pc Juice (no milk) 1pc Ketchup	<b>21 3 oz Stuffed Chicken</b> (Broccoli & Cheese) 2 oz Supreme sauce ½ cup Orzo & Peas ½ cup Beets 1 slice MG bread 1pc Fresh Orange	<b>22 Birthday</b> <b>Two Compartment</b> American Chop Suey 3oz beef ½ cup pasta 4oz Tomato sauce ½ cup Cauliflower <b>Cong: Garden Salad /Dressing</b> 1pc WW Garlic Roll 1 pc Cupcake	<b>23 Vegetarian Shepards Pie</b> 4oz lentils & 2oz Vegetarian Gravy ½ cup carrots ½ cup Mashed potato 1pc Oat Bread ½ cup canned fruit
<b>26 1pc meatloaf</b> (1.5oz beef & 1.5oz turkey) 2 oz Gravy ½ cup Mashed Potatoes ½ cup Green Beans 1pc Oat Bread ½ cup Cookie Brownie	<b>27 4oz Baked Pollock</b> ½ Garlic & Dill Sauce ½ cup Brown Rice ½ cup Beets <b>Cong: Vegetable Soup</b> 1pc WW Bread ½ cup Mandarins	<b>28 3pc Pork</b> 2oz Orange Sauce 4oz Lo Mein ½ cup Asian Blend Veggies (no mushrooms) 1pc Dinner Roll ½ cup Pineapple	<b>29 1pc Breaded Chicken</b> 2oz Marry Me Sauce ½ cup Quinoa ½ cup Mixed Veggies 1pc Vienna Bread ½ cup Gelatin	<b>30 Two Compartment</b> 3pc Cheese Ravioli 4oz Alfredo & Mushroom Sauce 4oz Garlic Spinach ½ cup Canned Fruit 1pc MG Bread



# 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

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## COULD YOU USE EXTRA MONEY FOR FOOD?

**SNAP** (Supplemental Nutrition Assistance Program)

For info: Christa Mayfield 617-598-5022/ [snap@gbfb.org](mailto:snap@gbfb.org)

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**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 1<sup>st</sup> 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](mailto: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](http://www.gettingsnap.org)

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## 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



## Give the Gift OF A LIFT!

Northern Essex Elder Transport, Inc. (NEET) is a non-profit organization providing non-emergency medical transportation for older adults utilizing volunteer drivers.

This is a unique, personal and flexible volunteer opportunity that works around your schedule.

**You drive when and where you want.**

Mileage reimbursement and supplemental insurance is provided.

**Won't You Give the Gift of a Lift?**

[driveforneet.org/volunteer](http://driveforneet.org/volunteer)

Scan here to volunteer today!!



## VETERANS

### Dept. of Veteran Services

Haverhill Citizens Center  
10 Welcome St. Haverhill, MA  
Veteran's Office 2<sup>nd</sup> 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](mailto:nutrition@agespan.org) or call 978-686-1422.**

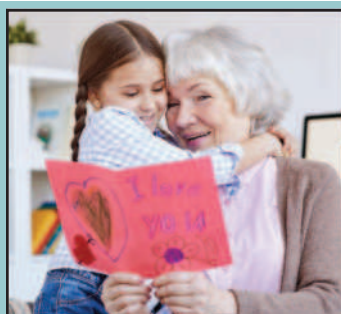


### MINI MEVA

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

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

Schedule Phone Appointment to  
Review Prescription Costs  
Supplement & Medicare Advantage

Call 978-314-3760

debhaleyinsurance@gmail.com

Deb Haley

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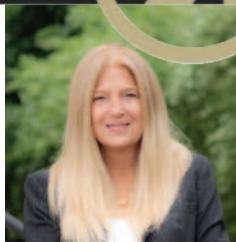
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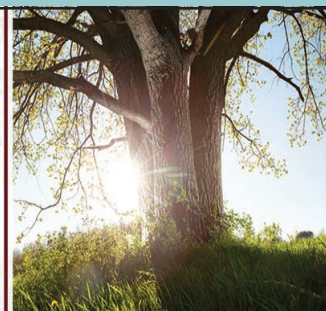
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