

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



# JUNE 2026



*"The best memories start with a June breeze"*

It's June! How did we get halfway through the year so quickly? Time rolls by so fast and gives more of a reason to enjoy the good weather, the sunshine, the good energy and the opportunity for more connections. Get out and feel that sunshine! Here's to a June filled with friendship, laughter and bright summer days.

The month starts off with a presentation on dizziness and stability by Encompass Health. Tom from the Buttonwoods Museum will present on early Haverhill Colonial Life. Delvena Theatre will be back to present the sequel to Nun of This and Nun of That. Abbott will share some education on Chronic Pain and Pain Relief. Our Ice Cream Social will take place this month, you must have a ticket to participate. Nurse Geri will share Health and Wellness education regarding Cholesterol Management. Look inside to find out when our next Chit Chat and Movie Day will be. Also, check out the monthly van schedule for upcoming trips. Traveling Chef menu will be up please sign up by date noted. 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 can get towed.

**CENTER WILL BE CLOSED JUNE 19, 2026**

# June 2026

FRIDAY

THURSDAY

WEDNESDAY

TUESDAY

MONDAY

<p>1</p> <p>Knitting Group 9am Line Dancing 10am 3 B's 11am Senior Fitness 11am Bingo 12pm</p>	<p>2</p> <p>Zumba 9:30am Mahjong 9:30am Open Art Studio 11am Senior Fitness 11am <b>Mobile Market 11-1pm</b> Yoga 1pm</p>	<p>3</p> <p>Chair Yoga 9am Comedy Masque 9am World Affair Discussion 10 Senior Fitness 11am 45's tournament 12:30pm 3 B's 1pm</p>	<p>4</p> <p>Tai Chi 9am Teddy Bears 9am Zumba 9:30am Senior Balance 11am</p>	<p>5</p>
<p>8</p> <p>Knitting Group 9am Line Dancing 10am 3 B's 11am Senior Fitness 11am Bingo 12pm</p>	<p>9</p> <p>Zumba 9:30am Mahjong 9:30am Open Art Studio 11am Senior Fitness 11am Yoga 1pm</p>	<p>10</p> <p>Chair Yoga 9am Comedy Masque 9am Senior Fitness 11am 45's tournament 12:30pm 3 B's 1pm</p>	<p>11</p> <p>Tai Chi 9am Teddy Bears 9am Zumba 9:30am Senior Balance 11am</p>	<p>12</p> <p>3 B's 11:30am Bridge 12:30pm 45's Tournament 12:30</p>
<p>15</p> <p>Knitting Group 9am Line Dancing 10am 3 B's 11am Senior Fitness 11am Bingo 12pm</p>	<p>16</p> <p>Zumba 9:30am Mahjong 9:30am Open Art Studio 11am Senior Fitness 11am <b>Understanding Dizziness &amp; Stability 11am</b> Yoga 1pm</p>	<p>17</p> <p>Chair Yoga 9am Comedy Masque 9am World Affair Discussion 10 Senior Fitness 11am <b>Colonial Haverhill 11am</b> 45's tournament 12:30pm 3 B's 1pm</p>	<p>18</p> <p>Tai Chi 9am Teddy Bears 9am Zumba 9:30am Senior Balance 11am <b>Ice Cream Social 12- Ticket needed</b> <b>Nun of This Nun of That 12:30</b></p>	<p>19</p> <p><b>CENTER CLOSED</b></p>
<p>22</p> <p>Knitting Group 9am Line Dancing 10am 3 B's 11am Senior Fitness 11am Bingo 12pm</p>	<p>23</p> <p><b>Chit Chat 9am</b> Zumba 9:30am Mahjong 9:30am Open Art Studio 11am Senior Fitness 11am Yoga 1pm</p>	<p>24</p> <p>Chair Yoga 9am Comedy Masque 9am World Affair Discussion 10 Senior Fitness 11am 45's tournament 12:30pm 3 B's 1pm</p>	<p>25</p> <p>Tai Chi 9am Teddy Bears 9am Zumba 9:30am Senior Balance 11am <b>Abbott- Chronic Pain 1pm</b></p>	<p>26</p> <p>3 B's 11:30am Bridge 12:30pm 45's Tournament 12:30</p>
<p>29</p> <p>Knitting Group 9am Line Dancing 10am 3 B's 11am Senior Fitness 11am Bingo 12pm</p>	<p>30</p> <p>Zumba 9:30am Mahjong 9:30am Open Art Studio 11am Senior Fitness 11am <b>Traveling Chef</b> Yoga 1pm</p>	<p><b>POOL TABLES 8-3pm</b> <b>FITNESS ROOM 8-3pm</b> <b>LIBRARY 8-3pm</b></p>		

## COMMUNITY NIGHT MEALS

MONDAY NIGHTS



SERVING STARTS AT 4:30pm

OPEN UNTIL 5:30pm

OPEN TO ALL IN THE HAVERHILL COMMUNITY

## CONGREGATE LUNCHES

AgeSpan will be serving lunches in the dining room

STARTING AT 10:30 to 11:00

\$2 suggested donation



# BINGO

MONDAYS

Haverhill Citizen Center

Cards sold at 12pm

Game begins at 1pm



Must be a member with the COA and 60 and up to play

DO NOT PARK ACROSS THE STREET

## 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**

# FINDING YOUR BALANCE: UNDERSTANDING DIZZINESS & STABILITY PRESENTATION

Do you know that 20-40% of community dwelling adults 65+ years old fall at home\*? Our physical therapist will discuss what factors contribute to dizziness and balance, and what you can do to decrease your risk of falling. You will also learn exercises and activities that you incorporate into your everyday life. We will also identify potential safety risks in your home and your environment. \*www.vestibular.org

**Tuesday, June 16<sup>TH</sup>**  
**11:AM**  
**10 Welcome Street**  
**Haverhill, MA**



Please RSVP to Paola at  
978-374-2390 ext. 3916

Presented By:  
**Encompass Health**  
Rehabilitation Hospital of New England



**IS CHRONIC PAIN  
AFFECTING YOUR  
QUALITY OF LIFE?**



**PATIENT EDUCATION EVENT | REGISTER TO SAVE YOUR SPOT**



**ONE IN THREE ADULTS  
IN THE U.S. ARE IMPACTED  
BY CHRONIC PAIN<sup>1</sup>**

We know chronic pain can have a debilitating effect on your mental and physical well-being,<sup>2</sup> whether it comes and goes or is constant. **You are not alone, and you have options for relief.**

Abbott's neurostimulation therapies offer **FDA-approved, medication-free\*, long-term** treatment options for chronic pain.

**PAIN RELIEF STARTS HERE**

Neurostimulation is a treatment option for chronic pain that has been used for more than 50 years.<sup>3</sup>



One of the benefits of neurostimulation is you can **trial the system first** to see if it provides meaningful relief before moving forward with the implant.

Learn more by joining this educational event led by an expert physician.

**PRESENTED BY**



**Simon Faynzilberg, MD**  
Comprehensive Pain Management  
Anna Jacques Hospital  
Newburyport, MA

**THURSDAY  
JUNE 25, 2026  
1-2PM/ RM45  
RSVP 978-374-2390**

**LOCATION**

**Haverhill Citizen Center  
10 Welcome St  
Haverhill, MA 01830**

\*Follow your physician's guidance for your correct medication regimen and do not make any changes to your medication usage without consulting with your healthcare provider.

1. Culture Kit. 2016. Neurostimulation pain management and other clinical applications. [published correction appears in BMC. 2016. 2016.24(201222)]. DOI: 10.1186/s12916-016-0700-9

2. George O, You, Kwon M, Hwang GJ, Kimura H, Park J. Persistent pain and well-being: a World Health Organization study in primary care. JAMA. 2006;296(2):147-150.

3. Adewalla AD, Guan Y, Raju SN. Spinal Cord Stimulation. Clinical Efficacy and Potential Mechanisms. Pain Pract. 2006;7(6):419-430. doi: 10.1007/s11909-006-0000-0.

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Important Safety Information  
https://www.abbott.com/usa/usa/important-safety-information.html

Abbott  
5000 Preston Bld, Plano, TX 75024 USA, Tel: 1 800 756 2400

NEUROSTIMULATION DEVICE

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# COFFEE HOUR

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

Tuesday  
June 23, 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.



Buttonwoods Museum  
HAVERHILL HISTORICAL SOCIETY - EST. 1898  
Connect with History Together

## COLONIAL HAVERHILL

WEDNESDAY

JUNE 17, 2026

11-12PM

RSVP 978-374-2390 ext. 3916

### EARLY AMERICAN LIFE

Hear the stories of early colonists like John Ward, the Saltonstalls, and Hannah Dustin and her sister, Elizabeth Emerson. From the Bloody Sunday Attack to the Throat Distemper Epidemic, life in the frontier settlement of Haverhill was challenging and sometimes violent.

## HAVERHILL COA MOVIE DAY



### KNIVES OUT

A TRIBUTE TO MYSTERY MASTERMIND AGATHA CHRISTIE AND A FUN, MODERN-DAY MURDER MYSTERY WHERE EVERYONE IS A SUSPECT. WHEN RENOWNED CRIME NOVELIST HARLAN THROMBEY IS FOUND DEAD AT HIS ESTATE JUST AFTER HIS 85TH BIRTHDAY, THE INQUISITIVE AND DEBONAIR DETECTIVE BENOIT BLANC IS MYSTERIOUSLY ENLISTED TO INVESTIGATE. FROM HARLAN'S DYSFUNCTIONAL FAMILY TO HIS DEVOTED STAFF, BLANC SIFTS THROUGH A WEB OF RED HERRINGS AND SELF-SERVING LIES TO UNCOVER THE TRUTH BEHIND HARLAN'S UNTIMELY DEATH.

TUESDAY JUNE 23, 2026

10AM RM 45

RSVP WITH PAULA 978-374-2390 EXT 3916

10 WELCOME STREET

**PLEASE DO NOT  
PARK ACROSS  
THE STREET  
YOU WILL GET  
TOWED!**

DELVENA THEATRE PRESENTS



# NUN OF THIS AND NUN OF THAT! THE SEQUEL

A sequel to Delvena Theatre Company's ever-popular, *None of This and Nun of That!*, this show will feature an interactive, live, comedy about a 55<sup>th</sup> parochial class reunion featuring two actresses. Fun, light-hearted entertainment!

**THURSDAY JUNE 18, 12:30PM**  
**RSVP 978-374-2390 EXT 3916**  
**HAVERHILL CITIZEN CENTER**  
**10 WELCOME STREET**

*Nun of This and Nun of That! – the Sequel* 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.



## FREE HEALTH AND WELLNESS EDUCATION

### Cholesterol Management: Beyond the Numbers

Thursday, June 25th from 11-12p

Citizens Center Room 45

## Cholesterol



Knowing your cholesterol numbers is important to maintaining optimal health, but do you really understand what the numbers mean? Please join us for this informative review where we will discuss what cholesterol is, how it impacts our health, the important role cholesterol has in helping our bodies function properly, and the steps you can take in lowering your cholesterol numbers and improving your overall cardiovascular wellness.





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



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Nichols-Village.com

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[debhaleyinsurance@gmail.com](mailto: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.



## 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](http://www.bethanycommunities.org)



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.



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Haverhill Council On Aging, Haverhill MA

06-5434

# Free Computer Classes

Coming in August  
Spanish and English  
Classes available

The City of Haverhill in Partnership with Haverhill High School and Haverhill Council on Aging will offer free computer classes in August. Upon completion of the course, students will receive a free computer device. Classes require a commitment of 4 hours once a week for 4 weeks.

You must register in advance. Spots fill quickly.

Call Mary (978) 374-2390 X 3915 or email at [mconnolly@haverhillma.gov](mailto:mconnolly@haverhillma.gov)



## Ruth's House Client Referral Pro-

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.

# Monthly Trip Schedule

## Haverhill COA Van Trips for July 2026

### Trip Details

Date	Destination	Activity	Notes
Wednesday June 10th	Cheesecake Factory/Northshore Mall	Lunch \$\$  Free Shopping time	Meet at the Citizen Center at 10:00AM  Visit Menu Here  <a href="https://menu.thecheesecakefactory.com/ma/peabody-137/lunch-favorites/">https://menu.thecheesecakefactory.com/ma/peabody-137/lunch-favorites/</a>
Thursday June 18th	Pheasant Lane Mall/Nash Casino	Shopping and Casino	Meet at the Citizen Center at 9:00 AM  Lunch on Your own
Tuesday June 23rd	Hampton Beach Sand Castle Viewing and Lunch at Hungry Traveler	View this year's Sand Castle Competition followed by lunch at the Hungry Traveler is Salisbury \$\$	Meet at the Citizen Center at 9:00  Visit Menu Here  <a href="https://hungrytravelersalisbury.com/menu">https://hungrytravelersalisbury.com/menu</a>

### Important Reminders

- All Trips leave from the Citizen Center and return by 4:00 PM
- \$5.00 fee for riding Van payable by cash or check
- Reserve your space by calling Driver Doris at (978) 351-2430
- Please ensure you are able to attend when reserving your spot.
- We want to hear from you!! Share ideas with Doris for future trips

June Regular Menu 2026

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>1 Two Compartment</b>                      8 oz American Chop Suey                      ½ cup Green Beans                      1pc Cookie                      1pc Garlic Roll</p>	<p><b>2 3oz Pork Roast</b>                      2oz BBQ sauce                      ½ cup Mashed Sweet Potato                      ½ cup Cauliflower &amp; Parsley  <b>Congregate Soup: Corn Chowder instead of cauliflower</b>                      1pc Cornbread                      ½ cup Applesauce  <b>No Margarine</b></p>	<p><b>3 4oz Potato Crunch Fish</b>                      ½ cup Rice Pilaf                      ½ cup Creamed Spinach                      1pc Vienna Bread                      ½ cup Gelatin                      1pc tartar sauce</p>	<p><b>4 1pc Bateman meatloaf</b>                      (1.5oz beef &amp; 1.5oz turkey)                      2 oz Gravy                      ½ cup Mashed Potatoes                      ½ cup Beets                      1pc MG Bread                      ½ cup fruit</p>	<p><b>5 Two Compartment</b>                      3oz Chicken Strips                      4oz Alfredo Sauce                      On top of ½ cup Pasta                      ½ cup Broccoli                      1pc WW Dinner Roll                      1pc Fresh Fruit</p>
<p><b>8 Two Compartment</b>                      1pc Cheese Lasagna                      4oz Marinara                      ½ cup Italian Blend Veg                      1pc WW Garlic Roll                      1pc Cookie  <b>1pc parmesan</b></p>	<p><b>9 3 oz Sliced Turkey</b>                      2 oz gravy                      ½ cup Mashed potato                      ½ cup Carrots                      1pc LS Wheat Bread                      ½ cup fruit</p>	<p><b>10 1pc Hot dog (LS Beef/pork)</b>                      ½ cup baked beans                      ½ warm Cinnamon Apples                      ½ cup coleslaw                      1pc Hot dog roll                      1pc Mustard                      1pc Relish  <b>No Margarine</b></p>	<p><b>11 Cold: Chicken Salad</b>                      3oz Chicken, Mayo &amp; Celery                      ½ cup Garden Salad                      ½ cup Potato Salad  <b>Congregate Soup: Potato Leek Soup instead of Potato Salad</b>                      2pc Oat Bread                      ½ cup Pineapple Fruit Whip                      1pc Dressing  <b>No Margarine</b></p>	<p><b>12 3oz Beef</b>                      2oz Red Wine Sauce                      2oz Mushrooms &amp; Onions                      ½ cup Mashed Potatoes                      ½ cup Peas &amp; Pearled Onions                      1pc Biscuit (HDM)                      Congregate: Puff Pastry                      ½ cup Fruit</p>
<p><b>15 3oz Pork</b>                      2oz Scalloppi Sauce                      ½ cup Mashed Potato                      ½ cup Beets                      1pc WW Bread                      ½ cup Fruit</p>	<p><b>16 Two Compartment</b>                      Tuscan White Bean Pasta                      4 oz pasta &amp;                      4 oz White Beans, Spinach, Tomatoes and Parmesan                      ½ cup peas                      1pc Garlic Roll                      ½ cup Yogurt                      1pc Juice (no milk)</p>	<p><b>17 3oz Grilled Chicken</b>                      2oz Balsamic Glaze                      ½ cup Mashed Sweet Potatoes                      ½ cup Brussels Sprouts  <b>Congregate Soup: Vegetable Soup instead of brussels sprouts</b>                      1pc MG Bread                      1pc Fresh Fruit</p>	<p><b>18 Special: Father's Day</b>                      3oz BBQ Steak Tips                      4oz Macaroni &amp; Cheese                      4oz Garlic Green Beans                      1pc Brownie Cookie                      1pc Honey Wheat Dinner roll</p>	<p><b>19</b>  <b>Holiday No Meals</b></p>
<p><b>22 Two Compartment</b>                      3oz Ravioli                      4 oz Ground Turkey                      Marinara Sauce                      ½ cup Italian Blend Veg                      1pc MG Bread                      ½ cup Gelatin                      1pc parmesan</p>	<p><b>23 4oz Unbreaded Pollock</b>                      2oz Lemon Garlic Butter                      ½ cup Rice Pilaf  <b>Congregate Soup: Tomato soup instead of capri blend veg</b>                      ½ cup Capri Blend                      1pc WW Dinner Roll                      ½ cup mandarins</p>	<p><b>24 Cold Turkey Cobb Salad</b>                      1oz Turkey                      1 oz Shredded Cheese                      1pc HB egg                      8oz Garden Salad                      ½ cup Corn Salad                      ½ Pita Bread                      ½ cup Fruit  <b>No Margarine</b></p>	<p><b>25 Birthday</b>                      1pc Pork Sausage                      2oz Peppers and Onions                      ½ cup Mashed Butternut                      1/2 cup Roasted Potatoes                      1pc Hot Dog Bun                      1pc Cupcake  <b>No Margarine</b></p>	<p><b>26 3oz Chicken Kiev</b>                      2oz Supreme Sauce                      4oz Mashed Potatoes                      4oz Berry Crisp                      4oz Caesar Salad                      1pc Caesar Dressing                      1pc Croutons                      1pc Oat Bread</p>
<p><b>29 Two Compartment</b>  <b>Greek Chicken</b>                      3oz Grilled Chicken                      4oz feta, spinach, olives &amp; red peppers                      ½ cup Orzo                      1pc Oat Bread                      ½ cup applesauce</p>	<p><b>30 Two Compartment</b>                      8 oz macaroni and cheese                      ½ cup Peas                      1 slice WW Bread                      ½ cup mandarins</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

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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

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**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)

## 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. Krista 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



## SPRING IS IN THE AIR! VOLUNTEER!

Get Involved, Make a difference!

Volunteer to drive older adults in your community.  
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Visit [www.driveforneet.org/volunteer](http://www.driveforneet.org/volunteer)



## 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. 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](mailto:nutrition@agespan.org) or call 978-686-1422.**



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