

Newburyport Council on Aging
Senior Citizen News – October 2010

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978-462-8650

DONNA HOLADAY
MAYOR

ROSEANN J. ROBILLARD
DIRECTOR, COA

The MISSION of the Council on Aging is:
to advocate for older adults, to identify their needs, to develop and implement services to meet their health, economic, social and cultural needs, to encourage maximum independence, and to improve their quality of life.

Health Plan Options for People with Medicare

Starting on October 1st, Medicare Health plans will be able to announce their changes for 2011. A Senior Plan Consultant from Blue Cross Blue Shield of Massachusetts will be at the Newburyport Council on Aging on **Monday, October 25th** to speak about the changes. The presentation will include an explanation of Medicare, including the Medicare drug benefit. It will also show how Medigap plans and Medicare Advantage plans work with Medicare. The Senior Plan Consultant will be able to answer questions on the 2011 Blue Cross Blue Shield of Massachusetts Medicare products. All current and future Medicare recipients are welcome to attend this seminar, regardless of insurance coverage. Please call the Council on Aging office to pre-register so adequate seating and handouts will be available.

Monday, October 25, 2010 at 10:00 a.m.

For several years, the Council on Aging has collected empty pill bottles, which are recycled through Partners in Development to help the poorest of the poor in Haiti and Guatemala. That special recycling program may be coming to an end. Partners in Development recently received a generous donation from an individual who is providing 1600 ziplock pill bags and labels every month. It is so much easier and less expensive for PID to ship/transport the baggies than the bottles. Partners in Development will no longer be picking up the bottles from the Council on Aging, so we are seeking another use for the thousands of empty bottles we have stockpiled over the summer. If you know of any other program that can use the bottles, please contact the Council on Aging office and let us know: 978-462-8650.



Flu Shots

- ▶ The City of Newburyport has not yet scheduled any Flu Shot Clinics. No clinics can be scheduled until the vaccine is received from the Massachusetts Department of Public Health.
- ▶ Anyone eager to get vaccinated as soon as possible and who cannot wait for a public Flu Shot Clinic should contact their physician.
- ▶ When the City receives the vaccine, the plan is to offer Flu Shots for the community from at least two locations, including the Salvation Army building and the R.A. Nock Middle School.
- ▶ The residents of the James Steam Mill, The Sullivan Building, Heritage House and Horton Terrace will be offered private Flu Shot Clinics in their community rooms.
- ▶ The dates for the Flu Shot Clinics will be announced when the vaccine arrives. Feel free to contact the Council on Aging office at any time for updates

Medicare Decision Time
Open Enrollment Starts November 15

Medicare Prescription Drug (Part D) Plans and Medicare Advantage Plans change every year. Many plans will no longer be available in 2011.

All people with Medicare should:

- Review the 2011 costs and coverage of their current plans
- Compare with other plans in their area
- Choose a plan that meets their needs and budget.

The Medicare Annual Open Enrollment Period starts November 15 and continues through December 31, for coverage beginning January 1, 2011. There are significant differences between plans. Starting in 2011, different Part D Plans in our area will have monthly premiums from as low as \$14.80 up to as high as \$120.10. However, monthly premiums are not the only things to consider. Plans have different deductibles, co-pays, covered drugs and restrictions. Plan information and cost estimates can be found by entering a drug list into the Medicare Plan Finder on www.medicare.gov.

The SHINE program can help you!

For help understanding your options and finding the lowest cost Part D Plan for you, call your local Senior Center to schedule a FREE individual appointment with a SHINE counselor as soon as possible. Do not wait! Bring all your insurance information and a list of your prescription drugs with dosages to the appointment.

You can also reach a SHINE Counselor by telephone. Call 1-800-AGE-INFO (1-800-243-4636), then press or say 3. Once you get the SHINE answering machine, leave your name and phone number. A SHINE Counselor will call you back as soon as possible. Please be patient as the demand for help is great.

SHINE counselors are available at the Newburyport Council on Aging by appointment on Monday and Thursday mornings.

Call the COA office, 978-462-8650.

FRIENDS OF NEWBURYPORT COUNCIL ON AGING

Annual Meeting

Hope Church, Hale Street, Newburyport

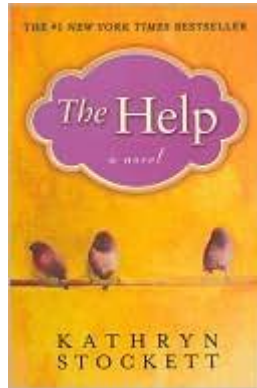
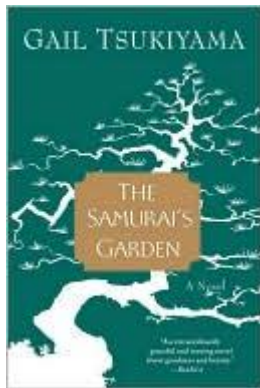
Everyone Is Invited

Thursday, November 4, 2010 at 3:00 p.m.

**The guest speakers will discuss The Cushing Park Center -
A new facility planned to consolidate all of Newburyport's senior citizen services
plus provide space for other community programs**

RETIRED READERS

The Council on Aging book club, Retired Readers, meets at the Newburyport Public Library on State Street on the second Wednesday of each month for an hour of discussion in the Director's Room on the first floor. The book for discussion at 1:45 on **October 13** is: *The Samurai's Garden* by Gail Tsukiyama. The selection for the **November 10** meeting is *The Help* by Kathryn Stockett.



In preparation for the December 8 meeting, readers are asked to select a favorite Christmas-theme poem or short story to share.

This newsletter is prepared monthly and distributed widely throughout the Greater Newburyport area. Many copies are mailed out of state to family members of local elders who appreciate knowing about all of the services and programs available here for seniors.

Many requests are coming in for 'electronic' copies of this Newsletter. There is now a link to the Newsletter on the City's website: www.cityofnewburyport.com. In addition, The Council on Aging office is maintaining a separate list of email addresses of anyone who would rather receive an electronic copy, than a hard copy.

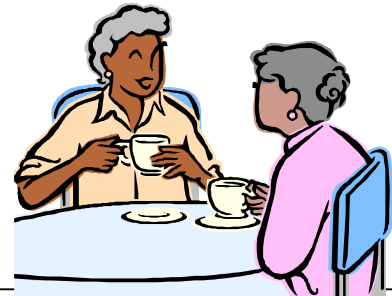


Please consider reading this Newsletter online if you are able to do so. Think "green", cut down on paper consumption, save a tree, and help us keep our mailing costs to a minimum.

Thank You!

Tuesday Morning Drop In

Drop in at the Council on Aging to visit with old friends and make new ones. Come to the Council on Aging at 10:30 on Tuesday mornings and enjoy a cup of coffee and friendly conversation. The conversations have covered everything from the recession to recipes, and from earliest childhood memories to the latest books read. Martha is eager to meet more drop ins! She still brings flowers and snacks for all to enjoy. Dede and Mabel have been regular attendees. They have been joined by Lloyd, Rita and Peg who all agree that it's good to have someplace to go, and someone to talk to.



Golden Hours

By Anna May Guyette

As we go from sunrise to sunset, let's make all our hours Golden Hours. With a song in your heart, try to make rainbows out of the showers.

"Be clean in thought and word and deed".
Be a friend to all, wherever there is need.

Reach out to everyone around you, especially the sick, the weak and the small. You will find yourself growing in grace and feeling particularly tall.

Respect the other guy's different views.
Think how it feels to be in his shoes.

Don't let your patience become worn thin.
Peace of mind comes to you from within.

Live so that when it comes to the final test
You can say, in truth, I tried my best.



To Report Elder Abuse, Neglect or Financial Exploitation Call 1-800-AGE-INFO
(1-800-243-4636)

Health Services Available at Council on Aging



Foot Care is provided by Dr. Robert Connolly from Foot Care of Stoneham, MA. The doctor will cut toenails, treat bunions and calluses and answer your questions about proper foot care. He is available, by appointment, *usually* on the morning of the Third Tuesday of each month. His fee is \$30 per visit.

Call for an appointment, 978-462-8650.



Clinic Dates:
Tuesday, October 19, 2010
Tuesday, November 16, 2010



The Brown Bag Program

A typical Brown Bag contains perishable and shelf-stable foods including cereal, beef stew, canned tuna, spaghetti, pasta sauce, raisins, apple juice, instant oatmeal, fresh vegetables and cheese. There is no cost involved. One bag per household is available on the first Tuesday of each month. Participants must register in advance. Applications are available at the Council on Aging office. The Brown Bag Program is provided through a collaboration between Elder Services of the Merrimack valley, Inc. and the Greater Boston Food Bank.



A representative from **MIRACLE EAR** is at the Council on Aging on the second Wednesday of each month. Their free service includes hearing evaluations, cleaning and simple adjustments of all types of hearing aides, and consultations about the proper use and care of hearing aides. Please call the Council on Aging office to request an appointment: 978-462-8650.

A Registered Nurse from Angels at Home is at the Newburyport Council on Aging each month to check blood pressures, answer medical questions and provide confidential counseling. Stop in on the 2nd Monday of the month between 9:00 and 10:00 a.m.

October Date: Monday, October 4th



Come to the Council on Aging for a MANICURE!

Basic Manicure - \$8 - Your manicure will start with a buffing cream to remove the dry skin on your hands. Nails will be filed and buffed to remove ridges. Hand cream will be applied while your hands are massaged. Your nails will be soaked in warm water, the cuticles pushed back and cleaned, and polish will be applied.

This wonderful service is offered by Heidi Garozzo, Licensed Manicurist. Heidi specializes in elder hand care for men and women. She provides manicures at the Councils on Aging in West Newbury, Groveland and Georgetown as well as at several senior housing facilities.

Heidi will be at the Newburyport Council on Aging on Friday, October 22nd and again on Friday, December 10. Call for an appointment: 978-462-8650.

COUNCIL ON AGING TRANSPORTATION PROGRAM

Need a Ride? Call the Council On Aging! Newburyport's department of senior citizen services operates several transport programs:

Around Town: The service is available Monday through Friday, from 7:15 a.m. until 4:00 p.m. The COA vans pick passengers up at their Newburyport homes and deliver them to other Newburyport locations. The COA vans are designed for the convenience of all passengers, including those using wheelchairs. **A donation of \$1 per ride is requested from all passengers.**

Out of Town: There is a dedicated and dependable team of volunteer drivers available to take senior citizens to their out of town appointments. These drivers are part of the NEET program – Northern Essex Elder Transport. NEET drivers use their own cars, so they are not able to accommodate wheelchairs. If you need to see a doctor in Portsmouth, or Boston or anywhere in between, don't hesitate to call the Council on Aging office and request a NEET ride. A suggested donation of **\$0.43** per mile is requested.



Safety First: *Passengers on the COA van are expected to wear their seat belts at all times and to remain seated when the vehicle is moving. Open containers of food or beverages are not allowed on the van. Arguments, fighting, and swearing will not be tolerated. Failure to abide by these rules will result in suspension from the Transportation Program. The COA vans are operated for the comfort and convenience of many passengers. Your consideration is appreciated to keep van transport a pleasant experience for all.*



On Friday, November 12th from 10 till 2 there will be an informal get-together of veterans, friends and guests at the conference room, at the Newburyport Library. This get-together is open to everyone and all are encouraged to participate with anecdotal stories related to their own military experience, or how the military affected their lives.

This is intended to be an upbeat, perhaps humorous gathering of souls, with no formal agenda. It will be emceed by Veterans Officer Kevin Hunt. . Light refreshments will be available, the public is invited.

Watercolor Painting

Watercolor Painting continues at the Council on Aging. You don't have to be an artist, but you may found out you are! Come and enjoy a three-hour class painting with watercolor and bring home your finished painting. Everything you need to paint your picture will be supplied. No prior painting experience is necessary. Watercolor Painting Coach is local artist Bill Duke. Call the Council on Aging to reserve a seat for one of the upcoming classes. Each class is \$20.

Monday, October 25 9:00 – 12:00

Newburyport Council on Aging

Program Schedule

OCTOBER 2010

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 8:30 Grocery Shop. 9:00 Exercise to Music 12:30 Grocery Shop
4 7:00 Trip to FOXWOODS! 9:00 Exercise to Music 12:30 Grocery Shop	5 Brown Bag Day 10:30 Drop In for coffee and friendly conversation 1:00 BINGO!	6 9:00 Exercise to Music 9:00 <i>Miracle Ear</i> <i>hearing tests</i> 12:30 <i>Grocery Shop</i>	7 8:30 Grocery Shop 9:00 – 12:00 by appt: Health Insurance Help 9:30 Line Dance 12:30 Grocery Shop Trip to Ogunquit	8 8:30 Grocery Shop. 9:00 Exercise to Music 12:30 Grocery Shop
11 No Programs Happy Columbus Day 	12 10:00 Low Vision Support Group 10:30 Drop In for coffee and friendly conversation 1:00 BINGO!	13 9:00 Exercise to Music 12:30 <i>Bridge Party</i> <i>at Atria Merrimac</i> <i>Place!</i>	14 8:30 Grocery Shop 9:00 – 12:00 by appt: Health Insurance Help 9:30 Line Dance 12:30 Grocery Shop 1:00 Wal-Mart shop	15 8:30 Grocery Shop 9:00 Exercise to Music 12:30 Grocery Shop
18 9:00 Exercise to Music 12:30 Grocery Shop	19 9:00 – Noon by Appt: Foot Doctor 10:00 Knitting for Newborns 10:30 Drop In for coffee and friendly conversation 1:00 BINGO!	20 9:00 Exercise to Music 12:30 <i>Bridge Party</i> <i>at Atria Merrimac</i> <i>Place!</i> Trip to Oktoberfest	21 8:30 Grocery Shop 9:00 – 12:00 by appt: Health Insurance Help 9:30 COA Board Mtg. 9:30 Line Dance 12:30 Grocery Shop	22 8:30 Grocery Shop 9:00 Exercise to Music 12:30 Grocery Shop
25 8:00 – 12:00 by appt: Health Insurance Help 9:00 Exercise to Music 9:00 – Noon class: Watercolor Painting 12:30 Grocery Shop	26 10:30 Drop In for coffee and friendly conversation 1:00 BINGO!	27 9:00 Exercise to Music 12:30 <i>Bridge Party</i> <i>at Atria Merrimac</i> <i>Place!</i>	28 8:30 Grocery Shop 9:00 – 12:00 by appt: Health Insurance Help 9:30 Line Dance 12:30 Grocery Shop	29 8:30 Grocery Shop 9:00 Exercise to Music 12:30 Grocery Shop

Newburyport Council on Aging

Meals On Wheels Menu

OCTOBER 2010

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

				1 Chicken Patty Sandwich with Cheese Mayonnaise Mixed Veggies Sandwich roll Fresh Banana
4 Broccoli, Egg and Cheese Bake Stewed tomatoes and Zucchini Low Fat Muffin Apricots	5 Ziti and Meatballs with Marinara Sauce Green + Gold Beans Italian Bread Pineapple	6 Chicken Marsala 'Dirty' Rice Mixed Veggies Oatmeal Bread Arctic Ice	7 German Brat Sauerkraut Potato Wedges Brussel Sprouts and Carrots Small Sub Roll	8 Fish Florentine Garlic Whip Potatoes Green Beans and Tomatoes Whole Wheat Bread Gelatin
11 No Meal Columbus Day	12 Veal Parmesan and Tomato Sauce White Rice Mixed Veggies Italian Bread Fruit cocktail	13 Baked Chicken Whipped Potatoes Green Beans Almondine Light Rye Bread Chocolate Pudding	14 Roast Turkey and Gravy with Whipped Potatoes Broccoli and Cauliflower Whole Wheat Roll Apple Crisp	15 Fish Cakes Tartar Sauce Baked Beans Corn Raisin Bread Fresh Orange
18 Baked Ham with Pineapple Ginger Sauce Roasted Potatoes Mixed Veggies Oatmeal Bread Diced Pears	19 Beefsteak + Cheese Whole Wheat Roll Ketchup Packet Potato Chips Peaches	20 Mac + Cheese Zucchini and Stewed Tomatoes Carrot Sticks Whole Wheat Bread Fresh Apple	21 Meatloaf and Gravy Whipped Potatoes Peas and Carrots Cornbread Cake	22 Roasted Chicken Potato Au Gratin Mixed Veggies Snowflake Roll Yogurt
25 Cranberry Juice Hamburger Hamburger Roll Ketchup Packet Potato Sticks Peas Peaches	26 Potato Crunch Fish Florentine Rice Harvard Beets Light Rye Bread Apricots	27 BBQ Chicken Whipped Potatoes Corn Whole Wheat Bread Fresh Orange	28 Latino Roast Pork Yellow Rice and Kidney Beans Mixed Veggies Multigrain Bread Rice Pudding	29 Happy Halloween! Frightful Franks and Baked Beans Toadstools and Green Beans Hot Dog Bun Slime Green Sherbet

In addition to home delivery for eligible residents, this Meals on Wheels menu is served every weekday at People's United Methodist Church on Purchase Street in Newburyport. Please make a reservation 2 days ahead by calling 978-462-3757. The suggested donation for each meal is \$2.00.

ONGOING PROGRAMS AVAILABLE AT THE NEWBURYPORT COA

- ♥ **HOT LUNCH** is served at the People's United Methodist Church on 64 Purchase Street every week day at 11:30. Reservations are a must and should be made 2 days in advance by calling 462-3757 between 10:00 a.m. and 12:00 noon. A \$2.00 donation is requested for each meal. The menu for the month is included in this newsletter. **Home delivered meals** are available for eligible elders – 1.800.892.0890 ext 490
- ♥ **TRANSPORTATION** around Newburyport every weekday from 8:00 a.m. until 4:00 p.m. **48-hour notice required (2 business days)**. Rides available to evening meals on Mon., Tues., and Thurs. All passengers are expected to use their seat belts and to remain seated while the van is in motion.
 - ▶ Rides to other locations for medical appointments can be arranged through the Northern Essex Elder Transport program (N.E.E.T.) for a suggested donation of **\$0.43** per mile. Call the Council On Aging office to arrange this service.
- ♥ **GROCERY SHOPPING** to Shaw's or Market Basket every **Monday** afternoon, Thursday morning and afternoon and Friday morning and afternoon. Check the calendar page of this newsletter for shopping times.
- ♥ **FREE HEARING TESTS** and Hearing Aide Adjustments by **Miracle Ear**. Call the COA office for an appointment.
- ♥ **BLOOD PRESSURE CHECKS** are available at the Council on Aging on the 2nd Monday of each month from 9-10:00 a.m.
- ♥ **DROP IN – Tuesday mornings at 10:30** A small group of local elders meets at the Council on Aging for informal conversation and good, hot coffee.
- ♥ **FOOT CARE** is provided by Dr. Connolly on the **THIRD Tuesday** of each month from 9:00 – 12:00. **\$30 per visit**.
- ♥ **MANICURES** – A new service available at the Council on Aging for \$8 by appointment. Two dates currently available: Friday October 22 and Friday December 10.
- ♥ **LOW VISION SUPPORT GROUP** meets at the COA at 10:00 a.m. on the **SECOND Tuesday** of each month.
- ♥ **EXERCISE TO MUSIC** is at the **Elks Hall** every Monday, Wednesday and Friday from 9:00 – 10:00 a.m. **\$3 per class**
- ♥ **S.H.I.N.E (Serving Health Insurance Needs of Elders)** Insurance Help. A FREE and confidential service providing information about Medicare, MassHealth and other health insurance options. Counselor is available by appointment. **Meetings take place in the Council on Aging director's office at 40 Water Street (Salvation Army building)**
- ♥ **INFORMATION AND REFERRAL SERVICES** are available by calling the Council On Aging office between 8:00 a.m. and 4:00 p.m. Monday through Friday. The needs of elders are matched with the resources in the community.
- ♥ **KNITTING FOR NEWBORNS** meets on the third TUESDAY of the month at 10:00 a.m. for directions and discussion of needlework technique. Donations of new, clean yarn are greatly appreciated. Hand made afghans and newborn caps are donated to the Anna Jacques Hospital. Bring some yarn, a smile and a friend. **Next meeting September 21**
- ♥ **BINGO!** Every Tuesday all year from 1:00 – 3:00 for non-cash prizes.
- ♥ **BOOK CLUB** meets on the second Wednesday of each month for book discussion in the Director's Room at the Newburyport Public Library. **OCTOBER book selection:** "The Samurai's Garden" by Gail Tsukiyama.
- ♥ **LINE DANCE** is great exercise and is fun to watch. Newcomers are always welcome. Thursday morning at 9:30. \$3 per class
- ♥ **DAY TRIPS** to various locations are geared towards the interests and enjoyment of the older adult, but all are welcome. Reservations are confirmed when full payment is received.
- ♥ **LEGAL ASSISTANCE** can be arranged through the Elder Unit of Merrimac Valley Legal Services, Inc. 1-800-427-2521
- ♥ **THE INFORMATION DISPLAY RACK** is in the hall outside of the Council On Aging offices. Free brochures on a variety of topics are always available for the benefit of the community.

Donation Requested
\$1 per ride every time
you get on the van.

The Newburyport Council on Aging, in conjunction with the FRIENDS of Newburyport Council on Aging present:

Day Trips and Overnight Trips

Call the Newburyport Council on Aging to reserve a seat on any of these trips: 978 462 8650
Reservations are not confirmed until payment in full is received.



Monday, October 4, 2010

Foxwoods

\$30.00

The bus leaves from the Elks Hall in Low Street in Newburyport at 7:00 a.m. and returns to that location by 8:00 p.m.

October 7, 2010

Ogunquit Playhouse – CHICAGO the musical

\$90.00

Depart from Newburyport at 11:00 a.m. for Ogunquit Maine. Lunch at Jonathan's Restaurant – you choice of chicken piccata or shrimp and scallop stuffed filet of sole. Enjoy the matinee performance of Chicago from excellent, reserved seats at the Ogunquit Playhouse. Return to Newburyport before dark.

October 20, 2010

Oktoberfest

\$74.00

Depart Newburyport at 7:30 for Sturbridge MA for "Oktoberfest" featuring the authentic sounds of the Oberlaendler Hofbreau Band and a big Oktoberfest lunch with German beer. Return to Newburyport by 6:00 p.m.

November 4, 2010

Foxwoods

\$30.00

The bus leaves from the Elks Hall in Low Street in Newburyport at 7:00 a.m. and returns to that location by 8:00 p.m.



November 7-9, 2010

Atlantic City, Renault Winery & Cape May, New Jersey

Tour includes Deluxe accommodations for two nights at Bally's Resort & Casino in Atlantic city, a tour of Victorian Cape May, the US coast Guard Base, Cape May Pointe State Park, the Emlen Physick Estate, a trolley tour of Cape May's Historic District, shopping at the Washington Street Mall, dinner, tour and wine tasting at the Renault Winery and Deluxe Yankee Line motorcoach transportation.

Monday, Dec 6, 2010

Foxwoods

\$30.00

The bus leaves from the Elks Hall in Low Street in Newburyport at 7:00 a.m. and returns to that location by 8:00 p.m.



December 6, 2010

Mele Kalikimaka \$72

Tour includes a holiday luncheon of Prime Rib or Baked Stuffed Chicken followed by a Christmas Show at HuKeLau in Chicopee, MA – then a Riding Tour of Bright Nights at Forest Park in Springfield, MA – the #1 spectacular holiday light display in all of New England.



December 13

Holiday Pops at Symphony Hall in Boston \$80

Only a few seats remain for this 4:00 p.m. performance!

Ticket price includes motorcoach transportation from Newburyport.

Shopping in Seabrook

The Council on Aging van brings passengers to Seabrook once each month for 90 minutes of shopping at Home Depot, or Wal-Mart or TJMaxx or Kohl's. The requested donation for this outing is \$5 per person. Seats fill up quickly so please call the COA office soon and make your reservations for any – or all – of the following shopping dates:

Thursday October 14

Thursday, November 18

Thursday, December 9

Massachusetts Bay Transportation Authority



Massachusetts Bay
Transportation Authority



Reduced Fares

T fares and passes are reduced for seniors, persons with disabilities, passengers who are blind/visually impaired and junior-high and high school students.

Seniors

Seniors (65+) can ride local buses for \$0.40 cents inner express buses for \$1.40, and outer express buses for \$2.00. Seniors can also ride MBTA subway service for \$0.60 cents and commuter rail or boat services for 50% off the regular full fare and for a discounted fare to Logan. In addition, seniors can purchase a monthly pass (good for unlimited travel on local bus and subway) for \$20.

Discounted rides and passes require a Senior CharlieCard available at the Reduced Fare CharlieCard Office located at Back Bay Station and at Downtown Crossing Station. Office hours for both locations are Monday through Friday, 8:30a.m. - 5:00p.m. (closed on holidays). Call 617-222-5976, 617-222-5854 (TTY), or 1-800-543-8287 for more information.

Customers with Senior IDs issued prior to May/June 2005, must obtain a new Senior CharlieCard, available at the two locations noted above.

Safety Tip

Put your car keys with the remote beside your bed at night.

Tell your spouse, your children, your neighbors, your parents, your Dr's office, the check-out girl at the market, everyone you run across. Put your car keys beside your bed at night.

If you hear a noise outside your home or someone trying to get in your house, just press the panic button for your car. The alarm will be set off, and the horn will continue to sound until either you turn it off or the car battery dies.

This tip came from a neighborhood watch coordinator. Next time you come home for the night and you start to put your keys away, think of this: It's a security alarm system that you probably already have and requires no installation. Test it. It will go off from most everywhere inside your house and will keep honking until your battery runs down or until you reset it with the button on the key fob chain. It works if you park in your driveway or garage.

If your car alarm goes off when someone is trying to break into your house, odds are the burglar/rapist won't stick around. After a few seconds, all the neighbors will be looking out their windows to see who is out there and sure enough the criminal won't want that. And remember to carry your keys while walking to your car in a parking lot. The alarm can work the same way there. This is something that should really be shared with everyone. Maybe it could save a life or a sexual abuse crime.

Do Not Call / Do Not Mail Programs

Massachusetts DO NOT CALL number: 1-866-231-2255 to register by phone

Federal DO NOT CALL number: 1-888-382-1222 to register by phone

If you have a CELL PHONE, please use it to place that number on the DO NOT CALL list: 1-888-382-1222.

The web sites for the No Not Call Program are

www.madonotcall.govconnect.com/welcome.asp

www.donotcall.gov/register/Reg.aspx

Do Not Mail List 1-888-690-2252 or www.directmail.com/directory/mail_preference/

Disabled Parking Placard Applications are Available at the Council on Aging

Disability Placards for a car windshield are issued to qualified Massachusetts residents on a temporary or permanent basis.

Applicants do not need to own a car to qualify and there is no fee for the placard.

Food Stamp Applications are Available at the Council on Aging

When people are on a fixed income, Food Stamp benefits can help to stretch the budget. Eligibility for Food Stamps is determined by certain guidelines:

1 person household – Monthly Income below \$1,734

2 person household – Monthly Income below \$2,335

For more information call the Dept of Transitional Assistance: 978-725-7100

Safe Disposal of Medicine and Drugs

The Newburyport Police station has a 'Drop Box' where medicine, pills and drugs can be disposed of safely. Never throw old, unused or unwanted pills in the trash. Don't flush medicine down the drain. Keep your prescriptions away from visitors and grandchildren. Clean out your medicine chest and bring everything that is outdated, not needed or not used to the police station for safe and proper disposal.

For more information call the Newburyport Police Department: 978-462-4411.

File Of Life

Imagine this scenario. An elderly woman becomes dizzy and falls, but she manages to push her emergency alert button before passing out. What happens to the woman once the EMTs arrive if they cannot quickly figure out what her medical history is? Does she have any existing conditions? Is she taking any medications? Does she have allergies? This frightening scenario is all too common for elders and the emergency medical responders who treat them. That's why the File of Life, a mini-medical history, was developed and is promoted by the Council on Aging. The File of Life card enables medics to obtain a quick medical history when the patient is unable to offer one. The card eliminates the risk of the patient, who, in a frightened state may forget to mention something important. The card is kept in a red plastic pocket labeled FILE OF LIFE. It lists the patient's name, emergency medical contacts, health problems, medications, dosages, allergies, recent surgeries, doctor's name and insurance information. The entire packet is held with a magnet to the outside of the refrigerator. A smaller version can be carried in a wallet or purse. For more information call the Council on Aging: 978-462-8650.

FILE OF LIFE	
<small>LAW ENFORCEMENT RESCUE FIRE</small> TRIAD <small>SUPPORT/PROTECTIVE SERVICES</small>	Name: _____
	Address: _____
Doctor: _____	Phone#: _____
EMERGENCY CONTACTS	
Name: _____	Phone#: _____
Address: _____	
Name: _____	Phone#: _____
Address: _____	

