



Newburyport Council on Aging

Senior Citizen News

331 High Street

Newburyport, Massachusetts 01950

978-462-0430

RRobillard@cityofnewburyport.com

Donna Holaday, Mayor
www.cityofnewburyport.com

NOVEMBER 2016

The MISSION of the Council on Aging is:

to advocate for older adults, to identify their needs, to develop and implement services and programs to meet their health, economic, social and cultural needs, to encourage maximum independence, and to improve their quality of life.

The Senior/Community Center is open Monday through Friday from 8 am to 4 pm.

Council on Aging Staff:

DIRECTOR

Roseann Robillard

ASSISTANT TO THE DIRECTOR

Janet Kalashian

ACTIVITIES COORDINATOR

Mary Kelly

DRIVERS

Jody Desmond, Bob Dwan
Christina Rushton-Power

NUTRITION COORDINATOR

Cindy Lee Rand

OFFICE VOLUNTEERS

Ann Marie Baia, Trudy Thompson
Maryann Humphries, Meg DeGive
Patty Smyrski, Elaine Paglia,
Nancy Brogden, Rebecca Huard

BOARD MEMBERS

Frances Munroe, President
Charles Carroll, Vice President
Frances Reslewic, Secretary
Richard Eaton, Miller Graf
Jane Kelley, Jo An Kincaid
Yvonne McQuilken, Cynthia Muir
Jack Ronan

The next scheduled COA Board Meeting will be November 17th

Annual Meeting

The Friends of the Newburyport Council on Aging will hold its 20th Annual Membership Meeting on Tuesday, November 15, 2016 at 3:00 p.m. in the Senior/Community Center, 331 High Street. Age is irrelevant - everyone is invited and encouraged to attend! Ben Iacono, FoNCoA President, will welcome the guests, and will review what the Friends group has been involved with, and what has been funded, this past year. Guest speakers will be Newburyport Mayor Donna Holaday, and Newburyport Council on Aging Director Roseann Robillard, who will review the daytime, evening and weekend uses of the Center as it (and we) celebrate its first birthday! There will be a short business meeting, followed by refreshments. The ever popular November raffle calendars will be sold, and people can renew or establish their annual memberships - still \$5! We hope to see you there.

Calendar Raffle in November

The Friends of Newburyport Council on Aging is preparing for the Fourth Annual Calendar Raffle. The fundraiser is an exciting, fun and easy way for the Friends to raise money to assist the Council on Aging with excellent services and programs. Raffle Calendars will be sold for \$10 each. During the month of November one raffle ticket will be drawn each day. The holder of that ticket will win the amount of money assigned to that day. After the raffle ticket is drawn, it is placed back into the raffle so that each entry has a chance to win every day of the month! Cash prizes will range from \$50 to \$200 every day. Winners will be notified and will receive a check in the mail from the Friends.



The Mass Senior Action Council is a 35 year old state wide organization of seniors like you, working to ensure the best for their future wellbeing by influencing legislation touching all areas of their daily lives. Locally we have already helped reinstate the local MVRTA bus into the South end of Newburyport with a stop at the James Steam Mill. Our local meetings are for all who live in the Greater North Seacoast of Massachusetts.



The Mass Senior Action Council; North Seacoast will meet on Friday, November 18th at 10:00 at the Newburyport Senior Center, 331 High St. Newburyport. All area adults are invited, you do not need be a member. There will be time for coffee and socializing with new and old friends. A short business meeting will inform about our past, future, and statewide successful campaigns to improve the wellbeing of senior populations.



Newburyport Senior/Community Center Activities now has a **FACEBOOK** page. Check it often for event and schedule changes.

MAH JONG Similar to the Western card game rummy, Mahjong is a game of skill, strategy, and calculation and involves a degree of chance. MahJong is played at the Senior/Community Center every Thursday from 1-3 pm. People who want to learn how to play are invited to join a 'beginners table' in September, with a teacher who has been playing the game for 55 years. Register for the 'beginners table' by calling the Council on Aging, 978-462-0430

VOLUNTEERS WANTED Newburyport Youth Services is looking for volunteers to provide homework support from 2-4pm Mon-Thurs at the Rec Center. Volunteers are asked to make a commitment to volunteer throughout the school year and can help one or two days a week. The Rec Center is open to students in grades 6, 7 and 8. General knowledge and enjoying young people is all that we require! If you are interested, please contact Lee Gordon at 978-465-4434 or lgordon@cityofnewburyport.com

FLU SHOTS Newburyport residents still in need of a Flu Shot can get vaccinated at the Health Dept in City Hall. The High Dose vaccine is still available for residents aged 65+. To schedule a free flu shot, call the Health Department at 978-465-4410..

NOVEMBER IS . . .

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|-------------------------------------|----------------------------------|
| Banana Pudding Lovers Month | Diabetic Eye Disease Month |
| National Peanut Butter Lovers Month | National Pepper Month |
| Family Stories Month | Gluten-Free Diet Awareness Month |
| National Fun with Fondue Month | National Gratitude Month |
| National Raisin Bread Month | Spinach and Squash Month |



CHESS PLAYERS WANTED

Men and women are invited to the Newburyport Senior/Community Center to enjoy a regular game of chess during the winter months and beyond. Interested residents of the greater Newburyport area are asked to call the Council on Aging office , 978-462-0430. Let us know if you're a beginner, an intermediate or an expert player. We will obtain the necessary chess boards/pieces and will add 'chess club' to the schedule.

NOVEMBER Program Calendar

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p>For More Information about programs Call Mary Kelly 978-462-0430</p>	<p>1 <i>Brown Bag Day</i> 9:00 Ballet/Tap 10:00 Coffee Talk 11:00 Meditation 11:30 B.P. check 1:00 Bridge 12:00 Oil Painting 1:00 PING PONG!</p>	<p>2 9:00 Exercise to Music 9:00 Hearing checks 10:00 French group 1:00 Community Day</p>	<p>3 9:00 Zumba Gold 9:00 Foot Care 10:00 Ballet/Tap 12:00 Abstract Art 12:00 Reiki 1:00 Mah Jongg 2:30 Yoga</p>	<p>4 9:00 Exercise to Music 9:00 Dental Clinic 10:00 Sewing Group 10:00 + 11:00 Tai Chi 12:00 Bingo! 1:00 Massage Therapy 1:00 Ping Pong 1:00 Cribbage + 45s 1:00 Picture Coloring</p>
<p>7 8:00 Health Insurance 9:00 Exercise to Music 1:00 Card Making</p>	<p>8 9:00 Ballet/Tap 10:00 Coffee Talk 11:00 Meditation 1:00 Bridge 12:00 Oil Painting 1:00 PING PONG!</p>	<p>9 9:00 Exercise to Music 10:00 Knit for Newborns 10:00 French group 1:00 Community Day 1:30 <i>Retired Readers</i></p>	<p>10 8:30 Legal Consults 9:00 Zumba Gold 10:00 Ballet/Tap 12:00 Abstract Art 12:00 Reiki 1:00 Mah Jongg 2:30 Yoga</p>	<p>11 9:00 Exercise to Music 9:00 Reiki (by appt) 10:00 Sewing Group 10:00 + 11:00 Tai Chi 12:00 Bingo! 1:00 Ping Pong 1:00 Cribbage + 45s 1:00 Picture Coloring</p>
<p>14 8:00 Health Insurance 9:00 Exercise to Music 1:00 Card Making</p>	<p>15 9:00 Ballet/Tap 10:00 Coffee Talk 11:00 Meditation 11:30 B.P. check 12:00 Oil Painting 1:00 Bridge 1:00 PING PONG!</p>	<p>16 9:00 Exercise to Music 10:00 French group 1:00 Community Day</p>	<p>17 9:00 Health Insurance 9:00 Zumba Gold 9:30 COA Board Mtg. 10:00 Ballet/Tap 12:00 Abstract Art 12:00 Reiki 1:00 Mah Jongg 2:30 Yoga</p>	<p>18 9:00 Exercise to Music 10:00 Sewing Group 10:00 + 11:00 Tai chi 12:00 Bingo! 1:00 Massage Therapy 1:00 Ping Pong 1:00 Cribbage + 45s 1:00 Picture Coloring</p>
<p>21 8:00 Health Insurance 9:00 Exercise to Music 1:00 Card Making</p>	<p>22 9:00 Ballet/Tap 10:00 Coffee Talk 11:00 Meditation 12:00 Oil Painting 1:00 Bridge 1:00 PING PONG!</p>	<p>23 9:00 Exercise to Music 10:00 French group 1:00 Community Day</p>		
<p>28 8:00 Health Insurance 9:00 Exercise to Music 9:00 Watercolor Painting 1:00 Card Making</p>	<p>29 9:00 Ballet/Tap 10:00 Coffee Talk 11:00 Meditation 12:00 Oil Painting 1:00 Bridge 1:00 PING PONG!</p>	<p>30 9:00 Exercise to Music 10:00 French group 1:00 Community Day</p>		

NOVEMBER Menu

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p>Lunch is Served at 11:15 a.m. Please call in your Lunch Reservation 2 days ahead. 978-462-0430</p>	<p>1 Baked Fish Sweet Potatoes Mixed Veg Wheat Bread Yogurt</p>	<p>2 Soup Lemon Pepper Chickn Brown Rice Peas Honey Wheat Roll Sliced Pears</p>	<p>3 Meatloaf – gravy Mashed Potatoes Green Beans Natural Grain Bread Fresh Orange</p>	<p>4 Stuffed Shells Marinara Sauce Spinach Italian Bread Mixed Fruit</p>
<p>7 Chicken Drumstick Sweet Sour Sauce White Rice Mixed Veg Natural Grain Bread Fresh Pear</p>	<p>8 Alfredo Lasagna Zucchini Italian Bread Gelatin</p>	<p>9 Soup Hamburger w/ cheese Ketchup & Mustard Carrots Hamburger Roll Mandarin Oranges</p>	<p>10 Beef Stew Steamed Potatoes Biscuit Cake</p>	<p>11 Veteran's Day No Meals served</p>
<p>14 Hot Dog Baked Beans Chef's choice Veg Hot Dog Roll Fresh Orange</p>	<p>15 Chicken Bruschetta Pasta Broccoli Italian Bread Pudding</p>	<p>16 Soup Veg & Cheese Frattata Vegetable Orzo Peas Natural Grain Bread Sliced Peaches</p>	<p>17 Turkey w/ gravy Mashed Potatoes Stuffing Cranberry Sauce Gr Bean Casserole Dinner Roll</p>	<p>18 Mac & Cheese with Crumb Topping Brussels Sprouts Honey Wheat roll Sliced Pears</p>
<p>21 Baked Chicken Gravy Rice Pilaf Corn & red peppers Natural Grain Bread Cookie</p>	<p>22 Baked Ham Raisin Sauce Mashed Potatoes Carrots Dinner Roll Pineapple</p>	<p>23 Soup Pasta and Meatballs Marinara Sauce Zucchini Italian Bread Mandarin Oranges</p>		
<p>28 Sliced Pork Gravy Butternut Squash Rice Wheat Bread Applesauce</p>	<p>29 Shephard's Pie (Ground Beef, Gravy, Mashed Potato + Corn) Italian Bread Fresh Orange</p>	<p>30 Soup Chicken Cordon Blue Roasted Potatoes Peas Whole Wheat Roll Mixed Fruit</p>	<p>Requested Donation \$2</p>	

KNITTERS FOR NEWBORNS is a group of creative adults who share their enthusiasm for yarn, crochet hooks and knitting needles. They make caps and afghans for every baby born at the Anna Jaques Hospital. Written instructions for the projects and a small supply of yarn are available. The group meets at the Senior/Community Center at **10 a.m. on the second Wednesday of each month.** The program is free and anyone interested is invited to attend.

FALL ARTS LECTURE SERIES

- Pastel Painting – Thursday, November 3rd 10-11a.m. in the Art Room
Skip Motes is well known in the area and will explore the various types of pastel painting. Skip will bring some of his art and will discuss details of his work and experiences with pastels.

WANTED: Cribbage players and 45's players! Come to the Senior Center on Fridays at 1 pm and play cards in our cool, comfortable Community Room.

SEWING CIRCLE continues to meet at the Senior/Community Center on Fridays from 10:00 a.m. until Noon in the craft room on the 2nd floor. All materials are provided.

DOG/CAT FOOD We recognize that pets are important companions. The cost of their care and feeding can put a strain on the budget. The Animal Control Officer in Newburyport supplies the Council on Aging with dog/cat food. If you need some, ask at the Reception Desk in the Senior/Community Center

NEED A RIDE?

The Council on Aging administers a curb-to-curb Transportation Program for Newburyport elders and for disabled non-elders. There are two 14-passenger vans on the road Monday through Friday from 8:00 a.m. until 3:30 p.m. The most commonly requested destinations are grocery stores, medical offices, pharmacies and banks, but the vans will shuttle from any Newburyport home to any other Newburyport address. All passengers are asked for a \$1 donation each time they board the van to help defray the cost of gasoline. The drivers are paid, full-time City employees.

Elders needing transportation to medical appointments outside of Newburyport can call the Council on Aging 'NEET' Program. NEET (Northern Essex Elder Transport) is a team of volunteer drivers who use their own cars. The suggested donation for a NEET ride is \$0.43 per mile.

All requests for rides and questions about the Transportation Program should be directed to Janet Kalashian at the Council on Aging office. Janet can be reached at 978-462-0430 or at JKalashian@cityofnewburyport.com.

Do Not Ignore Medicare Mail!

It's that time of year again! If you have a Medicare Prescription Drug Plan or a Medicare Advantage Plan (HMO, PPO), you should expect information from your plan by the end of September. *This information is important because it explains changes in your plan for 2017.* During Medicare Open Enrollment (October 15 - December 7), you will have a chance to CHANGE your plan for next year. SHINE Counselors can help you understand your plan changes, as well as other options you may have. Call early to get a SHINE appointment during Open Enrollment! Do Not Wait Until It's Too Late!

Trained SHINE volunteers offer free, confidential counseling on all aspects of Medicare and Medicare-related health insurance programs. To schedule a SHINE appointment, call your local Senior Center. For other SHINE related matters, 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 number. A volunteer will call you back as soon as possible.

Learn about your Medicare Options with Fallon Health

Join Fallon Health at an informational presentation to learn about the Medicare Advantage and Medicare Supplement plan options available to you. Fallon offers plans that meet the needs and budget of almost anyone. And, with more than 35 years of providing coverage to those with Medicare, Fallon has become a plan that people can rely on. A Fallon representative will be at the Newburyport Senior/Community Center on Monday, November 14 at 1pm

Affordable healthcare is something that all Americans deserve. Before the Affordable Care Act (ACA), millions of people and their families were at risk of financial ruin because they were uninsured. Health insurance companies could also deny health insurance coverage due to a preexisting condition like cancer or diabetes. Fortunately, you are now protected with the ACA.

Open enrollment under the Affordable Care Act begins November 1 and lasts until January 31, 2017. If you want your coverage to begin on the first of the year, you will have to enroll by December 15. Now is the time to compare healthcare plans so that you can find the best one for you. You and your clients can learn more about the Health Insurance Marketplace and how to apply for benefits at www.healthcare.gov.

Signed into law on March 23, 2010, the Affordable Care Act provides Americans with better health security by expanding coverage, lowering healthcare costs, guaranteeing more choice, and enhancing the quality of care for all Americans. As of March 2016, 20 million people have gained health insurance coverage—more than 6 million of them uninsured young adults—because of the Affordable Care Act. We now have the lowest uninsured rate in the country's history.

No matter who you are, you are entitled to affordable healthcare. It's a crucial part of securing today and tomorrow. The Affordable Care Act also ensures that even if you have a preexisting condition you will be covered.

If you are already covered and want to change your plan, this is the time to do it. Factors might have changed over the last year that would make you want to update your coverage. Even if you're just curious about the many plans in the open marketplace, you can compare healthcare plans at www.healthcare.gov.

Having coverage for you and your loved ones is a critical part of a healthy and happy life. Make sure you're covered with the plan that best suits you.

Council on Aging Offers Many Services

- Durable Medical Equipment to borrow (walkers, wheelchairs, commodes, tub benches, etc.)
- Document Lamination and Shredding
- Assistance with Applications (Food Stamps, Housing, Fuel Assistance, Handicap Placard, etc.)
- Lending Library for books and puzzles
- Daily Lunch Program
- Weekly Conversation Group on Tuesday mornings
- Coloring Books, Colored Pencils and Markers for independent quiet enjoyment
- Free Computer Help

Brown Bag Program

Each month, participants in the Brown Bag Program receive a bag of free groceries. A typical Brown Bag contains perishable and shelf-stable foods including cereal, beef stew, canned tuna, spaghetti, pasta sauce, raisins, apple juice, instant oatmeal, produce and cheese. There is **no cost** involved. The program is a collaboration of the Greater Boston Food Bank and Elder Services of Merrimack Valley, Inc.



Brown Bag Recipients must be 60 years of age or older or a disabled adult living in elder housing and must be low income, as measured by participation in (or eligibility for,) at least one program for which proof of income has been demonstrated. This includes enrollment in Mass Health, Food Stamps, SSI, Medicaid, Fuel Assistance, or similar programs, which establish that recipients earn a maximum of \$21,978 yearly for a single person, \$29,637 yearly for a couple.

Applications for the Brown Bag Program are available at the Newburyport Senior/Community Center. When enrolled in the program, Newburyport participants receive their Brown Bag on the first Tuesday of each month. The Newburyport Council on Aging will deliver bags to the homes of Newburyport residents, or the bags can be picked up at the Senior/Community Center.



VASA is hiring managers, sous chefs, a pastry chef, servers, bartenders, line cooks, oyster shuckers, dishwashers, hosts, valets, food runners, and more for our opening in December 2016. Application forms are available at the Newburyport Council on Aging office. Job application can be completed on the website at – www.vasawaterfront.com or email it to jobs@vasawaterfront.com

VASA needs great people and that means you!

VASA is committed to excellence in our menu and in our team. We offer insurance, a healthy and clean work environment, an aggressive pay scale, hiring bonuses, and additional benefits in our employment package. Experience is preferred, but not necessary. We have a strong training program and are willing to train. VASA will be a regional destination; a place you will be proud to work and we will be proud to have you on our team. We are seeking team members who want a career in hospitality not “just a job.”

RMV Near Me

Need to renew your driver's license or your car's registration? Maybe you can skip a trip to the Registry of Motor Vehicles by renewing online! There is a very 'user friendly' website for computer users to access:

www.massrmv.com

Several of the most common RMV transactions can be easily started and often completed online, thus decreasing wait times at registry branches. These include license renewals (for licensed drivers younger than age 75), registration renewals, change of address, and duplicate license or registration. If you need assistance with an online transaction, the Newburyport Council on Aging might be able to help you. Call the COA at 978-462-0430 to schedule an appointment for assistance in the Computer Lab at the Senior/Community Center. The www.massrmv.com web site also provides the location, hours of operation AND current wait times at each of the RMV branch offices. The Registry of Motor Vehicles is affiliated with many AAA offices, including the one at Port Plaza in Newburyport. AAA members can visit that convenient location for many RMV services.



Massachusetts
Registry of Motor Vehicles

Social Security Announces Benefit Increase for 2017

Monthly Social Security and Supplemental Security Income (SSI) benefits for more than 65 million Americans will increase 0.3 percent in 2017, the Social Security Administration announced late last month.

The 0.3 percent cost-of-living adjustment (COLA) will begin with benefits payable to more than 60 million Social Security beneficiaries in January 2017. Increased payments to more than 8 million SSI beneficiaries will begin on December 30, 2016. The Social Security Act ties the annual COLA to the increase in the Consumer Price Index as determined by the Department of Labor's Bureau of Labor Statistics.

Some other adjustments that take effect in January of each year are based on the increase in average wages. Based on that increase, the maximum amount of earnings subject to the Social Security tax (taxable maximum) will increase to \$127,200 from \$118,500. Of the estimated 173 million workers who will pay Social Security taxes in 2017, about 12 million will pay more because of the increase in the taxable maximum.

Information about Medicare changes for 2017, when announced, will be available at www.Medicare.gov. For some beneficiaries, their Social Security increase may be partially or completely offset by increases in Medicare premiums. The Social Security Act provides for how the COLA is calculated.

To read more, please visit www.socialsecurity.gov/cola.



NEWBURYPORT COUNCIL ON AGING TRIPS

Please note: Reservations cannot be confirmed until payment is received. For details and to sign up for one of our group tours please contact the Council on Aging in Newburyport @ 978-462-0430.

November 17 - Silver Sizzle Review @ Luciano's Lake Pearl, Wrentham, MA – Featuring performances by former Radio City Music Hall Rockettes, great comedy and a *Holiday Roast Turkey Dinner*. \$89pp payable to Best of Times.

December 5 – A White Mountain Christmas @ Indian Head Resort – Located in Lincoln, NH; includes Luncheon Buffet, Welcome Reception, photo with Santa, dance band, floor show, Christmas Carol sing-alongs and a gift for all. \$76pp payable to Royal Tours.

December 7 – O Sole Trio @ Danversport Yacht Club. This versatile musical trio performs a Festive Holiday Program packed with your favorite hits of the past along with Holiday Classics. Includes lunch (choice of Chicken Parm w/Penne Pasta or Baked Scrod). \$89pp payable to Best of Times.

December 31 – New Year's Eve Day Trip @ Danversport Yacht Club. Featuring Award Winning Singer Lydia Harrell and dancing to the Lovely Singer Orchestra. Includes Show, Luncheon (choice of Stuffed Chicken Breast or Baked Scrod), Party Favors & Champagne Toast. \$95pp payable to Best of Times.

May 1-5, 2017 – Niagara Falls & Toronto – Includes a journey to the Falls on a Hornblower Niagara Cruise. Visits to beautiful Queen Victoria Park, historical Niagara-on-the-Lake, engineering marvel the Welland Shipping Canal and Fallsview Casino. Tour of cosmopolitan Toronto, including majestic Casa Loma. 5 Days/4 Nights; 8 Meals (4 Breakfasts/4 Dinners). \$499pp Dbl/\$658 Sgl. **\$75 on sign up reserves your seat.**; final payment due 02/22/17.

May 19-21, 2017 – New York City – Includes visits to 09/11 Museum & Memorial; Ferry Ride to Liberty & Ellis Island w/Admission to Statue of Liberty. Free time to explore the city; enjoy museums, shows, sightseeing, shopping, etc. at your own pace. 3 Days/2 Nights; American Breakfast Buffet each morning. \$599pp Dbl/\$879 Sgl. **\$50 on sign up confirms your reservation**; final payment due 04/07/17 payable to Best of Times.



ADULT FOSTER CARE (AFC) is a Mass Health program for frail elders and people with disabilities 16 years or older that cannot live alone safely and therefore reside with a caregiver who provides full time support. Support may be in the form of supervision & guidance, hands on support or total assist with Activities of Daily Living to include but not be limited to; oversight and/or support with bathing, dressing transferring, ambulating and eating. The living situation may be in the home of the participant or the caregiver. The caregiver is entitled to a monthly tax free stipend for compensation as determined by the Level of Care provided. Both the participant and the caregiver must qualify for the AFC program, the assessment process is simple and friendly conducted by an AFC Registered Nurse and Care Manager through Community Enterprises, Inc.

If you think this situation applies to you or to someone you know, we encourage you to contact either Kristin Hill, RN CCM or Shellie Walsh at Community Enterprises, Inc. They will be glad to further explain the details of this very beneficial home based program.

The premise of the program and strong belief is that people should have the right and opportunity to age at home and there are support systems in place that allow for this to happen.

Community Enterprises, Inc.
Adult Foster/Family Care Program
3 Heritage Way, Suite 5
Gloucester, MA 01930
#978-879-4246

Contacts :

Shellie Walsh

swalsh@communityenterprises.com

Kristin Hill RN CCM

Khill@communityenterprises.com

COMMUNITY DAYS – Wednesdays at the Senior/Community Center

Wednesday, November 2nd ay 1:00 - Don't become the target of a scam

Sara Spaulding from The Provident Bank will be doing a presentation on how to protect yourself from a scam including fake checks from craigslist or mystery shoppers and calls from the IRS. This is more important than ever especially with the holidays coming up. Don't become a victim and come on by Wednesday November 2nd at 1pm to learn more. There will be a sign-up sheet at the Center.

November 16th at 1:00 - The Older and Wiser Driver

This one hour AAA program titled *The Older and Wiser Driver*, presents practical information on how seniors can compensate for the physical changes that affect their ability to drive. The presentation focuses on vision, cognition, physical fitness, and the side-effects of common medications on driving.



This monthly newsletter is available both electronically and in hard copy. Distribution is made possible in part by grants from the Massachusetts Executive Office of Elder Affairs and from the Friends of Newburyport Council on Aging. Call the Council on Aging to add your name to the mailing list and provide your email address.

