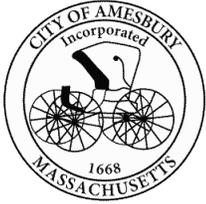


Amesbury Council on Aging



Resource Guide



Mayor Ken Gray

Senior Community Center
68 Elm St
Amesbury, MA 01913
978-388-8138
Fax 978-388-8144

Mon-Thur 8a- 4p(4-5 by apt.)
Fri 8am to 3pm
www.amesburyma.gov

Director

Annmary I. Connor, LICSW
connora@amesburyma.gov

ACE

Assistant Director/Outreach

Doreen Brothers, M.A. LSW
brothersd@amesburyma.gov

Vanessa Kahrman
Kahrmanv@amesburyma.gov
Mikayla Higgins
Higginsm@amesburyma.gov
Russell Darling
darlingr@amesburyma.gov

Volunteer Coordinator

Jeanne Marie

Activities Coordinator

Carolyn Levesque

Activities Assistant

Vicky Sherwood

Greenleaf Club

Valarie Enos,
Cheryl Merrill
Brandi Thompson

N.E.E.T

Mary Jo Sullivan

Nutrition Program: MVNP

Jennifer, Site Manager

Resources

Amesbury Housing Authority
978-388-2022

Alzheimers's Association
1 800 272 3900

**American Consumer Credit
Counseling**
1-800-769-3571

Community Action
978-388-2570
M,T 9a-3p
The 11a-6p

**Elder Services of Merrimack
Valley**
1-800-892-0890
Meals on Wheels Ext 490

**FUEL ASSISTANCE
(Community Action –Haverhill
office)**
978-373-1971

Mass Save
1-866-527-7283

**Merrimack Valley – North
Shore Legal Services**
1-800-427-2521

MVRTA
978-469-6878

**Northeast Independent Living
Center**
978-687-4288
1-800-845-6457

Our Neighbors' Table
978 388 1907

Resources

Veterans Agent
Kevin Hunt
978 465-4418

Town Departments

Clerks
978-388-8100

DPW
978-388-8116

Fire
911
978-388-1333

Library
978-388-8148

Mayor
978-388-8121

Police
911
978-388-1212

Meetings

COA board: Second Thursday of
the month at 4pm

FCOA : Third Thursday of the
month at 3pm

Council On Aging Mission Statement

*To advocate for older adults, to
identify their needs, to meet their
health, economic, social and cultural
needs, to encourage maximum
independence and to improve their
quality of life.*

We are FACEBOOK!

~TRANSPORTATION~

IN-TOWN TRANSPORTATION: FREE transportation is available to residents age 60 and older when traveling *within Amesbury*. The COA schedules for all in-town transportation. All requests must be made at least 2 *business days in advance* and callers must provide information such the address where you are going. In-town transportation is perfect for traveling to the senior center, shopping, etc... On Fridays at 1pm the bus takes you to Stop & Shop in Amesbury/Market Basket in Newburyport. Rides are scheduled on the half hour/hour based on availability. If you are in need of a ride, please contact the Amesbury Senior Community Center.

MERRIMACK VALLEY REGIONAL TRANSIT AUTHORITY (MVRTA): Offers EZ Trans – curb to curb wheelchair accessible, shared ride service for residents traveling outside of Amesbury. Transportation is offered to: Andover, Amesbury, Haverhill, Lawrence, Merrimac, Methuen, Newburyport, North Andover and Salisbury. EZ Trans also offers ADA service to those who are disabled. Contact Doreen at 978-388-8138 to fill out an application or call MVRTA 978-469-6878 Office of Special Services (select option 3 on the menu when prompted) to schedule a ride.

BUS TICKETS: MVRTA charges \$20.00 for 10 one-way rides using EZ Trans. For your convenience we offer these books on sale at the center.

MVRTA: Medi-Ride

The Merrimack Valley Regional Transit Authority (MVRTA) has a Medi-Ride transportation service for MVRTA Special Services customers to travel from the MVRTA service area to the Lahey Clinic in Peabody and to 14 hospitals in the City of Boston for access to their medical appointments. The service currently serves the greater Newburyport area (including Amesbury) on *Thursdays*. If your medical appointment is on a day other than Thursday, please call the Office of Special Services and they will do their best to accommodate you.

All medical appointments in Boston should be scheduled between the hours of 11:00 AM and 1:30 PM and all medical appointments at Lahey Clinic in Peabody should be scheduled between the hours of 10:30 AM and 2:00 PM. The van will be departing Boston and Peabody no later than 3:30 PM. The rate of fare for all MVRTA Special Services eligible individuals will be \$8.00 cash one-way or \$16.00 cash round-trip. Any customer may have one companion accompany them for a fare of \$4.00, on a space-available basis.

MVRTA Special Services customers may make a reservation for this service by calling the MVRTA Office of Special Services at telephone (978) 469-6878, "Option 3". Reservations may be made no more than 14 days in advance of the date of service, but at least one week (seven days) prior to the day of the trip.

NEET: Northern Essex Elder Transport is available for out-of-town medical appointments. If you are not able to use MVRTA and have no one to take you to your medical appointment, please call Jeanne G. @978-388-8138 and leave her a message. Please request a ride at least 2 working days before your appointment. Contact Cathy Fairchild at NEET 978 388 7474 to become a driver. *Be a NEET Volunteer!*

PT 1: Mass Health Medical Transportation

If you are on standard Mass Health you may be eligible for medical transportation to your physician appointments for FREE. Contact your Primary Care Doctor to sign up for this, this includes trips to Boston. If you want more information please contact Annmary or Doreen at the Senior Community Center.

~INTERGENERATIONAL PROGRAMMING~

Everyone benefits from intergenerational programming. It keeps seniors involved in the community and also keeps them active and engaged which helps maintain physical and mental health. At the same time, youth are exposed to positive role models, which enhances communication and decision making skills

YARD WORK/SNOW SHOVELING: We have partnered with several organizations as well as have several people who have been listed as people you can pay. *For an updated list please call or stop by the senior center.*

~VOLUNTEERING AT THE SENIOR COMMUNITY CENTER~

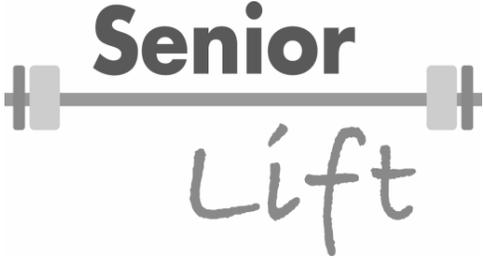
The Senior Community Center is always looking for volunteers to assist in a variety of ways: greeting, reception, friendly home visiting and more. If you are interested in becoming more involved in your community we would love to have you join us! Please contact Jeanne Marie at the Senior Community Center for more information or to make an appointment.



Gray Matters

Airing on Channel 12
Tues 4pm, Wed 9:30am
Thurs 7:30pm & Saturday 9am

Come and meet Annmary Connor, COA Director as she meets with special guests each month. Learn more about the services and resources available to you and your family.



Senior Lift

Airing on Channel 12
Sun 8am, Mon 3:30pm, Tues 11am,
Wed 10am, Fri 4pm & Sat 8am

Join Doreen Brothers Outreach Worker and Certified Personal Trainer and friends. To get started or continue on the path to wellness, join them at least 3 times per week.

Memorials

Please consider making a tax deductible donation to assist the FRIENDS in raising funds to support programming , activities and services. In memory /honor of a loved one donations will receive acknowledgement in the COA monthly newsletter. Families will be notified of your generous contribution. Please make checks payable to: Friends of the Amesbury COA.

Please accept my donation of \$ _____ in memory of _____ in honor of _____

Send letter to: _____

Donated by: _____

Thank you

~ HEALTH & NUTRITION ~

ALL SAINTS CHURCH: *Saturday 9:30am- 11am* FREE weekly hot breakfast meal.

BROWN BAG: *Tues, 1st of the month.* A FREE bag of food provided by Elder Services of the Merrimack Valley, contact the senior community center to find out if you are eligible.

COMMUNITY ACTION: Residents of Amesbury & Merrimac are eligible to use the FOOD PANTRY at Community Action in Amesbury located at *44 Friend Street.*

HEALTH NURSE: *Tues, 10:30am, 3/per month.* Stop in to address questions related to your health

HEARING CLINIC: *Tues, 2nd of the month.* Call 978-388-8138 to schedule an appointment.

FOOD DROP-OFF AT HOUSING: USDA/Brown Bags dropped off at Heritage Towers and Powow Villa and available to those who live in senior housing. Pre-registration is required. Contact Our Neighbors Table at 978-388-1907 to find out if you are eligible.

HOME DELIVERED FOOD: Weekly, in collaboration with ONT . If you are homebound please contact Doreen Brothers and find out if you are eligible for home delivered food.

MEALS ON WHEELS: *Mon-Fri, Lunch* available for homebound elders. Call Elder Services of Merrimack Valley at 1-800-892-0890 Ext 490 to make arrangements.

MEAL SITE: *Mon-Fri, 11:20am,* Lunch is served at the senior community center. Suggested donation is \$2.00 per meal for persons 60 & older, or \$4.50 for under 60. Reservations are required and should be made 2 days in advance. Remember to call if you are unable to attend. Contact *Jennifer*, Meal site Manager, at 978-388-8138 ext. 549 between 9am and 12pm.

OUR NEIGHBORS' TABLE: *Wed, 4pm- 6pm.* Free nutritious meal at Main St. Congregational Church. The MVRTA transports people to these meals. The Food Pantry is open *Fri, 10:30am- 1pm and Sat 9:30am- 12pm.*

PODIATRY CLINIC: *Fri, 2nd of the month.* The fee is \$30.00/visit. Dr. Connolly is also available to provide foot care *at home* for seniors for \$50.00/visit. Call to schedule an appointment.

PODIATRY/ FOOT CARE: Are you having trouble paying for orthotics? Podiatry? Specialized shoes? You may be eligible for assistance through a grant funded by the Amesbury Health Care Trust. Maximum is \$150 per person. Please contact Doreen or Annmary for more information.

PRESCRIPTION ASSISTANCE: If you need help paying for prescriptions please contact Doreen or Annmary to find out if you are eligible for reimbursement. Made possible by grants from the *Class of 1955* and *Central Congressional church.*

SNAP: (Supplemental Nutrition Assistance Program) Helps those who are low-income buy the foods needed for good health, such as fruits, vegetables and whole grains. To sign up call the Senior Community Center to schedule an appointment with Doreen.

USDA: (Food and Nutrition Program) Second and last Fri. and Sat. of the month pick-up at Our Neighbors Table. 1st Tues and 3rd Wednesday delivered to Heritage Towers,& Powow Villa. (Pick up in the community room) Contact Our Neighbors Table at 978-388-1907 regarding eligible.

OUTREACH/CASE MANAGEMENT: Amesbury residents are eligible for social services to address a variety of different care management. Please schedule an appointment with one of the staff/ interns.

Interns: The COA partners with many different colleges and university, this allows for the development

~ SUPPORT GROUPS AND SUPPORT SERVICES ~

LOW VISION GROUP: *1st Thurs. of the month, 1pm– 3pm.* This group provides an opportunity to learn about eye conditions, develop strategies for dealing with everyday challenges related to sight and support those experiencing similar challenges. If you have vision loss due to a diagnosed visual condition, consider joining us. Please contact Doreen for more information.

MEN'S GROUP: *Fri 9am- 11am.* Any area of concern can be discussed. Group members are caring & supportive. Confidentiality is maintained. Please contact the COA Director. Thank you Andyman Bakery for the coffee and pastries. Cost \$10 per month.

ACE CAREGIVER SUPPORT GROUP: Offers 3 support groups each month, one in Amesbury, Groveland and Newbury. Allows caregivers to come together for emotional, social and practical support. Participants must be a part of the ACE Caregiver Support Program. Call to sign up. Funded by the Tufts Health Plan Foundation.

BEREAVEMENT GROUP are scheduled at different times throughout the year and facilitated by Merrimack Valley Hospice. See the newsletter for more details.

OLDER BATTERED WOMEN'S GROUP: A joint collaboration with GLSS Courtney Hutchinson, ESMV, Jeanne Geiger and the COA. Please contact Courtney at 781 586 8607 to find out more about this confidential group.

FRIENDLY VISITORS: These volunteers visit with seniors throughout the community in order to provide companionship and respite to caregivers. To receive these services you must be a participant in the ACE caregiver support program. Contact Ashley Stuart for more information.

FUEL ASSISTANCE: The Low-Income Home energy Assistance Program (LIHEAP) has been available in Massachusetts to low-income households since 1977. Heating Assistance helps income eligible residents pay a portion of their heating bills between 11/1 and 4/30. To apply call Community Action at 978-373-1971 or Doreen at the Senior Community Center for assistance

LEGAL ASSISTANCE: Merrimack Valley– North Shore Legal Services offers FREE legal services to those age 60 and older. Priority given to greatest need. For assistance, call 1-800-427-2521.

MEET THE LAWYER/ LEGAL CLINIC: *Thurs 1x month, 8:30am:* FREE legal advice from Faith Delaney, a local attorney who works with senior citizens daily, specializes in Elder Law and has helped her own parents over the past several years. She can meet with up to 4 senior citizens each month for 15 minute intervals to discuss legal problems they may have. Faith cannot assist with credit card or criminal matters. Please contact the Senior Community Center to set up an appointment.

RENT ASSISTANCE: If you are past due on your rent and you have exhausted all of your financial resources, contact Community Action at 978-388-2570 as you may be eligible for the Emergency Food & Shelter Program (EFSP).

SHINE: (Serving the Health Information Needs of Elders): *Wed, 9:30am, -12:30pm.* This program assists elders with their health insurance needs. The SHINE Counselor assists Medicare beneficiaries of all ages including people under 60. Counselor Olyce Moore can help you process health benefit claims & complete applications. Call the Senior Community Center to schedule an appointment.

VETERANS SERVICES: Are you a veteran or the widow of a veteran? Have you ever served in the military? If so, you may be eligible for financial assistance and VA benefit programs. Please contact Kevin Hunt, Amesbury Veteran Service Agent, at 978-388-8136 to see if you qualify.

GREENLEAF SUPPORTIVE DAY PROGRAM: This program is offered Monday –Thursday with a daily fee for members of the ACE program. Call for more details.

~ARTS, CRAFTS, CARDS, GAMES, & MORE~

ART WITH CARA: Budding artist? "Art with Cara" will nurture you while the cold weather keeps you indoors with pencil, pastel, or paint. You choose and I'll teach you. Mondays 10:00 to 11:30. Fee \$5.00

BINGO: *Tues 12:15pm.* 50¢ per card. Located in the Senior Community Center Great Room.

BLANKETS 4 KIDS: Tues 10am: Help us make blankets for foster children. These blankets are being made by the tender loving hands of local residents . For more information please contact Annmary Connor.

BOOK CLUB: *Tues, 2nd of the month, 10am– 11am.* Join the club to rediscover classics as well as popular new works. Books are provided and can be found in the Senior Community Center library.

BRIDGE: *Thurs 12:30pm.* A small and enthusiastic group - looking for new players. They will teach you how to play!

BUSY NEEDLES: *Tues 9:00am. Wanted* - Individuals who love to crochet, needle work or knit. Hand crafted items on display at the Senior Community Center lobby and available for purchase. Items include sweaters, hats, blankets, scarves etc. Proceeds help support the Center.

CARDS: Please tell us at the Senior Community Center when you, a family member or friend are sick or not feeling well so we can send a *thinking of you* card.

GAME TIME: *Fri 12:30pm-3:00pm.* Join in a game of cribbage.

IRIS FOLDING: *Thurs 9:30am .* Make your own greeting cards by trying your creative hand at Iris Folding. *\$2 fee* per class. This is a detailed, independent activity with supervision. Contact Jeanne, the instructor.

OIL PAINTING: *Fri 12:30 pm-3pm.* The fee is \$20.00 for 6 classes. Pat Lambert is the instructor.

POSTAGE STAMPS: For your convenience the Senior Community Center sells single stamps or books of 20 Forever stamps. We also have applications available if you wish to purchase your stamps by mail.

WATERCOLOR PAINTING GROUP: *Wed 9:30am.* Painters of all abilities are invited to join.

Wii BOWLING: *Mon 9am.* Join other players in the Senior Community Center Game Room located on the 2nd floor. Once per month players challenge seniors from the Merrimac senior center. Day, time and location vary each month. Please call to find out more.

~INSTRUCTION~

COMPUTER CLASSES: Are offered are various cycles in our computer lab. Call to see when the next session is running

COMPUTER ROOM: Available to seniors *Mon thru Thurs 8am– 4pm & Fri 8am-3pm,* except when computer classes are being held.

"OUR TOWN:" airs weekly on Channel 12 every Thursday at 7pm and Friday at 11:30am. Check out this program produced by *Larry Frost.*

~FITNESS/ WELLNESS PROGRAMS~

AQUATIC THERAPY: Thursdays at 12:05 at the YWCA

CHAIR YOGA : *Thurs 8:30am– 9:30am*, FREE. Whitney Willman provides Yoga instruction to older adults with a wide range of abilities. These classes are being sponsored by Maplewood Care and Rehabilitation Center who is committed to short term rehabilitation, getting you stronger and keeping you active and healthy.

EXERCISE CLASS: *Mon & Wed 1:00pm– 2:00pm*, \$3 per class. Come and join the YWCA at the Amesbury Senior Center for fitness fun on one or both days!

LINE DANCING: *Thurs 1pm– 2pm*, \$3 per class. Come and have some fun learning the steps with Geri Mullen.

TAI CHI: *Fri 9:30am*, \$4 per class. Come and learn the way to inner peace through Tai Chi with Petra Horgan. -except the first Friday of the month.

ZUMBA: *Thurs 10am- 11am*, \$3 per class. A fitness program comprised of Columbian dance. Join Kerstin Olson from the YWCA and fellow seniors for this new, fun form of exercise!

Council on Aging Board

Carol Casey, Chairperson: Cynthia Costello, Secretary
Marcia Gilmore, Frankie Lallmand
Teresa Axten Lee Ford Paul. Rodgers

FCOA Officers

Betty Dion, President John Jennell, Vice President ,Dot Caverly, Secretary, Jackie Storti, Treasurer, Carol Doherty, Membership Secretary

**FRIENDS OF THE AMESBURY COUNCIL ON AGING (FCOA)
Annual Membership Drive**

If you desire to become a member or want to renew, please complete the application below and mail with \$5.00 per person for the year (Friends fiscal year runs from July 1 to June 30). To have the Carriage Town Senior Newsletter mailed to your home is an extra \$5.00 per year. **The FCOA supports all the activities at the senior center– be a member!- No age restriction!**

NAME: _____ TELEPHONE: _____

ADDRESS: _____

Fill in amount included:

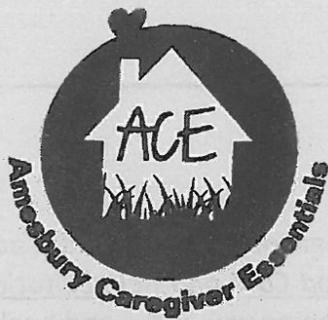
FRIENDS \$5 _____

NEWSLETTER \$5 _____

Total Enclosed \$ _____

Please mail check to: Friends of the Amesbury Council on Aging (FCOA), 68 Elm Street, Amesbury, MA 01913 or hand to the receptionist on the second floor

Please note, that ANY activities may change time and location. Please check the monthly newsletter for up to date



Caregiver Support

Provided to the Northern Merrimack Valley

This free program provides caregivers with the resources needed to manage the stress associated with caring for a loved one through case management, education and social and emotional support.

Educational and social programming will take place at the Amesbury, West Newbury and Groveland senior centers.

Case Management: ACE personnel will partner with local outreach workers to identify the needs of each caregiver, assist them in accessing community resources and follow-up with additional concerns.

Education: Seminars are scheduled based on the specific needs of our participating caregivers. Topics will cover:

- ♥ Health & Wellness
- ♥ Safety & the Home Environment
- ♥ Community Resources & Support
- ♥ Financial & Legal Aid

Social Support: A monthly support group allows caregivers to come together to give and receive emotional, social and practical support.

Respite gives caregivers the time needed to maintain their own physical and mental health. Find out what is offered in your community.

For more information contact:

Vanessa R. Kahrman, M.A., ACE Outreach Worker
(978) 388-8138 • kahrmanv@amesburyma.gov

ACE is offered by The Friends of the Amesbury Council on Aging and sponsored by TUFTS  Health Plan FOUNDATION



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- Kitchen & Bath Remodel



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