



The Centerpiece

For Active Senior Living

Serving the Community since 1974

August 2024

Newsletter Volume 44 Issue 08

The Center-Merrimac Living Well

100 East Main Street
Merrimac, MA 01860

Tel: 978-346-9549 Fax: 978-346-0528

Hours M-TH 8:30-4pm, F 8:30-1pm

Web: www.townofmerrimac.com/council-on-aging

Executive Director: Brienne R. Walsh:
bwalsh@townofmerrimac.com

Facebook: Merrimac Council on Aging &
Senior Center

Find our Newsletter Online:
[Senior Center/ Council on Aging - Town of Merrimac, MA](#)

Director's Corner



Dear Friends:

Summer heat advisories and evening

thunderstorms continue to make for very warm days!

Feel free to join us whenever we are open to beat the

heat! We have a/c, fans, and plenty of cold water!

Check out Danielle's column on Page 11 for more hot weather tips!

This month, be sure to join us for our End of Summer Luau featuring music by the Ukululu's and a Lobster Roll Luncheon on August 22nd. The Luncheon is \$15/ per person and payment is due within 48 hours of sign up. All reservations must be made by 08/15/24!

Our library ribbon cutting was postponed and will now be on Wed. 08/28/24 at 2pm. We hope you will attend to see all the new library improvements and celebrate with us!

Be sure to read all the pages thoroughly and check out the inserts for all the details on this month's programs!

Stay well!

-Brienne

Reminders:

**** Advanced Registration is required for all activities, classes and events ****

**** No OUTSIDE food is permitted in the building, beverages are allowed. Thank you for respecting our community!**

Inside this Issue

Director's Corner.....Pg 1
LGBTQ+ , Holiday Closure.....Pg.3
Lunch Ordering& Summer Tech.....Pg.4
Bingo, Active Events, Legal infoPg.5
Program Updates & Class Info.....Pg 6
Trips & Travel Info.....Pg 7
Library News, No Men's Breakfast ...Pg.8
Monthly MoviesPg.9
Community OutreachPg. 10
Health & Wellness News.....Pg 11
BP Clinics & Thank You.....Pg 12
August Awareness & ActivitiesPg 13
Senator & Veterans Columns.....Pg.14
Old Home Days & ContactPg 15
Inserts: Monthly Menu , Daily Calendar,
Luau Lobster Roll, OHD Flyer, Meditation
Class, Craft Fair, Half A Sorrow Event, Tech
Talk





LGBTQ+ Social Connection

Evening

Join us for a meal and conversation!

Please register in advance

Hot meal provided free of charge



Thursday

5:30pm-8pm August 15, 2024

New members welcome, feel free to join us!

Are You Looking for Event Space?

Our rooms are available for rental on most evenings and weekends.

Join us to host baby showers, bridal showers, birthday parties, graduation parties, celebrations of life and more!

Call Brienne at 978 346 9549



Health Advisory:

Please remember to stay home if you are ill or unwell. This is for the safety of all of our community members as well as staff and volunteers.

Thank you!



The Merrimac COA & Senior Center will be closed on Monday 09/02/24 in observation of the Labor Day holiday.

We will reopen on Tuesday 09/03/24 at 8:30am.

Continuing Changes in Senior Center Operations:

Van and NEET Transportation:

8 clients per ride will be allowed on the van to go on van trips. NEET rides are 1 per car.

1. Client encouraged to wear a mask
2. Client must use Sanitizer Gel before boarding the van.
3. The Driver cannot assist the client boarding or de-boarding the van/car.
4. Donation for ride should be place in envelope and placed in basket driver will have place on seat behind him/her for your convenience.
5. The van will be sanitized after each ride and before another passenger embarks.
6. Call well in advance (at least 4 business days) for a ride as we are limited in our ability to offer rides.

A. Eligibility requirement:

- a) Clients must be able to self-transport from their home to the vehicle, enter and exit the back seat. Walkers and Wheelchairs must be done by client only, not the driver.
- b) Clients must be able to buckle their own seat belt.
- c) Clients must return signed NEET registration/guidelines form prior to transportation.

B. Prescreening:

COA scheduler must ask pre-screening COVID-19 questions prior to appointment.

Ordering Meals:

To order a meal, call the Senior Center at 978-346-9549 by Thursday at 11 for meals the following week or order by the month. You can also now order by email! Send your name, phone number, address, dates and meals to be ordered at emurray@townofmerrimac.com

Delivery: Meals will be delivered to your door between 12 and 1 (Merrimac only) with minimal contact. Please mail in your payment by check or leave envelope taped to your door. Food will be left at the door if no one is at home. Meals are \$5.00 per meal, \$25/ per week (as of 5/2/22).

Order food delivered, for in house dining on Mon-Thurs or pickup!

Summer Tech Talks with Harleigh

Join our intern Harleigh for tech classes this summer!

Tuesday August 20, 2024 at 2pm.

“Troubleshooting: Bring Your Tech Questions

Sign up is required for seating and handouts!



Merrimac Senior Center
The Centerpiece for Active Senior Living

Name: _____

Street Address: _____

City: _____ State: _____ Zip Code: _____

Phone: _____ Email: _____

☐ Please mail my newsletter (\$8.00 for the year)

☐ Please email my newsletter to my email address above (No charge)

Newsletter is available at: <http://townofmerrimac.com/184/Senior-Center>

Please return this form to:

Merrimac Senior Center
100 East Main Street
Merrimac, MA 01860

If paying by check, please make out to: Merrimac COA

Summer Art Classes w/ Linda Marshall

Monday 08/12/24 1-3:30pm

\$20/per person, materials inc.

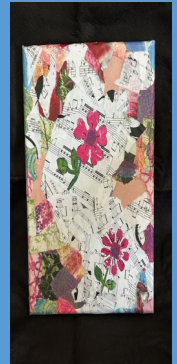
This Month's Class is Paint with
Paper Collage

Limit to 10 people

RSVP Required

Call (978) 346-9549

**We expect this class to fill
up quickly!**



Active Events to Keep your Mind Engaged !

Craft Class! Stained Glass

Window Cling Art-FREE CLASS!

Wed.08/21/24 at 1:30pm

Sing up required for materials



Legal Clinic Jason Ebacher, Esq

**No Clinic for August, see you in
the fall!**

See the Calendar insert for
Games schedule!

BINGO

Bingo is in Session!

Mondays

August 5,12,19,26

Upstairs Activity Room

Beverages Welcome, Snack Provided

Limited to 20 Players.



Upcoming Special Events-See Inserts for more details!

Join us for our Annual End of Summer Luau!

Thurs. 08/22/24 at 12pm

Featuring the Ukululu's ! Lobster Roll Luncheon \$15/per person

Join us for a delicious lunch & fun entertainment!

Refreshments Served.

RSVP & Payment Required by 08/15/22



Foot Clinic -Every other month, Appointments Required!

Tuesday 09/17/24 10-3pm w/Marie Anderson NP of Jolie Pies

Exercise & Wellness Classes

Mondays: Exercise w/Pam at 9:30am \$5

Tuesdays: Meditation & Yoga w/Bianca \$7-

Last Summer Class 08/06/24

Bianca is on Maternity Leave until the end of 2024! Congratulations to Bianca!



Wednesdays: Meditation w/Nancy at 10am \$5

Beginning 08/14/24-NEW CLASS!

Join Merrimac resident, Nancy Masia, BS, Human Services, Certified Meditation & Reiki I&II for an infusion of calm, relaxation and wellness.

Thursdays:

Exercise w/Pam at 9:30am \$5

Fridays: The 3B's with Brian! \$5/class!

Advanced Registration Preferred!

TRIPS & TRAVEL

MERRIMAC SENIOR CENTER ADVENTURES

SUMMER TRIPS & TRAVEL

VAN TRIP Tuesday 08/27/24 1:00pm departure

Bus is \$5/per person

Vintage Carousel at Salisbury Beach

Beach Snack Stop!

Call Denise for more info! Limited Seating!

Dining Out Bells & Romeos –Tuesday 08/20/24

Join us for lunch at The Irish Cottage of Methuen

Bus Leaves from COA promptly at 11am

A different excursion each month! *Our group will embark on a restaurant adventure to remember! Bus cost is just \$5 and the cost of lunch is on your own!*

If the bus is full, you can always join us in your own car! Stay tuned for the Sept. excursion!

An Announcement from the Friends of MCOA:

- * **Happy August from the Friends of the MCOA! No Meetings for the Summer!**
- * **Looking forward to the Craft Fair in October! Be sure to book your spaces so**

**You're Invited to
the COA Library
Ribbon Cutting!**

NEW DATE!

Wed 08/28/24 at 2pm

Refreshments Served!

**Ribbon Cutting Ceremony
by Donna Doherty &
Kathy Devaney**

Special Guest Jodi Breidel

Library News!

**The Library is
currently closed until
08/28/24!**

**We are taking books
again!**

**Please only
donate titles from 2012
-present. Large Print
are always in high
demand!**

Men's Breakfast

***No Breakfast for
August!***

***We are on Summer
Hiatus!***

***Join us for the next
Men's Breakfast on
Thursday 10/10/24
at 9:30am.***

New Summer Activity

**Join us for Bocce &
Cornhole!**

BOCCE BEGINS 07/15/24

Mondays at 10am

CORNHOLE

BEGINS 07/17/24

WEDNESDAYS 10AM

UNDER THE TENT

**Bring your friends,
make a team and join
us for some friendly
competition!**

WHEELCHAIRS, TRANSFER CHAIRS, KNEE SCOOTERS AND ROLLATORS UNTIL
NOTICE WHILE WE INVENTORY OUR MEDICAL EQUIPMENT SHED!

on, call Sandy at (978) 346-9549!

Please Note: We are accepting food pantry do-
nations! Please call if it is a large dropoff!

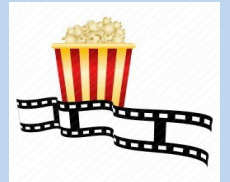


Monthly Movies!

Call Me Kate: A Documentary

Tuesday 08/06/2024

1:30pm



Beverly Hills Cop: Axel F

Starring Eddie Murphy

Tues 08/20/24 at 1:30pm

****Popcorn and Snacks Provided**

Community Outreach Column with Bridget Batcheller, MSW



***Outreach & Human Services
Bridget Batcheller, MSW***



Summer is winding down...I hope you all have been able to stay cool!

I have some news to share that my last day at the Senior Center will be August 23rd. I have decided to take on a full-time opportunity doing individual therapy at a local private practice.

I am extremely grateful for the opportunity here to grow and learn. It was my stepping stone back into the world of social work after taking a step back. I will be forever grateful for that. The staff at the Merrimac Senior Center is a very special group of people who enjoy what they do. They truly care about the work that they do and the population that they serve here at the Senior Center. It has been an honor to work alongside them and I will truly miss them.

I have really enjoyed my time here at the Senior Center getting to know everyone, helping out at events, and being able to provide assistance in my role as outreach coordinator. I am sad to be leaving but I hope to still be around, volunteering and stopping by for events.

Should you need any assistance that I would normally provide, please reach out to Brienne Walsh in the meantime.

Additionally, I will leave you with a list of resources.

Food Assistance:

Our Neighbor's Table: 978-388-1907

Pettengill House Food Pantry: 978-463-8801

Community Action, Amesbury: 978-388-2570

Newbury Food Pantry: 978-358-1077

Transportation:

Northern Essex Elder Transport Inc (NEET): 978-388-7474

Merrimack Valley Transit (MEVA): 978-469-6878

MassHealth PT-1: 1-800-841-2900

Financial assistance:

St Vincent's De Paul - 978-346-8604

Pettengill House - 978-463-8801

Community Action, Haverhill - 978-373-1971

Community Action, Amesbury - 978-388-2570

Residential Assistance for Families in Transition (RAFT) Program

Financial assistance:

St Vincent's De Paul - 978-346-8604

Pettengill House - 978-463-8801

Community Action, Haverhill - 978-373-1971

Community Action, Amesbury - 978-388-2570

Residential Assistance for Families in Transition (RAFT) Program

mortgage/rent/utility assistance

Utility Assistance:

Merrimac Light Department has a few options for payment plans

Fuel Assistance through Community Action, Haverhill 978-373-1971

MA Good Neighbor Energy Fund - 800-334-3047

Residential Assistance for Families in Transition (RAFT) Program - Community Teamwork Inc (CTI), Lowell 978-459-0551

MassHealth Applications:

Anna Jaques Hospital

Pettengill House 978-463-8801

Marielys Perez at Community Action Inc, Haverhill - 978-989-1291

Housing Assistance:

Common Housing Application for Massachusetts Programs (CHAMP) - contact your local housing authority

Fair Housing Program at CTI, 978-654-5637

CTI Section 8 Housing Search: Ja'net Jusino 978-373-1971, ext. 341,
jjusino@communityactioninc.org

Emergency Shelter - 866-584-0653

Pharmacy Outreach Program - 866-633-1617

Assists with questions on prescriptions, lowering costs and evaluating insurance plans to find the right prescription

Greeting from your Public Health Nurse!

It is really heating up outside and overall it has been a very warm summer! While some of us really enjoy the heat of summer, it is important for all of us to know that extreme heat can be very dangerous. Approximately 1,220 people in the United States are killed by extreme heat every year. That said, heat related deaths and illnesses are preventable if you know tips to stay safe and if you know the signs of heat related illness.

Extreme heat is defined as temperatures that are much hotter and/or humid than average. Also, humidity and muggy conditions can make it seem hotter than it really is. During extreme heat, our body is unable to cool itself by sweating. When this happens the body temperature rises faster than it can cool itself down, resulting in heat related illness like heat exhaustion and heat stroke. This can cause damage to the brain and other vital organs.

Seniors are particularly vulnerable to developing heat related illness because as we age, we are less able to adjust to sudden changes in temperature. Also, older adults are more likely to have a chronic medical conditions and/or take prescription medication that can change normal body responses to heat.

It is crucial that we all stay safe during extreme heat by staying cool and hydrated. Stay in air-conditioned spaces, like libraries, town halls, malls and senior centers. Do not rely on a fan as your main cooling source when it's very hot outside. Make sure to drink more water than usual and don't wait until you're thirsty to drink. Coffee and soda may dehydrate, so they

should be followed with water. If your healthcare provider has limited the amount of fluids you drink or has you on water pills, ask them how much



you should drink during hot weather. Don't use the stove or oven to cook as it will make you and your house hotter. Take cool showers or baths to cool down and wear light-colored and light weight clothing. Make sure to get lots of rest and do not engage in strenuous activity. Remember to check on friends and neighbors and have someone do the same for you.

Remember, heat related illness is preventable, know the signs to keep safe! Signs of heat exhaustion include, heavy sweating, cold, pale, and clammy skin, fast/weak pulse, nausea/vomiting, muscle cramps, tiredness/weakness, dizziness, headache and fainting. If this happens, move to a cool place, loosen your clothes, put cool/wet cloths on your body or take a cool bath. Sip water and get medical help right away if you are throwing up or if your symptoms get worse and/or last longer than 1 hour.

Symptoms of heat stroke include a high body temperature (103°F or higher), hot, red, dry, or damp skin, fast/strong pulse, headache, dizziness, nausea, confusion or fainting. If this happens, call 911 immediately -heat stroke is a medical emergency. Make sure to move the person to a cooler place, help lower the person's temperature with cool cloths/cool bath, do not give the person anything to drink. Call 911. Be Well!

Information from: <https://www.cdc.gov/extreme-heat/about/index.html>



Blood Pressure Clinics

August 2024

Wednesday August 7

Wednesday August 21

9am-10am



SHARPS Disposal Drop Off Site

New Containers Available for \$ 10

Disposal is free!

Public Health Nurse

Office Hours:

Tuesdays 8:30am-2:30pm

Wednesday 8:30am-10:45am

Thursdays 8:30am-2:45pm

Please feel free to call and leave a message for Danielle at any time!

Many Thanks to All, for the Donations to the Senior Center, Food Pantry and Programming Initiatives

June 16th-July 15th

Supporting Nutrition Program

Food Pantry & Programming

Friends of the Merrimac COA

DAVID HEATING AND

COOLING, INC.

Joe Fantini and Fantini Baking Co.

Betty Emery

In Memory of Muriel Levesque

Theresa Nadeau & Family

Candie Benjamin

In Memory of Irene Zibell

Bill & Cindy Barnes

Lisa Curran

Robert Pearson

Candie Benjamin



This Month's Important Events

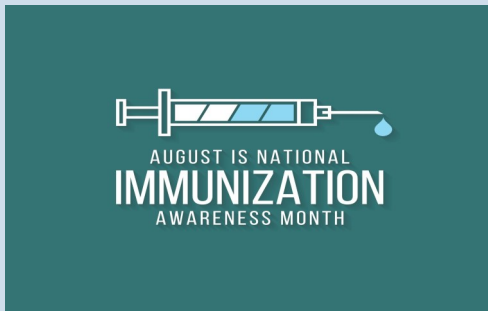
National Psoriasis Awareness Month



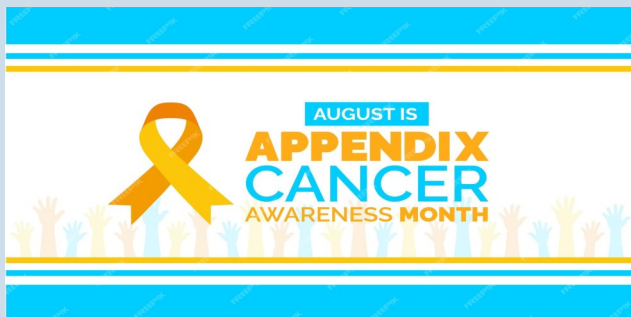
Medic Alert Awareness Month



National Immunization Awareness Month



Appendix Cancer Awareness Month



The Pool Room is OPEN!

The Pool Room is open! Join us!

Tues & Thurs 9am-12pm or reservation

Do you knit or crotchet?

Would you like to learn?

Join us for Knitting Group

Tuesdays at 1:00pm



Van Trip Transportation

If you need transportation, please call to book a trip in advance. A minimum of 4 business days is required to book. Monthly Grocery Shop for August is on

Tues. 08/13/24 at 10:00am. Call to Register! Limited!

Veterans Services

Vet Crisis: 1-800-273-8255, press 1

Kevin Hunt, Veterans Services

KHunt@CityofNewburyport.com

Office: 978-462-2201

Fax: 978-462-2275

Newburyport Office: 331 High Street,
Newburyport, MA 01950



Jeremiah Murphy, Veterans Services

Amesbury Office: 978-388-8136

Fax: 978-388-8127/68

68 Elm Street, Amesbury, MA 01913

Feel free to contact either office! Senior citizen veterans or widow(er) of a veteran may be eligible for monthly financial assistance & reimbursement of medical expenses if your income is within certain guidelines. Note: house of residence & vehicles are not counted as assets.

Senator

Barry Finegold



Dear Neighbors,

My District Legislative Director, Janice Phillips will have office hours at the Merrimac Senior

Center each month. There will be no August Office Hours with Janice this month due to Summer Hiatus.

As Senate Chair of the Joint Committee on Economic Development and Emerging Technologies, I am pleased to share that recently, the Senate unanimously passed the 2024 Economic Development Bill.

I believe we in the Commonwealth are driven by our good values, and we lead the world in industries like healthcare & education because our investments reflect those values.

That's why this bill makes investments to bolster our state's competitiveness - doubling down on industries Massachusetts already leads the world in while supporting emerging industries like climatetech and food science. The bill also makes other key investments in small businesses, talent retention, and community & culture.

In July, the Senate also passed a major healthcare reform bill and the Affordable Housing Act, among other legislation.

I was also pleased to welcome six interns and one fellow to the team this summer. Members of the team include school students Ashvin and Drake, college students Conor, Jacob, Olivia, and Andreia, and MD/MPH candidate Jess.

Together, the interns and fellow have collaborated to tackle research projects, community outreach, event planning, and administrative tasks – and they have done great work!

As always, please don't hesitate to reach out if I can ever be helpful. Connect with me by emailing me at barry.finegold@masenate.gov or by calling my office at 617-722-1612."

Yours in Service,

Barry



Dear Veterans & Families:



One of the things we here often hear in the Veteran Services Office is that there is nothing for Veterans or I do not want to accept benefits and take them away from a more needy Veteran. There has never been a time we have had to tell a Veteran there is not enough money in the budget or we cannot enroll you in benefits due to budget limitations.

There are many types of benefits that Veterans can apply for including Annuities, Financial Assistance, VA Healthcare, Disability Compensation, Pensions and Property Tax Exemptions. Some of these benefits are based on income, if you served during a period of war or if you have a disability that is connected to your military service. Every Veteran and Widow/Widower of a Veteran should have a discussion with their local Veteran Service Officer to review what benefits may be available.

We do not have enough room in the newsletter to discuss all the numerous benefits that may be available, but we will discuss a couple.

One of the most common benefits in Massachusetts is the Property Tax Exemption for Veterans who are rated for 10-100% for service-connected disabilities. Veterans rated 10 – 90 % will receive a minimum of \$400/year exempted from their property taxes, while Veterans rated at a 100% will receive a minimum of \$1,000/year. Each Community is allowed to increase the exemption, which some have recently done. Some communities have already started mailing out the tax exemption applications. If you want more information on the Tax Exemption program for your community, please contact your local Assessors Office for an application and specific community information.

Another way to obtain benefits is to have the Veteran designation placed on your Massachusetts Driver's License for free. This is a quick and straightforward way to show your Veteran status and take advantage of deals for Veterans from restaurants, various stores and National parks and lands.

To learn more about your benefits as a Veteran or surviving spouse of a Veteran, call your local Veteran Services offices @ 978-388-8136 (Amesbury) or 978-462-2201 (Newburyport).



SENIOR CENTER STAFF

Exec. Director: Brienne R. Walsh

Program Coordinator & Trips: Denise Gilman

Public Health Nurse: Danielle Cataldo, RN, MSN

Kitchen Chef: Judy Kimber Morrill

Outreach/ Human Services Coordinator: Bridget Batcheller, MSW, LC

Social Work & Outreach Intern: Harleigh Walsh

Volunteer Coordinator: Sandra Blanchet

Transportation Coordinator, Van Driver: Jon Behrens

Senior Aide & Van Driver : Vacancy

Custodian/Van Driver: Wayne Jones

Food & Nutrition Director: Eileen Murray, CDM, CFPP

Food Pantry Coordinator (Volunteer): Candie Benjamin

Volunteer Receptionists: Kathy Egmont, Bill Gaylardo, Julie Gilchrist

COUNCIL ON AGING BOARD OF DIRECTORS

Colleen Ranshaw-Fiorello, Chairwoman, Dave Vance, Vice Chairman, Candie Benjamin, Secretary, Maryann Mikson, Clerk MEMBERS: Betty Elliott, Kathy Devaney, Donna Doherty (Mtgs. On 4th Friday of month, 11am no meeting in Nov., Dec., July, & August, unless needed)

THE CENTERPIECE VOLUNTEERS

COLLATING & MAILING: Bill Gaylardo, Maryann

Mikson, Nancy Lind, Betty Elliott, Barbara Sheehan, Toni Quimby

FRIENDS of the Merrimac COA Officers: President: Ann Murphy Vice President: Joann Crenshaw Treasurer: Richard Fournier, Secretary: Pat Lundin

**To find our newsletter online,
The Centerpiece for Senior Living, go to:**
<https://mycommunityonline.com/organization/merrimac-senior-center>



Massachusetts
Councils On Aging

Non-Profit Org
**U.S. POST-
AGE
PAID**
**PERMIT NO.
3**

Merrimac Old Home Days

August 9-11, 2024-Stevens Field

Join in for lots of fun for all ages!

Music, Beer Garden, Craft Fair,

**Outdoor Movie, Bike Parade., and
more!**

**Visit www.merrimacohd.com for all
the details!**



Staff EMAILS:

If you have any questions, concerns, or need help, please call the senior center or email any of the following:

The COA Director, Brienne Walsh
bwalsh@townofmerrimac.com

Program Coordinator: Denise Gilman
dgilman@townofmerrimac.com

Outreach & Human Services Bridget Batcheller
bbatcheller@townofmerrimac.com

Food & Nutrition Director: Eileen Murray
emurray@townofmerrimac.com

Transportation Jon Behrens
jbehrens@townofmerrimac.com

Danielle Cataldo, RN, MSN

Nursing Services: nurse@townofmerrimac.com

***SNAP Services are available by
appointment! Call (978) 346-9549!***