

THE VOICE

LA VOZ

A newsletter for Haverhill Residents from 60-106

10 WELCOME STREET HAVERHILL, MA 01830

Mon.-Fri. 8am-4pm 978-374-2390/www.cityofhaverhill.com

JANUARY 2021

Dear friends,

Hello New Year! It has been a long year for sure. Time to set your goals for the rest of the year. Let go of yesterday and be the best you can be. Hope everyone had a lovely holiday. Let's bring positivity and joy for this year. We remain closed but still provide essential services for our seniors in the community.

Thank you to everyone who sent us their holiday recipes. We are working to put that together soon. Also, thank you to everyone who took the time to wrap and bring in a gift for our Giving Tree. They were distributed to nursing homes and were very appreciated.

Stay safe during this pandemic. The faster we beat this the faster we can go back to our normal routine. If you want to call and just say hello, we are here for you. We miss you and can't wait to have you back.

Regards,
Your friends at the COA

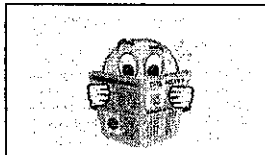
Remember you can view our newsletter online:

www.cityofhaverhill.com

Click on Departments

Click on Council On Aging

Click on The Voice



COA STAFF

Vincent Ouellette-

Director of Human Services

Mary Connolly-

Director of COA/Nurse

Wendy Farewell- Adm. Asst.

Maria Yagual-Outreach

Susan Lagasse-Outreach

Transportation/NEET

Paola Hussein-

Volunteer/Activities

Coordinator

James Fiorentini- Mayor



FUN FACTS ABOUT JANUARY

BIRTHSTONE: Garnet

FLOWER: Carnation & Snowdrop

January 1st- New Year's Day

January 20- Martin Luther King Jr. Day

**IF YOU WANT THE VOICE
MAILED TO YOU, PLEASE CALL
978-374-2390 X3916.
DONATIONS WILL BE
APPRECIATED.**

SENIOR CENTER REMAINS CLOSED BUT STAFF IS AVAILABLE Call 978-374-2390

ALL ACTIVITIES & CLASSES ARE CANCELLED

COMMUNITY MEAL IS CANCELLED

We will continue with our **WALKING GROUP** on Tuesdays at 9am at the Riverside park as long as the weather permits and it's safe.

YOGA, 3B'S will meet up again in the Spring or whenever the center reopens.

TAI CHI will continue as long as weather permits. Thursdays at 9am

Protect Yourself from Social Security Scams

Be on the lookout for fake calls and emails



Telephone and email scammers are pretending to be government employees. They may threaten you and may demand immediate payment to avoid arrest or other legal action. Do not be fooled!

If you receive a suspicious call:

1. HANG UP
2. DO NOT GIVE MONEY OR PERSONAL INFORMATION
3. REPORT THE SCAM AT OIG.SSA.GOV



What to look out for



The caller says there is a problem with your Social Security number or account.



Scammers pretend they're from Social Security or another government agency. Caller ID or documents sent by email may look official but they are not.



Any call asking you to pay a fine or debt with retail gift cards, wire transfers, pre-paid debit cards, internet currency, or by mailing cash.



Callers threaten you with arrest or other legal action.

Be Alert Social Security may call you in some situations but will never:

- Threaten you
- Suspend your Social Security number
- Demand immediate payment from you
- Require payment by cash, gift card, pre-paid debit card, or wire transfer
- Ask for gift card numbers over the phone or to wire or mail cash

Be active and protect yourself, friends and family!

- If you receive a questionable call report it at oig.ssa.gov
- Don't return unknown calls
- Learn more at oig.ssa.gov/scam

Virtual Museums

Museum of Fine Arts in Boston -- Mfa.org

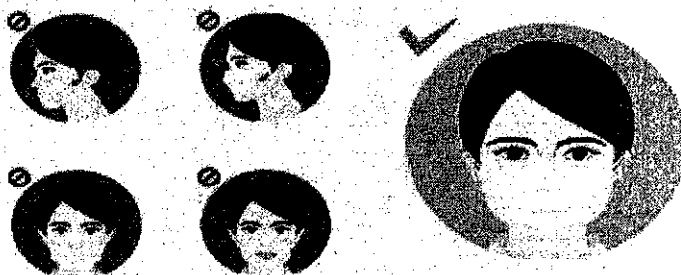
Peabody Essex Museum -- pem.org

British Museum -- britishmuseum.withgoogle.com

Check out the Haverhill Public Library for programs at haverhillpl.org



Maxine.com Facebook.com



How to wear a face mask correctly

We have playing cards at the center if anyone is in need of new ones. We also have yarn for any knitter who wants to keep busy. We do collect hats and lap blankets for the veterans. For more info call 978-374-2390 X3916

Nurse Mary will be available to do blood pressure checks and wellness visits by appointment only.



Please call 978-374-2390 X3915

If you missed the flu clinic you can still get the vaccine at Walgreens, CVS, call your local pharmacy.

RESOURCES



MEALS ON WHEELS

Adults, at least 60 years of age or qualified adults with disability who are determined to be "Homebound" are eligible for home delivered meals at no cost. Call Elder Services of the Merrimack Valley at 1800-892-0890

COULD YOU USE EXTRA MONEY FOR FOOD?

SNAP (Supplemental Nutrition Assistance Program)

For info: Christa Mayfield 617-598-5022/ snap@gbfb.org

Seniors can pick up applications at Hav. COA; we can fax it to DTA for you. 978-374-2390

Elder Services of the Merrimack Valley & Greater Boston Food Bank has established the Elder Brown Bag program. Eligible Haverhill elders can pick up a free bag of groceries on the 1st Tuesday of every month (depending on your address) You must register in advance. Must be 60 or older and low income.

Info: Laura Marsan 978-946-1303 lmarsan@esmv.org or Justin Jordan 978-946-1279

Applications also from Maria or Paola at HAV. COA

ELDER SERVICES OF THE MERRIMACK VALLEY: 800-892-0890

HAVERTHILL HOUSING AUTHORITY: 978-372-6761 25C Washington Square

PROJECT BREAD'S FOODSOURCE HOTLINE(1800)-645-8333 is able to provide SNAP application assistance over the phone and help identify all of the allowable expenses such as housing and medical costs to ensure you receive full amount of benefits that you are entitled to. **Hotline is open Monday through Friday from 8am to 7pm and Saturdays 10am-2pm.** They can assist in 180 languages. TTY line also available at 1800-377-1292. Or through Live Chat on www.gettingsnap.org

Helpful Resources & State Funding for Haverhill Economic Development

Anyone in need of assistance during this difficult time is encouraged to contact my office at (617) 722-2380. If you need **food assistance**, call the Project Bread Hotline at 1-800-645-8333. If you need **housing or rent assistance**, contact Community Teamwork at (978) 459-0551. If you need **fuel assistance**, contact Community Teamwork's Fuel Assistance Program at (978) 459-6161 or the Greater Lawrence Community Action Council at (978) 681-4950. For **other questions or resources**, call the state's resource hotline at 2-1-1.

Congratulations to the City of Haverhill for receiving a state MassWorks grant of \$1,950,000 for a mixed-use development in Bradford! The development will include 290 housing units, 10,000 square feet for retail businesses and restaurants, 33,000 square feet of parks and playgrounds, public amenities such as an amphitheater and a kayak launch, and roadway improvements by the Comeau Bridge. This project will generate significant revenue for the City (\$19 million over 20 years), as well as create jobs for Haverhill residents.

This project has been in the works for decades, and we thank the Mayor, his team, and the City Council for their persistence and determination to launch this important project. Many thanks to my colleagues in the Haverhill state delegation for joining me in advocating for this grant!

State Representative Linda Dean Campbell represents the cities of Methuen and Haverhill in the State Legislature and serves as House Chair of the Joint Committee on Veterans and Federal Affairs. She can be reached at Linda.Campbell@mahouse.gov or (617) 722-2380.

If you have lost income because of **Covid-19** and are having trouble paying your rent or utilities call **978-374-2344**. The City of Haverhill might be able to help.



Assisted Living
AT

MERRIVISTA

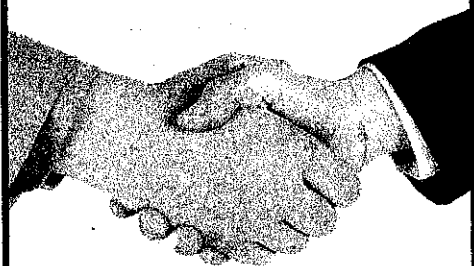
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January 2021 M

Monday	Tuesday	Wednesday
4 Swedish Meatballs 3pc Sauce 4oz Pasta w/Swedish sauce ½ c Zucchini & tomatoes ½ cup Applesauce ½ cup MG Bread 1pc	5 Yankee Pot Roast w/ 3oz jardiniere gravy 2oz Brussel Sprouts ½ cup Roasted Potatoes ½ cup Baked Good 1pc WW Bread 1pc	6 Pork w/Apples 5oz Sweet Potatoes ½ cup Cauliflower ½ cup Fresh Fruit 1pc Rye Bread 1pc
11 Salisbury Steak 1pc w/mushroom Gravy 2oz Buttered Pasta w/ Parsley ½ cup Capri Veg ½ cup Chef's Dessert Wheat Bread 1pc	12 Curry Chicken w/ Yogurt Sauce 5oz Rice ½ cup Peas ½ cup Pineapple ½ cup Italian Bread 1pc	13 Crustless Salmon Pie w/Mashed Potatoes 1pc Broccoli ½ cup Chocolate Pudding ½ cup Oat Bread 1pc
18 No Service MLK Day	19 Hot Dog 1pc Baked Beans ½ cup Carrots ½ cup Strawberry Cup 1pc Hot Dog Roll 1pc Ketchup, mustard, Relish 1pc	20 Turkey 3oz w/Gravy 2 Sour Cream Mashed Potatoes ½ cup Mixed Veg ½ cup Applesauce ½ cup MG Bread 1pc Cran Sauce 1pc
25 BBQ Pork Patty 1pc (Ribeque) Chef's Veg ½ cup Sweet Potatoes ½ cup Peaches ½ cup WW Bread 1p	26 Breaded Chicken 1pc Mac & Cheese ½ cup Beets ½ cup Yogurt (no milk) 1pc Juice 1pc Burger Bun 1pc Honey Mustard 1pc	27 Stuffed Shells 2pc Vodka Sauce 4oz Broccoli & Cauli ½ cup Fresh Fruit 1pc D.Roll (3 rd compartment) Parm Cheese 1pc

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www.residencesalemwoods.com

LORI TRAHAN

U.S Congress Representative (D-MA 3rd District) since 2019 978-459-0101

Bilingual representative: **Vladimir Saldana** will be at the Haverhill Citizen Center 9:30-11:30am 1st & 3rd Wed. of every month to meet with constituents

DIANA DIZOGLIO

State Senator First Essex District Office hours @ Haverhill COA last Friday of the month 11:30-12:30pm

617-722-1609 diana.dizoglio@masenate.gov

LINDA DEAN CAMPBELL

State Representative represents the cities of Haverhill & Methuen (15th Essex District) & as House Chair of the Joint Committee on Veterans & Federal Affairs

Office hrs. @ Haverhill COA: first Friday of the month 9-10am 617-722-2380

Linda.Campbell@mahouse.gov

VETERANS

Dept. of Veteran Services

Haverhill Citizens Center
10 Welcome St. Haverhill, MA

Veteran agent: **Luis Santiago**

Veteran's Office 2nd floor

Office Hours: 8am-4pm

(978) 373-2351 Fax: (978) 521-2626

Financial Assistance Benefits

Massachusetts General Law Chapter 115

Veteran Affairs Claims

Welcome Home Bonuses

State of MA Burial Assistance

State of MA Annuity Application Assistance

Employment

Employment Counseling

Education

Montgomery GI Bill- Chapter 30

Post 9/11 Education Benefits- Chapter 33

Vocational Rehabilitation- Chapter 31

Document Verification

Retrieve Discharge Documents

Military Records

VA Hospital Transportation

Transportation is offered to eligible Haverhill residents to the following Hospitals by appointment only: Bedford, Lowell, and West Roxbury.

Schedule an appointment with

Betty Burnell 978-374-2351 ext. 3910

The City of Haverhill recognizes and deeply appreciates the service of all veterans. Our office strives to advise, engage, and advocate for veterans, dependents, and their families.



NOTICIAS PARA LA COMUNIDAD

LATINA

¿Necesita ayuda con sus cuentas de calefacción?

Llame a Community Action Inc. 978-373-1971

978-374-7660

Cupones de Alimentos (SNAP): Aplicaciones están disponibles aquí en el centro. El programa tiene una aplicación fácil de llenar para los envejecientes y le proveemos la facilidad de mandar su aplicación y documentos por fax al DTA.

Elder Services del Merrimack Valley y Greater Boston Food Bank a establecido el programa de **BROWN BAG**. Si tiene bajos ingresos, tiene 60 años o más y vive en Haverhill puede ser elegible a recibir una funda de alimentos gratis el primer martes del mes (dependiendo donde vive). Para información contacte a Laura Marsan 978-946-1303/ lmarsan@esmv.org o

Justin Jordan 978-946-1279

Por favor registrarse en adelante. Pida aplicación a Maria o Paola aquí en el centro.

Para una lista o preguntas sobre clases y actividades contacte a Maria Yagual ext3912 o Paola Hussein ext3916

Clases y actividades están canceladas por el momento. El centro estará abierto solo por cita.

Si usted ha cambiado su número de teléfono o dirección, por favor de llamarnos para actualizar su información en el sistema.

Protéjase de estafas contra el Seguro Social. Este atento a llamadas y correos electrónicos falsos. Si recibe una llamada sospechosa CUELGUE, NO DE DINERO O INFORMACION PERSONAL, REPORTE LA ESTAFA EN OIG.SSA.GOV/ESPANOL

Hello again,

The Legislature recently passed a budget for Fiscal Year 2021. The package includes important investments in sectors impacted by COVID-19, including public health, education and childcare, food security and housing supports.

Locally, the budget includes \$200,000 toward the establishment of a first-ever Methuen Youth and Community Center. The package also includes important funds toward our chambers of commerce, who have worked tirelessly throughout the COVID-19 pandemic to assist local small businesses. During budget debate, I spent much of my focus fighting for amendments I sponsored that I believe are essential to easing the pandemic's toll on our restaurants, pubs, and other small businesses.

During the shutdown, people have been flocking online for many of their purchases. As a result, online giants like Amazon have reaped heavy rewards from online traffic, while our local retailers slowly creep back to simple survival mode. During a time when much of our small business community was prohibited from making in-person sales, retail giants like Walmart continued to make both in-person and online sales, further contributing to the power gap between them and our neighbors on Main Street.

Action is long overdue to ensure our small businesses get the technological assistance they need to cope with the times. That is why I filed to the budget an amendment establishing a one-stop shop web portal and interactive database for small business assistance. The legislation creates a network of Massachusetts manufacturers and suppliers to promote local business and economic growth and establishes a MassMade designation for products manufactured in the Commonwealth.

The portal would help connect local small businesses with local consumers by providing a "Supply Mass, Buy Mass" interactive searchable database for shoppers to find what they need locally, instead of having to rely on giants like Amazon and Walmart to purchase what they need.

This is a tool for small businesses that would be of tremendous help in this COVID-19 age of virtual communication. As we witness shortages of personal protective equipment, it is clear having online accessibility to producers who make those items or who could pivot their capabilities toward making those items is critical. I also filed legislation to the budget expanding Small Business Saturday to Small Business Saturday and Sunday in 2021 to encourage shopping local and bolster economic growth, as well as legislation creating a \$1 million relief fund for newer small businesses who are struggling but haven't been able to qualify for grants up to this point. Many new small businesses have been unable to qualify for financial assistance because they lack the "operational and income history." This is crushing to those business owners and we should not penalize them simply because they opened their business close to the start of the pandemic. While these measures were included in the Senate Budget, they unfortunately did not make it across the finish line when a compromise was struck between the Senate and House versions of the budget. I am hardly, however, done fighting for them. There remains significant work to be done in supporting our small businesses and economy. Our mom and pop shops have waited long enough for relief and it is time the Legislature steps it up.

As always, please feel free to reach out to me at 978-984-7747 or Diana.DiZoglio@masenate.gov.

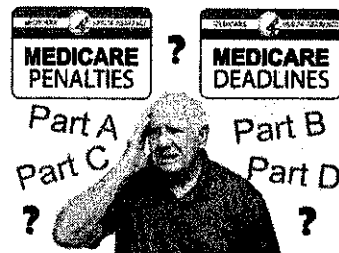
JANUARY



COLD	RESOLUTION
FROZEN	SLIPPERY ROSE
GLOVES	SCARF
ICICLES	SHOVEL
MUD	SKIING
MITTENS	SLEDGING
NEW YEAR	SNOWBALLS
PENGUIN	SNOWFLAKES

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K N G H E Z L E V O H S O R E
I L O E E O V N E S I E C I S
I D D W O T L G I S E K L C O
H L M Y B I T U T F R A C S L
G O W E H A S I N R E L T E U
Y C E A R P L N M O E F N L T
L O S R E R N L I Z U W G C I
U R U N H Y N O S E T O N I O
I G L O O E S H Y M U N R C N
S A C R O N I D D E L S F I S

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Medicare Questions?

Are you turning 65 in the next three months?

Are you over 65 and need to enroll soon?

Do you understand your Medicare deadlines and options?

Are you having trouble paying for medical expenses and prescription drugs?

If any of these apply to you, contact the SHINE (Serving Health Insurance Needs of Everyone...on Medicare) program. Certified SHINE counselors offer free, confidential counseling on all aspects of health insurance to anyone on Medicare. In-person SHINE appointments are not available now due to social distancing, but help is available over the phone. Call 1-800-AGE-INFO and press 4. Once you get the SHINE answering machine, leave your name, phone number and town. A counselor will call you back as soon as possible.

Menu	
Thursday	Friday
7 Chicken Pot Pie with Peas & Carrots 6oz Mashed Potatoes ½ cup Strawberry Cup 1pc Biscuit 1pc Cranberry Sauce 1pc	8 American Chop Suey 8oz Garden Salad ½ cup Peaches ½ cup D.Roll (3 rd compartment) Salad Dressing 1pc Parm Cheese 1pc
14 Birthday BBQ Pulled Pork 4oz Butternut Squash ½ cup Green Beans ½ cup Pound Cake 1pc Burger Bun 1pc	15 Turkey Sausage Frittata 1pc Creamed Spinach ½ cup Warm Peaches ½ cup Yogurt (no milk) 1pc Juice 1pc Snack n'Loaf 1pc
21 SPECIAL: Butternut Squash Ravioli 6pc Butter Sage Sauce 3oz Garden Salad ½ cup D.Roll (3 rd compartment) Parm Cheese 1pc Salad Dressing 1pc Brownie 1pc	22 Chicken Piccata 1pc Rice Pilaf ½ cup Brussel Sprouts ½ cup Pears ½ cup Oatmeal Bread 1pc
28 Crab Cake 1pc Rice Pilaf 1/2 cup Asian Blend Veg ½ cup Baked Good 1pc Oat Bread 1pc Tartar Sauce 1pc	29 Meatloaf 1pc w/Gravy 2oz Mashed Potatoes ½ cup Honey Carrots ½ cup Mixed Fruit ½ cup Biscuit 1pc

Dr. Samantha Kennerson Physical Therapy



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Volunteer Drivers Needed to Help!

The NEET program is still on hold during the COVID 19 pandemic; however, drivers will be needed once the program resumes.



A unique, personal and flexible volunteer opportunity that works around your schedule. **You drive when and where you want.** Mileage reimbursement and supplemental insurance is provided. Please consider learning more about this rewarding opportunity. Visit www.driveforneet.org or call **978-388-7474**.

MVRTA E-Z TRAN

Applications are available at the COA to help seniors get around Haverhill by van. Must be at least 60yrs old & live in Haverhill or be an individual with a disability that prevents you from using the MVRTA fixed bus route. Call MVRTA 978-469-6878(select option 3) or call COA 978-374-2390 for an application. A limited number of vouchers are available at the COA.

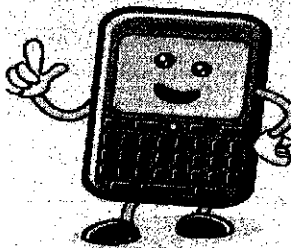
Contact Susan at 978-374-2390 X3911

MVRTA "MEDI-RIDE"—EXPANDED DAYS

Haverhill seniors and ADA eligible residents can obtain transportation to Lahey Clinic in Peabody as well as other several Boston Hospitals for Mon/Tues/Thurs appts. scheduled between 11am & 1:30pm. Cost: \$8 one way; \$16 roundtrip. Companions \$4/\$8.

Call MVRTA 978-469-6878.

Please keep us updated if you have changed your address or phone number



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