



# THE VOICE



HAVERHILL COUNCIL ON AGING

## LA VOZ

A newsletter for Haverhill residents from 60-106  
10 Welcome Street Haverhill, MA 01830  
Monday—Friday 8am-4pm 978-374-2390  
[www.cityofhaverhill.com](http://www.cityofhaverhill.com)

# JANUARY 2022

Hello everyone,

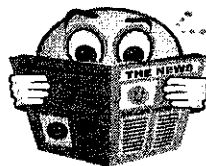
Cheers to a New Year ! May this year be filled with joy, peace and purpose. May it bring beautiful moments in your life.

Thank you all who came out to celebrate with us at the Christmas Party and to all who made it possible. We will keep you posted on our upcoming events.

Keep warm during these winter months. Winter gives us time to reflect and slow down our busy lives. It just means spring is around the corner. Feel free to contact us with any concerns or questions. We are always here to help.

**Center closed January 17 for Martin Luther King Day**

Remember you can view our newsletter online:  
[www.cityofhaverhill.com](http://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






## Happy New Year!

**IF YOU HAVE CHANGED YOUR  
ADDRESS OR PHONE NUMBER  
PLEASE CALL US TO UPDATE  
IT ON OUR SYSTEM**

**IF YOU WANT THE VOICE  
MAILED TO YOU CALL US AT  
978-374-2390 EXT 3916**

## ACTIVITIES

<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>
<u>9AM</u> KNITTING GROUP	<u>9AM</u> WALKING GROUP AT RIVERSIDE PARK  <u>9:30AM</u> MAHJONG	<u>9AM</u> CHAIR YOGA \$5  <u>10 AM</u> GO WITH THE FLOW	<u>9AM</u> TAI-CHI \$5 TEDDY BEAR WORKSHOP	MASKS STILL REQUIRED  
<u>10AM</u> LINE DANCING \$5		<u>10:00AM</u> WORLD AFFAIR DISCUSSION  1ST&3RD Wed of the month		POOL TABLES OPEN FITNESS ROOM OPEN
<u>11:30AM</u> SENIOR FITNESS \$5	<u>11:00 AM</u> OPEN ART STUDIO  <u>11:30 AM</u> SENIOR FITNESS	<u>11:30AM</u> SENIOR FITNESS \$5	<u>11AM</u> FIT FOR LIFE YMCA EXERCISE	
WAIVERS MUST BE SIGNED	<u>12:30PM</u> BRIGHT KNIGHT CHESS CLUB	<u>12PM</u> BRIDGE		<u>12PM</u> BRIDGE
	<u>1PM</u> YOGA \$7.50	<u>12:30PM</u> 45'S TOURNAMENT	NO DINING ROOM GATHERINGS	<u>12:30PM</u> 45'S TOURNAMENT



### Tablet Program

The Haverhill COA has a limited amount of tablets which include a data plan for internet.

A \$5.00/monthly donation is requested.

Those who previously participated in the tablet program are NOT eligible to participate in this program.

Participants must agree to attend one training session.

Please call Mary at 978-374-2390 x3915 to reserve your tablet.

Special thanks to the Wadleigh Foundation and Age Span for making this possible!

**Questions about activities you can call Paula at 978-374-2390 extension 3916.**

**Please remember to use your membership card to scan in at the computer lobby.**



Our knitting group have been hard at work through the pandemic creating items to be donated. They are in need of yarn to continue their great work. Please do not donate any wool yarn or yarn that has been stored for long periods of time.

We are still taking soda can tabs and eyeglasses. These can be dropped off in the lobby.



**VALENTINE'S DAY  
PARTY**

**FEBRUARY 11, 2021**

**12- 2PM**

**ENTERTAINMENT AND LUNCH**

**CITIZEN CENTER**

**10 WELCOME ST**

**CONTACT PAULA AT**

**978-374-2390 X 3916**

**FOR MORE INFORMATION**

**LOOKING FOR VOLUNTEER  
HANDYMAN**

HANDYMAN NEEDED TO DO SMALL JOBS FOR OUR  
SENIORS

CORI WILL BE REQUIRED THIS IS A  
VOLUNTEER POSITION

CALL PAULA FOR MORE FORMATION AT

978-374-2390 X3916





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AT

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Ph: 978.551.6699 to  
receive Zoom links.

**January Regular Menu**

Monday	Tuesday	Wednesday
<b>3</b> 1pc Ribecue (pulled Pork) 2 oz Honey Golden BBQ Sauce ½ cup sweet potato tots ½ cup Corn & Red Peppers 1pc Burger Bun ½ cup Jell-O 1pc Ketchup	<b>4</b> Chicken pesto 3oz Chicken 2 oz Pesto Sauce ½ cup Orzo ½ cup carrots 1 slice Wheat Bread ½ cup USDA Fruit	<b>5</b> Two Compartment 1 cup macaroni and cheese ½ cup Peas 1 slice Rye bread ½ cup USDA Fruit
<b>10</b> 3 oz Frittata w/ spinach & cheese ½ cup home fries ½ cup mixed vegetables 1 Snack & loaf 4 oz yogurt 4 oz fruit juice (no milk) 1pc Ketchup	<b>11</b> 3 oz Sliced Turkey 2 oz gravy ½ cup Mashed Potatoes ½ cup Green Beans 1 sli Multigrain Bread ½ c Applesauce 1pc Cranberry Sauce	<b>12</b> 1 Hot dog (LS Beef/pork) ½ cup baked beans ½ cup Beets 1 Hot dog roll 1pc Mustard 1pc Relish ½ cup mandarin oranges
<b>17</b>  <p style="text-align: center;"><b>No Meals Served MLK Day</b></p>	<b>18</b> Two compartment 3pc Stuffed Shells (lasagna) 4 oz Marinara Sauce 1/2c Zucchini & Red Pepper 1pc Vienna Bread ½ cup USDA Fruit (pears) 1pc Parmesan	<b>19</b> Special (MLK) 3 oz Chicken 2oz BBQ sauce 1/2c Rice & Beans ½ cup Peach Crisp ½ cup Garden Salad 1 pc Cornbread 1 pc Salad Dressing
<b>24</b> 3 oz Salisbury Steak 2 oz Gravy ½ cup Mashed Potatoes 1/2c Brussel Sprouts 1 Biscuit 1pc cookie	<b>25</b> 3 oz Pork 2 oz teriyaki Sauce 1/2c Vegetable Lo Mein 1/2c Mandarin Veg Blend 1 WG Dinner Roll 1/2c Pineapple	<b>26</b> 3 oz Broccoli & Cheese Stuffed Chicken 2 oz Supreme sauce ½ cup whipped butternut squash ½ cup green beans 1 slice oatmeal bread ½ c Jell-O
<b>31</b> Two compartment 1 pc eggplant parmesan 4oz pasta 4oz sauce ½ cauliflower ½ cup USDA pears 1 slice Vienna Bread 1pc parmesan		



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# HEALTH UPDATES

## PODIATRY/FOOT CLINIC

Dr. Michael Moharam will begin seeing seniors at a foot clinic at the Hav COA starting again in January 2022. There will be no appts. for December

Appointments necessary.

**Please call Wendy at (978) 374-2390 X 3919. Cost is \$25.00**

**Are you or a family member struggling with sadness, depression or other mental health issues?**

If so, please call Mary at (978) 374-2390 X 3915.

The Haverhill COA is interested in partnering with Arbour Counseling Services to help.

## BOOSTER SHOTS

**To find booster shot availability please go to**

**<https://vaxfinder.mass.gov>**

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

Please call 978-374-2390 X3915



# Winter Word Search

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

BLIZZARD  
BOOTS  
COAT  
COCOA  
COLD  
DECEMBER  
EARMUFFS  
FEBRUARY

FIREPLACE  
FROSTY  
HAT  
ICE  
ICICLES  
JANUARY  
MARCH  
MITTENS

PLOW  
SCARF  
SHOVEL  
SKIING  
SLEDDING  
SNOW  
SWEATER  
WINTER



## 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](mailto:snap@gbfb.org)

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

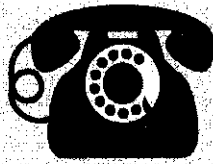
**Elder Services of the Merrimack Valley & Greater Boston Food Bank has established the Elder Brown Bag program.** Eligible Haverhill elders can pick up a free bag of groceries on the 1<sup>st</sup> Tuesday of every month (depending on your address) You must register in advance. Must be 60 or older and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

Info: Laura Marsan 978-946-1303 [lmarsan@esmv.org](mailto:lmarsan@esmv.org)

Applications also from Maria or Paola at HAV. COA

**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](http://www.gettingsnap.org)

### IMPORTANT NUMBERS



#### HAVERHILL HOUSING

#### AUTHORITY

978-372-6761 /25 Washington Square

#### ELDER SERVICES OF THE MERRIMACK VALLEY

800-892-0890

#### RUTH'S HOUSE

978-521-5575

#### COMMUNITY ACTION

978-373-1971

#### Are you facing an eviction?

With free legal help, you may be able to stop an eviction and stay in your home.

For more information, visit

[www.EvictionLegalHelp.org](http://www.EvictionLegalHelp.org) or call 211

**If you are looking for a SHINE  
Counselor for a Medicare Plan  
Review call 1-800-MEDICARE until  
further notice.**



THIS YEAR, I WILL  
**WAKE UP AND BE AWESOME.  
TRY, TRY, TRY.  
DREAM BIG.  
LIVE LIFE COLORFULLY.  
RELAX.  
CREATE EVERY DAY.  
CHOOSE HAPPY.  
DANCE IN THE RAIN.  
STAY WEIRD.  
CHASE ADVENTURE.  
DO WHAT I LOVE.  
\* THINK OUTSIDE THE LINES.**

*Believe I can.*

**2022**

Thursday	Friday
<b>6 Two Compartment Beef stuffed pepper</b> 1 pepper, 1oz rice, 3oz beef 2 oz Rustic tomato sauce ½ cup au gratin potatoes 1 slice Vienna bread ½ cup Pineapple	<b>7 3oz Salmon</b> 2 oz Rosemary Cream Sauce ½ cup Roasted Potatoes ½ cup Broccoli 1 sli Oatmeal bread 1pc Brownie Cookie
<b>13 SPECIAL:</b> 3oz Pot Roast 2oz Jardinière Gravy ½ c Sour Cream mashed potatoes ½ c PEI Blend Veggies ½ c Blueberry Crisp 1pc Knotted Roll	<b>14 3 oz Chicken</b> 2 oz Curry Sauce ½ cup Wild Rice Pilaf ½ cup Brussel Sprouts 1 Sli Oatmeal Bread 1pc Fresh Fruit
<b>20</b> 3 oz Pork 2 oz Dijon Sauce 1/2c Cabbage (red/white) 1/2c Roasted Sweet Potato 1 sli Rye Bread ½ cup Mixed Fruit	<b>21 Sloppy Joe</b> 3 oz Ground Beef 2oz Sauce 1/2c tater tots 1/2c Broccoli WW Hamburger Roll 1/2c Chocolate Pudding 1pc ketchup
<b>27 Beef Stew</b> 3oz Beef 2oz Peas 2oz Carrots ½ cup mashed potatoes 1 WG dinner roll ½ cup USDA Peaches	<b>28 3 oz Potato Crunch Fish</b> ½ cup Rice Pilaf ½ cup Corn 1 WG Burger Bun ½ cup Mandarins 1pc Tarter Sauce

**New Year**



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## TRAVELING CHEF

If you are interested in picking up a meal donated by the ESMV for the month of January please call 978-374-2390 X3916 for more information and to make a reservation for January 21.

General Tao's Chicken

Fried Rice

Garlic Green Beans w/soy sauce

Dinner Roll, Fortune Cookie, Pineapple

Elder Services of the Merrimack Valley, Inc.



## **VETERANS**

### Dept. of Veteran Services

Haverhill Citizens Center  
10 Welcome St. Haverhill, MA  
Veteran's Office 2<sup>nd</sup> floor  
Office Hours: 8am-4pm  
(978) 374-2351 Ext 3932  
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, Jamaica Plain.  
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.**

## **DIANA DIZOGLIO**

State senator 1st district office hours @ Hav COA last Friday of the month 11:30 to 12:30pm

617-722-1609 [diana.dizoglio@masenate.gov](mailto:diana.dizoglio@masenate.gov)

## 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](mailto:lmarsan@esmv.org)

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 de ingles y ciudadanía regresaran al centro. Llame a Maria al**

**978-374-2390 ext 3912 para registrarse. Espacio limitado hasta 15 personas.**



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# A New Year, a New Opportunity to Volunteer

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Call NEET at 978-388-7474 or visit  
[www.driveforneet.org](http://www.driveforneet.org) to learn more.

## 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 for free ride 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

## SHOW YOU CARE- BE A DRIVER!

Volunteer drivers are needed in Haverhill to deliver Meals on wheels to over 200 seniors each day. It is one of the best volunteer "jobs" around. You have a direct impact on the people you serve, and you pick the day that works best for your schedule. Pick up your meals at the designated Council On Aging.

Plan on a three-hour commitment one day a week or more if you choose! We deliver 5 days a week.

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You just need a car, a driver's license. Drivers require a CORI check. Groups, couples, friends and individuals are welcome! A site coordinator will provide you with all the support you need.

For more information please call

Virginia 978-651-3020 or  
email [vchapinski@esmv.org](mailto:vchapinski@esmv.org)

PLEASE HELP THE SENIORS  
OF HAVERHILL



*I think I made too many  
New Year's resolutions  
this year. It took me  
almost a full day  
to break them all.*



**VOLUNTEERS NEEDED TO  
DELIVER OUR SENIOR  
NEWSLETTER AROUND THE  
HAVERHILL AREA.  
IF INTERESTED CALL  
978-374-2390 EXT 3916**