

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

NOVEMBER 2020

Hi Friends,

How beautiful the sight of the changing color of the trees is. I hope you are all able to enjoy the beautiful view. Enjoy these days before the real cold settles in. The weather is a bit chilly and honestly, it's getting harder to get out of bed. It's so warm under the covers! With change brings new beginnings and hopefully new beginnings are around the corner for us. Thanksgiving Day is approaching and no matter everything that we have been going through we still have lots to be thankful for. The holidays are times for sharing with families, this year will be a little different of course. Please check on your friends who have no one. Sometimes all it takes is just one phone call to make someone's day.

We remain closed but open for any issues you might need assistance with. Don't hesitate to reach out to the staff. You are greatly missed and hope everyone stays safe and healthy. From all of us here at the COA, have a happy and safe Thanksgiving and to all that served in the military, thank you for your service. Happy Veteran's Day!

Best regards,
Your friends at C.O.A

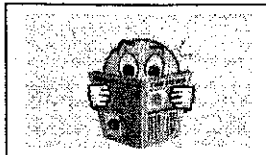
Remember you can view our newsletter online:

www.cityofhaverhill.com

Click on Departments

Click on Council On Aging

Click on The Voice



COA STAFF

Vin Ouellette-

Director of Human Services

Mary Connolly-

Director of COA/Nurse

Wendy Farewell- Adm. Asst.

Maria Yagual-Outreach

Susan Lagasse-Outreach

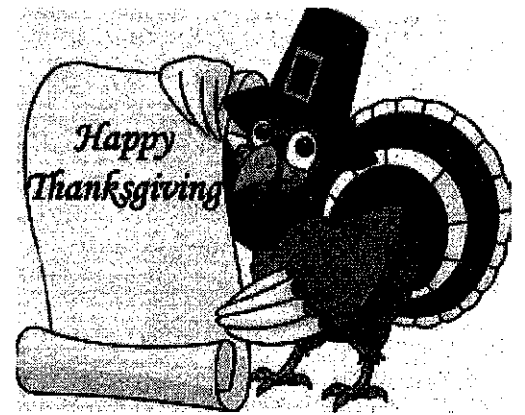
Transportation/NEET

Paola Hussein-

Volunteer/Activities

Coordinator

James Fiorentini- Mayor



FUN FACTS ABOUT NOVEMBER

BIRTHSTONE: *Topaz*

FLOWER: *Chrysanthemum*

November 1st Daylight Savings

November 3rd Election Day

November 11 Veteran's Day

November 26 Thanksgiving Day

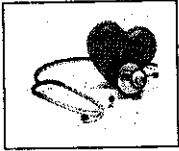
**IF YOU WANT THE VOICE
MAILED TO YOU, PLEASE CALL
978-374-2390 X3916.
DONATIONS WILL BE
APPRECIATED.**

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

ALL ACTIVITIES & CLASSES ARE CANCELLED

COMMUNITY MEAL IS CANCELLED

We will be having outdoor activities at the **Riverside Park**. If you are interested in participating in:
TAI CHI on Thursday at 9am / \$5 per class
YOGA on Tuesday at 1pm For all ages/ \$7.50 per class
WALKING GROUP on Tuesdays at 9am
3B'S EXERCISE CLASS on Mondays, Wednesdays & Fridays at 11:30-12:30pm/ \$5per class
 Space is limited. **You must register ahead.** Call 978-374-2390 X3916 or X3911
 Remember to bring your mask and maintain social distance.



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

Need assistance with Medicare? SHINE can help!

Serving Health Insurance Needs of Everyone ..on or eligible for Medicare. Certified SHINE counselors offer free confidential counselling on all aspects of health insurance to anyone on or eligible for Medicare.

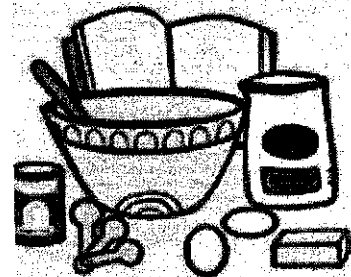
**Mark your calendars: Medicare Open Enrollment:
 October 15-December 7.**

This is your opportunity to review your Medicare plans with a SHINE counselor to see what you can expect with your current plan in 2021, or to see if there is another plan that may be more cost effective for you. You may also benefit from cost-savings programs that a SHINE counselor will explain to you. Your health insurance costs are an important part of your budget and SHINE is available all year to help you review your plans and costs.

Due to the current COVID-19 pandemic, SHINE counselors are meeting by phone.

If you would like to have your current Part D (Prescription Drug Plan) or your Medicare Advantage Plan reviewed for cost savings...Please call Wendy at 978-374-2390 (ext 3919). She will mail a Plan Finder Form to you. Complete the Plan Finder Form and mail back to:

SHINE
 Citizen Center- 10 Welcome St. Haverhill, MA 01830



HOLIDAY RECIPES

Please share your favorite holiday recipes with us. We will share the recipes and make our very own COA Holiday Cookbook.

Email your recipes by Nov. 23 to phussein@cityofhaverhill.com, drop it off at the citizens center or mail to

**10 Welcome St
 Haverhill, MA 01830**

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

PROJECT BREAD 1800-645-8333 www.projectbread.org

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

Haverhill Housing Authority: 978-372-6761 25C Washington Square

Elder Services of the Merrimack Valley, Inc.

Choices for a life-long journey



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- ⇒ Tomando Control de su Salud is a culturally appropriate Spanish version of the Chronic Disease Self-Management Program.
- ⇒ Diabetes Self-Management Program is designed for adults and their caregivers living with diabetes and their caregivers learn health and lifestyle skills to better manage their medical condition.
- ⇒ Chronic Pain Self-Management Program - Chronic Pain and discomfort limit activities adults may enjoy. This workshop teaches adults suffering from chronic pain simple techniques to better manage their pain, improve sleep, increase energy, eat healthier, and develop an exercise regimen for pain management.
- ⇒ Better Choices, Better Health—Online versions of the Chronic Disease Self-Management Program, self-paced
 - ⇒ Tool Kit for Active Living with Chronic Conditions (Mailed CDSMP) - The Tool Kit for Active Living with Chronic. Conditions is a mailed program based on the Chronic Disease Self-Management Program. The Tool Kit can be completed independently or telephonically with a trained leader.

For more information or to register for a program contact us at hice@esmv.org 978-946-1211.

You can also visit our website www.healthyliving4me.org

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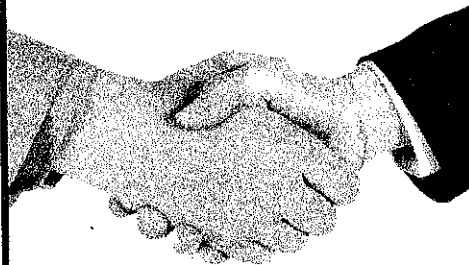
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MONDAY	TUESDAY	WEDNESDAY
2 Pulled Pork 3oz LS BBQ sauce 2oz Sweet Potatoes ½ cup Cauliflower ½ cup Burger Bun 1pc Applesauce 1pc	3 Breaded Fish 1pc Vegetable Rice Pilaf ½ cup Carrots ½ cup Tartar Sauce 1pc WW Dinner Roll 1pc Strawberry cup 1pc	4 Chicken Broccoli Alfredo 5oz Pasta ½ cup Summer Squash ½ c MG Bread 1pc Fresh Fruit 1pc Parm cheese 1pc
9 Meatloaf 1pc Gravy 2oz Mashed Potatoes ½ c Brussels Sprouts ½ cup MG Bread 1pc Chocolate Pudding ½ cup	10 Breaded Chicken 1pc Warm Dijon Lentil Salad ½ cup Green Beans ½ cup Burger Bun 1pc Honey Mustard 1pc Mandarins ½ cup	11 Happy Veteran's No Meals Serv
16 Sloppy Joe's Ground Beef 3oz w/sauce 2oz Potato Chips ½ cup Broccoli ½ cup Burger Bun 1pc Peaches ½ cup	17 Cumin Chicken w/Tomatoes 5oz Yellow Rice ½ cup Beets ½ cup WW Bread 1pc Fresh Orange 1pc	18 Mac n' Cheese 8oz Crumb Topping Mixed Veg ½ cup Italian Bread 1pc Mixed Fruit ½ cup
23 Asian Chicken Poppers 3pc Sesame Sauce 2oz White Rice ½ cup Asian Vegetables ½ cup Dinner Roll 1pc Chef's Dessert	24 Frittata w/ turkey sausage and cheese 1pc Creamed Spinach ½ cup Corn & Peppers ½ cup Fruit Loaf 1pc Fresh Fruit 1pc	25 Breaded Fish 1pc Butternut Squash ½ Garden Salad ½ cup Baked Good 1pc MG Bread 1pc Tarter Sauce 1pc Salad Dressing 1pc
30 Beef Steak w/peppers & onions 5oz Yellow Rice ½ cup Kidney Beans ½ cup Tortilla 1pc Strawberry Cup 1pc Sour Cream 1pc		Novem

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	THURSDAY	FRIDAY
p	5 Colby Jack Omelet 1pc Baked Beans ½ cup Capri Veggies ½ cup English Muffin 1pc Yogurt (no milk) 1pc Juice 1pc Ketchup 1pc	6 Beef Stew w/ veg & potatoes 7oz Fruit Crisp ½ cup Garden Salad ½ cup Biscuit 1pc Salad Dressing 1pc
Day ed	12 Birthday: Stuffed Shells 2pc Marinara Sauce ½ cup Peas ½ cup Garlic Roll (3 rd compart) 1pc Birthday Cake 1pc Parm Cheese 1pc	13 Baked Ham 3oz Pineapple Sauce 2oz Roasted Potatoes 1/2 cup Chef's Veg 1/2c Oat Bread 1pc Applesauce 1/2 cup
z	19 Special: Turkey 3 oz Gravy 2 oz Mashed Potatoes ½ cup Stuffing ¼ cup (under turkey) Green Bean Casserole ½ cup WW Dinner Roll 1 pc Cranberry Sauce 1 pc Pie 1/10	20 LS Hot Dog 1pc Baked Beans ½ cup Coleslaw ½ cup Hot Dog Bun 1pc Ketchup, Mustard, Relish Yogurt 1pc Juice (no milk) 1pc
cup	26 Happy Thanksgiving No Meals Served	27 Happy Thanksgiving No Meals Served

ber Menu Regular

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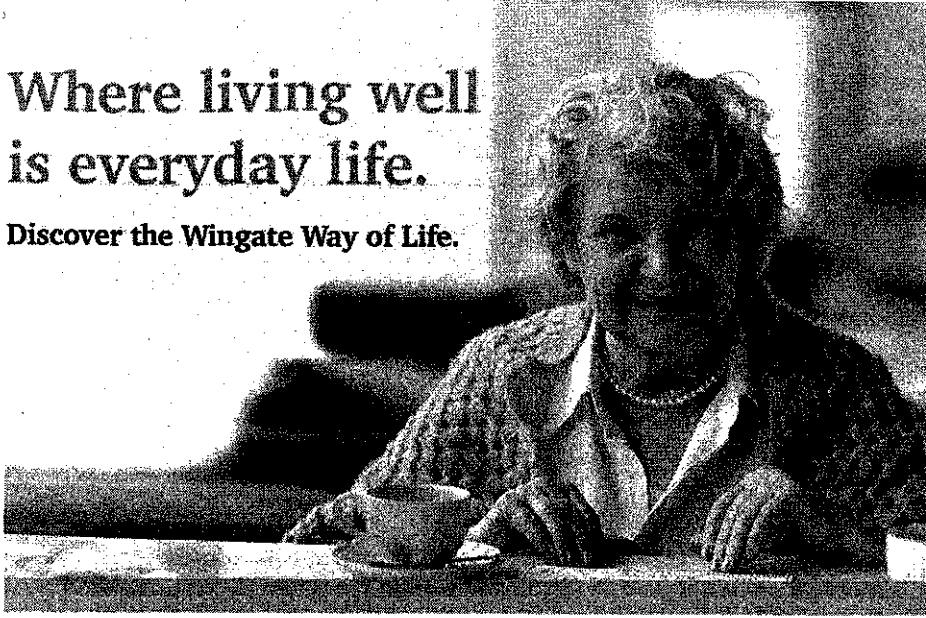
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LORI TRAHAN

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.



Rep. Linda Dean Campbell

Advocating for Seniors in the Annual State Budget

The annual state budget was delayed earlier this year due to the COVID-19 pandemic, as the State Legislature needed time to assess the economic impact of the pandemic and wait for federal aid decisions. **The Legislature is now moving forward to finalize the budget by the end of the year.**

In such a difficult time, this budget needs to focus on programs that support our seniors. I will advocate for increased funding for Councils on Aging, especially for outreach to combat the isolation felt by so many seniors during this crisis. I will also advocate for funding for fuel assistance, food pantries, and other programs that meet the basic needs of our seniors.

In addition, I will advocate for \$500,000 for organizations across the Commonwealth that offer Volunteer Income Tax Assistance (VITA) – a free service that helps seniors and others to file their income taxes and take advantage of all tax credits available to them. The VITA program does great work and is offered locally by Community Teamwork and the South Middlesex Opportunity Council.

Finally, it is very important at this time to increase support for renters and homeowners in order to prevent evictions and foreclosures. No one should lose their home due to inability to pay during an economic and public health crisis.

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.

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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.

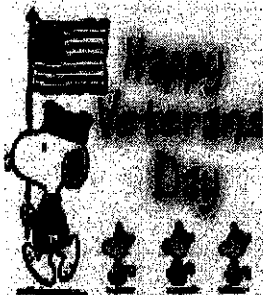
Si usted ha cambiado su número de teléfono o dirección, por favor de llamarnos para actualizar su información en el sistema.

Si tiene algunas recetas festivas que quiera compartir con nosotros por favor de mandar a

phussein@cityofhaverhill.com o enviar al centro para

Nov.23. Quisiéramos hacer un libro de recetas.

November 11, 2020



Riddle

I am something people love or hate. I change people's appearances and thoughts. If a person takes care of them self, I will go up even higher. To some people I will fool them. To others I am a mystery. Some people might want to try and hide me, but I will show. No matter how hard people try I will Never go down. What am I?

MEAL ON WHEELS DRIVERS NEEDED!!

DRIVERS ARE NEEDED TO HELP HOMEBOUND ELDERS GET A NUTRITIOUS HOT MEAL.

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Thanksgiving

WORD SEARCH

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

FALL	THANKFUL	NOVEMBER
GATHER	TURKEY	PLYMOUTH
HOLIDAY	CORNUCOPIA	STUFFING
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The NEET program is still **on hold** during the COVID 19 pandemic; however, drivers will be needed once the program resumes.



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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

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Corner of Mill and Water Street

Burial & Cremation Planning

Main: 978-374-4191 ~ Sales:978-965-2383

Linwoodcemeteryonline.com

DUE TO COVID, OUR FOOD FESTIVAL TO-GO WILL
BE RESERVATION ONLY, PLEASE
RESERVE BY
SATURDAY, OCTOBER 31, 2020

OBSERVING CDC GUIDELINES
PLEASE STAY IN YOUR CAR &
WEAR A MASK AT ALL TIMES

FOOD FESTIVAL TO-GO AT HYE POINTE

SATURDAY, NOVEMBER 14, 2020

11:30 AM-3:30 PM

50% OF THE
PROFIT WILL BE
DONATED TO
ARMENIA

LAMB SHISH KEBAB DINNER PLATE \$18

LOSH KEBAB DINNER PLATE \$17

CHICKEN KEBAB DINNER PLATE \$17

SERVED WITH PILAF, SALAD & BREAD

CHOEREG \$12/DZ. PAKLAVA \$12/4PCS.
CREAM KHADAYIF \$12/4PCS!

TO RESERVE YOUR FOOD & PICK UP TIME

CALL 978-372-9227 OR EMAIL

HENIANCHURCHATHYEPOINTE@VERIZON.NET

TO PAY BY CREDIT CARD

MAKE A SECURED PAYMENT ONLINE

WWW.HYEPOINTEARMENIANCHURCH.COM

CHECKS ACCEPTED IN ADVANCE

PLEASE, NO

1280 BOSTON ROAD,
HAVERHILL, MA 01835



Rebuilding Together.

Greater Haverhill

is now accepting applications for
no-cost home repair assistance on

Annual Rebuilding Day on Saturday, April 24, 2021

Depending on COVID19 regulations

Application deadline is January 31.

Applicant eligibility:

- Own and occupy your home for at least 2 years
- Meet Federal HUD low-income guidelines
- Live in the Greater Haverhill area (Haverhill, Groveland, Georgetown, Boxford, Merrimac, West Newbury, and Plaistow, NH)

Priority is given to homes that need safety and accessibility modifications. Other restrictions may apply. If you or someone you know needs help with home repairs, modifications (such as grab bars or a wheelchair ramp), or energy efficiency projects, please ask for an application by calling the number below.

Checkout our website at www.rebuildingtogetherhaverhill.org

Tel: 978-469-0800 or email

RTHaverhill@outlook.com

Rebuilding Together Greater Haverhill, Inc. is a registered 501(c)3 non-profit organization that has been helping homeowners in the area for 27 years.