

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

Hi Friends,

It's official, Autumn is here and it's had a very chilly start. Time to bring out those fashionable sweaters. I can't wait for summer again. Hope you are all warm and comfortable. Life is very different for us these days, but we need to keep hope that soon we can get back to normal. It's been hard not having you be with us at the center, but we are trying to protect our seniors so please be patient. Keep busy! I think it's time for a little fall cleaning. Send cards to your friends and family. Reach out and make a call to your loved ones. Get crafty, make masks, hats or scarfs for the winter. Bake cookies ...yum! Take small walks. The holidays are soon upon us and it may not feel the same but let's keep the holiday spirit. Let's rely on good memories and make simpler festivities.

Remember to reach out to us if there is anything you can think we can help in. Our staff is always here to help. We are thinking of you and send you our love. Stay safe and healthy!

Best regards,
Your friends at C.O.A

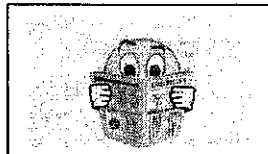
Remember you can view our newsletter online:

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 OCTOBER

BIRTHSTONE: *Tourmaline & Opal*

FLOWER: *Calendula*

October 12 Columbus Day

October 31 Halloween

**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

NEET TRANSPORTATION SCHEDULED TO REOPEN OCTOBER

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.

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.

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.

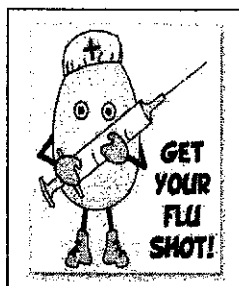
This is your opportunity to review your Medicare plans with a SHINE counselor to see what you can expect with your current plan in 2021, or to see if there is another plan that may be more cost effective for you. You may also benefit from cost-savings programs that a SHINE counselor will explain to you. 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

FLU CLINIC



Haverhill COA will be hosting Walgreens for flu vaccinations for our seniors on October 16th from 10 AM to 12 noon. You must bring your insurance card and preregister for an appointment time.

Please call Mary at (978) 374-2390 X 3915 to register or Paola at (978) 374- 2390 X 3916

Health Updates

Haverhill Council on Aging will host a Diabetic Shoe Clinic on Monday October 19th starting at 1:30pm. You must have your doctor complete a prescription form prior to the clinic. Please call Mary at (978) 374-2390 X 3915 to have the form sent to you and to schedule an appointment. Nurse Mary will be available to do blood pressure checks and wellness visits by appointment only. Please call (978) 374-2390 X 3915 to schedule.
 Stay Healthy!!

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

Next Brown Bag Pickup is November 3, 2020

League of Women Voters of Greater Haverhill will be onsite Tuesday October 6th and on Wednesday October 14th from 11-1 to assist anyone interested in registering to vote.

RESOURCES

Dial 311 for immediate assistance M-F 8am-4pm

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

PANTRIES

All saints Food Pantry 978-372-7722

120 Bellevue Ave, parking lot distribution

1st & 3rd Sat. 10am-12pm/2nd & 4th Tues. 3pm-5pm

Liz Murphy Open Hand Pantry 978-372-0260

16 Ashland St. (basement of Unitarian Church)

Tues. 4pm-7pm (Curbside grocery pick up)

Sacred Heart Food Pantry 978-373-1281

6 Carleton Ave.

Monday, Wednesday, Friday 8:15am-11am

Salvation Army 978-420-4192

395 Main St.

To Go Lunch- Tues, Thurs, Fri. 12pm

Food Pantry- Mon, Wed, Fri. 9:30-11am

Common Ground 978 372-3336

194 Winter Street

Café Mon- Fri 12pm-3pm

Monday Lunch- Grab & Go 12pm-2pm

Friday Lunch-Grab & Go 12-1:30pm (parking lot)

Sat. Breakfast- Grab & Go 7am-9am

Sun. Breakfast- Grab & Go 7am-8:30pm

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

Mutual Aid Society of Haverhill (MASH) 978-228-5322 MASHaverhill@gmail.com

Mash has a database of community members who are eligible to pick up and deliver supplies

SNAP (Supplemental Nutrition Assistance Program)

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

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

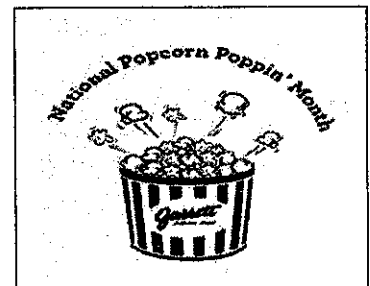
ELDER SERVICES OF THE MERRIMACK VALLEY: 800-892-0890

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

Answer to last month's
riddle:
Eyeball



**United
Healthcare
Community Plan**



Our friends from United Healthcare are sponsoring National Popcorn Month. Come join us on **Tuesday October 6, 2020 from 11-1pm** outside on our citizen center parking lot for a baggie of popcorn.



Assisted Living
AT

MERRIVISTA

CALL FOR A TOUR TODAY

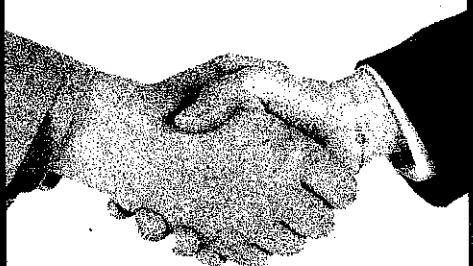
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Visit our website to learn more:

www.communityactioninc.org
or call **978-373-1971 ext 218**

October Menu Regular

MONDAY	TUESDAY	WEDNESDAY
<p>5 Egg n cheese 1pc Baked Beans ½ cup Cinnamon Pears ½ cup Muffin 1pc Yogurt (no milk) 1pc Juice 1pc Ketchup 1pc</p>	<p>6 Chicken Pot Pie 5oz Mashed Potatoes ½ cup Broccoli ½ cup Oat Bread 1pc Fresh Fruit ½ cup Cranberry Sauce 1pc</p>	<p>7 Breaded Fish 1pc Vegetable Rice Pilaf Carrots ½ cup Tartar Sauce 1pc Burger Bun 1pc Strawberry cup 1pc</p>
<p>12 Happy Columbus Day No Meals</p>	<p>13 LS Hot Dog 1pc Baked Beans ½ cup Potato Chips 1pc Hot Dog Bun 1pc Mandarin Oranges ½ cup Ketchup, Mustard, Relish 1pc</p>	<p>14 Veggie Lasagna 1 Alfredo Sauce ½ cup Peas ½ cup Garlic Dinner Roll (3' compartment) 1pc Pears ½ cup Parm Cheese 1pc</p>
<p>19 Chicken Parm 1pc Pasta w/marinara sauce ½ c Cauliflower ½ c Italian Bread 1pc Mixed Fruit ½ cup Parm Cheese 1pc</p>	<p>20 Lemon Fish 5oz Yellow Rice ½ cup Beets ½ cup WW Bread 1pc Strawberry Cup 1pc</p>	<p>21 Pot Roast 3oz Jardiniere gravy 2oz Mashed Potatoes ½ Mixed Veggies ½ cup Dinner Roll 1pc Peaches 1pc</p>
<p>26 Stuffed Shells 2pc Marinara 4oz Creamed Spinach ½ cup Garlic Dinner Roll 1pc Parm Cheese 1pc Yogurt 1pc (no milk) Juice 1pc</p>	<p>27 Open Turkey Sandwich Turkey 3oz, White Bread 1pc Gravy 2oz Mashed Potatoes ½ cup Carrots ½ cup Pears 1pc Cranberry Sauce 1pc</p>	<p>28 Cheeseburger 1pc Roasted Potatoes ½ Garden Salad ½ cup Burger Bun 1pc Baked Good 1pc Ketchup 1pc Salad Dressing 1pc</p>

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Aquatic Therapy • Pet Assisted Therapy • Pediatric Therapy

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

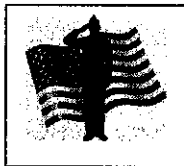
VA Hospital Transportation

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.



Hello again,

While we have made important strides in Massachusetts in recent years to provide inclusive opportunities for persons with disabilities, there is always more work that can and should be done. In that spirit, and coinciding with the anniversary of the Americans with Disabilities Act (ADA), which was signed into law 30 years ago by President George H. W. Bush, the Senate recently passed legislation I co-sponsored that removes existing barriers for students with intellectual disabilities, autism spectrum disorders or other developmental disabilities so they can attend public institutions of higher education. Under An Act Creating Higher Education Opportunities for Students with Intellectual and Developmental Disabilities, these students would not be required to pass the MCAS or take college entrance exams in order to access opportunities on campuses with their peers. In response to the challenges facing school districts and public higher education institutions during the COVID-19 emergency, the legislation ensures no additional costs are placed on a school district beyond the existing obligations already required under state and federal special education law. Furthermore, the bill ensures that colleges are not required to bear any additional costs of providing individual supports and services for students with intellectual disabilities who attend the college through the Massachusetts Inclusive Concurrent Enrollment Initiative (MAICEI), which enables school districts and public institutions of higher education to partner together to offer inclusive concurrent enrollment initiative options for students with intellectual disabilities ages 18 to 22. Since 2007, over 1,200 students with disabilities have taken advantage of this opportunity to participate academically and socially in the life of participating colleges in Massachusetts through the MAICEI. For too long, public school options for students with intellectual disabilities transitioning to adulthood have been limited. Ensuring these individuals have access to higher education will lead to greater opportunities for meaningful integrated employment and a fulfilling life in their community. I am grateful to Senator Joan B. Lovely (D-Salem) for her sponsorship of the bill and leadership on this important issue and urge the House of Representatives and Governor to advance the legislation across the finish line as soon as possible.

If you have questions about this bill or any other issue – or need assistance during the COVID-19 pandemic - please contact me and my team anytime via email at diana.dizoglio@masenate.gov or phone 978-984-7747.

Yours in service,
Diana

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.

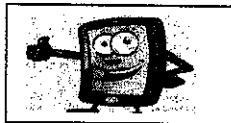
Para una lista o preguntas sobre clases y actividades contacte a Maria Yagual ext3912 o Paola Hussein ext3916
Clases y actividades están canceladas por el momento.
El centro estará abierto solo por cita.

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

Proxima fecha de Brown Bag es Noviembre 3, 2020

If you have changed your phone #, address, or emergency contact, we must update your information in our system. Please call

**the
Center.**



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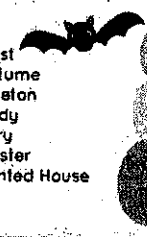
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Bat
Pumpkin
Halloween
Mummy
Vampire
Witch
Spooky
Trick or Treat

Fun
Ghost
Costume
Skeleton
Candy
Scary
Monster
Haunted House



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Women's City Club delays its new year

The Women's City Club of Haverhill has postponed its new 2020-2021 season of meetings until next year because of Covid-19. President Phyllis Fafaras expects members will meet in April 2021 to socialize and vote on the new officers. The election ballot will be mailed to members in the spring. Members can then either return the ballots by mail, email or at a small social gathering. The location will be decided in the spring, when it is hoped COVID-19 restrictions will be eased. This is the election that was delayed with the onset of COVID-19 in March. On the ballot will be Kathy Sciacca as president. Teresa Gagnon will return as first vice president and Helen Rose Tuttle as Second Vice President.

In September 2021, meetings will resume in the lower level of Christian Advent Church, 160 Carleton St., Haverhill. The first meeting of the 2021-2022 year will be free to guests to celebrate the beginning of the new club year.

A brief business meeting is always followed by light refreshments and entertainment. The first September meeting is always free for guests.

Members are reminded that despite the club delay, dues are still payable. Payment of \$30 should be sent to Phyllis Fafaras in Lexington, MA.

Kathy Sciacca

ATTENTION SENIORS!

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	THURSDAY	FRIDAY
	1 Octoberfest Special: Bratwurst 1pc Brussels Sprouts ½ cup Warm German Potato Salad ½ cup Hot Dog Bun 1pc Chocolate Cookie 1pc	2 Braised Chicken w/peppers & tomatoes 5oz Yellow Rice ½ cup Cauliflower ½ cup WW Dinner Roll 1pc Peaches ½ cup
cup	8 Turkey, pumpkin & white Bean Chili 8oz Green Beans ½ cup WW Bread Applesauce ½ cup	9 Pasta ½ c w/marinara 4oz Meatballs 3pc Garlic Dinner Roll 1pc Garden Salad ½ cup Baked good 1pc Salad Dressing 1pc Parm Cheese 1pc
	15 Chicken Marsala 1pc Mashed Potatoes ½ cup Chef's Veg ½ cup MG Bread 1pc B-Day Cake 1pc	16 BBQ Beef 3oz Corn & Peppers ½ cup Collard Greens ½ cup Oat Bread 1pc Pudding ½ cup
	22 Frittata 1pc Baked Beans ½ cup Zucchini & Tomatoes ½ cup Snack n'loaf 1pc Applesauce 1pc	23 Pork w/Apples 1pc Sweet Potatoes ½ cup Bread Pudding ½ cup Garden Salad ½ cup Salad Dressing 1pc Fresh Fruit 1pc
ip	29 Sliced Sausage w/Peppers & Onions 5oz Corn & Black Beans ½ cup Green Beans ½ cup WW Bread 1pc Chef's dessert 1pc	30 Halloween Special: Chicken Kiev 1pc Garlic sauce 2oz Pumpkin Rice ½ cup Broccoli ½ cup Oat Bread 1pc Chocolates 2pc

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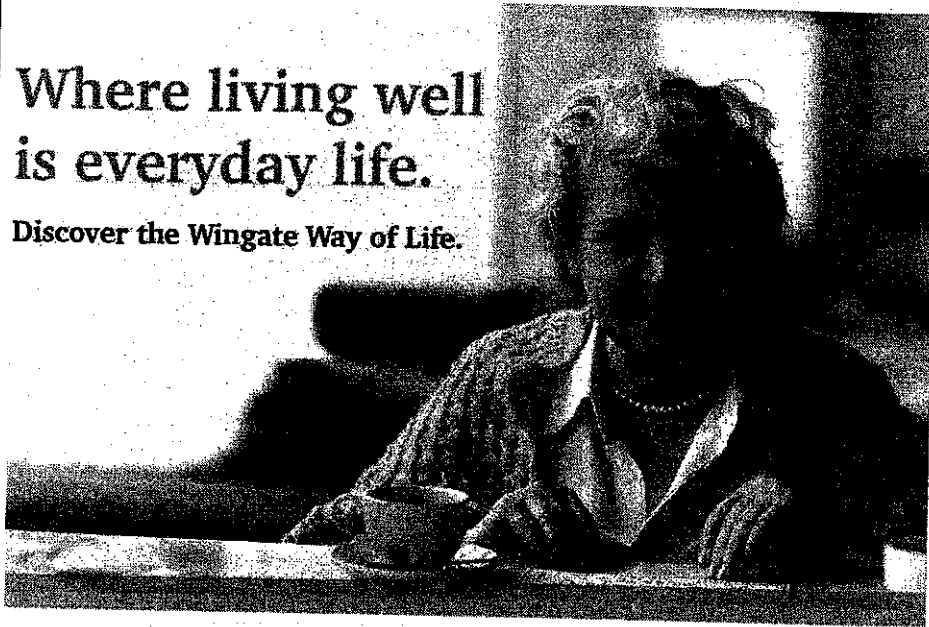
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How to Vote Safely in This Year's Elections

Due to the pandemic, the State Legislature has passed a law to give citizens options to vote safely and securely in this fall's two elections: the state primary on September 1 and the general election on November 3. **The law expands voting by mail and early in-person voting and requires public health precautions at polling locations.**

If you are not registered to vote, you may register online, by mail, or in person through the Haverhill City Clerk. The City Clerk's office can be reached at (978) 374-2312. To register online, visit www.sec.state.ma.us/OVR. The deadline to register is October 24 for the general election.

All voters are eligible to vote by mail this year. If you would like to vote by mail, you must submit an application to the Haverhill City Clerk to receive your mail-in ballot. Applications were mailed to voters and are available on the Haverhill City Clerk's website. All applications must be received by the City Clerk by October 28 for the general election. Mail-in ballots are then due to the City Clerk by 8 PM for the general election, they must be postmarked by November 3 and arrive to the City Clerk by November 6.

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.

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

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How may we help you?

For more information and forms contact:
Registry of Deeds Customer Service
978-542-1704

www.salemdeeds.com

or email us at:

southernessexcustomerservice@sec.state.ma.us

John O'Brien
Register of Deeds
Southern Essex District
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Salem, MA 01970

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