

North Andover Council on Aging  
120R Main Street  
North Andover, MA 01845



# North Andover Council on Aging

## RESOURCE GUIDE

Compiled by  
The North Andover Council on Aging  
120R Main Street  
North Andover, MA 01845  
Telephone: 978/688-9560; Fax: 978/688-9563  
Website: [www.townofnorthandover.com](http://www.townofnorthandover.com)



FRIENDS OF THE NORTH ANDOVER  
SENIOR CENTER, INC.  
120R MAIN STREET  
NORTH ANDOVER, MA 01845



\_\_\_\_\_ Yes, I want to be one of the “Friends of North Andover Senior Center” and I am enclosing the appropriate membership dues.

Individual: \$10.00    Couple/Family: \$25.00    Business: \$100.00    Other: \_\_\_\_\_  
(Please circle one and enclose your payment)

NAME (print) \_\_\_\_\_  
ADDRESS \_\_\_\_\_  
\_\_\_\_\_ TELEPHONE \_\_\_\_\_

\_\_\_\_\_ No, I do not want to become a member but am enclosing my tax-deductible contribution.

---

In Honor/Memory of \_\_\_\_\_

Optional

Send Acknowledgement to: \_\_\_\_\_  
Name: \_\_\_\_\_ Address: \_\_\_\_\_

Return with check payable to Friends of North Andover Senior Center, Inc.  
P.O. Box 661, North Andover, MA 01845

# RESOURCE GUIDE



**We are most appreciative to  
the  
TRIAD Group  
of North Andover & the  
Essex County Sheriff's  
Department  
who greatly supported  
the publication of this  
Resource Guide.**

*Published March 2011*

## **DONATIONS TO THE COA**

### **Direct Donations**

If you would like to make a direct donation to the North Andover Council on Aging in memory of a loved one, you may do so by sending your check to the COA at 120R Main Street, North Andover, MA 01845. A plaque with a loved one's name is memorialized at the Senior Center. Call the Center for information on the purchase of this service. These donations will directly benefit the seniors of North Andover.

Donations can be made directly to the Friends of the North Andover Senior Center. It, too, will directly benefit the seniors of North Andover. See page 42 for the Friends' form.

Please call the Center if you would like more information about donations.

**COA/Senior Activity Center  
Telephone # 978/688-9560**

## ADVOCACY / ASSISTANCE

(Continued)

**Benefits Check Up** - This program will help seniors identify federal and state benefits they may be eligible to receive. Questionnaires are available at the Senior Center or can be completed online at [www.benefitscheckup.org](http://www.benefitscheckup.org).

**Insurance Hotline** - If you have questions regarding health insurance coverage, you may call the hotline at 1-888-830-6277.

**Consumer Hotline** - To report unfair or deceptive practices, call the Consumer Hotline at 1-617-727-8400 or visit their website at [www.ago.state.ma.us](http://www.ago.state.ma.us)



## MISSION

**Our Mission is to advocate for older adults, to identify their needs, to help meet their health, economic, social and cultural needs, to encourage maximum independence and to improve their quality of life.**



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## ADVOCACY / ASSISTANCE

### Health Information

#### **The Center for Medicare and Medicaid**

**Services** - This agency administers the Medicare Program, including: Medicare prescription drug discount cards and Medicare Part D prescription drug benefit. Call 1-800-633-4227 or visit their website at [www.cms.gov/medicareform/](http://www.cms.gov/medicareform/)

**SHINE** - In addition to the SHINE services provided at the North Andover Senior Center, Massachusetts seniors with questions about Medicare or other private and public health care programs can call 1-800-243-4636 or visit their website at [www.800ageinfo.com](http://www.800ageinfo.com)

**Rx Assist:** - This organization provides information about financial assistance for prescription medications from pharmaceutical manufacturers' patient assistance programs and other sources. Visit their website at [www.rxassist.org](http://www.rxassist.org).

**Elder Hotline** - If you have general questions or need assistance regarding the Medicare Prescription Drug Benefit, call 1-888-243-5337.

**Elder Issues Questions** - Cheryl Gresek, Senior Advocate for Cong. Tierney's Office is available at the Center on the 3rd Wednesday of the month from 10:30-11:30 AM. Appointments can be made through her office at 978/531-1669.

## ADVOCACY / ASSISTANCE



### Advocacy Groups

**AARP**, 1 Boston Place, Suite 1900, Boston, MA  
02108 617/720-5600

**MassPirg**, 29 Temple Place, Boston, MA 02111  
617/292-4800

**Elder Services of the Merrimack Valley**  
360 Merrimack Street, Building 5, Lawrence, MA  
01843 800/892-0890

**Greater Lawrence Community Action  
Council**, 21 Lawrence St., Lawrence, MA 01840-  
1413 978/681-4905

**Jeannie Geiger Crisis Center**  
2 Harris Street, Newburyport, MA 01950  
978/465-0999 24-Hour Hotline: 978/388-1888

**North Andover Housing Authority**  
310 Greene Street, North Andover, Ma 01845  
978/682-3932

**Neighborhood Legal Services, Inc.**  
170 Common Street, Suite 300, Lawrence, MA  
01840 978/688-6900 800/657-2889

**Food Stamp Program**  
Mass. Department of Transitional Assistance  
15 Union Street, Lawrence, MA 01840  
978/725-7100

## DIRECTIONS TO THE NORTH ANDOVER SENIOR CENTER

**From 495 N:** Take exit 43 (Mass Ave.), right off the ramp, left at first set of lights (Waverly Rd.), right onto Main St., Senior Center is across from First and Main Marketplace and next to the Town Hall. Continue down Main St. to next driveway on left which will take you into a municipal parking lot and main entrance to Center.

**From 495 S:** Take exit 43-44 (Merrimack St.), left off the ramp, cross under highway, right at next set of lights (Main St.). Follow above directions from Main St.

**From 125/133:** Turn left on Rt. 114 (Merrimack College will be on left.) Take next right at lights (Bertucci's), turn left at 3rd set of lights (Main St.) Proceed 1/2 mile, after Bank of America, turn right into municipal lot driveway and main entrance to Center.



**Hours of Operation:  
Monday through Friday, 8:30 AM – 4:30 PM,  
with the exception of Holidays.**

## INTRODUCTION

**Councils on Aging (COA)** are the principal agencies of local government, which serve the elderly. First authorized by special legislation in 1956, there are now over 352 Councils in the Commonwealth. The three core responsibilities of the Councils on Aging are:

- ◆ To identify the needs of senior citizens as well as available resources within the community.
- ◆ To educate the community-at-large regarding senior issues and advocate for the needs of its seniors.
- ◆ To design, promote and implement needed services and to coordinate the efforts of agencies which serve seniors.

The Council on Aging interacts with the Town's Elder Service Department to provide services for North Andover Seniors.

**COA/Senior Activity Center**  
**Telephone # 978/688-9560**

## NORTH ANDOVER CONTACTS

**Continued**

### **Municipal Department Phone Numbers**

#### ***School Department***

Superintendent's Office.....	978/794-1503
Special Education.....	978/794-1717
Atkinson School.....	978/794-0124
Bradstreet School .....	978/794-1677
Franklin School.....	978/794-1990
High School.....	978/794-1711
Kittredge School.....	978/794-1688
Middle School.....	978/794-1870
Sargent School.....	978/725-3673
Thomson School.....	978/794-1545
Selectmen's Office.....	978/688-9510
Senior Citizen's Center.....	978/688-9560
Town Clerk.....	978/688-9501
Town Manager/Selectmen.....	978/688-9510
Treasurer/Collector.....	978/688-9550
Veteran's Services.....	978/682-9525
Youth Services.....	978/688-9515

**COA/Senior Activity Center**  
**Telephone # 978/688-9560**

# NORTH ANDOVER CONTACTS

## Municipal Department Phone Numbers

### Emergency Numbers

Fire/Police/Ambulance.....911  
Poison Control.....800/682-9211

### Your Town Government

General Information.....978/688-9500  
Accounting Office.....978/688-9520  
Assessor’s Office & Services.....978/688-9566

### Community Development:

Building Department..... 978/688-9545  
Conservation Department.... 978/688-9530  
Health Department..... 978/688-9540  
Planning Department..... 978/688-9535  
Zoning Board of Appeals..... 978/688-9541

Emergency Mgmt. Agency.....978/688-9580  
Human Resources..... 978/688-9516  
Fire Department-Business..... 978/688-9590  
Housing Authority.....978/682-3932  
Library—Stevens Memorial.....978/688-9505  
N. Andover Elder Service Dept...978/688-9560  
Police Department-Business... 978/683-3168

### Public Works:

Streets & Trees..... 978/685-0950  
Trash & Recycling .....978/685-0950  
Water & Sewer.....978/688-9570  
Water Treatment Plant.....978/688-9574

# North Andover Council on Aging (COA) Elder Services Department Resource Guide

*Third Edition*

**Irene M. O’Brien**  
**Elder Services Executive Director**

## Elder Services Department Staff

Barbara Champigny Program Manager  
Donna Delaney Outreach Coordinator  
Paula Crudale Administrative Secretary  
Nancy Stevenson Office Assistant  
Pat Sweeney Data Entry  
Jeannine McEvoy Receptionist  
Bonnie Wolstromer Receptionist  
Barbara Joseph Nutrition Volunteer Coordinator  
Judith Lalmond Nutrition  
Maryann Ramsey Nutrition  
Jose Morel Van Driver  
John Conlon Custodian

**COA/Senior Activity Center**  
**Telephone # 978/688-9560**

## POLICY ON CONDUCT, DRESS CODE AND BEHAVIOR

In order to promote good order and achieve a congenial atmosphere in the operation of the COA programs and services, the following policy is hereby established.

The policy will apply to all persons visiting or participating in the programs and services which are offered by the COA.

- ◆ Each person must conduct him/herself in a courteous, respectful and cooperative manner. Behavior which infringes on the rights of others will not be tolerated.
- ◆ Each person must be dressed in a manner generally acceptable in public meeting places. Individuals must maintain a level of personal hygiene consistent with accepted standards.
- ◆ Each person must be physically and mentally capable of participating in the activities and programs independently.

## RESOURCES

### Elected Officials:

#### Board of Selectmen

	<u>Term Expires</u>
Tracy M. Watson, Licensing Chairman	(2011)
Daniel P. Lanen , Chairman	(2012)
Rosemary Connelly Smedile	(2013)
Richard A. Nardella, Vice Chairman	(2011)
William F. Gordon, Clerk	(2012)

#### Council on Aging Board Members

	<u>Term Expires</u>
Maria Rosati, Chairperson	2012
Patricia A. Long, Vice-Chair	2011
Elizabeth Poirier, Treasurer	2013
William P. Callahan, Secretary	2013
Margaret Shaheen	2013
Al Movsesian	2012
John Graham	2011
Priscilla Cole	2013
Peter Aziz	2011

## RESOURCES



**Elected Officials -**

**Representative in Congress**

John Tierney 978/531-1669

**State Representatives**

14th Essex—Precincts 1,2,3,4,5 and 6

David Torrisi 617/722-2396

**18th Essex—Precincts 7 & 8**

James J. Lyons, Jr. - 617/722-2014

**State Senators**

1st Essex Precincts 1,4,6 and 8

Steven Baddour 617/722-1604

1st Essex and Middlesex Precincts 2,3,5 and 7

Bruce E. Tarr 617/722-1600

**Precinct Voting Locations**

Precincts 1 through 8

North Andover High School

Osgood Street

Polls open 7:00 a.m. until 8:00 p.m.

Call Town Clerk's Office at 978/688-9501 for information.

**Social Security Office**, Suite 4208

439 South Union St, Lawrence, MA 01843

978/686-6171 or 1-800/772-1213

## POLICY ON CONDUCT, DRESS CODE AND BEHAVIOR

The COA/Senior Center is not a licensed Adult Day Health Center or Social Day Care provider. The Center does not have the required staffing necessary to offer these programs. Individuals who need personal assistance to participate in the programs must secure these services on their own. The Senior Center staff will provide assistance in making referrals.

The COA/Senior Center is required by law to report any elder it deems at risk. The safety and well-being of our participants is paramount.





## FRIENDS OF THE NORTH ANDOVER SENIOR CENTER

The Friends is a group of concerned volunteers working to create awareness, to educate and to identify senior needs and to promote, sponsor and support programs and services for the North Andover senior population. The Friends is a 501(C)3 organization operating in accordance with the goals and policies of the North Andover Council on Aging Board.

Volunteers are needed in a variety of areas, such as:

- ◆ Joining the Friends, attending the monthly meetings, making suggestions, soliciting new members.
- ◆ Promoting and participating in Friends fundraising events.
- ◆ Spreading the word on the Council on Aging, via the radio, cable TV, newspapers and flyers.
- ◆ Volunteering to lead a committee, be part of a committee, fundraiser, class, discussion group or seminar.

Friends meet the last Wednesday of the month at 4:30 PM (except holidays) at the Senior Center. Please join us! Enrollment forms are located on page 42 of this Guide.

## RESOURCES



### Elected Officials -

U. S. President Barack Obama

The White House, 1600 Pennsylvania Avenue,  
NW

Washington, DC 20500

202/456-1414

U.S.Senator Scott Brown

2400 JFK Federal Building

15 New Sudbury Street

Boston, MA 02203

617/565-3170

Or

317 Russell Senate Office Building

United States Senate

Washington, DC 20510

202/228-2646

U.S. Senator John F. Kerry

One Bowdoin Square

Boston, MA 02114

617/265-8519

Or

10th Floor Russell Senate Office Building, Room 362

United States Senate

Washington, DC 20510-2102

202/224-2742

Governor Deval Patrick - State House

Office of the Governor, Room 280

Boston, MA 02133

617/725-4005

## FITNESS PROGRAMS

**Joy of Exercise:** Low impact aerobic/dance increases coordination, balance and strength, utilizing a variety of equipment from stretch bands to light weights (provided). Men and women welcome. Thursdays at 10:00 AM.

**Tai Chi & Chi Gong:** Improves balance and relaxes the body. Concentration, internal body awareness and patience improves greatly. Allows the body to feel good and provides a healthy way to deal with stress. Tuesday mornings at 9:30 AM.

**Yoga:** Gentle stretching with breathing techniques to open tense muscles, stiff joints and to maintain strong bones. Wear loose, comfortable clothing and bring a floor mat. Mondays at 9:00 AM.

**Wii Game System:** The North Andover Senior Center has a Wii Game system in the new living room. The following games are available: bowling, baseball, tennis, golf and boxing. The games can be played on our 46" flat screen TV. A great way to exercise and have fun at the same time.

**Zumba:** Come exercise to the beat of Latin Music with Zumba. Walk-ins are welcome. Drop the kids off at school and come to the Senior Center for a class. All ages are welcome. Monday & Wednesday from 3:30-4:30 PM, Wednesdays (Zumba Gold) from 2:30-3:15 PM, Thursdays from 4:30-5:30 PM.

## SENIOR ACTIVITY CENTER

The Senior Activity Center is a community focal point for programs and services that will enhance the quality of life for our retired or not yet retired citizens. Programs and activities are offered that reflect their experience and skills, respond to their diverse needs and interests, support their independence, develop their creativity and encourage their involvement in and with the Center and the community.

The Elder Service Dept. staff is privileged to serve North Andover's seniors. We provide services and function as a resource for the entire community regarding information on aging, support for family caregivers and for development of innovative approaches to addressing aging issues.

The Senior Activity Center is open Monday through Friday, 8:30 AM – 4:30 PM, with the exception of Holidays. Evening Programs are held; check newsletter for schedules. There are no evening transports available.

The COA Storm Policy states that when the North Andover Schools are closed due to inclement weather, all scheduled Senior Center activities & programs are also cancelled for the day. No meals are served. The Center will remain open for emergencies.

## SENIOR ACTIVITY CENTER (continued)

We rely heavily on volunteers at the Center to facilitate the programs and services.

The following pages list the programs, services and activities offered at the Senior Activity Center. Please do not hesitate to call us if you need more information. Also listed are telephone numbers of Town departments and other numbers that may be helpful to you.

Every effort was made to provide correct and up-to-date information. However, telephone numbers and information are subject to change. Please call the Senior Activity Center at 978/688-9560 if you need assistance.

The Senior Activity Center is wheelchair Accessible.



COA/Senior Activity Center  
Telephone # 978/688-9560

## ACTIVITIES

**News and Views** - An informative and stimulating group covering current events, local, national and international issues. Each individual is encouraged to express his or her point of view on various subjects. Wednesday morning at 10:00 - 11:30 AM.

**Quilting** - All levels welcome. We bring our work for "show and tell", tips on colors, patterns and quilting styles. Meets the 1st Friday of the month from 10:00 - 12:00.

**Socials** - Every year the Center organizes many socials which include a Mother's Day Breakfast, Thanksgiving Feast, Holiday Parties and St. Patrick's Day Party to name a few. Consult your Newsletter for dates, time and cost.

**Supper Club** - On the 3rd Thursday of every month, the Supper Club goes to a different restaurant. It leaves at 4:40 PM and returns at about 6:30 PM. Cost is determined by destination and mileage for transportation and everyone orders off the menu with separate checks.

**Trips** - Trips to interesting and educational locations are scheduled periodically. Watch the newsletter and local newspapers for advance sign-up and cost information.

**Woodcarving** - Bird and animal carving. Great social group; beginners through advanced are welcome. Meets Thursdays from 9:00-12:00.

## ACTIVITIES

**Intergenerational Programs** - Students and seniors working together. Watch for monthly forums, and computer classes. Check with the Center for dates and times.

**Knitting & Crocheting** - Open to all; group knitting and crocheting session from 9:30 - 11:30 AM on Tuesdays. Individuals should bring their own projects and a smile. Members will be able to help each other solve any problems. Join to learn something new or for fun. Yarn is available.

**Lecture Series** - People from all different backgrounds, professions or interests give presentations and insight into a variety of subjects. Keeping our minds open and alert helps our overall health and well being. Mondays from 10:00-11:30 AM.

**Mahjong** - Come and learn to play Mahjong . It is held on Mondays from 12:30 - 2:30 PM.

**Mystery Ride** - On the 1st Thursday of every month the N. Andover Senior Center sponsors a Mystery Lunch Ride to another Senior Center. The seniors have lunch with groups from other Senior Centers and may stop for ice cream on the way home. Cost is determined by destination and mileage.

## OUTREACH

The Outreach Coordinator makes home visits to assess needs and provide information and referral services. Visits are made to hospitalized North Andover seniors as well as Nursing Homes, Housing, and Assisted Living facilities. The Outreach department responds to emergencies and provides on-going assistance, when needed, for homebound North Andover seniors to remain safe, secure and independent in their homes. In Massachusetts, the Outreach Coordinator as well as the Director of Elder Services are mandated reporters of abuse and neglect.

### **The Friendly Visitors Program**

The Friendly Visitors Program is a service to the North Andover homebound seniors. Volunteers are assigned to seniors at their home for company and support. This program greatly assists our Outreach Program by having a volunteer out in the community. This volunteer will inform our Outreach Coordinator of any concerns they may have regarding a particular client.

### **Telephone Reassurance**

Telephone Reassurance is a volunteer based service that offers a friendly voice on a regular basis to any North Andover elder who may not have family or friends nearby to check in and see that they are okay. This program is a lifeline to many of our homebound elders and is also another way that volunteers reach out to make sure our seniors are safe in their homes.

## TRANSPORTATION PROGRAMS FOR NORTH ANDOVER SENIORS



Many of our seniors already avail themselves of one or more of the following programs. There are no financial criteria to be met, and services are provided within the confines of the Elder Services Dept. budget. Some of these programs include:

### **Northern Essex Elder Transport (NEET)**

This (curb-to-curb) service is provided for doctor and therapy appointments for seniors who have no other means of transportation. The suggested donation is 43¢ a mile. Appointments must be made one week in advance by calling the Senior Activity Center. Companions are required if assistance is needed.

**Shopping Services** - Grocery (door-to-door) transportation to Market Basket on Tuesdays, Wednesdays & Fridays - \$2.00 round trip.

## ACTIVITIES

**Art Class** - For all levels of artists, from beginner to advanced. The elements of drawing are emphasized including composition, color and value. Meets Thursdays from 1:00 - 3:00 PM.

**Bingo** - Tuesdays at 1:00 - 3:00 PM. \$1.00 per card. Coffee, tea and muffins will be available.

**Book Club** - Meets the first & third Friday of every month at 10:30 - 11:30 AM.

**Bowling** - At Academy Lanes in Bradford, \$7.50 per week, includes bowling and shoes. Leagues form in September.

**Bridge** - Experienced players meet to enjoy a friendly afternoon of bridge. Partners not needed. All are welcome. Drop-in on Monday and Friday afternoons from 1:00 - 3:00 PM.

**Bridge Refresher** - Build upon your bridge skills. This is a 10 week program. Partners not needed. All are welcome. Wednesdays from 1:00-3:00 PM.

**Cards** - 45's, Nickels, Poker and Canasta (nickel and dime, dealers' choice); experienced and beginners welcome. Mondays & Thursdays from 1:00-3:00 PM.

**Computer Training** - Come in and learn the basics of computing. Learn how to surf the Internet and how to send email. Training is on Thursdays from 9:00 AM at the Senior Center. Appointment is required. Check with Senior Center for cost.

## MISCELLANEOUS PROGRAMS

**COA Newsletter** - "Four Seasons" is published quarterly (March, June, September & December) with mid-quarter updates. Copies are available at the Senior Center. To access newsletters online visit us at [www.townofnorthandover.com](http://www.townofnorthandover.com), then select Town Departments, Elder Services and Newsletters. Volunteers distribute the *Four Seasons* to the library, banks, and area stores. It contains information on upcoming events, interesting articles, and also lists activities. The quarterly Newsletter is mailed to every senior household in North Andover.

**Scholarship for Seniors** - Our Friends Group provides for seniors who need help paying for their class fees at the Center. Call Donna Delaney at the Center to apply for this program. All requests remain confidential.

## ACTIVITIES PROGRAMS

The Senior Activity Center offers a variety of activities such as Yoga, Joy of Exercise, Art Class, Quilting, Woodcarving, Knitting, Bingo, Bridge and Book Club. The quarterly newsletter, *Four Seasons*, provides a calendar with date and time of each activity.

Rockingham Mall (door-to-door) transportation offered on the last Monday of the month - \$4 round trip. Reservations for shopping services must be made 2 days in advance by calling the Senior Activity Center.

Dollar Store & Butcher Boy Market is offered on the 3rd Thursday of the month. Transportation cost is \$2.00.

**Senior Center Van Shuttle**- Pick up at your home and bring you to the Senior Center for program or class; stay for lunch, return home after lunch. Pick-ups between 8:30 & 9:00 AM; drop-offs after lunch. Call Center for reservation. Cost: \$1.00 round trip.

**Personal Needs** - New schedule Spring 2011. Additional transportation is available on Thursday from 12:00 - 4:30 and Fridays from 9:00 - 12:00. Please call the Center for a reservation.



COA/Senior Activity Center  
Telephone # 978/688-9560

## TRANSPORTATION PROGRAMS

### **Additional Transportation:**

**Veteran's Medical Transport** - This service is available for medical appointments, errands and banking for Veterans. Call Community team-work's Senior Programs at 978/459-0551 or call the Veterans Agent, Edward Mitchell, at 978/688-6378.

### **Personal Needs Transportation (Non-ADA)**

**EZ Trans** - EZ Trans provides (curb-to-curb) service within North Andover and to Lawrence, Methuen and Andover for \$3 each way. Service to Haverhill and Merrimac is \$5.00 each way. Service to Amesbury and Newburyport is \$9.00 each way. Discount ticket books for travel within 1 zone (10-ride book for \$20; 20-ride book for \$40) are available at the Center. For more information: 978/469-6878 or [www.MVRTA.com](http://www.MVRTA.com). Financial Assistance is available for North Andover seniors for this program. Call the Senior Center for more information.

**Circle of Friends** - St. Michael's Church provides personal needs transportation. Call 978/686-4050.

## VOLUNTEER PROGRAMS

COA volunteers are one of our most valuable assets. They provide seniors with:

- ♦ Transportation to medical appointments
- ♦ Friendly Visitors
- ♦ Telephone reassurance

Volunteers also offer their services at Congregate Meals, Meals on Wheels, SHINE, Cuddles, Fundraising, Health Care Events, Income Tax Assistance, Social Events, Intergenerational Activities, Office Work, TRIAD Program and Special Functions. We encourage you to consider the COA's volunteer opportunities.



*We make a living by what we get.  
We make a life by what we give.*

## GROUP SUPPORT PROGRAMS

**Heart to Heart** - Weekly fellowship and fun social program that meets at the Center and occasionally at a local restaurant.

**Alzheimer's Support Groups** - Groups are offered for people with a diagnosis of Mild Cognitive Impairment (MCI) or those who are in the early stages of Alzheimer's disease or a related dementia and their care partner or family member. Attendees are divided into two groups, one for the person with early stage Alzheimer's and one for the care partner. The purpose is to provide specialized forums to share feelings, concerns and information, and to support each other in coping with the effects of the disease. These groups meet twice every month in a series of 6-8 week sessions. For more information and for a screening, call Donna Delaney at 978/688-9560.

### **Natural Healing for Stress Relief** -

By appointment only on Friday afternoons. Twenty minute treatment for a \$5.00 donation to the Senior Center. Specific protocols heal specific physical, mental, emotional and spiritual imbalances and more!

## NUTRITION PROGRAMS



**Community Café** - The Senior Center staff prepares a home cooked meal periodically for the seniors. Call the Center for date and cost.

**Men's Breakfast** - Enjoy a delicious homemade breakfast. Held on the 1st Thursday of the month from September through June. Check your newsletter for dates. Join Man Talk after breakfast and enjoy various topics by guest speakers. Your donations completely support this program.

**Meals at the Center** - Merrimack Valley Nutrition Project provides hot meals Monday - Friday at 11:45 at the Senior Activity Center. Call 2 days in advance for your reservation at 978/975-3884. Suggested donation is \$2.00.

**Meals on Wheels** - A federal program which is available for eligible homebound seniors. Call Donna Delaney, Outreach Coordinator at the Center for details.

COA/Senior Activity Center  
Telephone # 978/688-9560

## WELLNESS PROGRAMS



### **Blood Pressure Clinics (VNA)** -

Walk-in blood pressure clinic is held every Wednesday at the Center from 9:00 - Noon. A donation is requested.

**Outreach Clinics** - Held at designated Senior Housing complexes once a month. Check your newsletter for locations and times or call the Center. A public health nurse will take your blood pressure and check your blood glucose level. Our Outreach Coordinator will be available during clinic hours if you have any issues that you want to discuss.

**Foot Care** - This clinic is held at the Center each month from 9:00 AM to 1:00 PM; the fee is \$30. Please call the Center for the date.



## HEALTH AND SAFETY PROGRAMS (OTHER)

**Healthy Aging Program** - The Healthy Aging Program offers 3 interactive workshops, listed below, on managing persistent health conditions, eating healthy and preventing falls. Workshops are offered at the Senior Center. Check with the Center for programs and dates offered.

- ◆ My Life, My Health Chronic Disease Self Management - 6 weeks
- ◆ Healthy Eating - 6 weeks
- ◆ Matter of Balance - 8 weeks

**Project Lifesaver** - Project Lifesaver uses special equipment and procedures to locate lost and wandering people with debilitating disorders such as Alzheimer's, Down Syndrome, Autism and Dementia. This program also provides education and fundraising to help with the financial needs for families.

## COMMUNITY PROJECTS

**Cuddles** - Make dolls for children. Trace, cut, sew, stuff, dress, and paint these wonderful dolls. Socialize and have fun! No special skills required. Meets Friday mornings at 10:00 AM. Dolls are sent to local hospitals, homeless shelters, nursing homes, our troops overseas and to children in 3rd world countries.

## HEALTH AND SAFETY PROGRAMS (PROVIDED BY TRIAD)

**Photo ID Program** - This program provides seniors with a no-cost identification card for use locally or while traveling. It is issued by the city or town's Council on Aging and most often used as a second form of identification. Check with the Senior Center for more information on obtaining this service.

**Personal Information Record** - This record is provided to help you inform your family members of the locations of important documents in the event you should not be able to get to them. Call or visit the Center to request this document.



COA/Senior Activity Center  
Telephone # 978/688-9560

## ASSISTANCE PROGRAMS

**Legal Assistance** - Innovative Legal Solutions, Estate Planning, Health Care Proxy, Power of Attorney, Family Law Issues and Employment Issues. Call the Center for a free consultation appointment with an Elder Law attorney.

**S.H.I.N.E.** (Serving the Health Information Needs of the Elderly) - A SHINE Counselor is available, by appointment, to assist seniors with health insurance and Medicare questions.

**Tax Relief Program** - If you are age 60 or over and own your own home, you can take advantage of the Senior Citizens Property Tax Relief Work-Off Program. You can work for the Town and receive up to a \$600 credit on your tax bill for 100 hours worked. There are a variety of assignments available, both in the municipal and school departments, such as typing, data entry, filing, and outdoor and indoor maintenance. To apply each July, please call the Volunteer Coordinator.

**Tax Program** - AARP-trained volunteers assist seniors in completing income tax forms each year, February 1st through April 15th. Donations are requested. Call for an appointment.

**Scholarship for Seniors** - Our Friends Group provides for seniors who need help paying for their class fees at the Center. Call Donna Delaney at the Center to apply for this program. All requests remain confidential.

## ASSISTANCE PROGRAMS

(Continued)

**Brown Bag Program** - This program provides income eligible seniors, age 60 and over, with a free bag of groceries on the 1st Tuesday of each month. Food will be distributed from the North Andover Senior Center at noon on the day of the program. If you are homebound, please note that on your application and the outreach worker will deliver the bag to you in your home. Applications are available at the Senior Center; please call and ask for Donna Delaney. From time to time this program may reach its maximum number of participants. When this happens, a waiting list will be created.

*May is  
'Older Americans Month'*

*Watch your Newsletter and  
newspaper for activity details*

## HEALTH AND SAFETY PROGRAMS

(PROVIDED BY TRIAD)

**TRIAD** - The TRIAD program's Mission is to develop and implement policies and programs to reduce criminal victimization, promote crime prevention and safety awareness, and serve the needs of the senior community. The group meets on the 3rd Tuesday at 11:00 AM every month at the Center.

**File of Life Program** - This program provides Police, Fire and EMS with essential information for securing the most accurate medical treatment in the event of an emergency in the home. File of Life Cards are available in wallet form and as a refrigerator magnet pouch. Check with the Senior Center for more information on obtaining this service.

**Yellow Dot Program** - Your photograph and your medical history, such as prescriptions, allergies and contact information can be put on a card to be kept in your glove compartment. A Yellow Dot sticker will be placed in your vehicle's rear window to alert medical personnel to the presence of the information in case of emergency.