

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

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 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.

Optional

In Honor/Memory of _____

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 January 2010

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.

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



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/

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

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.

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,**

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.....	978/682-6378
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 & Recycling978/685-0950
Water & Sewer.....978/688-9570
Water Treatment Plant.....978/688-9574

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

Second 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
Jeanne McCusker	Receptionist
Ann Marie Cole	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

Term Expires

Rosemary Connelly Smedile, Chairman	(2010)
Richard A. Nardella	(2011)
Daniel P. Lanen	(2012)
Tracy M. Watson	(2011)
William F. Gordon	(2012)

Council on Aging Board Members

Term Expires

Maria Rosati, Chairperson	2012
Patricia A. Long, Vice-Chair	2011
Elizabeth Poirier, Treasurer	2010
William P. Callahan, Secretary	2010
Margaret Shaheen	2010
Al Movsesian	2012
John Graham	2011
Priscilla Cole	2010
Peter Aziz	2011

RESOURCES



Elected Officials:

Representative in Congress

John Tierney 508/531-1669

State Representatives

14th Essex—Precincts 1,2,3,4,5 and 6

David Torrisi 617/722-2396

18th Essex—Precincts 7 & 8

Barbara A. L'Italien 617/722-2100

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 Tuesday 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

Senator from Massachusetts

2400A JFK Federal Building
Boston, MA 02203
617/565-3170

Or

Russell Senate Office Building, Room 315
United States Senate
Washington, DC 20510

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. Tuesdays at 9:30 –10:30 AM.

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.

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

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.

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.

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.

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. Then choose Town Departments, Elder Services and Newsletters. Volunteers distribute Four Seasons to the library, banks, and area stores. It contains information on upcoming events, interesting articles, and also lists activities. The Newsletter is mailed to every senior in North Andover in March & September.

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.

SuperWalmart is sometimes offered on the 2nd Thursday of the month. Check with the Center’s receptionist for dates.

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:

Additional transportation is available on Thursday from 12:00 - 4:30 and Fridays from 9:00 - 12:00. 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. 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.

New Beginnings: A support group for adults dealing with life transitions due to illness, loss of a loved one or change in lifestyle. Group meets every Friday from 12:30-2:00 pm.

Natural Healing for Stress Relief: Appointments are made on Friday afternoon two times a month. 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 Cafe: 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: Walk-in blood pressure clinic is held every Wednesday at the Center from 9:00 - Noon.

Outreach Clinics: Held at designated Senior Housing complexes once a month. Check your newsletter for locations and times or call the Center. A nurse from the VNA 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.

Hearing Clinic: This clinic is held on the 3rd Thursday of the month from 10:00 AM to 1:00 PM. Sponsored by Boston North Hearing. Call the Center to schedule an appointment.



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.

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 Atty. George White at the Center.

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. 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 June, 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 accepted. 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.

Wanderer's ID Program: This program is conducted in conjunction with the Police Dept. and the North Andover TRIAD Program to develop a wanderer's registry with current photo and information for at-risk seniors suffering from dementia.

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.