



The Centerpiece

For Active Senior Living

Serving the Community since 1974

The Center-Merrimac Living Well

July 2023
Newsletter Volume 43 Issue 7

100 East Main Street
Merrimac, MA 01860

Tel: 978-346-9549 Fax: 978-346-0528
Hours M-TH 8:30-4pm, F 8:30-1pm

Web: [Senior Center/ Council on Aging - Town of Merrimac, MA](http://SeniorCenter/CouncilonAging-TownofMerrimac,MA)
(merrimacma.org)

Executive Director: Brienne R. Walsh:
bwalsh@townofmerrimac.com

Facebook: Merrimac Council on Aging &
Senior Center

Find our Newsletter Online:
www.merrimac01860.info/184/Senior-Center
www.ourseniorcenter.com/find/merrimac-

Director's Corner

Happy Independence Day!

Welcome to July here at the Center! July is a favorite month of mine, the weather is warm and sunny (we hope!), there is lots to do outside and it is my birthday month as well as two of my children's birthdays. It is a month for celebrations as a nation for America's birthday as well and this July we are also celebrating the 10th anniversary of our LGBTQ+ Senior Supper. We are proud to sponsor this monthly event and support the LGBTQ+ community in Merrimac and the surrounding areas. We are grateful to Agespan and its staff for their support as well.

New members are welcome any time, call or stop by to learn more!

When reading this month's edition, look out for new trips, upcoming events and all the latest news here at the Center!

I hope to see you this month!

Stay well!

-Brienne

Reminders:

**** Advanced Registration is required for all activities, classes and events ****

**** No OUTSIDE food is permitted in the building, beverages are allowed. Thank you for respecting our community!**

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LGBTQ+ Social Connection

Evening

Join us for a meal and conversation!

Thursday, 07/20/23 @ 5:30pm



Please register in advance

Hot meal provided

10th Anniversary Celebration !

Food, Beverages, Live Entertainment !

HIP HOP YOGA W/ Rhondae

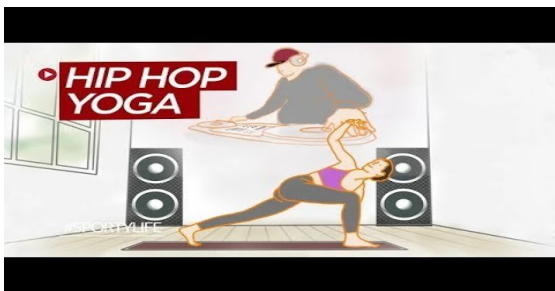
Wednesday July 19th 11am

Fun & Easy!

Please register in advance!

This program is free and is brought to us through a grant from the

Mass Cultural Council



Health Advisory:

Please remember to stay home if you are ill or unwell. This is for the safety of all of our community members as well as staff and volunteers.

Thank you!

THE MERRIMAC SENIOR CENTER WILL BE CLOSED ON Monday 7/3 /23 AND ON TUESDAY 7/4/23

IN OBSERVANCE OF INDEPENDENCE DAY



Continuing Changes in Senior Center Operations:

Van and NEET Transportation:

8 clients per ride will be allowed on the van to go on van trips. NEET rides are 1 per car.

- 1. Client encouraged to wear a mask**
- 2. Client must use Sanitizer Gel before boarding the van.**
- 3. The Driver cannot assist the client boarding or de-boarding the van/car.**
- 4. Donation for ride should be place in envelope and placed in basket driver will have place on seat behind him/her for your convenience.**
- 5. The van will be sanitized after each ride and before another passenger embarks.**
- 6. Call well in advance (at least 4 business days) for a ride as we are limited in our ability to offer rides.**

A. Eligibility requirement:

- a) Clients must be able to self-transport from their home to the vehicle, enter and exit the back seat. Walkers and Wheelchairs must be done by client only, not the driver.**
- b) Clients must be able to buckle their own seat belt.**
- c) Clients must return signed NEET registration/guidelines form prior to transportation.**

B. Prescreening:

COA scheduler must ask pre-screening COVID-19 questions prior to appointment.

Ordering Meals:

To order a meal, call the Senior Center at 978-346-9549 by Thursday at 11 for meals the following week or order by the month. You can also now order by email! Send your name, phone number, address, dates and meals to be ordered at emurray@townofmerrimac.com

Delivery: Meals will be delivered to your door between 12 and 1 (Merrimac only) with minimal contact. Please mail in your payment by check or leave envelope taped to your door. Food will be left at the door if no one is at home. Meals are \$5.00 per meal, \$25/ per week (as of 5/2/22).

Order food delivered, ***for in house dining on Mon-Thurs*** or pickup!

**Did you know that the
Merrimac Senior Center is a Certified SNAP Outreach
Partner??**

**We can help with
applications and
recertifications!
Call for an
appointment !**



Centerpiece Info—Friends News-Bingo-Bill Duke Class/Game Schedule



Merrimac Senior Center
The Centerpiece for Active Senior Living

Name: _____

Street Address: _____

City: _____ State: _____ Zip Code: _____

Phone: _____ Email: _____

☐ Please mail my newsletter (\$8.00 for the year)

☐ Please email my newsletter to my email address above (No charge)

Newsletter is available at: <http://townofmerrimac.com/184/Senior-Center>

Please return this form to:

Merrimac Senior Center
100 East Main Street
Merrimac, MA 01860

If paying by check, please make out to: Merrimac COA

BINGO

Bingo is in Session!

Mondays

No BINGO ON 7/3

JULY 10,17,24,31

Upstairs Activity Room

Beverages Welcome, Snack Provided

Limited to 20 Players.



Watercolor Class w/ Bill Duke

Monday 07/17/2023

1-4pm

Limited to 10 participants

\$20/per person payable on class day

Games are Back! NEW Days!

45's: Mondays at 1pm-3:30p

Rummikub: Tuesdays at 1pm-3:30p

Cribbage: Wednesdays at 1pm-3:30p

Registration Required!



Friends of the COA - Annual Dues

The Nutrition Program continues to provide meals to anyone who wants one (they are currently serving 40+ meals daily, M-F and delivering them to the door as well as holding a daily congregate meal on Mon-Thurs). The Friends continue to help with the cost. Note that your donations make this possible! Thank you for your continued generosity.

Send your dues or Gift to:

**Friends of the COA, 100 East Main St.,
Merrimac, MA 01860**

Name: _____

Address: _____

Tel/Cell _____

Dues: \$10__\$25__\$50__\$100__Other__

Donation to Gift Account: _____

Given in Honor of or Memory of:

Upcoming Special Events



August 1st, 2023 at 1:30pm

August Musical Memory Café Sponsored by Agespan See Insert for Flyer

August Foot Clinic w/Barbara Ullman-

Tuesday 08/01/23 Appointment Required!

9am-12pm By Appointment Only \$30/per visit/cash only

! Limited Slots !



Exercise Classes

Advanced Sign Up Required!

Mondays:

Exercise w/Pam at 9:30am \$5

Vinyasa Yoga w/Jane 6pm

\$3/per class

Tuesdays: Meditation & Yoga w/Bianca \$7/class

Wednesdays:

Chair Yoga w/Mary at 1pm; \$5

Thursdays:

Exercise w/Pam at 9:30am \$5

**LINE DANCING HAS BEEN PERMANENTLY
CANCELED BY THE INSTRUCTOR**

Fridays: No Classes on Friday



TRIPS & TRAVEL



MERRIMAC SENIOR CENTER ADVENTURES TRIPS & TRAVEL

For full event details request flyer or call the center!

8/17/23 Cabbage Island Clambake (Boothbay Harbor ME), Boat ride, double lobster Clambake (taxes & meal tip included), group seating, Deluxe Motorcoach Transportation.

\$142.00/person Filling Up Fast!! Contact Denise for additional information!

Dining Out Belles & Romeos

Leaves from COA Thursday 07/20/23 11:00 AM

A different mystery excursion each month! Our group will embark on a restaurant adventure to remember! Bus cost is just \$5 and the cost of lunch is on your own!



Enjoy time with old and new friends!

Call Denise with questions or for additional info. Sign up today !

An Announcement from the Friends of MCOA:

***The Friends of MCOA are seeking bakers and day of event volunteers for the I
Please contact Maryann Mikson at (978) 994-0217 if you are interested hel**

*Friends of
Merrimac COA
Membership
Meeting
Tuesday
07/18/23
at 1pm
Please join us!*

Breakfast w/The Chiefs



**Join us for a hot
breakfast and hear all
about the latest updates
in Town!**

Thursday 07/13/23

9am

**Advanced
Registration Required!**

NO PUZZLES OR BOOKS AT THIS TIME AS WE REORGANIZE OUR LIBRARY.

FMCOA Bake Sale on Sat. 08/12/23!
Participating with either opportunity!

Please Note: We are only accepting food pantry donations and Medical Equipment at this time!

Monthly Movie Popcorn & Treats Provided~

CODA Starring Marlee Maitlin



Tuesday 07/11/23

1:30pm

Beeyonder Returns!

Salt Flats of Bolivia

Wednesday 07/26/23 at 2pm

Snacks & Beverages Included!



Community Outreach Column



Outreach & Human Services
Bridget Batcheller, MSW



July is another Pride celebration – Disability Pride that is! Disability Pride month started when the Americans with Disabilities Act was passed on July 26th, 1990 and Boston was the first city to celebrate Disability Pride with a parade that year. This is different than Pride Month, that just happened in June. This pride celebration in July focuses on celebrating disability and creating more awareness for what disability looks like.

There are many ways to celebrate Disability Pride month. For starters, educating yourself on ableism and disability first language. Ableism can be hard to recognize because it is so engrained into our society, as with so many other things. Ableism is defined as “a system that places value on people’s bodies and minds based on societally constructed ideas of normalcy, intelligence, excellence and productivity. This form of systemic oppression leads to people and society determining who is valuable and worthy based on a person’s appearance and/or their ability to satisfactorily [re] produce, excel and ‘behave’”, according to TL Lewis and Dustin Gibson. Some examples of ableism include lack of accessibility and accommodations or microaggressions, such as telling someone “You’re so brave” just for existing in the same space as you or saying ‘wow I couldn’t do that’, or ‘you don’t look and act disabled’. Even using terms like lame, psycho, ‘I’m so OCD/bipolar’ and other similar phrases that use words related to a disability to explain every day activities. That is harmful because it reinforces and perpetuates stereotypes about disabled people. Using disability first language can be a great way to dismantle ableism. This can be tricky because a lot of people have been told to focus on person-first language but it sounds like the disabled community is shifting towards using disability first language because it puts disability at the front and center and gives disabled folks agency to live authentically with their diagnoses. Person-first language otherizes and separates the identity of being disabled from disabled folks. This language and the use of phrases like “differently abled” perpetuate the idea that disability is synonymous with “less than”. It is always important to ask the person how they identify and if you’re not sure, to default to disability first language. I always default to using the language that the community or marginalized group is using, as they are the experts of their own lived experience.

Other ways to celebrate include reading books written by disabled people or watching films/tv produced and including the voices of disabled people. It’s so important to learn from the disabled person’s perspective, instead of letting someone who’s able bodied tell the story.

Some book recommendations include *Demystifying Disability* by Emily Ladau or *Disability Visibility: First-Person Stories from the Twenty-First Century* edited by Alice Wong and a great movie recommendation is CODA, which stands for Child of Deaf Adults. This movie is a really beautiful depiction of the interpersonal realities of disability, as well as the importance of ensuring access for everyone. Come by the Senior Center for a viewing of the movie this month, on July 11th!

Education isn’t the only piece – action is important too. Be vocal about any ableist language that you hear or discrimination you see, or possibly experience yourself. It may take a while to realize what is ableist but inviting people in to understand how language matters is what helps people change. Get involved in your local disability committee or find legislation that is tackling disability issues and make sure your voice is heard! You can follow legislation that affects disabled folks by going to <https://thearcofmass.org/advocacy/bills/> or join the Massachusetts Alliance for 21st Century Disability Policy (<https://ma21alliance.org/>).

It’s important to remember that disability looks different from person to person and not all disabilities are visible. Be curious. Allow yourself space for personal reflection and make sure you’re learning or sharing stories from the perspective of disabled people.



Greeting from your Public Health Nurse!

We are in the depth of summer and feeling the heat! Summer is a wonderful time to enjoy the outdoors, but there can be risks associated with exposure to the high temperatures during the weeks ahead.

Heat related illnesses and deaths are preventable. Despite this, over 600 people in the US do not survive the extreme heat every year. Please see below for helpful tips, information, and resources to help you stay safe in the extreme heat this summer.

Extreme heat is defined as temperatures that are much higher and/or more humid than average. Also, humid and muggy conditions can make it seem hotter than it really is.

Heat-related illnesses, like heat exhaustion or heat stroke, happen when the body is not able to properly cool itself. Our bodies normally cool themselves by sweating. However, during extreme heat, this might not be enough. In these cases, our body temperature rises faster than it is able to cool down. This can cause damage to the brain and other vital organs. People aged 65 years or older are more prone to heat-related health issues. Older adults do not adjust as well as younger people to sudden changes in temperature. Also, seniors are more likely to have chronic medical conditions that can change normal body responses to heat. They are also more likely to take prescription medicines that can affect the body's ability to control its temperature or sweat. If you are 65 years of age or older, have a friend or relative call to check on you twice a day during a heat wave.

It is important to know the signs/symptoms of heat-related illnesses and how to treat them. Heat exhaustion is a milder form of heat-related illness that can occur after many days of high temperatures and inadequate/unbalanced replacement of fluids. Warning signs include heavy sweating, weakness, paleness, dizziness, headache, nausea/vomiting, muscle cramps and fainting. In order to cool the body during heat exhaustion, one should drink cool, nonalcoholic beverages, rest, take a cool bath/shower and get to an air conditioned space. If heat exhaustion is untreated, it may progress to heat stroke. Seek medical attention if symptoms worsen or last longer than one hour.

Heat stroke is the most serious heat-related illness. It happens when the body can't control its temperature, or if the temperature rises too quickly and sweating does not occur and the body is unable to cool down. Heat stroke can cause death or permanent disability if emergency treatment is not

provided. Warning signs include red, hot, and dry skin (no sweating), throbbing headache, dizziness, nausea, confusion, unconsciousness. If you see any of these signs, call for immediate medical assistance. The person must be cooled rapidly by moving to a shady area and getting cool water on them.



In order to stay safe in the heat, follow these 3 main tips – Stay Cool, Stay Hydrated and Stay Informed.

Stay Cool - wear broad spectrum sunscreen and lightweight, loose-fitting clothing as well as a hat and sunglasses. Stay in an air-conditioned place or take a cool shower/bath. Limit use of your stove/oven as they will increase the temperature in your home. Pace yourself, rest frequently in the shade and limit your time outdoors to the morning and evening hours when the temperature is cooler.

Stay Hydrated - drink more fluids, regardless of how active you are. Don't wait until you're thirsty to drink. If you are on water pills or if your doctor limits the amount you drink, ask how much you should drink while the weather is hot. Avoid sugary or alcoholic drinks, but replace salt/minerals because heavy sweating removes salt and minerals from the body and they need to be replaced. A sports drink can replace the salt and minerals you lose in sweat. If you are on a low-salt diet, have diabetes, high blood pressure, or other chronic conditions, talk with your doctor before drinking a sports drink.

Stay Informed - check your local news for extreme heat alerts and safety tips and to learn about any cooling shelters in your area.

Be well!

Information from: https://www.cdc.gov/disasters/extremeheat/heat_guide.html

Next Foot Clinic with Barbara Ullman, RN is scheduled for Tuesday August 1st. Please call ahead to register!





Blood Pressure Clinics for JULY

Wednesday July 5

Wednesday July 19

8:45am-10:30am

Please note the change in day!

SHARPS Disposal Drop Off Site

New Containers Available for \$ 10



***Public Health Nurse Hours will
be changing effective July 13th!***

New Hours will be:

Tuesdays 8:30am-2:45pm

Wednesdays 8:30am-10:30am

Thursdays 8:30am-2:45pm

***Please feel free to call and leave a
message for Danielle at any time!***

**Many Thanks to All, for the Donations to
the Senior Center, Food Pantry and Programming
Initiatives**

May 16-June 15th

(Supporting Nutrition Program & Food Pantry)

Friends of the Merrimac COA

DAVID HEATING AND

COOLING, INC.

Betty Emery

Joe Fantini and Fantini Baking Co.

Chris Manni and Family

Betty Elliott

Nativity Church



This Month's Important Events

UV Safety Awareness Month



Sarcoma Awareness Month



Plastic Free July



Minority Mental Health Month



The Pool Room is OPEN!

The Pool Room is open **limited** hours
Tues & Thurs 9am-12pm or reservation

Do you knit or crochet?

Would you like to learn?

Join us for Knitting Group

Tuesdays at 1:00pm



Van Trip Transportation

If you would like to go shopping, please call Nick Fiorello to book a trip in advance. We will do our best to accommodate requests. A minimum of 4 business days is required to book. Thank you.

Veterans Services

Vet Crisis: 1-800-273-8255, press 1

Kevin Hunt, Veterans Services

KHunt@CityofNewburyport.com

Office: 978-462-2201

Fax: 978-462-2275

Newburyport Office: 331 High Street,
Newburyport, MA 01950



Jeremiah Murphy, Veterans Services

Amesbury Office: 978-388-8136

Fax: 978-388-8127/68

68 Elm Street, Amesbury, MA 01913

Feel free to contact either office! Senior citizen veterans or widow(er) of a veteran may be eligible for monthly financial assistance & reimbursement of medical expenses if your income is within certain guidelines. Note: house of residence & vehicles are not counted as assets.



Senator Barry Finegold



Dear Friends:

I hope you've all been enjoying the weather! This past month, I also had the pleasure of hosting the first of a series of Town Halls throughout the district. I want to give a heartfelt thank you to the Amesbury and Merrimac residents who took time out of their evenings to meet with me. I always learn so much from these experiences and truly appreciate you all taking the time to chat with me, ask questions, and voice your concerns.

This month was incredibly busy here on Beacon Hill. As many of you know, following a robust, spirited, and engaging debate process, the Senate passed a \$55.9 billion budget for the 2024 fiscal year this past Thursday. The bill proposes fully funding the Student Opportunity Act, increasing funding for regional transit authorities across the state, and supporting a number of trust funds for various initiatives including Genocide Education and Cybersecurity Innovation. The Senate's budget proposal also sets aside \$575 million to pay for a tax relief package that is expected to move through the legislature in the coming months. My office is pushing to ensure that our local earmarks are all included in the text of the final budget and will share updates about local priorities as soon as the budget comes out of Conference Committee.

Please stay in touch and as always, if you need any help from my office or have any questions please feel free to reach me at barry.finegold@masenate.gov or 617-722-1612.

Yours in Service,
Barry



Hello Veterans and Family Members:

Did you know the U.S. Veterans Administration (VA) has a Community Based Outreach Clinic located at 209 Summer Street in Haverhill Massachusetts. The clinic is based out of the VA Hospital located in Bedford Massachusetts. The clinic has expanded recently from Primary Care and Laboratory services to include Audiology, Mental Health Services, Physical Therapy, Social Work, Telehealth and Women's Healthcare. This expanded clinic is a big plus for our local Veterans who will be able to receive these services locally and not have to travel to the VA Hospital in Bedford. The VA Bedford Outreach Coordinator, Leanna Lynch, is on-site at the Haverhill VA Clinic the 2nd Wednesday of the month from 9:30 a.m. – 2:00 p.m. to assist Veterans with enrolling in VA Healthcare and taking photos for your VA Healthcare ID Card. The Veteran Services Office is also happy to assist you with the application process and it only takes a few minutes to complete. Please call our office at 978-388-8136 if you have any questions on VA Healthcare or any other Veterans benefits.

The Veteran Services Office has received a donation of new Men's Sneakers to be distributed to Veterans. Please call the Veteran Services Office if interested and we will let you know what sizes are available. Thank you to Veterans Northeast Outreach Center for supplying this donation.

If you have any questions concerning your benefits, please call the Veteran Services Office at 978-388-8136.

Jeremiah Murphy, Veteran's Agent



SENIOR CENTER STAFF

Exec. Director: Brienne R. Walsh

Program Coordinator: Denise Gilman

Public Health Nurse: Danielle Cataldo, RN, MSN

Kitchen Chef: Judy Kimber Morrill

Outreach/ Human Services Coordinator: Bridget Batcheller, MSW, LC

Volunteer Coordinator: Sandra Blanchet

Transportation Coordinator, Van Driver: Nick Fiorello

Senior Aide & Van Driver :Paul Charron

Custodian/Van Driver: Wayne Jones

Food & Nutrition Director: Eileen Murray, CDM, CFPP

Food Pantry Coordinator (Volunteer): Candie Benjamin

Trips: Denise Gilman

COUNCIL ON AGING BOARD OF DIRECTORS

Colleen Ranshaw-Fiorello, Chairwoman, Dave Vance, Vice Chairman, Candie Benjamin, Secretary, Maryann Mikson, Clerk MEMBERS: Betty Elliott, Kathy Devaney, Donna Doherty (Mtgs. On 4th Friday of month, 11am no meeting in Nov., Dec., July, & August, unless needed)

THE CENTERPIECE VOLUNTEERS

COLLATING & MAILING: Bill Gaylardo, Maryann

Mikson, Nancy Lind, Betty Elliott, Barbara Sheehan, Toni Quimby

FRIENDS of the Merrimac COA Officers: President: Ann Murphy Vice President: Joann Crenshaw Treasurer: Richard Fournier, Secretary: Pat Lundin Members: Any and all who have paid their dues and are welcome to attend meetings! (Generally the 1st Tuesday of the month, Please join us!)

**To find our newsletter online,
The Centerpiece for Senior Living, go to:**
<https://mycommunityonline.com/organization/merrimac-senior-center>



Massachusetts
Councils On Aging

Non-Profit Org
**U.S. POST-
AGE
PAID**
**PERMIT NO.
3**



Staff EMAILS:

If you have any questions, concerns, or need help, please call the senior center or email any of the following:

The COA Director, Brienne Walsh
bwalsh@townofmerrimac.com

Program Coordinator: Denise Gilman
dgilman@townofmerrimac.com

Outreach & Human Services Bridget Batcheller
bbatcheller@townofmerrimac.com

Food & Nutrition Director: Eileen Murray
emurray@townofmerrimac.com

Nursing Services: nurse@townofmerrimac.com

Transportation, Nick Fiorello:
nfiorello@townofmerrimac.com

***Our Health & Wellness Fair will
be in September! Watch for details!***