

# The Voice

Haverhill Council on Aging

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Director of COA/Nurse

**Indhira Rijo -**

Principal Account Clerk

**Betty Burnell- Transportation**

**Maria Yagual - Outreach**

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Volunteer/Activities

Coordinator

**Melinda Barrett - Mayor**

**Remember you can view our  
newsletter online:**

**[www.haverhillma.gov](http://www.haverhillma.gov)**

**Click on Parks & Rec**

**Click on Council On Aging**

**Click on Newsletter**

**IF YOU HAVE CHANGED  
YOUR ADDRESS OR  
PHONE NUMBER PLEASE  
CALL US TO UPDATE IT IN  
OUR SYSTEM**

**IF YOU WANT THE VOICE  
MAILED TO YOU CALL US  
AT 978-374-2390 EXT 3916**

**DONATIONS WILL BE  
APPRECIATED**

## LA VOZ

A newsletter for Haverhill residents from 60-106

10 Welcome Street Haverhill, MA 01830

Monday—Friday 8am-4pm

978-374-2390

[www.cityofhaverhill.com](http://www.cityofhaverhill.com)

# SEPTEMBER 2026

*"Caught between sunsets and sweaters"*

September is here! Hoping to squeeze the last days of summer before it starts to cool down. The beginning of fall and sweater weather are around the corner. September symbolizes transition, harvest and balance. May the change of the season allow us to make new memories and begin with a fresh start.

We have quite a few things going on this month, starting with a Reverse Mortgage presentation with realtor Paul Chang. Catch Tommy Rull take you down memory lane with songs of Sinatra and Neil Diamond, etc. Buttonwood's Museum will be back with a presentation on Haverhill Artifacts. The City Clerk's Office will host a voter registration drive to assist voters with questions. Nutritionist Leigh Hartwell will be back to present and educate about Microplastics and what they mean for us. Select Rehab will join us to discuss tips for preventing falls. Peter Jackson will awe us with his magic tricks this month. Nurse Geri will educate us on tick information. Also, feel free to join us for Chit Chat hour and our monthly movie day. We are in the works to plan our Halloween Luncheon, reservations will start this month. Remember to RSVP to all events on time and check inside for more detailed information. If you are interested in becoming a member please come in or give us a call. You must be a member to participate in our events and classes.

**\*CITIZEN CENTER CLOSED SEPTEMBER 7, 2026\***

# SEPTEMBER 2026

| MONDAY                                                                                           | TUESDAY                                                                                                                                                               | WEDNESDAY                                                                                                                                                | THURSDAY                                                                                                       | FRIDAY                                                                                        |
|--------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------|
|                                                                                                  | 1<br>Zumba 9:30am<br>Mahjong 9:30am<br>Open Art Studio 11am<br>Senior Fitness 11am<br>Yoga 1pm<br><b>Mobile Market 11am</b>                                           | 2<br>Chair Yoga 9am<br>Comedy Masque 9am<br>World Affair Discussion 10<br>Senior Fitness 11am<br>Bridge 12:30pm<br>45's tournament 12:30pm<br>3 B's 1pm  | 3<br>Tai Chi 9am<br>Teddy Bears 9am<br>Zumba 9:30am<br>Senior Balance 11am                                     | 4<br>3 B's 11:30am<br>Bridge 12:30pm<br>45's Tournament 12:30<br><b>Reverse Mortgage 10am</b> |
| 7<br><b>CENTER CLOSED</b>                                                                        | 8<br>Zumba 9:30am<br>Mahjong 9:30am<br>Open Art Studio 11am<br>Senior Fitness 11am<br>Yoga 1pm<br><b>Tommy Rull 11:30am</b>                                           | 9<br>Chair Yoga 9am<br>Comedy Masque 9am<br>Senior Fitness 11am<br>Bridge 12:30pm<br>45's tournament 12:30<br>3 B's 1pm                                  | 10<br>Tai Chi 9am<br>Teddy Bears 9am<br>Zumba 9:30am<br>Senior Balance 11am<br><b>Buttonwoods-Artifacts 11</b> | 11<br>3 B's 11:30am<br>Bridge 12:30pm<br>45's Tournament 12:30                                |
| 14<br>Knitting Group 9am<br>Line Dancing 10am<br>3 B's 11am<br>Senior Fitness 11am<br>Bingo 12pm | 15<br>Zumba 9:30am<br>Mahjong 9:30am<br>Open Art Studio 11am<br>Senior Fitness 11am<br><b>Voter Registration Drive 9:30</b><br><b>Tick Education 11am</b><br>Yoga 1pm | 16<br>Chair Yoga 9am<br>Comedy Masque 9am<br>World Affair Discussion 10<br>Senior Fitness 11am<br>Bridge 12:30pm<br>45's tournament 12:30pm<br>3 B's 1pm | 17<br>Tai Chi 9am<br>Teddy Bears 9am<br>Zumba 9:30am<br>Senior Balance 11am                                    | 18<br>3 B's 11:30am<br>Bridge 12:30pm<br>45's Tournament 12:30                                |
| 21<br>Knitting Group 9am<br>Line Dancing 10am<br>3 B's 11am<br>Senior Fitness 11am<br>Bingo 12pm | 22<br><b>Chit Chat 9am</b><br>Zumba 9:30am<br>Mahjong 9:30am<br>Open Art Studio 11am<br>Senior Fitness 11am<br>Yoga 1pm<br><b>Microplastics 11am</b>                  | 23<br>Chair Yoga 9am<br>Comedy Masque 9am<br>Senior Fitness 11am<br>Bridge 12:30pm<br>45's tournament 12:30<br>3 B's 1pm                                 | 24<br>Tai Chi 9am<br>Teddy Bears 9am<br>Zumba 9:30am<br>Senior Balance 11am<br><b>Falls Prevention 11am</b>    | 25<br>3 B's 11:30am<br>Bridge 12:30pm<br>45's Tournament 12:30<br><b>Movie Day 12:30</b>      |
| 28<br>Knitting Group 9am<br>Line Dancing 10am<br>3 B's 11am<br>Senior Fitness 11am<br>Bingo 12pm | 29<br>Zumba 9:30am<br>Mahjong 9:30am<br>Open Art Studio 11am<br>Senior Fitness 11am<br>Yoga 1pm<br><b>Traveling Chef 11am RSVP</b><br><b>Peter Jackson Magic 12pm</b> | 30<br>Chair Yoga 9am<br>Comedy Masque 9am<br>Senior Fitness 11am<br>Bridge 12:30pm<br>45's tournament 12:30<br>3 B's 1pm                                 |                                                                                                                |                                                                                               |

## COMMUNITY NIGHT MEALS

MONDAY NIGHTS



SERVING STARTS AT 4:30pm

OPEN UNTIL 5:30pm

OPEN TO ALL IN THE HAVERHILL COMMUNITY

## CONGREGATE LUNCHES

AgeSpan will be serving lunches in the dining room

STARTING AT 11 to 12:00

\$2 suggested donation



## BINGO

MONDAYS

Haverhill Citizen Center

Cards sold at 12pm

Game begins at 1pm



Must be a member with the COA and 60 and up to play

DO NOT PARK ACROSS THE STREET

## TRAVELING CHEF

TUESDAY JUNE 30, 2026

Cheese Omelet, sausage, Cinnamon, French Toast Bake, Fresh Fruit Salad, Juice

RSVP BY 5/21

FRIDAY JULY 24, 2026

Hot Dog Bar, Potato Salad, Baked Beans, Brownie Cookie, Lemonade

RSVP BY 6/18

THURSDAY AUGUST 20, 2026

Grilled cheese and Tomato, Tomato Soup, Roasted Zucchini Salad, Berry Crisp, Juice

RSVP BY 7/21

TUESDAY SEPTEMBER 29, 2026

Chicken with Marry Me sauce, Fettuccine, Roasted Asparagus, Dinner roll, Ice Cream, Juice

RSVP 8/21

MEALS SERVED 11-12PM

YOU MUST RSVP

978-374-2390 EXT 3916



\$2

DONATION

## H GOLD CARD

Haverhill residents who are 62 and older are eligible for a free HPS "Gold Card", which is good for admission to all regular season home athletic events, musicals and other district events.

These cards can be picked up at the Council On Aging located at the Haverhill Citizens Center (10 Welcome Street). Proof of residence and age is required to obtain a card. Residents will not be permitted to show proof of age at the events.

Our knitting group is in need of yarn to continue their great work. Please donate any yarn that has not been stored for a long time at the Haverhill citizen center.

Thank you.

Looking for a gift? In the lobby we have items knitted by the group to purchase.



# Health updates

## WELLNESS CLINIC

**WEDNESDAYS 9-11**

**WITH NURSE MARY CONNOLLY**



## **FOOT CARE IS BACK!!**

Certified Foot Care Specialist,  
Marie Anderson, NP, will be available  
the

**3rd Friday of  
every other month at 11am.**

You must have an appointment to be  
seen.

Appointments may be made by  
calling nurse

**Mary**

**at 978-374-2390 X 3915.**

There is a \$45 fee for the service,  
payable with cash or check. At your  
first appointment a complete foot  
evaluation will be done.

## **FREE HEALTH AND WELLNESS EDUCATION**

**Tick Education: Don't get Sick From a Tick**

**Tuesday, September 15th from 11-12p**

**Citizens Center Room 45**



Ticks are small insects that are active in warmer months, usually from April through September. This informative workshop is designed to help you identify the types of ticks in our area, what symptoms to watch for if you are exposed to a tick bite, how to take preventative steps to reduce your exposure, and a quick demonstration on how to properly remove a tick from your skin. Whether you're hiking, gardening, or just spending time outside, ticks are everywhere. Please join us for this important seminar to help you reduce your risk of getting sick from a tick



## **VETERINARY CARE PROGRAM**

AgeSpan is fortunate that, through the generosity of Meals On Wheels America and PetSmart, we can offer people 65 and over help with these bills through our Veterinary Care Program.

### **Who can apply?**

People currently receiving AgeSpan services, such as Meals on Wheels, home care or those living in community housing.

People 65 and over, not using our services

People who reside in one of the 28 cities/towns we service.

For more information you can contact AgeSpan at **800-892-0890** if you receive our services

If you are not receiving our services, you can contact Sandy Jennings at

**978-946-1222**





## Do You Expect to Outlive Your Reverse Mortgage?

Learn How to Leverage the Equity That Has Grown Since You Signed Up

A reverse mortgage can provide financial flexibility—but the loan balance grows over time. If you plan to stay in your home long term, understanding your options now can help you protect the value you've built.



You've worked hard for your home.  
Let's make sure you keep what you've earned.

### Why Selling Before Your Reverse Mortgage Matures Matters



#### Capture the Equity You've Built

Home values tend to appreciate over time. Selling before your loan matures allows you to benefit from that growth.



#### More Choices, More Control

Selling sooner gives you more flexibility for where you live next and how you use your proceeds.



#### Avoid Surprises Later

Waiting too long can limit your options and may leave less—if anything—for your heirs.



#### Peace of Mind for You and Your Family

Planning ahead helps prevent stress and uncertainty down the road.

  
**Your Home's Value May Be Greater Than You Think.**  
The equity in your home today may be significantly more than when you signed up for your reverse mortgage. Let's explore your options so you can make the most of what you've built.  
*It's not about looking back.  
It's about looking ahead.*  
Let's talk about your options—with no pressure and no obligation.



Paul Chang

REALTOR®

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HAVERHILL COA

FRIDAY

SEPTEMBER 4, 2026

10AM

RM 45

10 WELCOME ST

RSVP

978-374-2390

EXT 3916



Buttonwoods Museum

HAVERHILL HISTORICAL SOCIETY - EST. 1898

Connect with History Together

## HAVERHILL ARTIFACTS



THURSDAY SEPTEMBER 10, 2026

11AM

RM 45

RSVP 978-374-2390 ext 3916

Uncover the hidden stories of our history through a collection of regional relics. This presentation brings the past to life with physical pieces of local heritage. Learn the importance of collecting and the reason behind them. We'll look into history books, postcards and different businesses around the Merrimack Valley.

HAVERHILL COA

10 WELCOME STREET

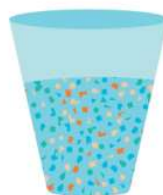
## Microplastics, Big Impact: What you need to know!

Date: TUESDAY SEPTEMBER 22, 2026

Time: 11am

Location: Haverhill Citizen Center

RSVP 978-374-2390 ext. 3916



Microplastics are everywhere, but what do they mean for us? In this presentation, Registered Dietitian, Leigh Hartwell, will explore how microplastics get into our bodies, review the current research and explore ways to reduce our microplastic exposure through food, beverages, clothes and cosmetics.

Brought to you by:



## SELECT REHAB



SEPTEMBER 24, 2026

11am

RSVP 978-374-2390 EXT 3916

Discussing tips for preventing falls and ways to reduce risk.

We will also be discussing safety tips in the home.

# COFFEE HOUR



LET'S CATCH UP AND HAVE  
A LITTLE CHIT CHAT!

Tuesday  
September 22, 2026  
9-10am  
Dining Hall

Enjoy a warm cup of  
coffee or tea while  
engaging in casual chats  
with friends. It's a chance  
to catch up, simply  
unwind or make new  
friends.

## VOTER REGISTRATION DRIVE

*The City Clerk's Office will host a voter registration drive*

**Tuesday September 15<sup>th</sup>**  
**from 9:30 to 11:30 AM**  
**at the Citizen Center.**

*Staff members will be on hand to assist voters with registration, enrollment or address changes, process vote-by-mail applications, provide sample ballots, and answer election related questions. As we gear up for the 2026 mid-term elections, this is a great opportunity to learn about what is on the ballot this election cycle.*



HAVERHILL COA  
**MOVIE DAY**

## **THE MONEY PIT**

EVICTED FROM THEIR MANHATTAN  
APARTMENT, WALTER AND ANNA BUY  
WHAT LOOKS LIKE THE HOME OF THEIR  
DREAMS, ONLY TO FIND THEMSELVES  
WITH A BANK-ACCOUNT-DRAINING  
NIGHTMARE.

**FRIDAY SEPTEMBER 25, 2026**  
**12:30PM**  
**RM 45**

10 WELCOME STREET



## **CRAFTERS NEEDED FOR THE**

### **HAVERHILL COA ANNUAL CRAFT FAIR**



TABLES FREE FOR SENIORS 60+

\$10 PER TABLE FOR UNDER 60

TO RESERVE A TABLE CALL PAULA AT

978-374-2390 EXT 3916



KNITTERS, JEWELRY MAKERS,  
FLOWERS, CHRISTMAS ORNAMENTS, ETC



**SATURDAY  
NOVEMBER 14, 2026  
9-1PM**

HAVERHILL CITIZEN CENTER  
10 WELCOME STREET





# FREE COMPUTER CLASSES

The City of Haverhill in partnership with Haverhill High School and Haverhill COA will offer free computer classes in September. Upon completion of the course students will receive a free computer. Classes require a commitment of four hours, once a week for four weeks.

You must register in advance. Space is limited.

Call Mary (978) 374-2390 ext. 3915 or email at [mconnolly@haverhillma.gov](mailto:mconnolly@haverhillma.gov)



This project was funded by the Massachusetts Broadband Institute at the MassTech Collaborative under the Municipal Digital Equity Implementation Program. Funding was provided by the Massachusetts ARPA State Fiscal Recovery Funds.

Hello & happy September!

## Notable Legislative News:

As co-chair of the Economic Development and Emerging Technologies Committee, I'm proud that the Senate passed a comprehensive Economic Development Bill that uplifts every sector of our state's economy. This bill addresses crucial issues impacting our communities like, housing, AI, and micromobility safety.

An important reminder, election season is coming soon! Massachusetts' state primary is on **September 1st**. To participate you must be registered to vote at least 10 days before: **August 22nd** is the deadline.

## Local Wins for Haverhill:

In August, Haverhill Public Schools was awarded a significant state grant of over \$1 million to enhance literacy instruction. An investment in education is an investment in our community's future.

A major win for the Merrimack Valley: after more than a decade of advocacy, we've secured funding for crucial rail and station upgrades. These improvements will boost rider safety and expand train service; cutting traffic, shortening commutes, and strengthening access to jobs and economic growth for families across our region.

Our office door is always open. You can also direct any of your questions, concerns, or inquiries to my email [barry.finegold@masenate.gov](mailto:barry.finegold@masenate.gov) and office phone number: 617-722-1612. I invite you to sign up for my office [newsletter](https://lp.constantcontactpages.com/sl/vpXAAPT/barryfinegoldnewsletter) for occasional updates at: <https://lp.constantcontactpages.com/sl/vpXAAPT/barryfinegoldnewsletter>.

## What do you need to know about Medicare Open Enrollment?

Medicare Open Enrollment: October 15 – December 7.

SHINE counselors can help you with everything related to Medicare.

Your health insurance costs are an important part of your budget. Medicare Open Enrollment is your opportunity to review your Medicare plans with a SHINE counselor to see what you can expect from your current plan in 2027, or to learn about your options that may be most cost-effective for you. You may also benefit from cost-savings programs which a SHINE counselor will explain to you.

**Medicare plans can change annually, and changes are expected for 2027.**

**This can affect your health care and drug costs.**

Certified SHINE counselors are available all year, and offer free, unbiased, confidential counseling on all aspects of health insurance to anyone on or eligible for Medicare.

A SHINE counselor always has **your** best interest in mind.

To make an appt call Indhira at 978-374-2390 ext. 3919 or for a Plan Comparison 978-946-1374





## ASPEN HILL

REHABILITATION & HEALTHCARE

Welcome to Aspen Hill Rehabilitation & Healthcare Center, a warm and welcoming skilled nursing center offering the best in subacute rehab and long-term care with a primary goal of returning patients home as soon as possible. We are excited to infuse our center with our progressive rehab approach. An integral part of the Haverhill community, our top-notch professional staff partners with the best healthcare providers in the area to deliver exceptional clinical care. Our caregivers strive to enrich and enhance the quality of life of everyone and are dedicated to meeting all their physical, emotional, and spiritual needs.

190 North Ave • Haverhill  
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[www.aspenhillrehab.com](http://www.aspenhillrehab.com)



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**Deb Haley**

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I do not offer every plan available in your area. Currently I represent 10 organizations that offer 45 products in your area. You may also contact Medicare.gov, 1-800-MEDICARE or your local State Health Insurance Program (SHIP) to get information on all your options.



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 loved one at home  
 who requires  
 daily assistance?*



You may qualify for our  
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 AFCNS offers caregivers:  
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 monthly payment up to \$1,700,  
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Haverhill Council On Aging, Haverhill MA

06-5434



*Tommy Rull, Singer/Entertainer  
will perform his show  
"A Musical Journey Through the Years"*



*Tuesday, September 8, 2026  
Entertainment: 11:30 a.m.-12:30 p.m.*

*RSVP to 978-374-2390 Ext 3916*

*Haverhill Citizen Center*

*Take a walk down memory lane. Enjoy the music of Sinatra,  
Neil Diamond, Kenny Rogers, Paul Anka, Perry Como  
Barry Manilow, Elvis, Perry Como, Lou Rawls, Engelbert ...  
and many more!*



*"This program is supported in part by a grant from the Haverhill Cultural Council,  
a local agency which is supported by the Massachusetts Cultural Council, a state agency."*

*Sing along to familiar songs! Dance "if the spirit moves you!"  
Share a laugh & a good time with "old" & new friends!*



*For a short video of song clips from Tommy's show, his home page is  
<http://www.tommyrull.com/> & for recent videos Tommy is on Facebook.*

HAVERHILL COA

# PETER JACKSON

✦ ✦ ✦ ✦ ✦  
MAGIC TO GO ✦ ✦ ✦ ✦ ✦

**TUESDAY SEPTEMBER 29, 2026**

**12PM**

**DINING HALL**

**RSVP 978-374-2390 EXT 3916**



**This program is supported in part by a grant from the Haverhill Cultural Council, a local  
agency which is supported by the Massachusetts Cultural Council, a state agency**



Please join us for a  
HAVERHILL COA

# HALLOWEEN PARTY

FRIDAY OCTOBER 23, 2026  
12-2PM/ \$15  
LUNCH & ENTERTAINMENT

RESERVATIONS & TICKETS  
WILL BE AVAILABLE BY 9/28  
978-374-2390 EXT 3916

10 WELCOME ST  
HAVERHILL, MA



HAVERHILL COA

# TOPSFIELD FAIR

MONDAY  
OCTOBER 5, 2026

**\$10 (pay entrance on your own)**  
**\$5 (fee to ride the van)**

Pick up from Haverhill Citizen Center  
at 10:30am  
Returning about 4:30pm

FOR RESERVATIONS CALL DORIS AT  
978-351-2430



*Be ready  
to save a  
life*  
with  
Hands-Only CPR

It's easy to learn. You can increase the chance of someone surviving a cardiac emergency by taking a FREE American Red Cross class.

More than 350,000 cardiac arrests occur outside a hospital each year. Learn how to deliver lifesaving CPR care without rescue breaths and be prepared!

When you immediately provide Hands-Only CPR, you can increase the chance of survival.

Sign up for a FREE class. The class will be held on Friday October 16 @1pm

Location: Haverhill COA Citizen Center

To register: Call 978-374-2390 ext. 3916.



HAVERHILL COA

Where Nature Watches...and Waits

# Gothic Animal Tales by Candlelight

Stories adapted & Performed by  
Rita Parisi  
from Waterfall Productions

Thursday October 8, 2026  
11:30am  
Dining Room  
RSVP 978-374-2390 ext. 3916




This program is supported in part by a grant from the Haverhill Cultural Council, a local agency which is supported by the Massachusetts Cultural Council, a state agency."

10 Welcome Street

# September Regular Menu 2026

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---------------------------------|
|          | <b>September</b><br>1 1pc Bateman meatloaf<br>(1.5oz ground beef & 1.5oz turkey)<br>2 oz Gravy<br>1/4 cup Mashed Potatoes<br>1/4 cup Corn<br>1pc MG Bread<br>1/4 cup canned fruit                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |  | <b>2 Cold:</b> 3oz Diced Chicken Salad<br>1/4 cup Caesar Salad<br>1/4 cup Lemon & Cucumber Couscous Salad<br><b>Congregate: Lemon Rice Soup instead of Couscous</b><br>2pc Vienna Bread<br>1pc Dressing<br>1pc Pudding<br><b>No Margarine</b> | <b>3 3oz Pulled Pork</b><br>2oz BBQ sauce<br>1/4 cup Roasted Sweet Potatoes<br>1/4 cup Cauliflower & Parsley<br>1pc Burger Bun<br>1pc Cookie<br><b>No Margarine</b> | <b>4 1pc Black Bean Burger</b><br>1/4 cup Green Beans<br>1/4 cup Roasted Potatoes<br>1pc WW Burger Bun<br>1pc Fresh Fruit<br>1pc Ketchup |
| <b>7</b> | <b>Holiday No Meals</b><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br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|  |                                                                                                                                                                                                                                               |                                                                                                                                                                     |                                                                                                                                          |

AgeSpan Staff Appreciation Day  
No meals



# RESOURCES



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

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## **COULD YOU USE EXTRA MONEY FOR FOOD?**

**SNAP** (Supplemental Nutrition Assistance Program)

For info: Christa Mayfield 617-598-5022/ [snap@gbfb.org](mailto:snap@gbfb.org)

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**AgeSpan & Greater Boston Food Bank has established the Elder Mobile Market program.** Eligible Haverhill elders can pick up a free bag of groceries on the 1<sup>st</sup> Tuesday of every month (depending on your address) You must fill out application. Must be 60 or older and low income.

Info: Amelia DeStefano 978-651-3071 [adestefano@AgeSpan.org](mailto:adestefano@AgeSpan.org)

Applications from Maria or Paola at HAV COA

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**PROJECT BREAD’S FOODSOURCE HOTLINE(1800)-645-8333)** is able to provide SNAP application assistance over the phone and help identify all of the allowable expenses such as housing and medical costs to ensure you receive full amount of benefits that you are entitled to. **Hotline is open Monday through Friday from 8am to 7pm and Saturdays 10am-2pm.** They can assist in 180 languages. TTY line also available at 1800-377-1292. Or through Live Chat on [www.gettingsnap.org](http://www.gettingsnap.org)

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## **IMPORTANT NUMBERS**

### **HAVERHILL HOUSING**

#### **AUTHORITY**

978-372-6761 /25 Washington Square

#### **AGESPAN**

800-892-0890

#### **RUTH’S HOUSE**

978-521-5575

#### **COMMUNITY ACTION**

978-373-1971

#### **SOCIAL SECURITY**

866-964-4324



## **Confused about Medicare? Considering enrollment? Unsure about what to do?**

**The SHINE Program can help.**

Are you, a friend or a loved one turning 65 or already 65, considering retirement, and/or simply confused about Medicare?

You are not alone! A SHINE counselor will explain your options and answer your questions.

Learn about the structure of Medicare, when to enroll, and helpful tips to choose plans that suit you, your lifestyle, and your Medicare insurance needs.

Sessions will be presented by a certified SHINE Counselor who provides unbiased Medicare health insurance information and will help guide you through your Medicare options.

**Call SHINE at 978-946-1374** to request the link to be sent to you via email, or to talk with a SHINE counselor.

After registering, you will receive a confirmation email containing information about joining the meeting.

## Sección de Español

### 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):** Si necesita ayuda para aplicar para el programa de SNAP, haga cita con nuestra trabajadora social. Krista Demarkis ext 3930

**AgeSpan y Greater Boston Food Bank** a establecido el programa del **Mercado Movil**. 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  
Mayerley Astacio 978-651-3024

### **CLASES DE CIUDADANIA PARA SENIORS**

DISPONIBLE EN INGLES LUNES 9-10:30 AM

DISPONIBLE EN ESPANOL VIERNES 9-10:30 AM



### **CLASES DE INGLES PARA SENIORS**

DISPONIBLES JUEVES DE 9-10AM

CONTACTAR A MARIA YAGUAL AL

978-374-2390 EXTENSION 3912

PARA MAS INFORMACION

## Help Older Adults Keep Their Independence Become a Volunteer Driver

Drive when and where you want  
and give the gift of independence  
to older adults in your community.



Call 978-388-7474 about this flexible volunteer  
opportunity or visit [www.driveforneet.org/volunteer](http://www.driveforneet.org/volunteer).

### VETERANS

#### Dept. of Veteran Services

Haverhill Citizens Center  
10 Welcome St. Haverhill, MA  
Veteran's Office 2<sup>nd</sup> floor

#### **Jeffrey Hollett Veteran Director**

Office Hours: 8am-4pm  
(978) 374-2351 Ext 3932  
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 appoint-  
ment only: Bedford, Lowell, and West Rox-  
bury, Jamaica Plain.

Schedule an appointment with

**Jared DesRoche 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.



### Meals on Wheels drivers needed in Haverhill

Just a few hours per week can make a difference in the  
lives of older adults in Haverhill.

More than half of Meals on Wheels recipients live  
alone, and for many of them, the person delivering the  
meal is often the only person they will see that day. The  
pandemic has been especially hard on seniors, many of  
whom were or continue to be isolated in their homes

When you sign up to become a volunteer Meals on  
Wheels driver, you do more than drop off a meal. You  
make a difference.

It's easy to give back. Drivers must be 18, pass a back-  
ground check, have a vehicle, and a valid driver's li-  
cense. Drive from 1 to 5 days a week and just 3 hours  
per day.

**Ready to sign up? Contact Meals on Wheels at  
[nutrition@agespan.org](mailto:nutrition@agespan.org) or call 978-686-1422.**



### MINI MEVA

**An origin to destination service for  
individuals who cannot use the Meva  
fixed route bus system. ADA eligible and  
non-ADA eligible.**

**Applications available at the Haverhill  
COA or you can contact  
Meva at 978-469-6878**





## WINGATE RESIDENCES AT HAVERHILL

INDEPENDENT LIVING • ASSISTED LIVING  
MEMORY CARE

WHY WAIT? THE GOOD LIFE  
IS CLOSER THAN YOU THINK.

[wingateliving.com](http://wingateliving.com) | 978.912.9250

## ADT-Monitored Home Security

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Authorized  
Provider

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No act of  
kindness is  
ever wasted

## Compassion is at the *heart of our care.*

Premier Provider for Post Acute Rehab • Agency Free • Wound care Program  
Orthopedic Program • Pulmonary Program • Certified Secured Memory Care



Aspen Hill  
Rehabilitation & Healthcare Center

190 North Avenue, Haverhill, MA 01830 / 978.372.7700 / [AspenHillRehab.com](http://AspenHillRehab.com)

AMERICA'S BEST  
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HOMES  
2024  
Newsweek  
statista

## HELLO RV AND CAMPING COMMUNITY!



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CAMP AT NEWFOUND LAKE IS NOW ACCEPTING SEASONAL AND ALL OTHER  
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Or call us at:

**603-744-3344**

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to our community.



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Haverhill Council On Aging, Haverhill MA

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Kevin B.  
**Comeau**  
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Small Enough to Know You.

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Family Owned and Operated Since '84

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DAY HEALTH CENTER**

"Feeling the Love, Sharing the Laughter"

- Keeping active, healthy, social and in the community
- Professional, caring staff to help you remain independent
- Activities that promote physical and mental well being • Respite for caregivers
- Nutritious meals and snacks • Serving aging and disabled adults since 2000

**(978) 374-2175 • [www.sarahsplace.org](http://www.sarahsplace.org)**

180 Water Street, Haverhill, MA 01830



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Funeral Home**

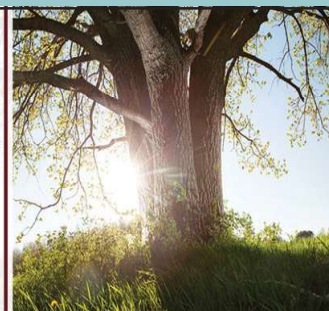
*A Life Celebration Home*

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978-373-5668

[www.berubecomeau.com](http://www.berubecomeau.com)

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a day**

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- ✓ Family/Friends
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NOW!**

**800.890.8615** [md-medalert.com](http://md-medalert.com)



**Community Action, Inc.**

**Home Energy Assistance Program (HEAP)**

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