May is Older American’s Month

This year’s theme is  
Make Your Mark

This theme was selected to encourage and celebrate countless contributions that older adults make to our communities. Your time, experience, and talents benefit family, peers, and neighbors every day. Communities, organizations, and individuals of all ages are also making their marks. Make your Mark highlights the difference everyone can make – in the lives of older adults, in support of caregivers, and to strengthen communities.

We invite you to celebrate Older Americans Month and make your mark in May!

Reopening of the Salisbury Senior Center

We want to err on the side of caution and are working closely with our Town Management, the Executive Office of Elder Affairs, and the Department of Public Health to develop effective guidelines to keep everyone safe. We hope to have a soft opening sometime in June without classes or programming. We will keep you posted. Precautions and limitations are still being worked out.

But, please know we miss all you, and we are looking forward in anticipation for your return. We hope you will all be pleasantly surprised with all the updates our staff and volunteers have done to make the senior center attractive, cleaner and safer.

We want to thank the Capolupo Family for updating our kitchen with new flooring, new stove, new venting system and all the safety equipment. The kitchen is truly Spectacular!

Please extend your appreciation to Wayne and Steve Capolupo for making this possible. Thank You Wayne & Steve for making your mark on the senior community of Salisbury!!

For Up-to-Date Information from the Town of Salisbury go to www.salisburyma.gov or click on Salisbury Cable https://www.sctvmc.org/

If you need assistance and are unable to go online, call 978.462.2412 or email epettis@saliburyma.gov

Need A Mask? Community members have graciously stepped up and donated masks available to those who need them. Please call us for pickup instructions or we can drop off: Call 978.462.2412.

The Annual Town Election

June 16, 2020 from 10am-8pm

Will be held on at the Hilton Senior Center. To ensure the safest measures for our elections staff and our voters we encourage residents to vote by absentee ballot for the Town Election.

Please go to the website: https://www.salisburyma.gov/home/news/town-election-and-town-meeting-information for information on registering to vote, checking your voting status and changing your address or party declaration.

If you need help please call us at 978.462.2412.

The Annual Town Meeting

will be held on

June 22, 2020 at 7pm at

Salisbury Elementary School.
Each day, older adults contribute to the vitality of our community as volunteers, parents, and grandparents, mentors, consultants, instructors, artists, advocates, friends, and more. You give of your time, talents, and experience to the benefit of us all. With many Americans now sheltering in place, you continue to demonstrate your unique sense of purpose, sense of history, and sense of service, making a difference and you’re making a mark on our community. We want to celebrate the countless contributions that have been made to our senior community. Together you make the world a much better place.

**Huge Hugs** to: Elder Services of the North Shore who have continued to provide meals for our senior community without any delays. Mark Eaton, Fred Knowles, Cheryl Blanton and Cindy Emery for continuing to deliver the daily lunches to all our Meals on Wheels clients.

**Community Connections:** Each Friday evening for the past five weeks George Vasiliades of Olympic Roofing has arrived at the senior center with fifty prepared and boxed meals for seniors at risk in the Salisbury community, he has organized and sponsored these special dinners through Feed the Hero’s program. Ray and Krystall Griskiewicz of Bay State Flooring in West Newbury, stepped up to sponsor four weeks of the Friday night dinners (200 meals) and Trisha Clinch provided the treats on May 1st, Andy DiMarca, Robin Werner, Wilma McDonald, Angelica Medina, Donna Abdulla, Mark Eaton and Chuck Takesian all assisted in delivering these meals to our homebound seniors. Together we make a difference.

We are so grateful to Our Neighbors Table for their support of our senior community, working with us, providing nonjudgmental assistance, groceries and support for so many of our seniors.

Our Public Health Director Jack Morris and SPD safety officer Andy Murphy keeping us informed and assisting us with various client concerns and issues. Our Veterans agent Jeremiah Murphy who continues to provide services for our veterans.

AARP: Paula Moore who continued to complete and process tax returns for our seniors. **Our Volunteer** painters and movers: Jim Pollard, Haney Elfinki, Bob Curtain, Steve Jette, Andy DiMarca who have worked tirelessly to clean, paint and renovate our facility. You make us look Good!

Pat Beevers, Jean Scholtz, Jean Mercer, Gerry McLellan and many of our seniors have created and donated face masks for our staff and senior community along with Creative Touch Marianne Cyr, Joanne McQuade and Atlantic Ambulance, Terry Clark, thank you for all you do for our community.

Judy Graham: Senior housing liaison continues to assist us notifying us to those in need, and Jackie Haggerty conducting Telephone Reassurance calls, recapping resources, letting our seniors know we care.

O.N.T. Grocery Pickup and delivery assistance to over 100 homes: Robin Werner and Steve Jette Carol Dorman and Donna Keefe have been keeping our facility going, updating our seniors and our center. Andy DiMarca has been transporting for essential services and to those in need, pickups and delivery of groceries, meals, medicine and food, he has put in many hours and many miles. Ed Gagnon has been busy with our much needed general maintenance and overdue projects. Emily Thompson continues to work remotely ensuring our client’s needs are meet with SHINE and SNAP assistance, and submitting orders to Our Neighbors Table. Jan Farrell and Meghan Fitzgerald are busy reaching out to our clients reminding you of our services and available resources, and checking in on how we can help. I am so proud and blessed to work with such a superb staff. The Salisbury Community is indeed fortunate to have such great staff working on their behalf. Each of you make a difference! Thank you for brightening the lives of so many! Please reach out to us for assistance or concerns, we are here to help you.

Liz Pettis, Director Salisbury Council on Aging
Answers to Frequently Asked Questions

Is the Senior Center open? No. The Center is closed to the public; however, it is staffed Monday through Friday to answer questions and provide assistance. If no one is able to take your call, please leave a message, and a staff member will call you back as soon as possible.

Can I get Meals on Wheels? We are sending out Meals on Wheels to homebound seniors each weekday. If you or someone you know is in need, please call 978-462-2412, or call Elder Services at 800-892-0890. The Meals on Wheels team have strict protocols and social distancing guidelines to keep everyone safe.

Can I still get Transportation? Transportation Services are available for medical, food, and other essential services. Please call 978-462-2412.

Can I still get medical equipment from the Senior Center? We have a limited amount of equipment to offer. Please call us, and we can arrange a drop off/pick up. At this time, in order to reduce the risk of exposure, we are not accepting donations of medical equipment.

Census: The results of the 2020 Census will help determine how hundreds of billions of dollars in federal funding flow into communities every year for the next decade. That funding shapes many different aspects of every community, no matter the size, no matter the location. How do I know that the census is safe to fill out online? All residents will be receiving a card in the mail from the Census, with a personal ID number and information on how to fill out the Census. To be counted, self-respond online at 2020Census.gov, over the phone 844-330-2020, or by paper questionnaire and to ensure our community receives the funds we need to sustain our programs. Please call the Senior Center 978-462-2412 if you have any questions or need assistance in filling out form.

Taxes: Can I still get my taxes done at the Senior Center? The tax deadline has been moved to July 15. All AARP tax appointments are currency suspended with the hope of starting June 8, 2020.

MEDICARE QUESTIONS? Call our SHINE Program at 978.462.2412. Please leave a voice mail with your name, phone number and our SHINE counselor will return your call.

The Supplemental Nutrition Assistance Program/SNAP is a nutrition program for families and individuals that meet certain income and resource guidelines. SNAP benefits help you buy nutritious food for you and your family. SNAP benefits are accessed with an Electronic Benefit Transfer Card (EBT). These cards are used the same way you would use a debit or ATM card. Please call our outreach coordinator to apply, recertify or increase your benefits 978-462-2412.

SCAMS: BE ESPECIALLY AWARE OF SCAMS: Do not provide any personal information over the phone. The government will NOT be calling to request any bank account, social security or other information.
Social Security
Eligibility for Spouse’s benefits Do you know that you may be able to receive benefits on your spouse’s record if you have not worked or do not have enough Social Security credits to qualify for your own Social Security benefits? To qualify for spouse’s benefits, you must be: 62 years of age or older. Your full spouse’s benefit could be up to one-half the amount your spouse is entitled to receive at their full retirement age. If you choose to receive spouse’s benefits before you reach full retirement age, you will get a permanently reduced benefit.

If you wait until you reach full retirement age to receive benefits, you will receive your full spouse’s benefit amount – up to half the amount your spouse can receive.

Want to apply for either you or your spouse’s benefits? Are you at least 61 years and 8 months old? Visit www.ssa.gov/benefits-retirement to learn more about the process.

Are you divorced, but your marriage lasted at least 10 years? You may be able to get benefits on your former spouse’s record. Visit their Benefits Planner page at www.ssa.gov/planners/retire/divspouse.html for more information.

Health & Fitness:
Throughout the year The Salisbury Senior Center has offered a variety of health and wellness programs that meet most needs of our members. However, at this time many of you have had to take your daily fitness routine into the home.

Here are a few FREE resources that can help you with your own home fitness routine.

ONLINE: Connect with our Balance Instructor Jennifer Freeman
http://www.pauseyogastudio.com/

There are many other online videos as well as health information to keep you moving during this time at home. To get started, check out: National Institute on Aging/Exercise & Physical Activity https://www.nia.nih.gov/health/exercise-physical-activity

YMCA Health & Fitness Videos for Active Older Adults https://ymca360.org/on-demand#/category/14

Support the Salisbury Senior Center by becoming a member of the Friends of the Salisbury Council on Aging (FSCOA)
The FSCOA, a 501 (c) (3) non-profit organization, relies on your support to sustain, grow, and plan programs, events, projects, facilities improvements, and social support services for Salisbury’s older adults, their families, and caregivers not otherwise supported by the Salisbury town budget and governmental appropriations. Individuals may join annually for as little as $5 per person. Financial support is greatly appreciated and is tax deductible. In 2020, the new CARES Act now allows up to $300 to be tax deductible without filing an itemized return.

Please make check payable to the Friends of the Salisbury Council on Aging and mail to Friends of the Salisbury Council on Aging! P.O. Box 5533, or 43 Lafayette Rd. Salisbury, MA 01952. Friends of any age are welcome to join.
Medicare Questions?

*Are you turning 65 in the next three months?*

*Are you over 65 and need to enroll soon?*

*Do you understand your Medicare deadlines and options?*

*Are you having trouble paying for medical expenses and prescription drugs?*

If any of these apply to you, contact the Salisbury Senior Center our Certified SHINE counselors offer free, confidential counseling on all aspects of health insurance to anyone on Medicare. In-person SHINE appointments are not available now due to social distancing, but help is available over the phone. Call us at 978-462.2412.

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**Spotlight on Emily Thompson**

This year marks the 4th year that our Outreach Coordinator, Emily Thompson has been working at the Senior Center! If you don’t know Emily, her job here is to assist seniors in accessing services like SNAP food assistance, SHINE health and prescription assistance, Fuel Assistance, in home care, nursing and long term facility advice, and so many other issues that arise for seniors and their families. However, what makes Emily so special is that she does her work with no fanfare or displays, but with compassion, patience, and grace. Through this pandemic, her professionalism and kindness has shown us the true meaning of ESSENTIAL.

Her depth of knowledge is a gift to the community of Salisbury. She is a fierce advocate for seniors, and wonderful support to her fellow workers and volunteers.

Please join me in congratulating her for her years of hard work, as we look forward to working with her for many more to come!

“There is nothing more beautiful than someone who goes out of their way to make life beautiful for others.” Mandy Hale
Message from our State Senator Diane DiZoglio,

Among the communities my team has been focused on helping through this pandemic are our veterans, many of whom, after answering this nation’s call to serve, endure physical and mental health struggles, disabilities, financial hardship and difficulty transitioning to civilian life and jobs. It is incumbent upon us to return to them the commitment they have given.

That is why I filed a new bill, An Act providing COVID-19 emergency financial relief for veterans, to provide one-time emergency grants to Massachusetts veterans suffering financial loss due to COVID-19. Under chapter 115 of the Massachusetts General Laws, the Department of Veterans’ Services (DVS), in partnership with local Veterans’ Service Officers (VSOs), administers a program of financial assistance for veterans and their dependents with limited income and assets. This bill supplements that aid as COVID-19 has created financial distress for our veterans well beyond the scope of chapter 115.

In addition, social distancing has created obstacles to readily accessing chapter 115 benefits. Part of the application process includes being interviewed by VSOs. With municipal buildings closed and access to VSOs limited, this bill is designed to provide quick-turnaround financial breathing room for our veterans as they navigate other state and federal resources.

I also filed this bill to acknowledge constraints our municipalities are facing as they try to craft their 2021 fiscal year budgets. Chapter 115 benefits are funded 25% by our municipalities. By streamlining a process for emergency grants through DVS, these funds will be distributed more rapidly than the process under chapter 115 can currently provide, while avoiding placing additional financial burdens on our municipalities.

A 2017 state audit of DVS found that less than 15,000 of the over 300,000 veterans in Massachusetts had received chapter 115 benefits in recent years. It is my hope that this bill will not only provide our veterans with much needed emergency aid but also increase awareness of chapter 115 and start a long overdue conversation about how our veterans are currently accessing benefits and how we can make this system more effective in its service to those who served us. If you have questions about this bill or any other issue – or need assistance during the COVID-19 pandemic - please contact me and my team anytime via email at diana.dizoglio@masenate.gov or phone 978-984-7747.

Yours in service,
Diana DiZoglio

Office of State Senator Diana DiZoglio
State House Room 416-B
(617) 722-1604
Salisbury Senior Center Offers Vital Services

Although the senior center is currently closed to the public we are still here for you. Salisbury Senior Center staff remains committed to serving our older adults and their families throughout Salisbury. We are working hard both in the office and from home to keep seniors safe, healthy and engaged. Salisbury COA is providing food, offering food deliveries and home delivered meals. We are grocery shopping for elder residents and delivering them to the door and are providing safe and sanitized transportation to a local market. We are delivering essential items like toilet paper and face masks and providing relief by delivering puzzles and books, arranging for prescriptions to be picked up and delivered and assisting those with online delivery services through local pharmacies. If you have a doctor’s appointment that must be kept, we will work to provide transportation.

Wellness checks are being done through phone calls. A simple “how are you doing” can brighten the life of an elder. If you or someone you know is feeling isolated, are just looking to talk or would like a daily or weekly check in calls please let us know. Social isolation can be alleviated; we are here to help.

Senior Centers were among the first to close their doors, as the effects of COVID-19 on elders could be life threatening. And they will probably be among the last to re-open. But that is the building, not the people who work in them. The staff of local council on aging’s and senior centers are working every day to meet the needs of elders in the community. We encourage seniors to take advantage of our services by calling us at 978.462.2412. If you would like MOW delivered to your home, please call us at the senior center or call 800-892-0890 to schedule. Our Neighbors Table Food Pantry located in Amesbury offers curbside pickup. Please call 978.388.1907 or go to their website. Durable medical equipment is available for doorstep drop off by Salisbury Senior Center.

Health Insurance Assistance SHINE phone consultations are available and Food stamps SNAP benefits can be reinstated or applied for by our senior center staff. If interested in applying, or updating your benefits please call the center at 978-462-2412. The Salisbury Senior Center staff is here for you. We look forward to resuming our daily activities when the time is appropriate.

Our Newly Updated Senior Center

Our Essential staff continues to work hard on behalf of our senior community

Carol Dorman and Donna Keefe have been working hard answering calls, connecting seniors with resources, keeping the Center functional, they have organized every office and enhanced & spruced up our facility. They have worked daily conducting major cleaning, sanitizing, and painting the entire interior of our facility. Their accomplishments are evident throughout our Senior Center. Their diligence, commitment, and dedication to the Center and the Senior Community shows in all their efforts. We are so fortunate to have such an amazing staff and we Thank You!
**Salisbury Housing Authority**

shares HUD's mission to promote adequate and affordable housing, economic opportunity, and a suitable living environment free from discrimination. SHA, which was dedicated on October 2nd 1977, encourages local housing initiatives and supports the Town's efforts to provide affordable housing for Salisbury residents.

**Board:** Ralph Sweeney, Chairman  
Linda Dale-Brown Vice-chairman  
Samson Racioppi, Secretary  
Maryann Newman, Treasurer

**Staff:** Kate McGuire Executive Director  
Alex Russell, Maintenance Supervisor  
Dave Krafton, Maintenance Mechanic

Phone: (978) 462-8600 / 978-356-2860

**BOARD MEMBERS NEEDED!**

The Salisbury Council on Aging also relies on financial assistance from the community to support programs and activities at the Hilton Senior Center not covered under the budget. Please help us support the Council on Aging by making a donation that will help to support classes, programming, service and activities.

If you wish to make a donation, please complete the application form below.

**Become a Donor**

Name: _____________________________________________________________________________________

In Memory of: ______________________________________________________________________________

Address: __________________________________________________________ ________________

City: __________________ State: ___________ Zip Code ______________

Please mail this form to the Council on Aging, 43 Lafayette Rd. Salisbury, MA 01952  Thank You for your support!