



Amesbury Housing Authority News



NOVEMBER 2018

HAPPY BIRTHDAY

Kandace Bickel	Charles Blodgett	Jeanne Donovan
Deborah Goodrich	Arlene Mooers	Sharon Morrill
Joseph Olson	Osbourne Maitland	Jon Miller
Richard Valli	Scott Betts	Anne Gagalis
Michael Laliberte	Peter Nowell	William Perkins
Mary Seaborne	Earl Taillon	

Board of Commissioners

M. Ralph Noon, Chair
 Phil Dandurant,
 Vice- Chair
 Donald Roy, Member
 Lyndsey Haight, Member
 Jill Currier, Member

Michelle Bibeau
 Executive Director

VETERANS DAY

Veterans Day is the official United States public holiday that is observed annually on November 11th. Veterans Day honors military veterans who have served in the United States Armed Forces. Veterans Day originated as “Armistice Day” on November 11th, 1919, the first anniversary of the end of World War I. Congress passed a resolution in 1926 for an annual observance, and November 11th became a national holiday beginning in 1938.



Thank you to all of our Veterans who have served our country.

A **Veteran Luncheon** will be served on **November 12th**, right after the local parade-11:30 am at Heritage Towers community room for Residents. Spaghetti & Meatballs, salad, garlic bread and dessert.
No cost to Veterans. Ticket Meal.

Amesbury Housing Authority Board Meeting

**November 20th
 at 8:30 am
 180 Main Street**

(date/time subject to change)

Heritage Towers/Vale Association Meeting

November 14th at 6 pm

Birthday Celebration
 Ice Cream Social
 Election of Officers

Free WIFI

Free WIFI is now available in the Heritage Towers Lobby and Community Room.

WIFI Name: AHAGuest
Password: GuestatAHA

Supportive Services Coordinator

**Geannina Guzman
-Scanlan**

Hours: *Tuesday, Wednesday
& Friday- 11 am—4 pm.
(hours subject to change)*

Telephone Number:
978-857-3841

*Scheduled appointments are
recommended.*



BINGO **HERITAGE TOWERS/VALE**

*Fridays-6 pm
Tickets sold 5-6 pm*

LAUNDRY SERVICES

We ask that residents please inform their home health aides to plan accordingly when using the washers and dryers.

We prefer that home health aides use the washers and dryers for clients between the hours of 7:00 am– 1:00 pm

This will allow time for all other residents to do their laundry at a reasonable time.

Thank you for your cooperation in this matter.

THE SUPPORTIVE SERVICES PROGRAM

The Supportive Services Program is a partnership between Amesbury Housing Authority and Elder Services of the Merrimack Valley. This program allows a Coordinator from Elder Services to be onsite to assist residents with services, referrals, informational sessions and schedule of events and activities for the residents. This program provides a nutritional hot meal, **Monday through Friday, at 11:30 am** for the residents at a reduced cost of \$2.00.

WEEKEND MEALS

Heritage Towers/Vale & Powow Villa residents welcome. Weekend meals are served at the Heritage Towers Community Room. Sign up is required 2 days before. Sign up sheets are located in the Community Room.

Cancellations are required the Thursday prior to the Saturday meal. Please plan accordingly. Cut off date is critical to purchase ingredients order a meal and help us better use funds available for this program. Cooperation greatly appreciated.

Some meals require a prior ticket purchase.

Meals are served on **Saturday at 4:30 pm, with the exception of the 3rd Saturday which is at 5:00 pm. There is no meal on the first Saturday of the month.**

Continental Breakfast is served on **Sundays—8:30 am—10:00 am.**

Weekend Lunch Menu:

November 10th at 4:30 pm– Rock Church will prepare this meal. Macaroni and Cheese, salad, dessert, punch. Ticket Meal. Cut off date– November 8th.

November 17th at 5:00 pm–Sausage and onions grinders, chips and dessert. Ticket Meal.

November 24th– NO MEAL

November 25th– NO BREAKFAST

SPONSORED MEALS-No Cost-Sign up Required

Heritage Towers/Vale Community Room

11:30 am

November 21st Sponsored meal by Country Center for Health and Rehabilitation. Traveling Chef. Roast Port Loin with apple glaze, mashed sweet potatoes and apples, parsley buttered carrots, dessert. **Sign up with Pat Blonda or Joan Currier by November 15th.**



EVENTS/ACTIVITIES

Available to residents who reside at
Heritage Powers, Heritage Vale and Powow Villa

USDA Food Distribution– November 7th

Heritage Towers/Vale and Powow Villa
Community rooms.

**Thanksgiving Grocery Distribution will be
November 14th. See insert. Insert also has
December Mobile Market dates.**

Heritage Crafters Projects– 1:00 pm

Heritage Towers. November 7th, 14th and 28th.

**Chair Yoga– Monday, Thursday and
Saturday at 3:00 pm** Heritage Towers.

Catholic Communion Service– Second
Monday of every month, **November 13th at
2:30 pm**, Heritage Towers.

MASS and Communion Service– Fourth
Monday of every month. **November 26th at
2:30 pm**. Heritage Towers

Exercise Class– Monday ,Thursday and
Saturday, 8:15 am- Heritage Towers.

Interfaith Bible Study November 4th, 11th
and 18th at 1:00 pm. All Welcome.

BLOOD PRESSURE CLINIC/ASK A NURSE

November 15th at 10:30 am. Light snack
and door prize. Sponsored by Country Center
for Health and Rehabilitation.

OPEN ENROLLMENT PRESENTATION

Tufts Health will be here for a brief
introduction of plans and tips on keeping healthy
during flu season. Apple Crisp a la mode and
apple cider will be served. Door prizes.

November 6th at 1:00 pm. Heritage Towers.

GIVE THANKS-EAT PIE CELEBRATION

Join others in the community for this event to be
thankful and eat a sampling of seasonal pies.

November 21st at 3:00 pm.

Heritage Towers

ASSOCIATION MEAL

November 23rd at 11:30 am. Hot dogs,
Chips, dessert. Ticket Meal. Heritage Towers

MUSIC MASTERS EVENT

Come join in for a light refreshment and music.

November 26th at 7:00 pm..

Heritage Towers

AMESBURY POLICE DEPARTMENT

MEAL

Wednesday, November 21st at 11:30 am
(sign up by November November 7th)



AMESBURY FIRE DEPARTMENT

MEAL

Wednesday, November 28th at 11:30 am
(sign up by November 15ht)



Amesbury Housing Authority News

Office Staff

Michelle Bibeau Ext. 11
Executive Director

Mary Beth Damon Ext. 5
Financial Assitant

Diane McGowan Ext. 13
Clerk

Lili Bonilla Ext. 3
Section 8 Coordinator

Katelynn Lemieux Ext. 6
Housing Manager

Work Orders Ext. 9

Maintenance Staff

Matt Lavallee
Mike McBride
Tom Everson
Dan Dupuis

Office/Business Hours

Monday - Wednesday
8:00 am—4:00 pm
Thursday 8:00 am—7:00 pm
Friday 8:00 am—1:00 pm

Emergencies after business hours,
please call **978-388-2022**.
The Answering Service will contact the
Maintenance Department.

Visit our new website at:
www.amesburyha.com

MEDICARE OPEN ENROLLMENT

Medicare open enrollment is October 15th– December 7th. You can review your current coverage and make any changes for 2019 coverage. New coverage changes made during open enrollment begins January 1, 2019.

POWOW VILLA EVENTS

BLOOD PRESSURE CLINIC/ASK A NURSE

November 27th at 12:30 pm

Sponsored by Brigham Health and Rehabilitation Center. Open enrollment information and tips for staying healthy during flu season.

TRAVELING CHEF AUTUMN SPECIAL

November 27th at 12- noon

Roast Pork Loin with apple glaze, mashed sweet potatoes and applies, parsley buttered carrots, dessert. Traveling Chef Caterer is requesting a minimum of 10 people to have a scheduled event. Please try and support the programs at Powow Villa so that they can continue.

Now that we are nearing the FLU season, we ask that residents please take pre-caution if they are sick or feeling sick. We ask that you please avoid contact with other residents at the meal site and common areas. Washing hands more frequently will help the spreading of germs. Thank you.

WELCOME

We would like to welcome the following residents to their new home:

Judith Calk
180 Main Street, Apt. 709

NOVEMBER HOLIDAY OFFICE HOURS

November 12th– closed
November 21st—closed at noon
November 22nd and 23rd– closed

