

SALEM H.O.P.E.

Human Organization Partnership Effort

Networking Breakfast Meeting
Thursday, December 8, 2016
9:00 A.M. Sharp

Hosted by:

North Shore Elder Services, 300 Rosewood Drive #200, Danvers

All social service agency representatives serving Salem residents are welcome.
PLEASE RSVP ATTENDANCE TO JADE GREEN @ jgreen@nselder.org
or call 978-624-2285

AGENDA

- 9:00 I. Welcome & Group Introductions
- 9:05 II. Agency Welcome – Paul Lanzikos, Executive Director
- 9:20 III. Information Exchange - All attendees present - 1 minute per agency please
Bring any new brochures!
- 9:55 IV. 89th Salem H.O.P.E. Newsletter (to be issued in February)
E-mail your announcements, job postings, event notices, articles etc.
for September through December to jguy@salem.com – Deadline 1/12/17
- V. Next meeting dates (tentative):
Thursday, March 9, 2017 – North Shore CDC
Thursday, June 8, 2017 – North Shore Career Center
Thursday, September 14, 2017 - Seeking host agency

Please email jguy@salem.com if you are interested in hosting an upcoming meeting!

Networking & Refreshments

Persons with special needs should contact the host agency for reasonable accommodation and should provide ample time for the request to be arranged.

*If you no longer wish to receive emails for Salem HOPE,
please send an email to jguy@salem.com asking to be removed from this distribution list.*

Salem H.O.P.E.

Human Organization Partnership Effort



Newsletter Number 88

~ A newsletter for social service agencies ~

November, 2016

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September Meeting Hosted by Salem Council on Aging

The September, 2016 Salem HOPE meeting was hosted by the [Salem Council on Aging](#). Representing the agency were Director Patricia O'Brien, Meredith McDonald and Rosanna Donahue. Present were Jane Guy and Naomi Francisco of the City of Salem DPCD, Keshia DeLeon and Sydney Colbert of North Shore CDC, Ann-Marie O'Keefe of the North Shore Youth Career Center, Charlene Snow of North Shore Career Center, Kim Rosenberg and Joyce Arcisz of Morgan Memorial Goodwill, Maureen Fiore of Aspire Developmental Services, Inc., Debra Wonson of Salem CFCE, Carol Hawthorne of Anchor to Windward, Katina Polemenako of Salvation Army, Deborah Barber of the Independent Living Center, Matthew Castiglione of Deaf, Inc., Maureen Smith of NSCAP, Christin Brown of Children's Friend & Family, and Phil Hayes of Adult Foster Care of the North Shore.

Ms. O'Brien welcomed the group and stated that she has been the Executive Director of [Parks, Recreation and Community Services](#) for five months. She is looking forward to pursuing inter-generational programming and stated that they are approved for a new building.

Ms. McDonald stated that the [Salem Council on Aging](#) serves Salem seniors and those as far as Middleton. They provided 17,000 rides to seniors and disabled persons needing transportation. Along with social and recreation activities, the agency provides congregate lunches daily and deliveries an average of 150 meals a day through Meals on Wheels. She stated that the City has embarked on an age-friendly initiative that will benefit all community members regardless of age. To make Salem inclusive, they will look at accessibility including streets, sidewalks and curbcuts, transportation and adequate housing. It is a three to five year strategic plan that is community friendly. The COA also has two social workers on staff to help seniors navigate the system, such as Medicare.

Mr. Hayes stated that he is the business development person for [Adult Foster Care of the North Shore](#), which helps persons with disabilities to stay in a home setting. A family can get up to \$18,000 per year to provide care.

Ms. Fiore stated that [Aspire Developmental Services, Inc.](#) helps families with children age birth to three. They are located on Lafayette Street and have a parent-child group and a mommy and me group, as well as a swim group at the YMCA. Anyone can refer a child.

Ms. Barber stated that [Independent Living Center of the North Shore & Cape Ann, Inc.](#) helps anyone with a disability to be independent. She explained there are new programs and there are activities on their calendar

Ms. Smith stated that [NSCAP](#) provides fuel assistance and weatherization programs, English classes and housing programs.

Mr. Polemenako stated that the [Salvation Army's](#) provides rental and utility assistance, a lunch program, and an archery program for with the Boys & Girls Club. For holiday assistance, they will provide turkey and the fixings for Thanksgiving and gifts for children 12 and under to Christmas. They have a new ever-fi education program which has a lab with ten laptops.

Ms. DeLeon stated that [North Shore CDC](#) provides voter engagement education and access and English classes with Catholic Charities. They have a Youthbuild program that provides GEDs, construction certification and AmeriCorps membership

Ms. Hawthorne stated that one third of [Anchor To Windward's](#) members are from Salem. It is a place to socialize, including Saturday outings.

Ms. Wonson of [Coordinated Family and Community Engagement \(CFCE\)](#) stated that they are funded by a grant from MA Department of Early Education and Care for Salem Public Schools for birth to age eight. They provide referral and resources and have a parent-child home program.

Ms. Brown stated that [Children's Friend & Family Services](#) provides mental health care for children and families.

Ms. Snow stated that at the [North Shore Career Center](#), she provides business services to help employees with their hiring needs. There is a job fair in December at the Salem Five community room.

Ms. O'Keefe stated that the [North Shore Youth Career Center](#) serves youth fourteen to twenty-four in nineteen cities and towns. They have a summer jobs program.

About the Salem Council on Aging

Since 1967, the Council on Aging has been offering programs, activities and services to Salem residents age 60+ and /or disabled. The Senior Center is open weekdays, 8 a.m. to 4 p.m.; and Thursdays until 7 p.m. It provides a variety of services, such as transportation, music programs, exercise classes, sight-seeing trips, museum tours, book clubs, special events and overall support services to ensure that all seniors can maximize the quality of their lives.

Hot, nutritional lunches are available Monday through Friday, at 11 a.m., with a two-day prior reservation. Home-delivered meals are also offered to homebound elders (confined to their homes by health problems).

Our social services department provides a broad array of counseling and support services including information on topics such as Medicare, Social Security, care needs, and housing. Licensed Social Workers support and assist seniors and their families who have questions, concerns or need assistance with navigating these systems. Please call to schedule an appointment.

During the coming months, the Senior Center will be looking at how to best redefine ourselves into a Community Life Center by broadening our programs to be increasingly cross-generational, rethinking how we look at aging, and meeting the needs of all our 60+ Salem residents. We hope you will join us for the exciting journey ahead.

- [Age-friendly Salem Draft Report](#)
- [COA Newsletters](#)
- [Lock Box Program](#)
- [Senior Trips](#)

[Salem Council on Aging](#)

5 Broad Street
978-744-0924

Ms. Arcisz stated that [Morgan Memorial Goodwill Industries](#) needs jobs for clients including janitorial, receptional, loading/unloading, small piece assembly, cashier, filing and data entry. They provide work crews and job placement.

Ms. Guy stated that the comment period for the FY16 Consolidated Annual Performance and Evaluation Report is September 7 through September 23.

What is Salem H.O.P.E.?

Salem H.O.P.E. is a networking group of human service agencies that provide programs and services to Salem residents. It is a free forum for agencies to learn about the services being provided by other agencies in order to fill in gaps, coordinate efforts and avoid the duplication of services. All human service agency representatives are welcome to attend the quarterly breakfast meetings held at rotating locations.

We need your announcements, notices and articles for this newsletter. Share your resources; advertise a job opening; seek out agencies to collaborate on a grant application; announce new programs; publicize your events, etc. Please e-mail your submissions or requests to be added to the newsletter e-mail distribution list to iguy@salem.com. The newsletter is printed four times per year. However, information that needs to be disseminated in a timelier manner will be forwarded to the listserv upon receipt.

*The Salem H.O.P.E. Newsletter is prepared and distributed
by Jane Guy of the*

*Department of Planning & Community Development of the
City of Salem, Kimberley Driscoll, Mayor.*

www.salem.com has [links to social service agencies](#), as well as information on [housing programs](#) and [foreclosure prevention and legal resources](#).

Reasonable Accommodation

If you are a Salem HOPE participant and require reasonable accommodation at a quarterly Salem HOPE meeting, please contact the meeting host location and make your request as soon as possible, but no later than close of day on the Monday prior to the meeting.

Salem HOPE hosts information on reasonable accommodation

Once you have committed to hosting a Salem HOPE meeting, you are encouraged to contact Massachusetts Commission for the Deaf & Hard of Hearing to request an American Sign Language (ASL) Interpreter at least two weeks prior to the meeting date. If you do not get any requests for ASL interpreters by close of day on the Monday prior to the meeting, you can cancel the request by 9:00am on the Tuesday prior to the meeting.

The website to request an interpreter is <http://www.mass.gov/eohhs/gov/departments/mcdhh/request-an-interpreter.html>. Their phone number is 617-740-1600 or 1-800-882-1155.

Volunteer Opportunities Courtesy of [Salem Volunteers](#)

Wednesday, November 16: North Shore Moving Market
Saturday, November 19: SalemRecycles Textile Drive

[SalemRecycles](#), Salem's all-volunteer recycling committee, will be holding its annual clothing and textile recycling drive on Saturday, November 19. All



dropped off items will be either reused through Goodwill retail stores or shredded and recycled into other items. Volunteers will greet residents, help load the textiles into the truck, collect survey information, etc. Shifts are 7:45 to 10:30am, 10:15am to 12:45pm, and 12:30 to 3pm. Contact Julie Rose at 978-619-5679 or jrose@salem.com.

Saturday, November 19: Downtown Salem Ribbon Wrapping



Help create and install ribbons downtown. Volunteers should be relatively able to handle the cold for 2 hours (while moving around). The ability to climb ladders comfortably is a plus, and the ability to bring your own ladder is even better! Ribbon measuring and cutting starts at 8:30am at the Salem Main Streets office at 265 Essex Street. Wrapping will be from 9am until complete, hopefully about 11 or 11:30am. Contact Kylie at kylie@salemmainstreets.org or 978-744-0004.

Saturday, November 19: Joseph's Storehouse Food Pantry

[Joseph's Storehouse](#)'s mission is to alleviate hunger with supplemental food and emergency food assistance in the greater Salem area; to provide children with life-changing opportunities; to deliver groceries to the elderly, disabled, and disadvantaged; to offer programs to all ages that promote growth and self-confidence; and to serve the community with grace, dignity, and non-discrimination. Volunteers are needed to help at Joseph's Storehouse food pantry on Saturdays from 10am to 3pm. Contact Carl at 978-594-4423.

Saturday, November 19: Salem Winter Market

The first market in the [2016 Salem Winter Market](#) season will take place on Saturday, November 19 from 1 to 5pm. Volunteers are needed between 11:30am and 1pm to help set up and from 4:30 to 6pm to help load out and clean up. Contact Kylie at kylie@salemmainstreets.org.

Thursday, November 24: See the list of organizations serving Thanksgiving dinners for opportunities to volunteer (page 7 of this newsletter).

Thursday, November 24: Wild Turkey 5 Mile Run

The 13th annual [Wild Turkey 5 Mile Run](#), organized by the [Boys & Girls Club of Greater Salem](#), will take place at 8am on Thanksgiving Day, Thursday, November 24. Volunteers are needed to help with the race from 7:30 to 9:15am. Contact Doug at dougbollen12@yahoo.com.



Friday, November 25: Bags for the Homeless

After doing your Black Friday shopping, join in an effort to help homeless men and women in the community. Bags for the homeless will contain daily essentials and snacks. Drop off a completed bag or items for bags and/or volunteer to help with the bags. Meet in the Community Room of Beverly Cooperative Bank at 73 Lafayette Street in Salem from 2 to 4pm. Find out more [on Facebook](#). Contact Mari at negrita2013@yahoo.com or 508-317-0820.

Information Worth Knowing

Let's Talk Turkey & Holiday Help

Below you will find the most recent **Thanksgiving Meal list** where Thanksgiving meals are provided free of charge and all are welcome. In addition, there is a list of **food sources** that are available to Salem residents (some of these may provide holiday meal fixings). Thank you to NSCAP for maintaining and distributing this information!

There is also a flyer about a free turkey with a tour of Blueberry Hill 11/17, 11/18 & 11/19 (turkey orders required).

The contact for **Toys for Tots** in Salem is:
Debra Wonson
Salem Coordinated Community & Family Engagement
29 Highland Ave, Salem, MA 01970
978-745-5931
debrawonson@salemk12.org

NSCAP Survey

North Shore Community Action Programs (NSCAP) is conducting a Community Needs Assessment and Satisfaction Survey, and we would like you to please take this survey. Your answers will help us identify needs and priorities in our communities, so we can better serve low-income people in our area. The survey is anonymous, and takes approximately 5-10 minutes to complete. The NSCAP Community Needs Assessment and Satisfaction Survey can be accessed via our website at: www.nscap.org. We would like as many people (staff at partner agencies, clients, consumers, general public) in our area to take part. NSCAP will send paper copies (Spanish and/or English) to area organizations on request, but we prefer that people take the online survey whenever possible.



You are cordially invited to the first
Salem Citywide Conversation
to help shape the future of the Salem Public Schools

WHEN: Tuesday, November 29, 6:00-8:30pm.
Dinner and childcare will be provided

WHERE: Collins Middle School Cafeteria

WHY: SPS has embarked on a strategic planning process and invites you to be a partner in charting the future of our schools. Make your voice heard! Bring your ideas, your questions, your greatest hopes for our city's young people.

With remarks by Mayor Kimberley Driscoll and Superintendent Margarita Ruiz

RSVP: By November 18th to superintendent@salemk12.org or 978-740-1212. Please let us know whether you will need childcare and if your child has specialized needs. Please also indicate whether you will interpretive services (specify Spanish or Portuguese)



Thanksgiving Dinners on November 24, 2016

Salem, Peabody, Beverly, Danvers, Lynn, Gloucester, and Saugus

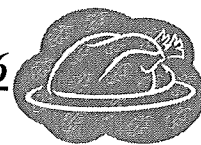
All meals are free of charge & ALL ARE WELCOME!



- * **Tavern in the Square restaurant** (189 Washington St, *Salem*, MA 978-740-2337) will be holding its annual free Thanksgiving dinner. Join us Thanksgiving Day from 11:00am to 1:30pm for a traditional Thanksgiving feast, from stuffing to turkey, including coffee and an assortment of pies. *Any volunteers who would like to donate their time from 10am and 2pm may contact the Tavern in the Square manager at: 978-740-2337 or at saleminfo@taverninthesquare.com
- * **Haven from Hunger** (71 Wallis St, *Peabody*, MA 978-531-1530) will be serving a Thanksgiving dinner at 12:00 noon to 1:00pm on Thanksgiving Day.
- * **Lifebridge** (56 Margin St, *Salem*, MA 978-744-0500) will be serving a Thanksgiving dinner from 12:30pm to 1:30pm and a "leftovers" dinner from 6:30pm to 7:00pm on Thanksgiving day.
- * **St Peter's Church** (4 Ocean St, *Beverly*, MA) will be serving a Thanksgiving dinner at 12:00 noon to 1:00pm on Thanksgiving Day.
- * **Brother's Deli** (41 Market St, *Lynn*, MA 781-581-3363) will provide a Thanksgiving meal served from 9:00am to 2:00pm on Thanksgiving Day.
- * **My Brother's Table** (98 Willow St, *Lynn*, MA 781-595-3224) is serving a Thanksgiving dinner to individuals and families on Thanksgiving Day from 1:00pm to 4:00pm; a brunch meal will be also served from 10:30am to 12:00 noon.
- * **The Moose** (50 Grove St, *Salem*, MA) will be serving Thanksgiving dinner at 12:00 noon; doors open at 11:30am. Registration required: call the Salem Council on Aging (SCOA) (978-744-0924 x15) and give your name and the number of people attending, by Monday, November 21st. Transportation is available for Salem Seniors: please inform when you call to register. Homebound Salem residents who are seniors or disabled can call Jackie at 978-223-5880 to arrange for a home delivered meal.
- * **Ma Dukes and Friends** (Disciples, United Church of Christ, 41 Centre St, *Danvers*, MA 978-774-0172) will serve a Thanksgiving meal from 10am to 6pm. If you are homebound and would like a meal delivered to you, please call Debby Marticio at 978-774-0172 or 978-880-5531 to sign up. *Any volunteers who would like to donate their time or food contact Debby or Tracy at the above numbers. To make a monetary donation, please go to: www.gofundme.com/madukes2016
- * **Spud's Restaurant** (22 Lincoln Ave, *Saugus*, MA 781-233-2757) is serving dinner from 11:00am to 1:00pm on Thanksgiving Day.
- * **Gloucester American Legion** (8 Washington St, *Gloucester*, MA 978-283-9710 or 978-283-7117) is serving a Thanksgiving meal from 11:30am to 12:30pm. Meals are also delivered to homebound Cape Ann residents (including Essex & Ipswich), who may call the Legion at 978-283-9710 or 978-283-7117 after 3:00 p.m. every day and leave a message, or email nestorlaw@aol.com anytime, by Monday, November 21 to sign up by leaving your name, address, phone number, and how many dinners you will need. Volunteers are welcome.

CENAS DE ACCION DE GRACIAS/ Jueves Noviembre 24, 2016

Salem, Peabody, Beverly, Danvers, Lynn, Gloucester y Saugus



* **Tavern in the Square restaurant** (189 Washington St. **Salem, MA** (978-740-2337) Estará ofreciendo la cena anual en el Día de Acción de Gracias a personas necesitadas. Acompañenos de 11:00am a 1:30 pm, para disfrutar de una cena tradicional de pavo relleno, compañía con café y postre. *Si alguno de ustedes quiere ser voluntario(a) para ayudar a servir, puede contactar al gerente del restaurante de Tavern in the Square al (978) 740-2337 o saleminfo@taverinthesquare.com

* **Haven from Hunger** (71 Wallis St. **Peabody, MA** (978-531-1530) Estará ofreciendo Cenas de Acción de Gracias desde las 12:00pm hasta la 1:00 pm el jueves, 24 de Noviembre.

* **Lifebridge** (56 Margin St. **Salem, MA** (978-744-0500) Estará sirviendo Cenas de Acción de Gracias de 12:30pm. a 1:30 pm. y de 6:30pm. a 7:00pm. el jueves, 24 de Noviembre.

* **St. Peter's Church** (4 Ocean St. **Beverly, MA** (978-922-3438) Estará sirviendo Cenas de Acción de Gracias desde las 12:00 del mediodía hasta 1:00pm, el jueves, 24 de Noviembre.

* **Brother's Deli** (41 Market St. **Lynn, MA** (781-581-3363) Estará sirviendo Cenas de Acción de Gracias, Noviembre 24, de 9:00am. a 2:00pm.

* **My Brother's Table** (98 Willow St. **Lynn, MA** (781-595-3224) Estará sirviendo Cenas de Acción de Gracias a individuos y familias el Día de Acción de Gracias de 1:00pm. a 4:00pm; .también serviremos almuerzo de 10:30am. a 12:00pm. del medio día.

* **The Moose** (50 Grove St. **Salem, MA** (978-744-0924) Estará sirviendo Cenas de Acción de Gracias, a las 12:00pm del mediodía; las puertas abrirán a las 11:30am. **Es necesario registrarse, por favor llame a Salem Council on Aging (978) 744-0924 x15 para dar su nombre y el número de personas que asistirán, antes del lunes, 21 de Noviembre.** Habrá transportación disponible para personas de la tercera edad de Salem. Las cenas pueden ser enviadas a las familias de Salem, que no pueden salir de sus hogares.—Por favor llame a Jackie al 978-223-5880 para hacer arreglos de la entrega de la cena.

* **Ma Dukes and Friends** (Disciples, United Church of Christ, 41 Centre St. **Danvers, MA** (978-774-0172) Servirá Cenas de Acción de Gracias de 10:00am. a 6:00pm. **Si usted no puede salir de su hogar, y le gustaría recibir una cena por favor llame a Debby Marticio al (978) 774-0172 o 978-880-5531, para registrarse.** * Cualquier voluntario que le gustaría donar comida o su tiempo por favor comuníquese con Debby o Tracy al número de arriba. Para donaciones monetarias, puede ir a www.gofundme.com/madukes2016

* **Spud's Restaurant** (22 Lincoln Ave. **Saugus MA** (781-233-2757) Estará sirviendo Cenas de Acción de Gracias de 11:00am. a 1:00 pm. el Día de Acción de Gracias.

* **Gloucester American Legion** (8 Washington St. **Gloucester MA** 978-283-9710 or 978-283-7117) Estará sirviendo Cenas de Acción de Gracias de 11:30am a 12:30pm. Las Cenas serán enviadas a los residentes de Cape Ann (incluyendo Essex & Ipswich) que no pueden salir de sus hogares, pueden llamar a la Legión al 978-283-9710 ó 978-283-7117 y deje un mensaje o correo electrónico alnestorlaw@aol.com después de las 3:00pm, antes del **lunes, 21 de Noviembre** para registrarse, puede dejar su nombre, dirección, número de teléfono y el número de cenas que necesita. Voluntarios son bienvenidos.

FOOD PANTRIES FOR SALEM RESIDENTS

	Haven from Hunger 71 Wallis St Peabody 978/531-1530 www.havenfromhunger.org	Salvation Army 93 North St. Salem 978-744-5181	Joseph's Storehouse Pantry East Gate Christian Fellowship 207 Highland Ave, Salem (back bldg) *978-594-4423	First Universalist Church 211 Bridge St Salem 978-744-3224	Spanish Free Methodist Church 8 North St Salem 978-683-9949
MONDAY	10:30am – 2:30pm	9:00am – 11:00am			
TUESDAY	10:30am – 2:30pm				
WEDNESDAY		9:00am – 11:00am			
THURSDAY	10:30am – 2:30pm				
FRIDAY	10:30am – 2:30pm	9:00am – 11:00am			
SATURDAY			10am – 3pm	Last Saturday's of the month 9:30am – 11:30am	2 nd Saturday of the month 10am – 2:00pm
<i>Frequency</i>	Every 14 days	1 x month	2 x month or emergencies	1 x month	1 x month
<i>Identification</i>	Copies of birth certificates for dependents	IDs for family and proof of residence	ID & Proof of residence Birth certificates for dependents	ID & Proof of residence	ID & Proof of residence
<i>Area Served</i>	Peabody and Salem. Only families and disabled/elderly individuals	Salem and surrounding towns	*Delivery available for disabled people in Salem. Call to sign up on waitlist.	Salem residents only	Salem residents only

DAILY MEALS:

No ID Required ~ Serve All Towns

HAVEN FROM HUNGER
71 Wallis St - Peabody
978/531-1530
Dinner: Mon, Tues, Thurs, Fri
5 pm – 6:00 pm

LIFE BRIDGES / SALEM MISSION
56 Margin St - Salem
978/744-0500
Breakfast: Monday – Sunday, 7:00 am
Lunch: Mon, Wed, Fri, Sat, Sun 12:30 pm
Dinner: Monday – Sunday, 6:30 pm

SALVATION ARMY
93 North St - Salem
978/744-5181
Lunch: Tuesday and Thursday
12 pm-12:30 pm
(Closed in December)

MY BROTHER'S TABLE
98 Willow St - Lynn
781/595-3224
Lunch: Mon-Fri, 11:45 am-12:30 pm
Dinner: Mon-Fri, 5:30 pm-7:00 pm
Sat & Sun. 2:30 pm-4:15 pm

CATHOLIC CHARITIES
www.ccab.org
280 Washington St – Salem
978/740-6923 ~ **Must Call in Advance**
Food Store Gift Certificate (Voucher)
1 time every 4 months and up to 3 times a year
Mon – Thurs, *Call ahead as hours are subject to change

FOOD SOURCE HOTLINE
1-800-645-8333
Provide: Food Stamp eligibility, referrals for Food Stamps and info on low-cost food programs

W.I.C. (Women, Infants & Children)
978-744-2626
Food assistance for pregnant women or families with children under the age of 5

ST JOSEPH'S PANTRY NORTH SHORE MOVING MARKET
13 Franklin St., Salem MA 01970
Free delivery food pantry for low-income elderly and handicapped people
1 x per month for Salem and Peabody residents
* Call to sign up: 978-744-2532

DISPENSAS PARA COMIDA PARA RESIDENTES DE SALEM

	Haven from Hunger 71 Wallis St Peabody 978/531-1530 www.havenfromhunger.org	Salvation Army 93 North St Salem 978/744-5181	Joseph's Storehouse Pantry East Gate Christian Fellowship 207 Highland Ave, Salem (back bldg) * 978-594-4423	Iglesia de First Universalist 211 Bridge St Salem 978/744-3224	Spanish Free Methodist Church 8 North St Salem 978-683-9949
	10:30 am – 2:30 pm	9:00 am – 11:00 am			
MARTES	10:30 am – 2:30 pm				
MIERCOLES		9:00 am – 11:00 am			
JUEVES	10:30 am – 2:30 pm				
VIERNES	10:30 am – 2:30 pm	9:00 am – 11:00 am			
SABADO					
<i>Frecuencia</i>	Cada 14 días	1 vez x mes	10 am – 3 pm	<i>Solamente el ultimo sábado del mes</i> 9:30 am – 11:30 am	<i>2nd sábado del mes</i> 10:00 am – 2:00 pm
<i>Identificación</i>	Copias de certificados de nacimiento de todos los dependientes	IDs para la familia y prueba de residencia en Salem	Identificación y prueba de dirección Certificados de nacimiento de todos los dependientes	ID con foto y prueba de dirección en Salem	ID con foto y prueba de dirección en Salem
<i>Áreas que Sirven</i>	Peabody y Salem. (Solamente para familias o personas incapacitadas)	Residentes de Salem y ciudades alrededor	Residentes de Salem solamente *Hay un programa de entrega a da casa para personas incapacitadas en Salem.	Residentes de Salem solamente	Residentes de Salem solamente

COMIDAS DIARIAS

No Requiere ID ~ Sirven a Todos ~ Todos están Bienvenidos

LIFE BRIDGES / SALEM MISSION
56 Margin St - Salem
978/744-0500

SALVATION ARMY
93 North St - Salem
978/744-5181

HAVEN FROM HUNGER
71 Wallis St - Peabody
978/531-1530

MY BROTHER'S TABLE
98 Willow St - Lynn
781/595-3224

Desayuno: lunes – domingo, 7 am
Almuerzo: mart, miér, viern, sáb, dom, 12:30 pm

Almuerzo: lunes y jueves
12 pm – 12:30 pm
(Cerro en diciembre)

Cena: lunes, martes, jueves, viernes
5:00 pm – 6:00 pm

Almuerzo: 11:45 – 12:30 pm
Cena: lunes- viernes, 5:30 pm – 7 pm
sáb & dom, 2:30 pm – 4:15 pm

CATHOLIC CHARITIES
280 Washington St – Salem

978/740-6923 ~ *Hay que llamar por teléfono antes de llegar*
Cupon de Comida (Voucher) ~ 1 vez cada 4 meses y hasta 3 veces por año
lunes - jueves, Llame primero ~ el horario cambia

FOOD SOURCE HOTLINE
1-800-645-8333

Proveen: Información para Estampillas para Comida,
y información sobre comida a bajo costo

W.I.C. (Mujeres, Infantes & Niños)
978/744-2626

Asistencia con comida para mujeres embarazadas, lactantes, o familias con niños menores de 5 años

ST JOSEPH'S PANTRY NORTH SHORE MOVING MARKET
13 Franklin St., Salem MA 01970

Entregade de comida gratis para personas mayores y discapacitadas e de bajo engresso
Una vez al mes para residentes de Peabody y Salem.
Llamar para inscribirse: 978-744-2532

Blueberry Hill

REHABILITATION AND  HEALTHCARE CENTER

TURKEY TROT

*Come see how we continue to transform care for the betterment of our community.
We can't wait to show you around!*

**STOP BY FOR A QUICK TOUR AND RECEIVE A
- FREE TURKEY -**

**THURSDAY, NOVEMBER 17TH
FRIDAY, NOVEMBER 18TH**

8 AM - 8 PM

SATURDAY, NOVEMBER 19TH

8 AM - 12 NOON

TURKEY ORDERS REQUIRED



75 Brimbal Ave., Beverly, MA 01915 • 978-927-2020 • BlueberryHillRehab.com

ENHANCING YOUR COMFORT • INFUSING YOUR SPIRIT • REHABILITATING YOU TO YOUR OPTIMUM HEALTH

Salem Park, Recreation and Community Services

December 2016

Night of Holiday Cheer

Monday, December 5, 2016

6:00-8:30 pm

Join us as we paint glass ornaments and drinking glasses for the holiday season. Seasonal music and a roaring fireplace at the Winter Island Function Hall help set the mood. Ages 21+

Council on Aging ~ Holiday Party

Wednesday, December 21, 2016

10:30 am

Knights of Columbus Hall

The Collins Middle School Chorus will be providing entertainment. Lunch is sponsored by Mayor Kim Driscoll. Register with Rosanna at 978 744-0924



We may have been rained out of our last Fire Pit, but we still had fun decorating pumpkins!

Looking for a fun, new exercise?

Let Your Yoga Dance® is a joyful movement class that combines basic dance moves with gentle yoga poses.

Thursdays 6:00-7:00pm

December 1—December 22, 2016

at the Salem Community Center

\$35.00 for the 4 week session or \$9.00 drop in rate.

Register at salemrec.com

Ring in the New Year at the Salem Council on Aging at our Annual

New Year's Eve Breakfast.

Friday, December 30, 2016

9:30 am

\$2.00 per person, register with Rosanna



The Salem Council on Aging Anniversary

Come celebrate 50

years of services to Salem Seniors!

Monday, December 12, 2016

10:30am

In addition to the Anniversary Program, there will be a special lunch served. Space is limited for lunch so please RSVP with Rosanna at 978 744-0924 by Thursday, December 8, 2017.

Holiday Houses ~ ages 6-12



Wednesday, December 14, 2016

5:00-6:30pm

At the Salem Community Center
Instead of gingerbread, we will be using small wooden houses, paint, candy and more!



Thanks to the staff and students from the Henny Penny Nursery School who came for a visit this past month. We were treated to songs, stories and crafts. We look forward to their visit next month!



Breakfast with Santa

Saturday, December 3, 2016

8:00-9:30 am

\$7.50 adults, \$5.00 children under 12, free for children under 2.

Included in your price is a delicious hot breakfast, face painting, crafts and a visit from a special guest, SANTA!

Register at salemrec.com



December School Vacation Activities

Looking for something exciting for the kids to do during vacation? Check these activities out.

Wednesday, December 28th 2:00-5:00 pm

Sky Zone Trip

Thursday, December 29th

2:00-5:00 pm

Low Tide Discovery



Remembrance Ceremony

This gathering will be held to remember dear friends and family members no longer with us. Music will be provided by the Goldentones. To include the name of a loved one, contact Rosanna .

Wednesday, December 7, 2017 10:00am



Come hear the glorious sounds of the Goldentones at their Christmas Chorale on Thursday, December 15th at 10:30 am at the Salem Community Center. Please RSVP with Rosanna if you plan to stay for lunch.

New sessions of our on-going programs:
Come check out these classes!

Evening Yoga for Strength and Flexibility
Tuesdays 6:00-7:00pm

6 week session December 6, 2016–
January 10, 2017

Beginning Barre

Tuesdays 6:00-7:00pm

6 week session December 6, 2016–
January 10, 2017



Salem Park, Recreation and Community Services

5 Broad St. Salem, MA. 01970

(978) 744-0180 (978) 744-0924





SNAP/FOOD STAMP BASICS 101

Join us for an introductory training to the Supplemental Nutrition Assistance Program (SNAP) to learn the basics of program rules and how to assist clients with the application process. These training will have a special emphasis on assisting older adults (60+) and clients with disabilities.

TRAINING OPPORTUNITIES:

Falmouth – Falmouth Service Center
Wednesday, November 2nd from 1:30-4:00pm

Beverly– Beverly Bootstraps
Friday, December 9th from 1:00-3:30pm

Click on a training session to register or contact Christa Mayfield at cmayfield@gbfb.org.

A collaboration between the Massachusetts Law Reform Institute and the Greater Boston Food Bank.

YouthBuild North Shore is Now Enrolling

16-24 year old North Shore residents who need their High School Equivalency Diploma



Earn while you learn
Take the step towards a better future
It's your time!



Success **HiSET (GED) Preparation** **Leadership** **Paid Training** **Learn**
Extensive **Career Counseling** **Mentoring**
Construction **Employment Referrals** **AmeriCorps**
Training **Construction Certifications** **Membership**
Post Secondary Preparation **Job Readiness**



Apply Today!

YouthBuild North Shore is a program of North Shore Community Development COalition, with grant funding provided by the United States Department of Labor, AmeriCorps, and Massachusetts DESE.



www.youthbuildnorthshore.org

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The Independent Living Center of the North Shore and Cape Ann, Inc.

The All People Accessible Business Project needs you!



Join us for our recruitment meeting to learn more about The All People Accessible Business project (APAB) and how you can get involved in helping guide businesses to become more accessible, friendly, and inclusive for people with disabilities on the North Shore and Cape Ann.

APAB Recruitment Meeting

Wednesday, December 7, 2016 from 5:30 PM – 7:30 PM

ILCNSCA Main Office: 27 Congress Street, Suite 107, Salem, MA 01970

RSVP with Shawn McDuff at:

Phone: 978-741-0077 ext. 140

Email: smcduff@ilcnsca.org

For communications accommodations, please RSVP two weeks in advance. ILCNSCA maintains a scent free environment, so please refrain from wearing perfumes or scented products to accommodate persons with chemical sensitivities. Photographs and/or video may be taken for ILCNSCA publication. We will respect all requests to not be photographed, please inform us at time of RSVP or at arrival.

HOLIDAY OPEN HOUSE



December 9, 2016
Friday 1:30PM - 4:00 PM
27 Congress Street, Suite 107
Salem, MA



Please RSVP at 978-741-0077 or check out
www.ilcnscsca.org for more information.

All are welcome to drop by, have a cup of coffee or
cocoa, and enjoy a snack with staff
of ILCNSCA at this time of year ending and
New Year beginning.

Happy Holidays and Happy New Year
From ILCNSCA!

Please request communications accommodations at least two
weeks in advance. ILCNSCA is scent-free to accommodate persons
with chemical sensitivities. Please refrain from wearing scents such
as perfumes or scented clothing.

At public events photographs and/or video may be taken for ILCNSCA publication. We will respect all requests to not be photographed, please inform us at time of RSVP or arrival.



Peer2Peer Resources for
People with Disabilities

The Independent Living Center of the North Shore and Cape Ann, Inc. (ILCNSCA) with Northeast Independent Living Program has a new Peer Advocacy Group:



MA CareerACCESS Youth Advisory Group

Are you a young adult between the ages of 18-28 who has experienced barriers to having a career, a good paying job, by the limits set on you as a recipient of SSI? Are you looking to develop a career for yourself, yet the rules under SSI are making you rethink your commitment to your career dream? Help us redesign SSI by being a part of this group working for MA and National change through CareerACCESS!

Our motto is: *"Independence through Employment"*

Monthly meetings in-person or via registered "Go to Meeting" access on the 2nd Thursday of Every Month

Meeting begins at 2:00 PM

At ILCNSCA

27 Congress St. Suite 107, Salem, MA 01970

And At NILP

20 Ballard Road Lawrence, MA 01843

Must RSVP by calling 978 741 0077 V/TTY, V 978 687 4288, V 508 583 2166 or via Email to gmurphy@ilcnsca.org, athyne@nilp.org, or rmacleod@iacil.org with "CareerACCESS" in your email subject line. Once you RSVP you will receive the gotomeeting.com access code for the meeting.

Check us out at <https://www.facebook.com/MACareerACCESS>

Help us advocate for MA and the Nation to provide to our young men and women receiving SSI that they can achieve their **Career** Dreams with **Adult Coaching, Counseling, and Employment Support Services** with no jeopardy to their asset building and critical services and supports. We need all your voices and support!

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**If you are LGBTQIA and Living with Disabilities
check out this Peer Run Support Group**

Meets 3rd Thursday of Every Month

1:30-3:00pm

ILCNSCA

27 Congress St, Suite 107, Salem, MA 01970

Society is continuing to learn that those of us living with disabilities who are LGBTQIA have civil rights. Share with others coping with similar barriers your successes and challenges to overcoming the many attitudinal and systemic cultural barriers to you living fully your life.

For more information contact: Deborah Barber at 978-741-0077 x.110 or email to dbarber@ilcnsca.org with LGBTQIA Peer Support Group in subject line. To register online, please go to:

<http://www.ilcnsca.org/blog/event/lgbtqia-with-disabilities-peer-run-support-group/>

If communication accommodations are needed, please call at least two weeks prior. To accommodate people with chemical sensitivities, please DO NOT use perfume or scented clothing.

At public events photographs and/or video may be taken for ILCNSCA publication. We will respect all requests to not be photographed, please inform us at time of RSVP or arrival. Para information 978-741-0077 978-745-1735 TTY



Independent Living Center of the North Shore & Cape Ann, Inc.

Assistance with Completion of Universal Housing Application

Wednesday, December 7, 2016

2:00 – 4:00 PM

ILCNSCA Main Office

27 Congress St., Suite 107

Salem, MA 01970



The ILCNSCA is the North Shore and Cape Ann service and advocacy agency for all persons with disabilities. We are available to assist you with completion of the Universal Housing application for subsidized housing across Massachusetts.

The need for housing that is affordable, accessible and available by persons with disabilities or families who have a member with disabilities is the most common request to ILCNSCA. ILCNSCA will have staff available to guide you in a group setting to assist you in completing your housing application.

Contact ILCNSCA at 978-741-0077 v, 888-751-0077 toll free, 978-745-1735 TTY, or via e-mail to: smcduff@ilcnsca.org with "Housing Application Assistance Appointment" in the subject line to RSVP. We will remind you of items you must gather for attachment to the application when you schedule your appointment.

Please request communications accommodations at least two weeks in advance. ILCNSCA is scent-free to accommodate persons with chemical sensitivities. Please refrain from wearing scents such as perfumes or scented clothing. At public events photographs and/or video may be taken for ILCNSCA publication. We will respect all requests to not be photographed, please inform us at time of RSVP or arrival.

ILCNSCA is partially funded by the City of Salem Department of Planning & Community Development and the U.S. Department of Housing & Urban Development. ILCNSCA does not discriminate on the basis of race, color, national origin, religion, gender, age, ancestry, marital and familial status, income/public assistance, veteran history/military status, genetic information, sexual orientation or disability. ILCNSCA is an equal opportunity employer. Para más información por favor llame a 978-741-0077 V, 978-745-1735 TTY.

Discussion Group

Topics: healthy relationships, dynamics of abuse, and safety.

Are you a person living with a disability age 50 or older?

Does someone close to you (spouse/partner, child, grandchild, or trusted caregiver) withhold your medication, use your money without permission, limit your phone calls, or tell you when or where you can go?

Do you feel that nothing you ever do or say is "right?" If so, you are not alone.

Are you looking to be among peers in a safe space to share your experience?



Help us help each other. Join this free, confidential educational group sponsored by the Independent Living Center of the North Shore and Cape Ann, Inc. (ILCNSCA) and facilitated by Carolyn Lewis, Abuse in Later Life Advocate at North Shore Elder Services (NSES).

Scheduled discussion topics are:

December 6, 2016	Power and Control
December 13, 2016	Healthy Relationships
December 20, 2016	Safety

When: Each group is held on a Tuesday from 2-3:30 PM.

Attendance to every session is not required.

Where: Independent Living Center of the North Shore and Cape Ann, Inc. (ILCNSCA)
27 Congress St., Suite 107, Salem, MA 01970

For more information: Contact Carolyn Lewis at NSES by phone: 978-624-2248, or by email: clewis@nselder.org or contact Shawn McDuff at ILCNSCA by phone: 978-741-0077 ext. 140, or by email: smcduff@ilcnsca.org.

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