



The Navigator

The Exchange Club of Greater Newburyport

P.O. Box 31, Newburyport, MA 01950

Meetings 1st and 3rd Tuesdays at 6 p.m. at Starboard Galley

February 12, 2019

www.exchangeclubofgreaternewburyport.org

President-Jim Noyes, Secretary-Stuart Deane, Treasurer-Barbara Griffith, President Elect-Erin Fournier
Newsletter Editor-Stuart Deane

Speaker outlines West Newbury elder service offerings

By Stuart Deane

The speaker at the February 5 meeting was Theresa Woodbury, director of the West Newbury Council on Aging.

As we awaited our entrée choices of rib-eye steak and fries, tips and shrimp, panko fried shrimp or Caesar's salad, Theresa, a 1999 graduate of Pentucket Regional, listed her background as the once-youngest director in the state, as a "Director of the Year" and as an "Unsung Hero" award winner.

Among the many services offered by the program are a transportation van, a food pantry, various education programs, lunches, monthly dinners, emergency alert forms, crafts, birthday parties, day trips, exercise programs, health monitoring, guest speakers...

"I love my job," said Theresa. "Every day is different. I'm always looking for something new."

In that effort, she has initiated a "Hundred Cups of Coffee" program to reach out to individuals and organizations with information about the Council on Aging.

One issue for the program is manipulating programs and space within the confines of Town Hall, including the use of a former jail cell. Moving equipment and adapting space might be an opportunity for service for Exchange Club members.



Town Connection. Guest speaker Theresa Woodbury, a graduate of Pentucket Regional, poses after the meeting with West Newbury Exchange Club members Steve DiCamillo, Jim Noyes and Joe Murphy.

Schedule

- Feb. 19: Board of Directors at 5 p.m., prior to the Regular Meeting
- Feb. 19: Regular Meeting, with speaker from Mothers and Families Club, 6 p.m.
- Mar. 5: Regular Meeting
- Mar. 19: Regular Meeting
- Mar. 26: Board of Directors
- Mar. 28: Salvation Army Dinner, 5 p.m.
- Apr. 11: "Bowling Social"
- May 3-5: N.E. District Convention in Hyannis
- July 17-20: National Convention in Norfolk, Virginia