



Living Well Together



A Newsletter of the Georgetown Council on Aging

Nat'l Jelly Bean Day

Volume 22/Issue 10

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Email: cfiorello@georgetownma.gov

Website: www.georgetownma.gov

Director's Notes: Launched as a national initiative in the 1970s, April's National Volunteer Week is an opportunity to recognize the extraordinary work accomplished by millions of Americans through service to their communities & the nation. With this year's theme of "Celebrate Service, the Points of Light Global Network notes that National Volunteer Week celebrates" the power of volunteers to tackle society's greatest challenges, to build stronger communities & be a force that transforms the world." Until last year, we have always celebrated National Volunteer Week with a lovely breakfast & acknowledgments of service for our volunteers. When the pandemic caused us to shut down in March, we thought we would be able to reschedule our plans for a celebration of volunteers later in the spring. We are still unable to reschedule our annual celebration at this time but we have never lost sight of the important role that our volunteers play in supporting the Council on Aging & our collective work in the community. Out of the grief & upset caused by this pandemic, the significant support of volunteers has been even more apparent & has been a beacon of light during this crisis. At the most difficult of times, volunteers called, emailed & wrote offering support for food & supply deliveries, & provided donations to keep the COA Marketplace well stocked for people in the community. Volunteers offered to make calls & write notes to others providing care & solace during dark times. They continue to assist us with newsletter production, folding & labeling newsletters at home. As soon as it was safely possible, volunteers resumed driving elders to out of town medical appointments. Board members have provided support during virtual meetings & counsel to me personally as we have worked together to plan next steps & best courses of action. Our SHINE Counselor has volunteered remotely to assisting people with health insurance issues while our AARP Tax Aides have planned safe ways to assist people with income tax returns. The Friends of the Council on Aging & the Kiwanis group have all stepped forward to offer support & provide tangible donations to distribute within the community. This is a town that has always had a deep spirit of volunteerism & the depth of that compassion & care has never been more apparent than it has this past year. In a typical year, 130 volunteers provide the COA with almost 3,000 hours of volunteer service, an estimated value of \$62,550. Volunteers are a true reflection of the values of this community & our hearts & spirits are especially lifted by all of the acts of kindness they have shared with us during this unprecedented year.

COVID-19 Vaccine Update

- Local vaccination clinics through the **Lower Merrimack Valley Regional Collaborative** are now available. For information and assistance in scheduling, please call the Georgetown COA at 978-352-5726.
- The state **Vaccine Scheduling Resource Line** is available for individuals 65 years & older who are unable to schedule an appointment through the Internet. To schedule an appt. by phone, call **2-1-1** Mon – Fri. 8:30 a.m. – 5 p.m.
- Vaccine distribution in Massachusetts is occurring in a phased approach. Individuals with more than two comorbidities &/or 65 years & older are eligible for the vaccine Phase Two, Feb. – Apr. Preregister at VaccineSignUp.mass.gov to be notified when it's your turn to schedule an appointment at one of 7 mass vaccination locations. Use VaxFinder.mass.gov to search for appointments at pharmacies, health care providers, and other community locations
- Patients of the **Veterans Affairs** (VA) hospital system are eligible to receive the COVID-19 vaccine by scheduling with the VA hospitals. To schedule a vaccine appointment, eligible veterans can call the VA COVID-19 vaccine scheduling telephone lines at 781-687-4000.

AARP Tax Prep Assistance

Open to older adults and other moderate-income individuals, an AARP Income Tax Preparation Program is underway at the Georgetown Council on Aging through April 15. To schedule income tax preparation appointments, please call the COA at 978-352-5726 Mon – Thurs, 8 a.m. – 4 p.m.



Thank you



"A **Girl Scout** is ready to help out wherever she is needed." 1947 **Girl Scout** Handbook

The Georgetown COA would like to thank Girl Scout Troop 72386/Boxford for the addition of a small bag of Girl Scout Cookies with a nice note attached to our St. Patrick's Day Grab & Go Sunshine bags. Their kindness brought joy to all who received the gift bags.

COA Staff available for continued social phone calls – COA Staff makes daily phone calls to check in with people but staff is also available for residents to call us to check in & tell us how you're doing

Yoga & Strength Training Classes & Special Programs Available on Cable

Yoga & Strength Training w/COA Instructor Donna Bonin are available on Cable Access 42 Verizon/9 Comcast. Call the COA for more information, 978-352-5726. **Watch for special, COA-sponsored musical programs.**

How to Access Classes, Programs & Meetings on Cable

We have had several inquiries as to how to locate fitness classes on Cable Access. First, visit the town's website (georgetownma.gov). A blue box is located on the left side of the Home Page. Choose "Community TV." The daily schedule will appear. Look for your fitness class, meeting or program. Another option is the calendar on the right of the page. Click on the date you want & the daily schedule for that day will appear on the left. If you have further questions, please call the COA at 978-352-5726.

COA Offers Fitness Center Appointments: The Fitness Center at the Georgetown Senior Community Center is open for individual exercise by appointment. Appointments are blocked out for ½ hour starting at the top of the hour. Masks MUST be worn the entire time you are in the building. Available equipment includes: two stationary bikes, two treadmills, weights, stair-climber & a stationary recumbent bike. Call the COA for appointments (978-352-5726).

COA Marketplace

COA Marketplace offers V8 Juice, Easy Mac/Cheese (2 flavors), fruit cups, cereal, canned tuna/meats, a wide variety of soups & fun snacks. We also offer a variety of products including nonperishable food, toiletries, personal care items, paper items & dish/laundry detergent. We are now also able to provide some fresh foods (eggs, milk, fruit/vegetables...) & Market Basket or Crosby's Marketplace gift cards upon request. No income restrictions apply. The COA will provide individual home deliveries. **Appointments are required by calling 978-352-5726.**



Grab & Go Lunches

Due to pandemic restrictions, the COA is working with Elder Services of Merrimack Valley (ESMV) to offer **GRAB-and-GO** take-out lunches. Lunches are similar to those meals previously served at the Senior Center. To participate, please call the COA (978-352-5726) the Wednesday before the desired meals. Meals can be picked-up or delivered & there is no charge at this time. Monthly detailed menus can be picked-up at the office as well as sent out with lunches at the end of each month. ***Watch for special meal offerings.***

ESMV Travelling Chef: At the time of printing, **The Traveling Chef** lunch for April details were not available. The lunch will be scheduled in April. For details, please call the COA at 978-352-5726.

April Grab & Go Lunch Menu

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>
5 Turkey Tetrizzini	6 BBQ Pulled Pork	7 Stuffed Chicken	1 Hot Dog/Bun
12 Apple Glazed Pork	13 Chix Pot Pie	14 NO Lunch	8 *SPRING SPECIAL*/Ham Quiche
19 NO LUNCH/Holiday	20 Pot Roast/Gravy	21 Meatballs/Marinara	15 Turkey/Gravy
26 Roast Pork/Honey Garlic	27 Chix/Mushroom/Gravy	28 Steak/Cheese Sub	22 Chicken/Winter Veggies
			29 *BIRTHDAY LUNCH*/Stuffed Pepper

Do You Have a Sweet Tooth or Enjoy an Occasional Tasty Treat?

The COA has received a donation of a variety of Pepperidge Farm Cookies. Flavors vary. If you would enjoy a package of sweet joy, contact the COA office. 978-352-5726

Face Masks

If you are in need of a disposable paper face mask or a reusable fabric mask, please call the Georgetown COA at 978-352-5726.

Reading Glasses

The COA has received a donation of brand-new reading glasses (3.5 strength). If you are interested, please call the Georgetown COA at 978-352-5726.

Meals On Wheels Drivers Wanted

Do you know anyone who would enjoy a rewarding part-time opportunity that changes people's lives? As a Home-Delivered Meals Driver in the Merrimack Valley and North Shore, you can truly make a difference in the lives of seniors in your community. We deliver meals Monday to Friday, 9:30 a.m. to 1:30 p.m. and are flexible to fit most schedules. You'll provide much more than a hot lunch and a ready-made dinner; you'll offer socialization and an informal wellness check. Applicants should have their own vehicle and a valid driver's license. Mileage stipend provided. If interested, please contact (978) 651-3017 or email danderson@esmv.org.

April & May Blue Cross Blue Shield Wellness Webinars

In partnership with the Massachusetts Councils on Aging, Blue Cross Blue Shield of Massachusetts is offering a series of wellness webinars. All are welcome to participate. ***Food for Thought: Superfoods to Boost Memory, Mood & Mental Functioning*** will be presented on Thursday April 15, 10-10:30 a.m. Register at bcbsma.info/April15. Learn the tools of nutritional success for enhancing your brain power, increasing your energy & improving your mood. ***Immunity Boosters & Busters*** will be presented on Wednesday May 5, 2-2:30 p.m. Register at bcbsma.info/May5. Learn which foods /lifestyle practices enhance immunity & which ones decrease your body's ability to fight infection/illness. ***Meditation for Busy Minds*** will be presented on Thursday May 27, 2-2:30 p.m. Register at bcbsma.info/May27. Learn what meditation is & how it works to quiet the mind. Practice simple meditation techniques during the webinar. New & experienced meditators welcome.

Join us to Walk with Ease!



The Arthritis Foundation's Walk with Ease Program is a self-directed physical activity & health promotion program. While walking is the central activity, Walk with Ease also includes health education, stretching & strengthening exercises, & motivational strategies. You can walk at your own pace, any days & times that work for you. You can walk indoors or outdoors, even in place! You will be provided a Walk with Ease Guidebook to complete the six-week program on his/her own & can also participate in a weekly call with a program leader & others to help keep you motivated.

During the six-week program, participants will:

- Understand the basics about arthritis & the relationship between exercise, & easing pain.
- Exercise safely & comfortably.
- Use methods to make walking fun.
- Make a personal walking plan with realistic goals for improved fitness.
- Learn tips & resources to help them overcome barriers & continue to be physically active.
- Learn about other programs & resources that can help them maintain their walking & try other physical activity.

For more information or to register: hlce@ESMV.org or 978-946-1211.



Heating Assistance Program

Households that did not apply for the program last year, can apply for the program by calling Community Action at (978) 373-1971. Maximum gross income is **\$39,105** for one-person or **\$51,137** for a two-person household. Applications are available, & can be completed, at the Georgetown Senior Community Center. For more information & assistance, call the COA at (978) 352-5726.

Trustees of the Perley School to Offer Limited Fuel Assistance

Recognizing the difficulties of home heating costs, the Trustees of the Perley Free School offer a **limited** fuel assistance program to local residents who are experiencing financial hardships with energy costs. In addition to the money that is used to fund scholarships for Georgetown graduates & alumni, the Trustees oversee a small endowment to aid Georgetown residents facing financial hardships. Individuals who may need assistance with heating costs, including oil, gas or firewood, can call the COA at (978) 352-5726 for information & referral.



*"Volunteers are the only human beings on the face of the earth
who reflect this nation's compassion, unselfish caring, patience,
and just plain loving one another."*

– Erma Bombeck

ESMV to host Virtual Memory Café

Elder Services of Merrimack Valley will host a virtual Memory Café on **Tuesdays April 6 & April 20, 1 p.m. - 2 p.m.** The Memory Cafés offer online activity & social engagement for those living with memory loss & their caregivers. For further information & to register, please call Lyn Brennan, 978-273-2501 or email LBrennan@esmv.org.

On-Line Resources for Physical Exercise & Activities

YMCA360.org offers free Health & Fitness videos for active older adults.

If you are looking for a change in your routine, ymca360.org offers videos focusing on cardio dance, chair yoga, strength training, fall prevention & core & balance. All you need to do is access the ymca360.org website; click browse; click Active Older Adults. Other online Health & Fitness resources include:

- <https://www.nia.nih.gov/health/exercise-physical-activity>
- <https://go4life.nia.nih.gov/workout-videos/features>
- <https://videos.aarp.org/category/videos/health>



Virtual Museum/Gallery Tours & other On-Line Activities

- **Peabody Essex Museum** in Salem by visiting pem.org.
- **Addison Gallery of American Art** in Andover <https://addison.andover.edu>
- **Isabella Stewart Gardner Museum** <https://artsandculture.google.com/partner/isabella-stewart-gardner-museum>
- **Museum of Fine Arts** in Boston <https://artsandculture.google.com/partner/museum-of-fine-arts-boston>.
- **Creativebug.com** includes creative doodling, sewing, knitting & other activities.
- **Boston Symphony Orchestra at Home** bso.org Enjoy Boston Symphony Orchestra & Boston Pops performances from around the world, virtual tours backstage & interviews with musicians.
- **Trustees of Reservations** www.thetrustees.org. Plenty of virtual fun for all ages including virtual tours of historic homes/properties, selected readings, art, garden tours & garden information.
- **Virtual Lifelong Learning Classes** <https://www.framingham.edu/academics/continuing-education/community-education/adventures-in-lifelong-learning/> Adventures in Lifelong Learning in partnership with Framingham State University & Framingham Public Library offers free Zoom classes on Tues. in Jan., Apr., & Oct. 2021.

Monthly Sunshine Bag Program Continues



Bags can be picked up at the COA office Monday-Thursday, 8:30 a.m. – 3:30 p.m. Call the COA office if you would like to participate.



Attention, Yarn Crafters!

The Council on Aging has received a large donation of yarn. Call for an appointment to come down and check it out.



Virtual Grief Support Groups:

- HopeHealthCo.org/GriefSupportGroups
- Merrimack Valley Hospice Zoom Groups
Call 978-552-4510 for information.

G'town Library Phase 3 Services

Visit the library by appointment for

- computer use/printing or
- reference/readers' advisory help.

Schedule appointments

- online at the GPL website (www.georgetownpl.org) or
- call the Library at 978-352-5728.

Masks covering nose and mouth **MUST** be worn the entire time you are in the building.

Curbside pickup of items is still available.

Appointment Hours:

Mon./Wed. 2 p.m. - 6 p.m.
Fri. 10 a.m. - 5 p.m.

Curbside Pick Up Hours:

Mon./Wed. 2 p.m. - 6 p.m.
Tues./Fri. 10 a.m. - 5 p.m.
Sat. (through June 30) 9 a.m. - 1 p.m.



Council on Aging Services Provided During COVID-19

The Georgetown COA & Georgetown Senior Community Center remains closed to the public. Staff is available if you have questions or need assistance, please feel free to call us at 978-352-5726.

Current services include:

- Reassurance calls
- COA Market Place (food pantry) deliveries
- COA Van for essential shopping by appointment Tuesdays & Thursdays
- Grab & Go lunches
- Durable Medical Equipment lending
- Telephone appointments w/ SHINE Counselor
- Tai Chi classes on ZOOM
- Yoga & Strength Training w/ COA Instructor Donna Bonin available on Cable Access 43 Verizon/9 Comcast
- Provide misc. information, resources & referrals
- Fitness Center Appointments
- NEET rides

HANDICAP PLACARDS

The COA has applications for **HANDICAP placards** available from the Registry of Motor Vehicles.

FOOD AND HEAT RESOURCES

For information & assistance w/state & local resources, contact the COA office at (978) 352-5726.

Meals on Wheels

Available to eligible seniors by calling Elder Services of Merrimack Valley at 1-800-892-0890.

TRANSPORTATION/SHOPPING:

The Van is available Tuesdays & Thursdays for door-to-door shopping & errands. Reservations should be made at least two days in advance by calling the COA office at (978) 352-5726. A small donation is suggested to help with program expenses.

TRANSPORTATION/MEDICAL:

RING & RIDE: Medical, Shopping & General-Purpose Transportation

Ring & Ride is a free shared van service available to Georgetown residents. It requires 24-hour notice w/reservations made through MVRTA (978-469-6878, option #3). The van can be used for any purpose including medical & shopping in Amesbury, Boxford, Georgetown, Haverhill, Groveland, Newburyport, Lawrence, Methuen, Newbury/Byfield, North Andover, West Newbury, & Rowley Train Station & Market Basket. MVRTA also provides for brochures, contact the COA.

S.H.I.N.E.

Serving Health Information Needs of Everyone will help you understand your health insurance concerns. Appointments can be scheduled with SHINE counselor Nancy Aberman @ Georgetown Sr. Community Center. See newsletter for specific dates.

EQUIPMENT LENDING PROGRAM

COA has medical equipment for long- or short-term lending.

FILE OF LIFE PROGRAM

File of Life provides a health history document to be used by emergency personnel in case of illness or injury.

HEALTH CARE PROXIES

COA has fact sheets & Health Care Proxy forms available upon request.

THE FILE A handy folder which serves as a summary of record of Financial Information, Investments & Insurance, Legal Documents & Estate Management information.

Updated 9/9/2020

Georgetown Council on Aging
51 North Street
Georgetown, MA 01833

Return Service Requested

We strive to keep our mailing list up-to-date. Please let us know if you would prefer not to receive the newsletter or if the addressee is no longer at this address.

Presort Standard
U. S. Postage

PAID

PERMIT #39
Haverhill, MA

Help us to serve you better

In order to make our records more complete & to assist in client contact, the COA is asking people to

Send us your email addresses. This information is for internal use only and will not be shared.



Georgetown Council on Aging
51 North Street
Georgetown, MA 01833
(978) 352-5726

Open:
Monday – Thursday 8 am – 4 p.m.

Georgetown
Senior Community Center
51 North Street
Georgetown, MA 01833

Open:
Monday – Thursday 8:30 am – 4 p.m.

PUBLIC NOTICE

C.O.A. board meetings are open to the public. They are held at **12:45 p.m.** on the 4th Tuesday of each month at **Georgetown Sr. Community Center 51 North Street, Georgetown**

NEXT BOARD MEETING:
Tuesday April 27, 2021

Georgetown Council on Aging:

Director: Colleen Ranshaw-Fiorello

Office: Julie Pasquale, Newsletter

Kirsten Klueber, Outreach

Dave Hall, Van Driver

Meal Site Coordinator: Michelle Muise

Assistant: Esther Palardy

Board Members:

Sue Clay, Chair

Darcy Norton, Vice-Chair

Jill Benas, Secretary/Clerk

Diane Klibansky, Esther Palardy,

Jean Perley, Diane Prescott, Jeanne

Robertson

Alternates: Marie Collins, Martha Lucius

Town of Georgetown:

Michael Farrell, Town Administrator

David Twiss, Board of Selectmen, Chair

Douglas Dawes, Board of Selectmen, Clerk

Charles Durney, Board of Selectmen

Gary Fowler, Board of Selectmen

Peter J. Kershaw, Board of Selectmen

Georgetown COA Webpage is located on the town's official website www.georgetownma.gov.

Council on Aging Mission Statement: The main objectives of the Georgetown Council on Aging are to advocate on behalf of older adults, to identify their needs, to develop and implement services to meet their health, economic, social and cultural needs, to encourage maximum independence and to improve their quality of life.

Inclement Weather Policy: The Georgetown Council on Aging and Senior Center will be open for business in inclement weather unless all Georgetown town offices are closed. If the Georgetown Public Schools are closed, there will be no van rides or NEET rides, and all COA activities/programs will be cancelled. If the Elder Services of Merrimack Valley Lunch Program is closed, there will be no Meals on Wheels or lunches served at the Georgetown Senior Community Center.

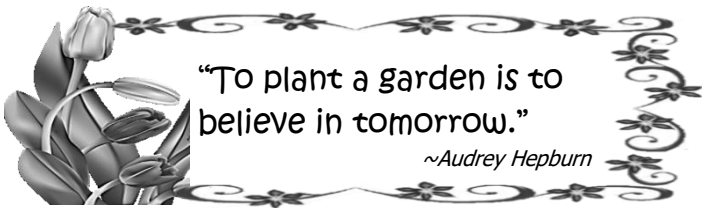
April Fun Page

National No Housework Day is April 7, 2021

Put down the laundry and toss out the to-do list. For this one day, we can give ourselves a break and do what we want around the house. Need some suggestions? Read on.

Source: nationaltoday.com › national-no-housework-day

1. Take an Art Class or be creative with crafts
2. Volunteer at a Local Animal Shelter or other community organization
3. Get out your local bird guide and see who's visiting your feeder. Enjoy the view!
4. Read a good book or favorite magazine
5. Watch a movie or take a nap
6. Get some exercise
7. Spend time with your pet(s)
8. Write in your journal
9. Visit a neighbor or call a loved one
10. Write a note or letter
11. BE LAZY!



Spring is here! Celebrate with some lighter fare.

Spinach Tortellini Soup

Ingredients: 1 (10 oz.) package Frozen Chopped Spinach
2 (14.5 oz.) cans Chicken Broth ~ 1 (9 oz.) package Cheese Tortellini ~ ¾ tsp. Dried Basil ~ ¾ tsp. Garlic Powder ~ Salt & Pepper to taste.

Directions: In a large pot over high heat, combine the spinach and chicken broth. Heat to boiling, then reduce heat to low. Stir in tortellini, and simmer for 10 to 15 minutes, or until the tortellini is cooked to desired tenderness. Season with basil, garlic, salt and pepper.

**Note: Tastes better the next day!

Serves 4

Boredom Breakers

- books, magazines, games & puzzles to lend
- yarn for knitting/crocheting projects
- limited number of craft kits & craft supplies
- DVDs

Browsing opportunities are available by appointment or call the COA at 978-352-5726 to arrange pick-up or delivery.

Magic Squares

Source: puzzles-to-print.com

Fill in the grids so that each column, row & diagonal add up to the given sum.

The sum is 15.

2		
	5	3

⇕ EASY ⇕

The sum is 60.

32		
		28
		8

The sum is 102.

48			
	30	33	24
			36
	45	42	3

⇕ INTERMEDIATE ⇕

The sum is 136.

		48	4
8			56
	40		
	20	36	16

PeePs S'mores:

EASTER TREATS FOR THE KIDS (OR KIDS AT HEART)

Ingredients: 1/2 c. heavy whipping cream, warmed ~ 2 c. semi-sweet chocolate chips ~ 5 packages of Peeps, your choice of colors ~ Graham crackers, for serving

Directions: Preheat oven to 450 degrees F. Heat heavy whipping cream in a microwave safe bowl for 30 seconds. In a medium skillet, evenly spread-out chocolate chips. Pour warmed whipping cream over the chips. Arrange Peeps in a colorful pattern atop. Bake until golden brown, 8 to 10 minutes. Dip graham crackers into Peeps mixture.

Note-Writing Project

There is nothing like a hand-written note to brighten your day! Join us for an on-going note-writing project this spring. We will provide note cards for you to write cheery, generic notes to others in the community. When you return the note cards to the Senior Center, we will address and mail them to people in the community. The project has brought rays of sunshine & hope to both the recipients and the senders! For information, please call the COA at 978-352-5726.