



Living Well Together

A Newsletter of the Georgetown Council on Aging



Volume 23/Issue 10

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Director's Notes: I think of April as a transition month between winter & spring. After a cold & snowy winter, New Englanders have slogged their way through the messy month of March. Snow shovels have not yet been put away but lawns often feature a few inches of mud at this point. The earth has started to warm & the days are longer but you never know, April can be a tricky month! Remember those good-hearted April Fool's Day tricks as children? I remember April Fool's Day in sixth grade. Organized by some bright boys in class, small folded notes were quickly passed up & down the aisles of our desks. Furtive taps on the shoulder signaled that you should put your hand down by your side to receive the secret note. Using a stack of text books to hide it from the teacher's view, the note was quickly unfolded & read & then passed to the next student. Drop you pencils at exactly 9 a.m., the note read! I can remember sitting & watching the hands of the classroom clock slowly tick away until we reached the designated time. Immediately, all 35 pencils dropped to the floor! Our teacher jumped & every child in that classroom erupted into gales of laughter. Just good fun! Another year a set of twin boys, who were more than a little mischievous, switched their clothes in the bathroom & fooled all of us for the rest of the day. Our own girls, used to dump out the ice cubes & refill the trays with water. Then they would beg me to fill a pitcher of ice water just to laugh hysterically as I pulled out the freshly filled ice cube trays. But April weather is often the big trickster in our neck of the woods. Just as we start to see the tops of spring bulbs pushing up through the ground, an unexpected snowfall will cover the ground. Many times, I have created make shift tents out of plastic bags & pots trying to protect delicate daffodil blooms from an icy April snow. One year, snow fell just before Easter & the girls were delighted to build a Snow Bunny in the backyard. I was less delighted! When the girls were babies, I would hang out a load of clothes & diapers in the morning hoping to have them dry in the bright April sunshine. Don't leave that laundry outside, my mother said. You can't trust April! Sure enough, the sky opened & freezing rain quickly gave my laundry an unexpected rinse. But, as April arrives, we know winter is over & spring is finally here. The grass will be green, flowers will bloom & our hearts will lift with the April sunshine. No tricks will be needed to remind us that life is good!



Thank You!

With deep appreciation, the Georgetown Council on Aging thanks the Trustees of the George H. Carleton Fund for their very generous grant to the Georgetown Senior Community Center. Continuing Mr. Carleton's work and commitment to elders in the community, the grant is especially meaningful to the Council on Aging and will be used to provide additional furnishings, outdoor seating, planting areas and continue to support the COA Marketplace. Previously, the COA used the gift money to purchase the furniture for the reception area, the outdoor furniture, pool table and accessories along with plants, planters and food pantry items. We are very thankful for this wonderful gift.

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 now **through April 13**. Due to the pandemic, this year's program will include scheduled telephone intake appointments followed by scheduled same-day appointments to drop off and pick-up documents and completed tax returns. The drop off and pick up of income tax documents will take place in the parking lot of the Georgetown Senior Community Center. The criteria for Massachusetts Circuit Breaker tax credit program are available at the COA office. To schedule income tax preparation appointments, please call the COA at 978-352-5726 Mon – Thurs, 8 a.m. – 4 p.m.

HOLIDAY HOURS: The COA office, Sr. Ctr. & all activities will be closed on Mon. April 18 (Patriots' Day).

B P CLINIC: Tues., April 5, 9:30-10:40 a.m.

(Please note date change for April only.) Pam Lara, Public Health Nurse will provide blood pressure checks. Appointments are required and limited to 8 people per day. Please call the office to reserve your space. 978-352-5726



MEN'S BREAKFAST:

Thurs. April 7, 10:00 a.m.

(Please note time change for April only.)

Join **Selectmen Doug Dawes &**

Gary Fowler for a discussion and Q & A

session. Attendance is limited to 20 people. To reserve a seat, call the COA at 978-352-5726. Thanks to Crosby's for their support of this program.

VETERAN'S SERVICES OFFICE HOURS:

Wed. April 6, 10-11 a.m. (Please note time change for April only.) Director Karen Tyler will be available to discuss issues and questions.

Due to COVID 19 precautions & local mandates, face coverings are required during your visit.

Please contact the COA if you plan to attend. 978-352-5726

SHINE OFFICE HOURS: Mon. April 11, 9 a.m.-noon

SHINE Counselor Nancy Aberman will be here to answer health insurance questions. **APPOINTMENTS MUST BE SCHEDULED THROUGH THE COA OFFICE.** If you cannot come to the scheduled hours, the COA can contact our SHINE counselor to make other arrangements for you. To schedule an appointment, call (978) 352-5726. As of May, appointments will be scheduled on the 3rd Monday of each month.

BINGO! Join us on **Mons. April 11 & 25, 12:30 p.m.** Bingo is played twice a month on Mondays. **Cost: \$1 per 10-game package.** Attendance is limited to 20 people. For more information, call 978-352-5726.

CONSTITUENT SERVICES: Representatives from the offices of Senator Bruce Tarr and Representative Lenny Mirra will hold monthly office hours on **Tues. April 19, 10:30-11:30 a.m.** Call for appointments.



APRIL BOOK CLUB

Join GPL Librarian Sarah Cognata **Tues. April 26**

at 2 p.m. Copies of this month's selection will be available for pickup at the library. Book Club will continue on the 4th Tuesday of each month through June, 2022 at 2 p.m.

QUILTING GROUP: Terry Palardy facilitates the group which meets on the 2nd and 4th Tuesdays of each month from 12 p.m. to 3 p.m. Attendance is limited to 5 people & pre-registration is required. Please call 978-352-5726.

MAH JONG: The Group meets on Wednesdays at 12:30 p.m. Beginners are welcome. Call the COA for more information at 978-352-5726.

KNITTING GROUP: The Knitting Group meets on the 2nd and 4th Thursdays of the month at 9:30 a.m. For more information, contact the COA at 978-352-5726.

STAMP CLUB: 2nd & 4th Thurs./month, 1 p.m.

FRIENDS OF THE COA: The Friends of the COA are on hiatus until spring.

COA VAN AVAILABILITY: Local essential shopping is available **by appointment only** on Tuesdays and Thursdays at 9:30 a.m. Along w/grocery shopping, trips to the post office, banks, pharmacies & Walmart can be planned.



April Craft

Decoupage Eggs

Tue. April 12, 10 A.M.

Spring is in the air. Start the season off by creating beautiful eggs for display.

Class size is limited. Please reserve your seat as soon as possible. 978-352-5726

**Georgetown Senior Community Center
Recipe Collection
to benefit the COA Gift Account**

Dust off that cookbook! Pull out those recipe cards! Share your favorite family or personal recipes from years gone by. Under the supervision of Darcy Norton, recipes will be collected and put into a cookbook. The cookbook will be sold and proceeds deposited into the COA gift account.

- There is no limit to the number of submissions.
- (Anyone submitting a recipe will receive a discount on the purchase of a cookbook.)
- Recipes will be collected up until July 31, 2022.
- Pricing is to be determined at a later time.
- Tentative release date: Late fall (Oct./Nov.)

Submit recipes to Darcy Norton, c/o GCOA or email tbirdarcy@gmail.com

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. Blue Cross Blue Shield membership is not required. ***Food & Its Healing Effects*** will be presented on Mon. April 11, 2-2:30 p.m. Register at bcbsma.info/April11. Food & nutrition strategies to help prevent major & other chronic health issues. See why food is truly medicine & how eating strategically may help keep the doctor & medicine away. ***Eight Happiness Boosting Strategies*** will be presented on Wed. April 27, 10-10:30 a.m. Register at bcbsma.info/April27. Explore the science behind what makes people happy. Learn eight simple happiness boosting strategies you can apply in your life. ***Grub & Guts: Eating well for a Healthier Microbiome*** will be presented on Wed. May 11, 10-10:30 a.m. Register at bcbsma.info/May11. Learn about eating well for optimal intestinal health & a healthier microbiome. What is the microbiome? What foods support it or can be toxic for it? What is the link between fiber & colorectal health? Acquire strategies that can enhance your digestive health. ***Meditation for Busy Minds*** will be presented on Thurs. May 26, 2-2:30 p.m. Register at bcbsma.info/May26. Join us to learn what meditation is & how it works to quiet the mind. Practice simple meditation techniques during the webinar & discover free apps for creating an at-home practice. New & experienced meditators welcome.

Circuit Breaker Tax Credit

The Mass. Circuit Breaker Tax Credit (CB) is a state income tax credit for certain Mass. residents age 65 years or older who paid rent or real estate taxes during the tax year & who meet income limits & other criteria. Based on local property taxes, the tax credit is funded by the state government. Homeowners are eligible for the credit if they paid more than 10% of their total income for real estate taxes, including water charges. Renters can count 25% of their rent as real estate tax payments. For eligibility information, contact the COA at 978-352-5726.

Ongoing Exercise Groups

**Most classes are limited to 17* people ~ \$3 suggested donation for each class
Held at the Georgetown Senior Community Center ~ Call 978-352-5726 to register**

Yoga & Strength Training Classes with Donna Bonin & Leah Miller

Yoga meets on Mondays at 9 a.m. and Wednesdays at 10:30 a.m.

Strength Training meets on Mondays at 10:30 a.m.

Tai Chi Class with Val LaBelle

Thursdays at 9:30 a.m. *Class limit: 10.

Exercise with Leah Miller

Thursdays at 11:15 a.m.

Walking Club

Tuesdays & Thursdays, 8:30 a.m.

COA Offers Fitness Center Appointments

The Fitness Center at the Georgetown Senior Community Center is open for individual exercise by appointment. Thirty-minute appointments are available each hour. Equipment includes: two stationary bikes, two treadmills, weights, stair-climber & a stationary recumbent bike. Call the COA for appointments (978-352-5726).

Covid-19 Test Kits: Good news! Donated by AgeSpan, the Georgetown COA has free test COVID-19 test kits available to share with local elder households. Each household can also receive four free COVID-19 at-home test kits shipped directly to their home at no cost. Visit www.COVID19tests.gov and enter your contact information and mailing address or contact the COA and we will place the order for you. (978-352-5726).

COVID-19 Vaccine Update

- **Vaccine distribution in Massachusetts:** **Vaccine boosters** are available at local pharmacies & clinics. Walk-in clinics are available at Conley's Pharmacy, Ipswich and Walmart, Plaistow, NH. Use **[VaxFinder.mass.gov](https://www.vaxfinder.mass.gov)** to search for appointments at pharmacies, health care providers, & other community locations. For assistance, call COA at 978-352-5726.
- **In-Home COVID Vaccine Program:** Any individual who has trouble getting to a vaccine site is now eligible for the In-Home program. Individuals can call (833) 983-0485 to register for an in-home vaccination. The registration phone line is open Monday through Friday, 9 a.m. to 5 p.m.
- **Veterans:** Vaccines for **eligible veterans** can be scheduled through the VA COVID-19 vaccine scheduling lines at **781-687-4000**. Pre-registration is required at: **<https://www.va.gov/health-care/covid-19-vaccine/stay-informed>**.

Virtual Grief Support Groups:

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

Family Caregiver Support Programs:

Caregivers Caring for those with Memory Loss

1st & 3rd Tues. of the month, 5:30 p.m.

Contact Cindy Hession-Richard: chession@esmv.org

1st Wed. of the month, 11 a.m.-12 p.m.

3rd Wed. of the month, 7-8 p.m.

Contact Kathy Parrella: kperrella@nselder.org

Savvy (Dementia) Caregiver

Healthy Living Center of Excellence ongoing schedule of classes.

Contact Crystal Polizzotti: cpolizzotti@esmv.org

Grandparents Raising Grandchildren

1st Thurs. of the month, 11 a.m.-12 p.m.

Contact Cindy Hession-Richard: chession@esmv.org

General Caregiver Support

1st Thurs. of the month, 1-2 p.m.

in coordination with St. Michael's, North Andover

3rd Thurs. of the month, 1-2 p.m.

Contact Lyn Brennan: lbrennan@esmv.org

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 **\$40,951** for one-person or **\$53,551** for a two-person household. This year applications are available, and 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.

April Fun Time

Help Little Duck navigate April showers to sunnier May flowers.

The Friends of the Georgetown Peabody Library Annual Spring Book Sale

Friday, April 8 through Monday, April 11.

Hours:

Friday, April 8 from 10 AM to 5 PM

Saturday, April 9 from 9 AM to 1 PM

Sunday, April 10 from 1 PM to 4 PM - Bag

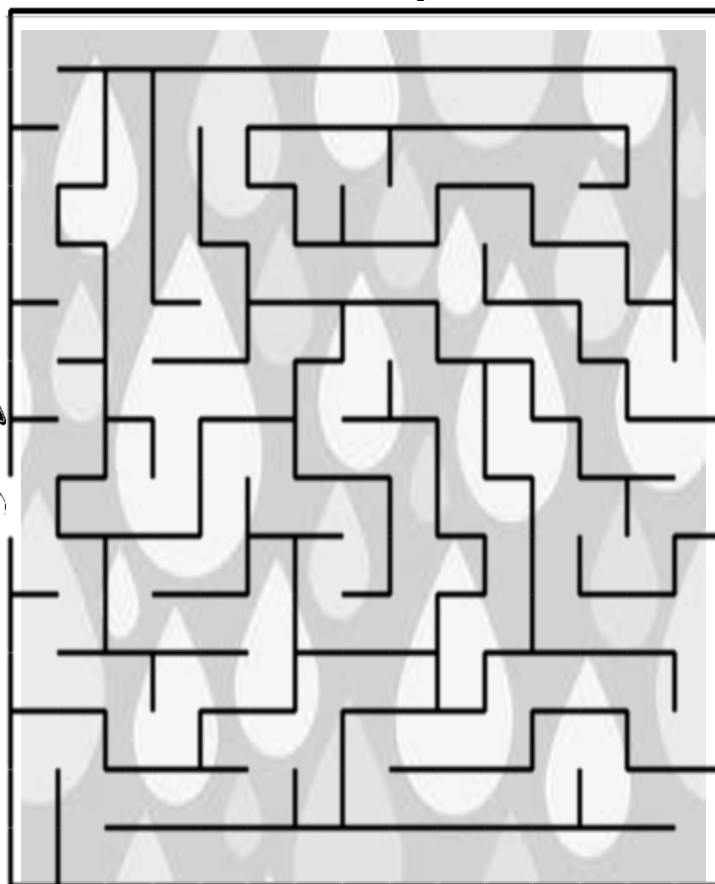
Sale! \$5 to fill a bag

Monday, April 11 from 2 PM to 7 PM - Bag

Sale! \$5 to fill a bag

Donations may be brought into the library starting on Wednesday, March 30 to Wednesday, April 6 during library hours. **Please do not drop off donations outside when the library is closed!!** The library cannot accept phone books, encyclopedias/dictionaries, outdated computer manuals, textbooks, Readers Digests, or VHS tapes. Books should be gently used, clean, and free from mold.

Proceeds from the book sale benefit library programs and museum passes. **Volunteers are needed for the Book Sale.** For more information, email the Friends at georgetownfol@gmail.com.



Council on Aging Services

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 \$2 donation is suggested to help with program expenses.

TRANSPORTATION/MEDICAL

Northern Essex Elder Transport, Inc.

This program provides rides for elders to medical appointments. Arrangements should be made at least **ONE WEEK** in advance by calling the COA office at (978) 352-5726. **Registration is required prior to service.** A donation of 43 cents per mile is suggested to help support the program, but no one is turned down due to inability to pay.

TRANSPORTATION/GENERAL-PURPOSE

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. For a brochure, contact the COA.

HANDICAP PLACARDS

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

Meals on Wheels

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

Grab & Go Lunches

Served Monday-Thursday, pick-up or delivered. Must be ordered by Wed. of the previous week. 978-352-5726

COA Marketplace (Food Pantry) Services by appointment only.

FOOD AND HEAT RESOURCES

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

S.H.I.N.E.

Serving **H**ealth **I**nformation **N**eeds of **E**veryone will help you understand your health insurance concerns. Appointments can be scheduled with SHINE counselor Nancy Aberman. To schedule an appointment, call the COA at 978-352-5726.

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 8/12/21

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.

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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 26, 2022

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:

Town Administrator, Orlando Pacheco

Douglas Dawes, Select Board, Chair

Peter J. Kershaw, Select Board, Clerk

Gary Fowler, Select Board

Amy Smith, Select Board

David Twiss, Select Board

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 CALENDAR 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
4 9:00 Yoga 10:30 Strength Training	5 No Shopping Van— Brown Bag Blood Pressure Clinic/ Appt. only (Date change for April only) 8:00 Pickle Ball 8:30 Walking Club	6 10:00 Vet. Agent Office Hrs. (Day/Time change April only) 10:30 Yoga 12:30 Mah Jong	7 9:30 Van: Plaistow 8:30 Walking Club 9:30 Tai Chi 10:00 Men's Breakfast (Note time change April only) 11:15 Exercise with Leah
11 SHINE/appt. only (Day change for April only) 9:00 Yoga 10:30 Strength Training 12:30 Bingo	12 9:30 Van: Riverside 8:00 Pickle Ball 8:30 Walking Club 10:00 Decoupage Egg Craft 12:00 Quilting Group	13 10:30 Yoga 12:30 Mah Jong	14 9:30 Van: Plaistow 8:30 Walking Club 9:30 Tai Chi 9:30 Knitting Club 11:15 Exercise with Leah 1:00 Stamp Club
18 NO LUNCH: Patriots' Day	19 9:30 Van: Riverside 8:00 Pickle Ball 8:30 Walking Club 10:30 Constituent Services	20 Traveling Chef 10:30 Yoga 12:30 Mah Jong	21 9:30 Van: Plaistow 8:30 Walking Club 9:30 Tai Chi 11:15 Exercise with Leah
25 9:00 Yoga 10:30 Strength Training 12:30 Bingo	26 9:30 Van: Riverside 8:00 Pickle Ball 8:30 Walking Club 12:00 Quilting Group 12:45 COA Board Meeting 2:00 Book Club	27 10:30 Yoga 12:30 Mah Jong	28 9:30 Van: Plaistow 8:30 Walking Club 9:30 Tai Chi 9:30 Knitting Club 11:15 Exercise with Leah 1:00 Stamp Club
Fitness Center, COA Library, Pool table are available daily by appointment. Grab & Go Lunch by reservation Monday through Thursday. The van is currently limited to 4 riders for each trip.			

COA Marketplace

COA Marketplace offers a wide variety of soups, canned goods, non-perishable foods & fun snacks. We also offer a variety of non-food products including toiletries, personal care items, paper items & dish/laundry detergent. Some fresh foods (eggs, milk, fruit/vegetables...) & Market Basket or Crosby's Marketplace gift cards are available upon request. No income restrictions apply. Home deliveries available. **Appointments are required by calling 978-352-5726.**



Grab & Go Lunches

Due to pandemic restrictions, the COA is working with AgeSpan (formerly Elder Services of Merrimack Valley) to offer **GRAB-and-GO** take-out lunches. 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. ***Watch for special meal offerings.***

AgeSpan Traveling Chef The Traveling Chef meal is planned for **Wed. April 20. Please RSVP as soon as possible.** The menu will feature **Baked Ham/Pineapple Cherry Glaze, Scalloped Potatoes, Peas, Snowflake Roll, Coconut Cake.** To reserve a lunch, please call the COA at 978-352-5726.

April Grab & Go Lunch Menu

Monday	Tuesday	Wednesday	Thursday
4 Honey Mustard Chicken	5 Pot Roast/Gravy	6 Chix Marsala/Mushrooms	7 Meatloaf/Gravy
11 BBQ Pulled Pork	12 American Chop Suey	13 Hot Turkey Sandwich	14 *SPECIAL* -Chix Cordon Bleu/Sauce
18 NO LUNCH: Patriots Day	19 Lasagna/Garden Veg Sauce	20 *TRAVELING CHEF* - see above	21 Beef Stew
25 Chix Pot Pie	26 Mac & Cheese	27 Hot Dog/Bun	28 Beef Stuffed Pepper Casserole

Full lunch menus are available at the Council on Aging office.

•Ad page filler

Earn Money for Your Council on Aging, and Possibly Win a \$50 Gift Card!

Lace up your sneakers – the Walk Massachusetts challenge is coming back!

Your participation helps your COA win money for fitness programs and gives you the chance to win one of several prizes!

This year, the challenge is open to everyone in the Commonwealth of Massachusetts aged 5 and up. Walk with your family or friends, or on your own! All we ask is that those under age 60 “sponsor” an older adult – just enter the name of a parent, grandparent, neighbor or friend (no fundraising is involved).

The challenge runs from May 1 to October 31, 2022. In that time, as you complete the challenge, you are entered into a drawing for a \$50 Visa gift card, a \$25 Amazon gift card or a \$10 Dunkin’ gift card . . . and for each person who completes their challenge, your Council on Aging gets an entry to win up to \$1000 for use with fitness programming. The more who walk, the better their chances!

Here’s how it works:

Go to www.walkmachallenge.com and register starting April 1. Then choose a challenge based on a Commonwealth of Massachusetts fun fact. It could be from walking 88 days during the challenge period to walking 126.5 miles to walking 362,000 steps. Choose your challenge based on your walking abilities, or challenge yourself to reach a higher goal! Be your own guide as to what you can do. You can walk inside, outside, on a track or a treadmill – wherever you want! Then, enter your walking

on www.walkmachallenge.com between May 1 and October 31 and you’ll be entered to win at each milestone (five chances to win total)! It’s that easy!

Councils on Aging will receive an entry for each person who completes the challenge. One COA will win \$1000 toward future programming!