



Living Well Together



A Newsletter of the Georgetown Council on Aging

Volume 24/Issue 10

Email: cfiorello@georgetownma.gov

April 2023

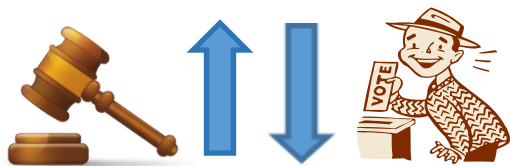
Website: www.georgetownma.gov

Director's Notes: When we first moved to our home more than forty years ago, we planted a garden as soon as spring arrived. We planted the tomatoes, lettuce, carrots, green beans & zucchini that I knew would do well in the sunny spot. Pansies & marigolds were planted at the corners to help reduce some of the summer pests that can visit a garden. We enjoyed a good harvest of fresh vegetables from that first garden & carefully mulched the area for its first winter sleep. In the spring, we cleaned the garden & prepared to plant fresh vegetables again. Much to my delight, some tomatoes & pansies returned all on their own! They were accompanied by some oregano, chives & potatoes in the compost! During one of her first visits to our new home, I happily showed my grandmother, an avid gardener, the new garden & pointed out the returning plants. Those are your volunteers, she said. They will be your strongest plants. She was absolutely correct. The plants flourished, bloomed & produced fruit for us to enjoy. The composted potatoes were very fun to watch as they grew. As I work in the garden each year, I have often thought about that the volunteer plants are a symbol of the strength of the volunteerism in our community. The work done by the Council on Aging has evolved & expanded over the years. Without the support of our many volunteers, we would not be able to do the work that we do in the community. Their volunteer service to others exemplifies the significance of April's National Volunteer Week. Filling a variety of roles, volunteers with the COA connect with older adults & others in so many ways across the community. Their work enriches lives & deepens the healthy connections within the community. Each April, the national designation gives us an opportunity to recognize the extraordinary work accomplished by millions of Americans through service to their communities & the nation. We are grateful each day for the tremendous support that volunteers provide the Georgetown Senior Community Center. During the past year, 52 volunteers provided the COA with almost 3,000 hours of volunteer service, an estimated value of \$63,000. More than 20 volunteers lent their talents to help with seasonal parties & monthly events. Three volunteer drivers drove a total of 476 miles transporting elders to out-of-town medical appointments. Our volunteer SHINE Counselor assisted 77 people with health insurance issues while our three AARP Tax Aides prepared income tax returns for 112 people. Ever cheerful, our 8-member newsletter committee spent a total of 300 hours collating, folding & labeling 8,000 newsletters. Volunteers also serve as board members, assist with programs & activities, & provide many needed hours of office support. The COA is profoundly grateful for the care & support offered by so many volunteers & thankful that so many people are willing to help our garden flourish!

Annual Town Meeting

Monday, May 1, 2023

7 p.m. at GMHS



Annual Town Election

Monday, May 8, 2023

8 a.m. - 8 p.m.

Penn Brook School



AARP Tax Prep Assistance

Open to older adults and other moderate-income individuals, the AARP Income Tax Preparation Program is available at the Georgetown Council on Aging Thursdays through April 13. 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 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, 8:30 a.m. – 3:30 p.m.

HOLIDAY HOURS: The COA office, Sr. Ctr. & all activities will be closed Mon. April 17 (Patriots' Day).

B P CLINIC: Wed. March 29, 9:30-10:40 a.m. replaces the April Clinic. Please make note of all changes. 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 6 at 10 a.m.

Note time change for April only.

Local historian, Bill Boylan will be our speaker. Continued thanks to Crosby's for their support of this program.

VETERAN'S SERVICES OFFICE HOURS:

Thurs. April 6, 10:30-11:30 a.m.

Director Karen Tyler will be available to discuss issues and questions. Please contact the COA if you plan to attend. 978-352-5726

BINGO! Join us on **Mons. April 10 & 24, 12:30 p.m.** Bingo is usually played twice a month. **Cost: \$2 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 Rep. Kristen Kassner will hold monthly office hours on **Tuesday, April 18, 10:30--11:30 a.m.** **Ruby Murphy** from U.S. Rep. Seth Moulton's office will be here **Tues. April 18 at 1 p.m.** Call for appointments.

SHINE OFFICE HOURS: Mon. April 24

9 a.m. – noon. SHINE Counselor Nancy Aberman will be here to answer health insurance questions. **APPOINTMENTS MUST BE SCHEDULED THROUGH THE COA OFFICE.** The COA has a form that must be completed and brought to your appointment. It is available at the COA for pick-up, by mail or by email when you schedule your appointment. To schedule an appointment, call (978) 352-5726.



Join GPL Librarian Sarah Cognata **Tues. April 25 at**

2PM "Flying Solo" by Linda Holmes. While the Library intends to use these selected book choices, there may be unforeseen circumstances that requires having to change the book choice. Please contact the library if you have any questions.

Roger Tinknell Irish Concert

was cancelled due to weather in March.

Rescheduled for Tues. June 20, 2023.

Watch newsletter for reservation details.



**April Craft
Decorated
Cigar Boxes**

Tues. April 11 10:00 a.m.

Space is limited. Reserve your seat as soon as possible. 978-352-5726

*Actual craft may differ slightly.

***April Lunch and Learn*
Money Management &
Protective Service Program
Tues. April 11**

Lunch @ 12 p.m. ~ Program @ 1 p.m.

Following AgeSpan's **Traveling Chef luncheon**, join us for an important program on AgeSpan's **Money Management and Protective Services** programs.

The **Money Management program** assists older adults who may have difficulty opening mail, writing checks, budgeting or paying routine bills.

The **Protective Services program** assists with crisis and to prevent crisis from reoccurring. Services may include home care services, medical treatment, assistance with legal and counseling options and advocacy and support.

All services are free and confidential and are provided by trained and supervised volunteers. For reservations, please call the COA at 978-352-5726 by April 5.

S p r i n g F l i n g

Woman's Breakfast

Tues. April 25 9:30 a.m.

Sponsored by the Friends of the COA

Join us for a morning of delightful food, fun & surprises!

No charge.

Seating is limited. Call the COA for reservations. 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 10:45 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 Board of Health, the Georgetown COA has free test COVID-19 test kits available to share with local elder households. For information, please call 978-352-5726.

COVID-19 Vaccine Update

- **Vaccine distribution in Massachusetts:** **Vaccine boosters** are available at local pharmacies & clinics. Use **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>.

★ Government Offers More Free COVID-19 Test Kits ★

As COVID-19 cases rise, it's important to stay safe this winter. **Each U.S. household can now order 4 COVID-19 at-home tests shipped straight to their door at no cost.** All you need to do is visit COVIDtests.gov and enter your contact information and mailing address.

During the public health emergency, **people with Medicare can also get up to 8 over-the-counter COVID-19 tests each month at no cost.** Participating pharmacies include CVS, Walgreens, Rite Aid, & Walmart. Other options available:

- Call 1-800-MEDICARE (1-800-633-4227). to find access to free tests. TTY users can call 1-877-486-2048.
- Check with your pharmacy or healthcare provider to see if they are participating and will bill Medicare on your behalf.

★ New COVID-19 Treatment Hotline ★

Tested positive for COVID-19? Telehealth is a quick and free way to see if you're eligible for COVID-19 treatment. You can access telehealth services by calling **833-273-6330** or by completing an online assessment at mass.gov/CovidTelehealth. Clinicians are available every day from 8 a.m. to 10 p.m. This service **IS NOT** for medical emergencies or those who have severe chest pain or shortness of breath.

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.

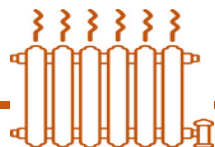
MAH JONG: The Group meets on Wednesdays at 12:30 p.m. Beginners are welcome. Call the COA for more information at 978-352-5726.

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.

COA VAN AVAILABILITY: Local essential shopping is available **by appointment only** on Tuesdays and Thursdays at 9:30 a.m. Along with grocery shopping, trips to the post office, banks, pharmacies & Walmart can be planned. **There is a noontime Riverside shopping run on the first Tues. of each month after Brown Bag deliveries.**

Friends of Council on Aging: FCOA now meets on the 3rd Tuesday of each month at 1 p.m.



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 **\$42,412** for one-person or **\$55,462** 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.

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, incontinence supplies, 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.**

Mass. 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.

Become a Friend of the Council on Aging!

The Friends of the COA are actively seeking new members! The FCOA offers a well-rounded experience of fundraising for the COA along with involvement in COA social & educational programs. Newcomers are welcome to visit a monthly meeting. FCOA meets on the third Tuesday of each month at 1 p.m. at the Georgetown Senior Community Center.

Thank you...

Friends of the GCOA & Georgetown Cultural Council for their support of the Roger Tinknell concert performed in March. Rescheduled to Tues. June 20, 2023.

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 MEVA (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 AgeSpan 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



→→Temporarily Away?←←

If you will be away for an extended period of time, please notify the COA of the dates. We will temporarily remove you from the mailing list. When **you notify us of your return**, you will be added back on the mailing list. Contact the COA at 978-352-5726.



Joe LeBlanc (R) was joined by our own **Dick Boucher (L)** to entertain participants at February's **Traveling Chef** luncheon.

Welcome Spring

Word Find Puzzle

T	L	E	M	W	O	N	S	S	S	A	R	G	L	A
G	C	Y	C	L	A	M	E	N	S	A	L	I	L	P
G	N	G	R	O	W	T	H	R	L	L	L	L	R	S
O	Y	I	I	D	L	S	A	R	A	I	E	S	N	N
L	A	L	N	K	A	I	E	B	E	R	R	O	H	E
F	M	L	O	A	N	F	E	S	G	M	I	P	W	W
E	N	A	E	E	E	S	F	I	U	L	R	R	A	L
I	O	B	Q	R	A	L	E	O	E	C	S	A	B	E
R	S	T	U	B	E	S	C	D	D	F	O	S	W	A
I	A	F	I	G	R	N	G	L	I	N	R	H	V	
S	E	O	N	N	R	A	E	O	N	I	L	C	C	E
E	S	S	O	I	D	E	W	W	B	I	R	S	B	S
S	I	N	X	R	G	E	E	O	A	A	R	M	E	G
A	Y	F	L	P	R	O	R	N	M	L	W	P	E	O
E	T	E	W	S	S	P	I	L	U	T	R	S	S	R
R	E	T	S	A	E	P	L	A	N	T	I	N	G	F

ALLERGIES
APRIL
BASEBALL
BEES
CROCUSES
CYCLAMENS
DAFFODILS
DANDELIONS
EASTER
EQUINOX
FLOWERS

FROGS
GOLF
GRASS
GREEN
GROWTH
IRISES
LILIES
MARCH
MAY
NEW LEAVES
PLANTING

RAIN
RENEWAL
ROBINS
SEASON
SNOWMELT
SOFTBALL
SPRING BREAK
SPRING CLEANING
TULIPS
WARMER
WET

APRIL CALENDAR 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
3 9:00 Yoga 10:30 Strength Training	4 Van: 9:30 Brown Bag 12:00 Riverside 8:30 Walking Club 8:30 Pickle Ball	5 No BP Clinic Today (April BPC was held 3/29) 8:30 Beginner's Pickleball 10:30 Yoga 12:30 Mah Jong	6 Tax Preparation by Appt. 9:30 Van: Plaistow 8:30 Walking Club 9:30 Tai Chi 10:00 Men's Breakfast Note: Time Change April only 10:30 Vet. Agent Office Hours 10:45 Exercise with Leah
10 9:00 Yoga 10:30 Strength Training 12:30 Bingo	11 Traveling Chef 9:30 Van: Westgate/Riverside 8:30 Walking Club 8:30 Pickle Ball 10:00 Cigar Box Craft 12:00 Quilting Group 1:00 Protective Serv./Scams	12 8:30 Beginner's Pickleball 10:30 Yoga 12:30 Mah Jong	13 Tax Preparation by Appt. 9:30 Van: Plaistow 8:30 Walking Club 9:30 Tai Chi 9:30 Knitting Club 10:45 Exercise with Leah 1:00 Stamp Club
17 <div style="border: 1px solid black; padding: 2px; width: fit-content;">CLOSED: Patriots' Day</div>	18 9:30 Van: Westgate/Riverside 8:30 Walking Club 8:30 Pickle Ball 10:30 Constituent Services 1:00 US Rep. S. Moulton Office Hrs. 1:00 Friends of COA	19 8:30 Beginner's Pickleball 10:30 Yoga 12:30 Mah Jong	20 9:30 Van: Plaistow 8:30 Walking Club 9:30 Tai Chi 10:45 Exercise with Leah
24 SHINE/appt. only 9:00 Yoga 10:30 Strength Training 12:30 Bingo	25 9:30 Van: Westgate/Riverside 8:30 Walking Club 8:30 Pickle Ball 9:30 Women's Breakfast 12:00 Quilting Group 12:45 COA Board meeting 2:00 Book Club	26 8:30 Beginner's Pickleball 10:30 Yoga 12:30 Mah Jong	27 9:30 Van: Plaistow 8:30 Walking Club 9:30 Tai Chi 9:30 Knitting Club 10:45 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.



Grab & Go Lunches The COA is working with AgeSpan 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 presents:
The Traveling Chef
 A congregate dining experience
 (no take-out/delivery)
Tues. March 14 at noon.

The menu will feature **Shepherd's Pie, Garden Salad/Dressing, Pie.** Please RSVP as soon as possible by calling the COA at 978-352-5726.

April Grab & Go Lunch Menu

Monday	Tuesday	Wednesday	Thursday
3 Beef Burgundy/Mushrooms 10 Honey Garlic Chix 17 NO LUNCH/Patriot's Day 24 Turkey/Gravy *** (Salmon Dill Salad, Garden	4 BBQ Pork Riblet/WW Bun 11 *TRAVELING CHEF* - see above 18 Broccoli/Cheese Stuffed Chix 25 Birthday: Swedish Meatballs (Chix)	5 Honey Mustard Chix Bites 12 American Chop Suey 19 Mac & Cheese 26 LS Hot Dog/Bun	6 Cold Plate*** 13 Special: Br. Sugar Glazed Ham 20 Meatloaf/Gravy 27 Chicken Parmesan

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

Georgetown Council on Aging
51 North Street
Georgetown, MA 01833

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

Return Service Requested

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.

April 2023

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 25, 2023

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, Martha Lucius

Esther Palardy, Jean Perley,

Diane Prescott, Jeanne Robertson

Alternates: Susan Gardiner

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

Daryle Lamonica, 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 AgeSpan Lunch Programs are closed, there will be no home delivered meals or lunches served at the Georgetown Senior Community Center.

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