



Living Well Together



A Newsletter of the Georgetown Council on Aging

Volume 25/Issue 10

Email: kcrockett@georgetownma.gov

April 2024

Website: www.georgetownma.gov

Kristin's Lessons from the Open Road: Embracing Opportunities

O Two months ago, I shared upcoming plans for February vacation. We ultimately landed in the Gatlinburg area, which served as a turn-around point rather than a destination. En route we took a class on making ice cream at the Turkey Hill Creamery in Amish Country, visited the Air & Space Museum in DC, toured the university of Tennessee, kayaked in an abandoned mine in Kentucky, visited the National Aviary in Pittsburg & an immersive art Museum in Philadelphia. A road trip isn't just about reaching a destination; it's about embracing the journey & seizing every opportunity that comes your way. As I reflect on my own adventures behind the wheel, I've come to realize road trips provide great life lessons.

- R**
1. **Embrace the Unknown** with open arms. It is often the unexpected detours & spontaneous side trips that lead to the most memorable experiences.
 2. **Stay Flexible:** Sometimes, the best adventures are found off the beaten path.
 3. **Embrace Spontaneity & Serendipity:** Some of the most magical moments on a road trip are the ones you never saw coming. Step outside of your comfort zone & embrace the thrill of the unknown.
 4. **Take the Scenic Route:** Sometimes, the most beautiful moments are found when you slow down & soak in the beauty that surrounds you.

As you read this month's newsletter, remember to embrace the unknown, stay flexible, & seize every opportunity that comes your way. Perhaps you could join us at the Senior Center to take a new class, learn a new game, attend a program or enjoy a special meal.

Would you like to know more about Medicare?

Are there programs that can help you with your out-of-pocket costs?

The **Georgetown Council on Aging** is sponsoring a workshop, **Medicare 101**, on these topics on **Tuesday April 23 at 1 p.m.** Join Council on Aging Director Kristin Crockett, and SHINE Counselor Nancy Aberman to learn about Medicare enrollment periods, benefits, coverage options and programs that can help you with your out-of-pocket costs. Please call to register.

As of March 1, 2024

NO ASSET LIMIT FOR MEDICARE SAVINGS PLAN ELIGIBILITY

The Medicare Savings Plan, Also Known as MassHealth Buy-In, is a Cost-savings program for Medicare Enrollees that eliminates the need to pay the monthly Medicare Part B Premium (\$172.70 per month) & Provides premium-free access to prescription drug plans as well as other benefits.



GROSS MONTHLY INCOME LIMITS

Individual/\$2824 per month
Married/\$3833 per month

For more information, contact the COA at 978-352-5726.

HOLIDAY HOURS: The COA office, Sr. Ctr. & all activities will be closed Mon. April 15 (Patriots' Day).

B P CLINIC: Wed. April 3 @ 9:30 a.m.

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 4 at 9:30 a.m.

Join us as we welcome **Chief David Sedgwick, GPD**. Continued thanks to Crosby's for their support of this program.

VETERAN'S SERVICES OFFICE HOURS:

Thurs. April 4, 10:30-11:30 a.m.

Director Steve Bohn will be available to discuss issues and questions. Please contact the COA if you plan to attend. 978-352-5726. Questions any time can be directed to the local Veteran's Office at 978-356-6699 or e.essex.vets@verizon.net.

SHINE OFFICE HOURS: Monday, April 1

(NOTE: DATE CHANGE FOR APRIL ONLY.)

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. Please note: SHINE appointments will now be held on the **2nd Monday of each month** unless noted otherwise.

BINGO: Join us on **Mons. April 8 & 22, 12:30 p.m.**

Bingo is usually played twice a month.

Cost: \$2 per 10-game package.

For more information, call 978-352-5726.

CONSTITUENT SERVICES: Representatives from the offices of Senator Bruce Tarr & Rep. Kristin Kassner will hold office hours on **Tues. April 16, 12-1:00 pm**. Congressman Seth Moulton's Aide Danielle Leary can be reached at Danielle.Leary@mail.house.gov



Join GPL Librarian Sarah Cognata on **Wed. April 17**

at 2 p.m. This month's selection is

"River Sing Me Home" by Eleanor Sherer. 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.

April Craft



**Handmade
Bead Necklace**

Wed. April 10

10:00 a.m.

Actual Project may
differ slightly.

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

Coffee With Kristin

100 Cups of Coffee

Set up a coffee date
with Kristin. Help her
reach her goal of 100
cups of coffee in
2024!

Call the Senior Center
to schedule.

Coffee Hour

**Open coffee Hour
Meet & Greet**

**Wed. April 24
11 a.m. - 12 p.m.**

**RSVPs encouraged, but
not required.**

Pizza Party

**Thursday, April 4
12 noon**

Join us for some fun & food.

**RSVP by Wed. April 3
Call the COA at 978-352-5726**



(NOTE: There will be no Grab & Go lunches on this
date due to AgeSpan's Volunteer Appreciation Lunch.)

Free Legal Help

offered by Atty. Elaine Dalton

Tues. April 2 10 a.m.



Assistance available for: *Health Care Proxies,
*Durable Power of Attorney, *Elder Law Issues
*15 min. appts. available by calling COA at
978-352-5726

New Computer Room

Drop ins welcome.

Hours of Operation: M-W 9 a.m. to

3 p.m. Contact the COA at 978-352-5726
for more information or to sign-up.

Coming Soon...

Computer Classes & Device Assistance

Attention!

Dog Owners 70 Years & Over...



According to the Town Clerk's Office, if you
register your dog **in person** at Town Hall,
there is no charge for the license.

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



The Poet's Inn

**at Whittier Reg. Voc. Tech.
H.S.**

**Join us for lunch on
Thursday, May 2**

**Time to be determined and will be provided
when you make your reservation. Seats are
limited. Van service is available for those
who need it.**

RSVP as soon as possible. 978-352-5726.



New at the Center! We plan on showing a
variety of old and new movies up to twice
a month. Grab some popcorn (provided)
and join us!

Monday, April 1 @ 12:30 p.m.
"Bucket List"

And

Monday April 29 @ 12:30 p.m.
Best Picture Nominee 2024
"The Holdovers"

RSVP requested, not required.
Call 978-352-5726

QUILTING GROUP: Terry Palardy facilitates the group which meets on each Tuesday of the month from 12 p.m. to 3 p.m. 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/CROCHET GROUP: The Knitting/Crochet 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 Wednesday of each month at 1 p.m.**

Let's Have Some Fun!

Game Day: Tuesdays at 9:30 a.m.

Drop-in Cards: Wednesdays at 11:30 a.m.

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...) No income restrictions apply. Home deliveries available. **Appointments are required by calling 978-352-5726.**

Chair Yoga for Seniors



Taught by Maggie Bresnihan, Yoga to Farm
Hosted by the Georgetown COA

**Tuesdays 10:30 a.m.
Classes Starting April 9**

Free to All Georgetown Seniors!

A rejuvenating 50-minute chair yoga class suitable for all ages. This class combines gentle movements & breath work to enhance flexibility & relaxation. Chairs provide support, making it accessible for everyone. \$3 suggested donation. Please contact the COA to reserve your seat. 978-352-5726

Walking Safety Vests Now Available For Loan

For more information or to reserve your vest Call the COA at 978-352-5726.

Game Room

Currently available are pool & table tennis, corn hole, board games, cards, shuffleboard & more. **Hours of Operation: M-W-Th 11:45 a.m. to 3:30 p.m., Tu open at 9 a.m.** Contact the COA at 978-352-5726 for more information.

Please Note: Weekly Game Days on Tuesdays April 9 – May 28, will be held in the lunch room. Ping Pong on these days can be played after 10:30 a.m.



Ongoing Exercise Groups

\$3 suggested donation for each class

Held at the Georgetown Senior Community Center ~ Call 978-352-5726 to register

Yoga: (Donna Bonin)
Mondays, 9 a.m. & Wed., 10:30 a.m.

Strength Training: (Leah Miller)
Mondays, 10:30 a.m.

Tai Chi Class: (Val LaBelle)
Thursdays, 9:30 a.m.

COA Fitness Center

The Fitness Center at the Georgetown Senior Community Center is open for individual exercise. Reservations can be made in advance or you can drop in and use what is available. Equipment includes: two stationary bikes, two treadmills, weights, stair-climber & a stationary recumbent bike. Call the COA for appointments (978-352-5726).

Exercise with Leah Miller
Thursdays at 10:45 a.m.

Walking Club
Tuesdays & Thursdays, 8:30 a.m.

Council on Aging Services

TRANSPORTATION/SHOPPING

The Van is available Tuesdays & Thursdays for door-to-door shopping & errands. The 1st Tuesday each month, after Brown Bag, the van will go to Rowley. 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 45 cents per mile is suggested to help support the program, but no one is turned down due to inability to pay.

TRANSPORTATION/GENERAL-PURPOSE

Mini-MeVA 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 3/11/24

Coming Events

Diabetic Shoe Fittings

June 17 by appointment

Limited space. **Make your reservations NOW.** There will be required paperwork to be filled out by your doctor before your appt.

Goats to Go

May 7 Goats visit GSCC.

June 17 Baby Goat Mingle at the Farm

Local Trips

We are in the process of planning local trips.

Watch for more details to come.

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	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



- ✓ Caring & Compassionate Associates
- ✓ Commitment to our Residents & their Families
- ✓ Outstanding Associate Longevity



To learn more about Avita call:

978.693.5057
or scan here >>>



ASSISTED LIVING SPECIALIZING IN MEMORY CARE

Adjacent to Anna Jaques Hospital in Newburyport, MA



MAKING MEALTIMES EASY

Call us or visit our website today to request a free brochure!



ORDER WHAT YOU WANT, WHEN YOU WANT IT

Certain insurances accepted with case manager referral. Consult your case manager to find the best meal solution for you.

508-261-5616

www.HeartToHomeMeals.com

HELLO RV AND CAMPING COMMUNITY!



792 Mayhew Turnpike Bridgewater NH, 03222

CAMP AT NEWFOUND LAKE IS NOW ACCEPTING SEASONAL AND ALL OTHER RESERVATIONS FOR THE 2024 SEASON.

RESERVE YOUR RV/CAMPING SEASON!

Check us out at:
www.camp-nh.com



Or call us at:
603-744-3344

Be Independent for Life
Nichols Village
AN ACTIVE ADULT COMMUNITY

One Nichols Way
Groveland, MA 01834
Nichols-Village.com

CALL 978-372-3930

Common goals
Uncommon good



Peace of mind when you need it most.

Modern Woodmen of America

Joseph R. Soucy
FICF, RICP®, CFFM
C 978-479-7880

joseph.r.soucy@mwarep.org



Modern Woodmen
FRATERNAL FINANCIAL

I can help you plan for life. Let's talk.

Life insurance | Retirement planning | Financial services | Member programs



COMMUNITY ACTION, INC.

Low Income Home Energy Assistance Program

- Receive assistance with heating repairs and replacements
- Save up to 30% on your monthly home heating costs
- Free home energy audits

STAY WARM THIS WINTER

☎ (978) 373 - 1971 EXT 218 🌐 communityactioninc.org



fullerrv.com

FULLER RV
RENTALS & SALES

usamotorhomerentals.com

150 Shrewsbury St, Boylston, MA 01505, RTE 140



1 (800) 338-2578

Family Owned and Operated Since '84

The town of Georgetown & Georgetown COA does not endorse or sponsor any of the advertisements.

ACTIVITY CALENDAR & GRAB-GO MENU

APRIL 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
1 SHINE Appointments 9:00 Yoga 10:30 Strength Training 12:30 Movie Monday "The Bucket List" Turkey/Gravy	2 9:30 Van: Brown Bag/ Rowley M. B. 8:30 Walking Club 9:30 Fun & Games 10:00 Elder Law Appointments 12:00 Quilting Group Stuffed Shells (Marinara)	3 Blood Pressure Clinic by Appt. 10:30 Yoga 11:30 Drop In Cards 12:30 Mah Jong Steak Fajitas	4 9:30 Van: Plaistow 8:30 Walking Club 9:30 Tai Chi 10:45 Exercise with Leah 12:00 Pizza Party (No Lunch Today)
8 9:00 Yoga 10:30 Strength Training 12:30 Bingo Chicken Stir Fry	9 9:30 Van: Westgate/Riverside 8:30 Walking Club 9:30 Fun & Games 9:30 Chair Yoga 12:00 Quilting Group LS Hot Dog/Bun	10 10:00 Craft 10:30 Yoga 11:30 Drop In Cards 12:30 Mah Jong B'day: Beef Burgandy/Noodles	11 9:30 Van: Plaistow 8:30 Walking Club 9:30 Tai Chi 9:30 Knitting 10:45 Exercise with Leah 1:00 Stamps Cold Plate: Egg, Quinoa, Garden Salads
15 <div>CLOSED: Patriots Day</div>	16 9:30 Van: Westgate/Riverside 8:30 Walking Club 9:30 Fun & Games 9:30 Chair Yoga 12:00 Quilting Group 12:00 Constituent Services Broccoli Egg Bake	17 10:30 Yoga 11:30 Drop In Cards 12:30 Mah Jong 1:30 Friends of COA 2:00 Book Club Chicken Parmesan	18 9:30 Van: Plaistow 8:30 Walking Club 9:30 Tai Chi 10-1 Open Market 10:45 Exercise with Leah Meatloaf/Gravy
22 9:00 Yoga 10:30 Strength Training 12:30 Bingo Shepherd's Pie	23 Traveling Chef-Taco Bar 9:30 Van: Westgate/Riverside 8:30 Walking Club 9:30 Fun & Games 9:30 Chair Yoga 12:00 Quilting Group 1:00 Medicare 101	24 10:30 Yoga 11:00-noon Coffee with Kristin 11:30 Drop In Cards 12:30 Mah Jong Cold Plate: Turkey Sandwich, Garden Salad, 3 Bean Salad Deadline to sign-up for May Traveling Chef	25 9:30 Van: Plaistow 8:30 Walking Club 9:30 Tai Chi 9:30 Knitting 10:45 Exercise with Leah 1:00 Stamps BBQ Pulled Pork/Bun
29 9:00 Yoga 10:30 Strength Training 12:30 Movie Monday "Holdovers" Chicken Strips Alfredo	30 9:30 Van: Westgate/Riverside 8:30 Walking Club 9:30 Fun & Games 9:30 Chair Yoga 12:00 Quilting Group 12:45 COA Board Meeting Ground Turkey/Rice, Chick Peas & Peppers	<div>Full lunch menus are available at the Council on Aging office.</div>	
Fitness Center, COA Library, Pool table, Game Room & Computer Room are available daily. Grab & Go Lunch by reservation Monday through Thursday.			



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.***

Open Market Returns Thursday, April 18 10am-1pm

Our first Open Market was such a success in February, we plan on holding them several times throughout the year. Depending on availability, items could include food, toiletries and paper goods. Contact COA for more info. 978-352-5726

AgeSpan presents:

The Traveling Chef

A congregate dining experience
(no take-out/delivery)

Tues. May 14, 2024 at noon.

The menu will feature Taco Bar:

Roast Beef/Ham, Gravy/Au Jus, Butternut Squash, Green Beans, Snowflake Roll, Chocolate.

Deadline: Wed. April 23. Please RSVP as soon as possible by calling the COA at 978-352-5726.



Traveling Chef Upcoming Deadlines

Lunch

May 14 Carving Station

Jun. 11 Parmesan

(Menus subject to change.)

Deadline

Apr. 23

May 22

Georgetown Council on Aging
51 North Street
Georgetown, MA 01833

Presort Standard
U. S. Postage

PAID

PERMIT #39
Haverhill, MA

Return Service Requested

Help us to serve you better

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.

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 2024

Georgetown Council on Aging

**Georgetown
Senior Community Center**

**51 North Street
Georgetown, MA 01833
(978) 352-5726**

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

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

Georgetown Council on Aging:

Director: Kristin Crockett

Office: Julie Pasquale, Adm. Asst./Newsletter
Kirsten Klueber, Outreach
Deborah DiGiulio, Program/Activities Assist.
Dave Hall, Van Driver

Meal Site Coordinator: Michelle Muise

Assistant: Esther Palardy

Board Members:

Darcy Norton, Chair
Diane Klibansky, Vice-Chair
Susan Gardiner, Secretary/Clerk
Sue Clay, Martha Lucius
Esther Palardy, Jean Perley,
Diane Prescott, Jeanne Robertson

Alternates: Jill Benas



Town of Georgetown:

Town Administrator, Orlando Pacheco
Amy Smith, Select Board, Chair
Robert Hoover, Select Board, Clerk
Rachel Bancroft, Select Board
Douglas Dawes, Select Board
Daryle Lamonica, Select Board

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 23, 2024

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: When the Georgetown Schools are closed the Senior Center will be closed and activities are canceled. When the schools are delayed opening the Senior Center follows the delay plus one-half hour and any activities during the delay are canceled.