



# Living Well Together

A Newsletter of the Georgetown Council on Aging

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**Director's Notes:** I have always thought that August is a fabulous month. Plenty of warm days with some cooler evenings. Gardens still in full bloom with day lilies, standing phlox, zinnias & marigolds all providing splashes of color. Our towns & lives are still quiet & slow-paced before fall & the start of school & other activities. It is just a great month to savor all the treats of summer. When we were young, I just enjoyed spending late summer days in our backyard. We had two weeping willow trees that provided great cover for young girls who liked to lay on their back in the shade while reading a new Nancy Drew or Black Stallion book. Our wrought iron twirling sprinkler would be set in different parts of the yard & my sister & I constantly dashed in & out of the water, sometimes in bathing suits & sometimes just in our clothes. We were dry in no time in the Central Ontario summer heat. At that time, we had a small wading pool with red triangle seats at the corner. Oh, the fun of sitting on those seats & dangling our feet into the water while eating a dripping popsicle (Mom froze juice in cups with plastic popsicle sticks for us) or eating a Hoodsie cup that was made even more delicious because it came with the fun little wooden spoons! Just great memories of easy backyard fun. This year, we are all spending a little more time in our backyards than we had planned. Along with our friends & neighbors, we've been tending the garden, grilling dinners & enjoying sitting in the swing watching the stars come out in the evening. It is still hard not to spend more time with our friends & families sharing those things, but we know that it is still the safer plan at this time. Hopefully, by the time you receive this newsletter, we will have been able to reopen more of the state & our communities. We will be back in our offices at the Senior Center & making plans for how we can safely resume some activities & programs. We have missed all of you & are looking forward to new opportunities together soon. Until then, please keep in touch with us & continue to be safe & well!



## Georgetown COA Services Provided during COVID-19

The Georgetown Council on Aging and staff at the Georgetown Senior Community Center remain committed to serving older adults and their families in Georgetown during the current COVID-19 pandemic. The staff is back in the office, but we are still closed to the public.

We are able to continue some services such as reassurance calls, provide deliveries from the COA food pantry, essential shopping assistance (groceries, pharmacies, etc.), lend durable medical equipment, coordinate telephone appointments with the SHINE (Serving Health Insurance Needs of Everyone) Counselor as well as provide information, resources and referrals. If you have questions or need assistance, please feel free to call us at 978-352-5726.

**Healthy Living:** Tai Chi classes are available on ZOOM. Yoga, Fitness & ESMV Nutrition classes are available for viewing on Cable Access 43 Verizon/9 Comcast. Check for airtimes.

**COA Marketplace:** Nonperishable food, personal care items and paper products are available at GSCC. No income restrictions apply. The COA will provide home deliveries when necessary. **Appointments are required by calling 978-352-5726.**

**COA Van Availability:** Local essential shopping is available **by appointment only** on Tuesdays and Thursdays.

## **Email Addresses**

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.

## **Grab and Go Lunches**

Due to pandemic restrictions, the COA is considering on-site lunch alternatives. We are working with Elder Services of Merrimack Valley (ESMV) to develop a program that could offer ***GRAB-and-GO*** take-out lunches. For further information, please call the office. 978-352-5726

**Georgetown Peabody Library offers Contactless Curbside Pickup.** Place items on hold with your library card and they will call you to schedule a pickup time.

Guidelines:

1. Place your holds online at [www.georgetownpl.org](http://www.georgetownpl.org), call 978-352-5728, or email.
2. The library will collect your requests pending their availability on GPL shelves (no MVLC at this time).
3. The library will call you to set up a pickup time. Curbside availability: Mondays 2-6 p.m. and Wednesdays and Fridays 12-4 p.m.
4. A receipt with return due dates will be included with your items.

## **Scam Alert from Georgetown Police Department**

The Georgetown Police Department reports that there have been a number of reports of the Grandparent/arrest scams circulating in the area. The way the scam works is a scammer calls you pretending to be your grandchild (sometimes you can barely hear the speaker). The speaker tells you s/he has been arrested out of State and needs money. The phone is then handed to a second scammer who pretends to be a lawyer asking for money for a lawyer and bail. They tell you they need the money right away. The scammer instructs you to send the cash by UPS/FedEx etc. & overnight the cash or in some cases they have sent a person to your house to pick up the money. The Georgetown Police Department has found that these calls are random and the scammers do not know you. If you receive this type of scam, please call the Georgetown Police Department at 978-352-5700 immediately. Please talk to your elderly relatives, parents, and neighbors to get the word out about this scam. The scammers are getting tens of thousands of dollars off some victims! If you receive any call asking for money right away, but are unsure if the call is legitimate, please call the Georgetown Police Department for help. Please remember that no business uses iTunes cards or any other gift card as a form of payment on a bill.

## **Registry of Motor Vehicle Updates**

The Massachusetts Registry of Motor Vehicles (RMV) has implemented further extensions to the renewal timelines for expiring motor vehicle inspection stickers, passenger plate registrations, driver's licenses and ID cards. Passenger plate registrations and inspection stickers that expired in March, April and May have been extended to June, July and August. Driver's licenses and ID cards that expired in June have been extended until October 2020, those that expired in July have been extended to November 2020 and those that expired in August have been extended until December 2020. Renewals for standard driver's license, ID credentials and registration renewals can be performed online at [www.Mass.Gov/RMV](http://www.Mass.Gov/RMV) along with more than 40 other transactions that can be conducted online, over the phone, or by mail. For information about available services and additional steps the RMV has taken under the State of Emergency declaration, including the extension of expiring licenses / permits and vehicle inspection stickers, please visit: <https://www.mass.gov/info-details/rmv-covid-19-information>. Currently, AAA locations continue to offer select RMV services to AAA members in Massachusetts. Customers seeking to do so in-person will not be able to make an appointment and should delay their visit to a Service Center at this time.

## **On-Line Resources for Physical Exercise and Activities**

Physical exercise and activity are an important part of aging. Although we're unable to visit local gyms or take group classes at the Senior Center due to the current COVID-19 pandemic, there are some good on-line resources and strategies for remaining physically active on line through the National Institute on Aging (NIA). Including tips for fitting exercise into daily life, the NIA site includes photographs and written outlines regarding exercises to maintain endurance, balance, strength and flexibility. Safety tips are also included. For information visit <https://www.nia.nih.gov/health/exercise-physical-activity>

## **Virtual Museum/Gallery Tours and other On-Line Activities**

While we spend time at home, we can still visit a variety of wonderful museums and historic sites around the world from the comfort and safety of our home. On-line visitors can tour galleries and collections at the Peabody Essex Museum in Salem by visiting [pem.org](http://pem.org). Collections and galleries at the Addison Gallery of American Art in Andover are also available for virtual visits by visiting <https://addison.andover.edu>. Google Arts & Culture offers online tours and exhibits of hundreds of museums around the world, including the Isabella Stewart Gardner Museum <https://artsandculture.google.com/partner/isabella-stewart-gardner-museum> and the Museum of Fine Arts in Boston <https://artsandculture.google.com/partner/museum-of-fine-arts-boston>. Plenty of virtual fun for all ages is available through the Trustees of Reservations at [www.thetrustees.org](http://www.thetrustees.org). Their website includes virtual tours of some of their historic homes and properties along with selected readings, art and garden tours and garden information. For people seeking some on-line creative expression opportunities, the website [creativebug.com](http://creativebug.com) includes creative doodling, sewing, knitting and other activities. The Haverhill Public Library also offers a virtual crafting hour on Fridays at 2 p.m. For the Zoom invitation and to access the session is to visit [haverhillpl.org](http://haverhillpl.org) or to contact Brendan Kieran at [bkieran@haverhillpl.org](mailto:bkieran@haverhillpl.org). The Memorial Hall Library in Andover offers links through websites to comic strips, film and TV comedies, joke collections, laughter yoga and strange stories on NPR. For information, visit [mhl.org](http://mhl.org). At the Massachusetts Historical Society, it is possible to view the personal papers of John Quincy Adams and Thomas Jefferson. Virtual tours of the Massachusetts State House are also available and include the Great Hall, the Senate Chamber, and the office of the Speaker of the House. Visit <https://malegislature.gov/VirtualTour>

## **USDA APPROVES MASSACHUSETTS PLAN TO JOIN ONLINE EBT GROCERY PURCHASE PILOT**

Massachusetts received approval from the United States Department of Agriculture (USDA) to move forward on participation in a pilot program that, once established, will allow households who receive food assistance benefits through the Supplemental Nutrition Assistance Program (<https://www.mass.gov/snap-benefits-formerly-food-stamps>) to purchase groceries online with electronic benefit transfer (EBT) cards. For more information related to DTA in light of COVID-19, visit <https://www.mass.gov/dta-covid-19-resources-and-support>.

## **Senior Farmers' Market Coupon Distribution Planned August 5**

The **Senior Farmer's Market Nutrition Program** will offer a **limited supply of coupons to adults aged 60 and older who meet certain income guidelines**, to buy produce at their nearby Farmer's Market. The coupons will be available through ESMV's Nutrition Program & distributed by **designated Senior Centers**. The coupons will be available on first come, first served basis on **Wednesday Aug. 5**. Proof of residence such as a phone or electric bill that includes your name and address. You will also need to sign a statement verifying age as 60 years of age or older, residence in the Merrimack Valley & that you meet the income criteria. For more information, please call the Georgetown Council on Aging at 978-352-5726.

## **Georgetown COA has Fabric Masks Available**

Thanks to a donation from S.T.A.R.S. Covid-19 Relief Fund, a student initiative at Governor's Academy in Byfield, the Georgetown COA has some handmade reusable fabric masks available for older adults in the community. For information, please call the Georgetown COA at 978-352-5726.

### **Tips on the Proper Use of Masks/Face Coverings**

- There are many things that you can do to help protect yourself and others from becoming infected with COVID-19. People who show no symptoms of illness may still be able to spread COVID-19. A face covering may help prevent you from spreading COVID-19 to other people.
- A face covering can include anything that covers your nose and mouth, including dust masks, scarves and bandanas.
- Do not use health care worker masks, such as the N95 masks - those should be preserved for healthcare workers.
- It is important that you wear these face coverings or masks in situations where it is difficult to maintain a social distance of six feet from others. For example, in a pharmacy or grocery store.
- When you wear a cloth mask, it should:
  - Fit snugly but comfortably against the side of the face
  - Be secured with ties or ear loops
  - Include multiple layers of fabric
  - Allow for breathing without restriction
  - Be able to be laundered and machine dried without damage or change to shape
- When putting on and taking off a mask, do not touch the front of it, you should only handle the ties or ear straps, and make sure you wash the cloth mask regularly. Wash your hands or use hand sanitizer after touching the mask.
- Cloth masks should not be placed on young children under age 2, anyone who has trouble breathing, or is unconscious, incapacitated, or otherwise unable to remove the mask without assistance
- **In addition to wearing a cloth mask you should continue to practice proven methods to protect yourself.**
- Practice social distancing at all times by remaining 6 feet away from others when you have to leave your home for essential trips.
- Stay home if you are sick and avoiding close contact with others.
- Wash your hands often with soap and water for at least 20 seconds; using alcohol-based hand gel with at least 60% alcohol if soap and water are not available.
- Avoid touching your eyes, nose, and mouth.
- Clean things that are frequently touched (like doorknobs and countertops) with household cleaning spray or wipes.
- Cover your mouth when you cough or sneeze. Use a tissue or your inner elbow, not your hands.

# Council on Aging Services

For information on any of the following services, contact the COA at (978) 352-5726.

## **TRANSPORTATION/SHOPPING:**

The Van is available Tuesdays & Thursdays for door-to-door shopping and errands. Reservations should be made at least two days in advance by calling the COA office at (978) 352-5726. Monthly Van Schedules are printed in the Newsletter. A small 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. If the office is closed, please leave a message (and remember that the COA is not open on Fridays). After the ride is arranged, the **DRIVER** will call you the day before the ride. 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. Please remember: Reservations must be made through the COA office. Clients should not call the drivers directly.

### **RING & RIDE: Medical, Shopping & General-Purpose Transportation & Medi-Ride**

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 and shopping in Amesbury, Boxford, Georgetown, Haverhill, Groveland, Newburyport, Lawrence, Methuen, Newbury/Byfield, North Andover, West Newbury, & Rowley Train Station & Market Basket. MVRTA also provides Medi-Ride to Boston area hospitals. For brochures, 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.

## **Congregate Meals**

The COA Meal Site offers nutritious lunches Monday-Wednesday at 12:00 p.m. Please make reservations by the previous Wed. by calling the COA or in person at the Georgetown Sr. Comm. Ctr.

## **FOOD AND HEAT RESOURCES**

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

## **Board of Health Nurse**

On the first Wednesday of each month, from 9:30 - 11 AM, Pam Lara, RN is available at the Georgetown Sr. Community Center to perform blood pressure checks, etc.

## **S.H.I.N.E.**

**S**erving **H**ealth **I**nformation **N**eeds of **E**veryone will help you understand your health insurance concerns. Appointments can be scheduled with SHINE counselors Jerry Goldberg & Nancy Aberman @ Georgetown Sr. Community Center. See newsletter for specific dates.

## **EQUIPMENT LENDING PROGRAM**

COA has medical equipment (Walkers, Canes, Wheelchairs, Bath Seats, etc.) 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 and 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.

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Georgetown Council on Aging  
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Georgetown, MA 01833

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**Georgetown COA Webpage** is  
located on the town's official website  
[www.georgetownma.gov](http://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.

# Summertime Fun Page



## Summer Word Search

See if you can find the Summer-related words in our word search.

**Bucket  
Picnic  
Sun  
Wetsuit**

**Journey  
Sailing  
Sunny**

**Muggy  
Spade  
Swim**

## Summer Trivia:



The Eiffel Tower grows in summer. On a hot day the iron from which it is constructed expands so much that the tower can rise by 17 cm (6 2/3 in)!

\*Puzzles/Trivia from freeprintablepuzzles.co.uk ©2015

## Summer Corn Salad

6 ears of corn, shucked  
½ c finely diced red onion  
1 c cherry tomatoes, halved  
3 T cider or red wine vinegar  
3 T extra-virgin olive oil

½ tsp kosher salt  
½ tsp freshly ground black pepper  
½ c chiffonade fresh basil leaves

1. Bring a large pot of water to boil. When boiling, add 1 T sugar and 1 T vinegar. Add the cobs of corn to the pot of water and bring to a rolling boil. Cover the pot, remove from the heat and let the corn sit for 10 minutes. Remove the corn from the pot. When the corn is cool, cut the kernels off the cob, cutting close to the cob.
2. Toss the Kernels in a medium bowl with the red onions, tomatoes, vinegar, olive oil, salt and pepper. Just before serving, toss in fresh basil. Add additional salt and pepper to taste, if desired. Serve cold or at room temperature.

### Notes:

1. To chiffonade the basil: stack 4-5 basil leaves on top of each other, roll lengthwise into a long tube. Slice every 1/8 inch down the length of the roll. Creates thin strips of basil.
2. The corn can be grilled to give it a different flavor.
3. This salad can be adapted using your personal tastes: increased corn, additional vegetables/fruits/spices, substitute fresh mint for basil — where ever your imagination takes you!

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pamc  
eas  
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uewrfonsl  
naladss

See if you can unscramble these  
summer-themed words.

\*Puzzles/Trivia from freeprintablepuzzles.co.uk ©2015