



# Living Well Together



A Newsletter of the Georgetown Council on Aging

Volume 23/Issue 2

Email: [cfiorello@georgetownma.gov](mailto:cfiorello@georgetownma.gov)

August 2021

Website: [www.georgetownma.gov](http://www.georgetownma.gov)

**Director's Notes:** Although this summer's high temperatures have often made it difficult to stay cool & comfortable, they have reminded me of some of the lazy summer afternoons that we enjoyed as kids. How much fun was it to walk or bike with friends to the local lake or pond for an afternoon dip with the gang? Rope swings, inner tubes & rafts with diving boards were an extra bonus. Leaky row boats & wooden canoes with missing paddles offered much hilarity & lots of extra dips into the water. We had a wonderful wooden rowboat at our cottage on the Ottawa River. We thought we were big shots when my dad bought a folding anchor for the boat. The anchor was intended for fishing but it meant that we could row out into the bay past the weeds & dive off the bow of the boat! At home in Bells Corners, the city built a swimming pool complex when we were in elementary school. A wading pool, lap pool & a diving pool with a low & high diving board! The high board was terrifying, which didn't stop kids from doing flips & cannon balls into the deep pool. For 25 cents, we could spend the entire day immersed in the water! I think our entire elementary school spent every day in the summer at the pool complex. Backyards featured inflatable swimming pools for younger children but lots of afternoons were spent dangling legs into those small pools while scooping out a Hoodsie Cup! Pure summer fun! The lawns were all new in that 1960s subdivision so sprinklers & soaker hoses were in use on a daily basis. We could literally run through each yard on the street, catching sprinklers on the fly. Sometimes it was best just to spend a quiet afternoon lying on the grass under our weeping willow reading the latest Nancy Drew or Black Stallion book. We shared & traded those books with each other so that everyone could keep reading. My grandparents lived in the same village (walking distance to the pool) & I loved a summer afternoon at their house. Nobody had air conditioning but fans were so soothing to listen to while you lay on the floor of their study leafing through my Grandfather's Encyclopedia Britannica. The house had striped awnings that helped the rooms stay cool & my grandmother always kept fresh lemonade & exotic Lemon/Lime soda in the fridge along with peanut butter & oatmeal cookies in her cookie tins. Cooled off after a dip in the pool or an afternoon of shady reading, we always hoped the drive home would include a stop at the Dilly Bar for soft-serve ice cream. After the year that we have all endured, I hope that you are able to enjoy some time by the water this summer. Perhaps you may enjoy a concert at American Legion Park where families can still spend an afternoon by the water together. Maybe you might want to walk the board walk along the Newburyport harbor or drive up our beautiful coast for some cooling breezes. But wherever your destination, I hope that your drive home will also include a stop for ice cream!

## **A Breakdown of Georgetown COA COVID-19 Pandemic Services**

**Although closed to the public, the Georgetown COA staff worked from home & in the office to make sure that our older adults were safe, connected and receiving services. From March 13, 2020 to June 17, 2021, the COA provided:**



2,736

ESMV Grab & Go Lunches



2,078

Telephone Reassurance Calls



599

Brown Bag & Food Pantry Deliveries



216

Van & Medical Rides (NEET)



553

COVID 19 Vaccine Clinic Referrals  
& Appointments Scheduled



285

Miscellaneous Services (Medical Equipment,  
SHINE, & Income Tax Preparation)



587

Sunshine Bags



501

Home Visits

**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. A \$2.00 (round trip) donation is suggested.

**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**

In-person Yoga & Strength Training classes w/COA Instructor Donna Bonin have returned to the Georgetown Senior Center. A \$3 donation is suggested for each class. To register, call the COA at 978-352-5726.

### **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.



**Walking Club** The Georgetown COA Walking Club meets **Tuesdays & Thursdays, 8:30 a.m.** Participants meet outside the Georgetown Senior Community Center and choose a local walking route. Participants will wear masks, practice social distancing & bring their own water bottles. For information and to register, please contact 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. 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 Traveling Chef** The Traveling Chef meal is planned for **Wed. August 25. Please RSVP as soon as possible.** The menu will feature Turkey Waldorf Salad w/grapes & apples, Garden Salad, Vinaigrette Pasta Salad, Potato Chips, Kaiser Roll, Peach Cobbler. To reserve a lunch, please call the COA at 978-352-5726.

### **August Grab & Go Lunch Menu**

<b><u>Monday</u></b>	<b><u>Tuesday</u></b>	<b><u>Wednesday</u></b>	<b><u>Thursday</u></b>
2 Salmon/Calypso Sauce (spicy)	3 Turkey Salad Cold Plate	4 Salisbury Steak/Gravy	5 BBQ Chicken
9 Chix Cordon	10 Beef & Bean Chili	11 Omelet/Onions/Peppers	12 Cheeseburger/WW Bun
16 Sweet/Sour Pork Butt	17 Grilled Chix	18 Mac & Cheese	19 * <b>BIRTHDAY LUNCH</b> */Steak Salad
23 Eggplant Parmesan	24 Breaded Catfish	25 * <b>TRAVELING CHEF</b> *	26 Chix Pot Pie
30 Turkey/Gravy	31 Ravioli/Vodka Sauce	Waldorf, Garden & Pasta Salads	

## COVID-19 Vaccine Update

- **Vaccine distribution in Massachusetts:** Use **VaxFinder.mass.gov** to search for appointments at pharmacies, health care providers, & other community locations
- **Homebound COVID Vaccine Program:** Any individual who has trouble getting to a vaccine site is now eligible for the homebound 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>.



### AUGUST CALENDAR 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
<b>2</b> 9:00 Yoga 10:30 Strength Training	<b>3 No Shopping Van– Brown Bag</b> 8:30 Walking Club 9:00 Morning Coffee	<b>4</b> 9:00 Yoga 12:30 Mah Jong	<b>5 9:30 Van: Walmart, Plaistow</b> 8:30 Walking Club
<b>9</b> 9:00 Yoga 10:30 Strength Training	<b>10 9:30 Van: Riverside</b> 8:30 Walking Club 9:00 Morning Coffee 12:00 Quilting Group 1:00 Strawberry Shortcake Social	<b>11</b> 9:00 Yoga 12:30 Mah Jong	<b>12 9:30 Van: Walmart, Plaistow</b> 8:30 Walking Club 9:30 Knitting Group 1:00 Stamp Club
<b>16</b> 9:00 Yoga 10:30 Strength Training	<b>17 9:30 Van: Riverside</b> 8:30 Walking Club 9:00 Morning Coffee 11:00 Constituent Services	<b>18</b> 9:00 Yoga 12:30 Mah Jong	<b>19 9:30 Van: Walmart, Plaistow</b> 8:30 Walking Club
<b>23</b> 9:00 Yoga 10:30 Strength Training	<b>24 9:30 Van: Riverside</b> 8:30 Walking Club 9:00 Morning Coffee 12:00 Quilting Group	<b>25 Traveling Chef Lunch</b> 9:00 Yoga 12:30 Mah Jong	<b>26 9:30 Van: Walmart, Plaistow</b> 8:30 Walking Club 9:30 Knitting Group 1:00 Stamp Club
<b>30</b> 9:00 Yoga 10:30 Strength Training	<b>31 9:30 Van: Riverside</b> 8:30 Walking Club 9:00 Morning Coffee <b>12:45 COA Board Meeting</b>	<b>Sept. 1</b> <b>10:30 Yoga-Note New Time</b> 12:30 Mah Jong	<b>Sept. 2</b> <b>9:30 Van: Walmart, Plaistow</b> 8:30 Walking Club
<b>Fitness Center, COA Library, Pool table are available daily by appointment. Grab &amp; Go Lunch by reservation Monday through Thursday. The van is currently limited to 3 riders for each trip.</b>			

**Strawberry Shortcake:** Summer is coming to an end. Join us for a tasty treat. On **Tuesday August 10 at 1 p.m.** we will be serving Strawberry Shortcake. Inside seating at the Georgetown Senior Community Center will be limited to 15, but there is also a pick-up option available. Please call the COA at 978-352-5726 to make your reservations.

**Morning Coffee:** Join us on Tuesday mornings from 9 a.m. to 10 a.m. for coffee & snacks. A variety of cards & games are available or just sit back and relax with friends. Please register with the COA at 978-352-5726.

**Knitting Group:** The Knitting Group has returned. They will meet on the 2<sup>nd</sup> and 4<sup>th</sup> Thursdays of the month at 9:30 a.m. For more information, contact the COA at 978-352-5726.

**Quilting Group:** Terry Palardy is back. The Group will meet on the 2<sup>nd</sup> and 4<sup>th</sup> Tuesdays of each month from 12 p.m. to 3 p.m. beginning July 13. The Group is limited to 5 people & pre-registration is required. Please call 978-352-5726.

**Mah Jong:** The Group will meet on Wednesdays at 12:30 p.m. Beginners are welcome. Call the COA for more information at 978-352-5726.

**Veterans' Affairs Program:** Learn about Veteran Benefits! Karen Tyler, Veteran Service Officer, will be giving a presentation on Local, State, and Federal Benefits. Please attend and she will address any questions you may have. This is open to Veterans, Surviving Spouses, and Families. This event will be taking place at the Byfield Center for the Community Arts Building; 7 Central St, Byfield, MA 01922 on Wednesday, September 1<sup>st</sup> at 10am. If you have any questions contact (978)356-6699. No need to register, just walk in.

### **Farmer's Market Coupon Distribution Planned in August**

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 in August. **Requirements include:** (1) Proof of residence such as a phone or electric bill that includes your name and address, (2) a signed statement verifying your age as 60 years or older, residence in the Merrimack Valley & that you meet the income criteria. For more information & registration, please call the Georgetown Council on Aging at 978-352-5726.

### **MCOA sponsors Walk Massachusetts Challenge**

Sponsored by the MCOA, this year's Walk Massachusetts Challenge began last month. With several goals tied to walking options and prizes, the first 500 people who participate will receive a reflective wrist band and sports pack. Prizes include Visa, Amazon and Dunkin' Donuts gift cards. For each person who completes the challenge, COAs are entered into a drawing to win \$1,000 for future programming. Individuals are able to register at [www.coaonline.com/walkma](http://www.coaonline.com/walkma). The program runs May 1- September 30 and includes different challenges along with an online tracking form or printable walking journal. For information and assistance with registration, call the COA at 978-352-5726.

### **EOEA sponsors Caring for the Caregiver Monthly Webinar Series**

Sponsored by the EOEA, Mass Home Care and the Massachusetts Technology Collaborative, a monthly webinar series for family caregivers is underway. The webinars are designed to provide information, support, resources tools and tips. Register for the webinars at [bit.ly/3tjbNpa](http://bit.ly/3tjbNpa).

### **Virtual Memory Café July 6 & 20, Aug. 3 & 17**

offers online activity & social engagement for those living with memory loss & their caregivers.

1<sup>st</sup> & 3<sup>rd</sup> Tues. of the month, 1-2 p.m.

Contact Lynn Brennan: 978-273-52501 or [lbrennan@esmv.org](mailto:lbrennan@esmv.org)

### **Virtual Grief Support Groups:**

- [HopeHealthCo.org/GriefSupportGroups](http://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**

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

Contact Cindy Hession-Richard: [chession@esmv.org](mailto:chession@esmv.org)

1<sup>st</sup> Wed. of the month, 11 a.m.-12 p.m.

3<sup>rd</sup> Wed. of the month, 7-8 p.m.

Contact Kathy Parrella: [kperrella@nselder.org](mailto:kperrella@nselder.org)

#### **Savvy (Dementia) Caregiver**

Healthy Living Center of Excellence ongoing schedule of classes.

Contact Crystal Polizzotti: [cpolizzotti@esmv.org](mailto:cpolizzotti@esmv.org)

#### **Grandparents Raising Grandchildren**

1<sup>st</sup> Thurs. of the month, 11 a.m.-12 p.m.

Contact Cindy Hession-Richard: [chession@esmv.org](mailto:chession@esmv.org)

#### **General Caregiver Support**

1<sup>st</sup> Thurs. of the month, 1-2 p.m.

in coordination with St. Michael's, North Andover

3<sup>rd</sup> Thurs. of the month, 1-2 p.m.

Contact Lyn Brennan: [lbrennan@esmv.org](mailto:lbrennan@esmv.org)

### **Forever Royal Fundraiser**

To help raise money for the installation of a new backstop, additional outfield and foul line fencing, and an eventual upgrade of the infield playing surface at Spofford (Perley) Field, the Forever Royal Fundraiser Committee invites community members to join in purchasing personalized and engraved "Royals Relic" brick. The bricks will be permanently set and displayed in the new Royals Rotunda located on the Varsity Baseball Field.

Fundraiser information is available online:

<https://brickmarkersusa.com/donors/ghs.html>

If you prefer to pay by check, download the order form at

<https://brickmarkersusa.com/donors/images/ghs-orderform.pdf>.

### **G'town Library Open for Browsing**

#### **Library Hours for Browsing & Curbside Pick-up:**

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



- Masks covering nose & mouth MUST be worn the entire time you are in the building.

# Council on Aging Services

**The Georgetown COA & Georgetown Senior Community Center has reopened to the public. Please feel free to call us at 978-352-5726.**

**Ongoing 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
- In-person Yoga & Strength Training w/ COA Instructor Donna Bonin
- 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 at Georgetown Sr. Community Center. 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 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  
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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 4<sup>th</sup> Tuesday of each month at **Georgetown Sr. Community Center 51 North Street, Georgetown**

**NEXT BOARD MEETING:**  
**Tuesday August 24, 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

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](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.

# August Fun Page

*"The brilliant poppy flaunts her head  
Amidst the ripening grain,  
And adds her voice to sell the song  
That August's here again."*

*~Helen Winslow*



## **Note-Writing Project**

There is nothing like a hand-written note to brighten your day! 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.

## **PHILADELPHIA 3-Step Cheesecake**

Celebrate **National Cheesecake Day** (August 30) with this easy recipe. Serves 8

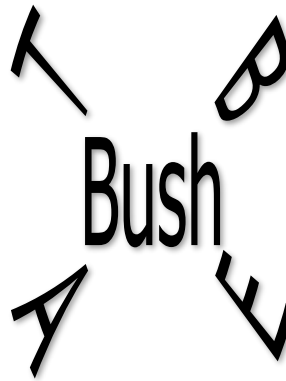
**Ingredients:** 2-8 oz. pkgs. Cream Cheese ~ ½ c. sugar ~ ½ tsp. vanilla ~ 2 eggs ~ 1 (6 oz.) ready-to-use graham cracker crumb crust

**Directions:** Heat oven to 325° F. Beat cream cheese, sugar and vanilla with mixer until blended. Add eggs; beat just until blended. Pour into crust. Bake 40 mins. Or until center is almost set. Cool. Refrigerate 3 hours. Tip 1: Serve each slice topped with fruit and a mint sprig. Tip 2: For clean edges on the cheesecake slices, use a sharp knife to cut the chilled cheesecake, wiping the knife blade with a damp cloth between each cut.

## **More *REBUS* for you...**

1.  
2. **Blame**  
3. **Blame**

mce mce mce



yourballcourt

TL: No one to blame. TR: Three Blind Mice  
BL: Beat around the bush BR: The ball is in your court.



## **Georgetown Summer Concert Series**

American Legion Park Sundays 5-7 p.m.

Refreshments will be available starting at 4:30 p.m.

8/1	4EverFab	Beatles
8/8	2120 So. Michigan Avenue Blues Band	
8/15	Steel-N-Eazy	Country
8/22	Whiskey Horse	Outlaw Country (Rocked-up & Rowdy Current/Classic tunes.)



## **So True, So True...**

**Joe asks Peter:** "Wow, so many scars. You must have had an adventurous life!"

**Peter replies:** "No, I have a cat."

## **B O O K S   R E D O M 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.

## Beware of Scams!

Anyone is susceptible to scam artists, but people age 65 or older are often targeted and exploited due to their vulnerabilities, such as loneliness, willingness to listen and trustworthiness.

## Protect yourself!

- Keep your personal information to yourself, including Social Security number, birthday, credit card number and passwords.
- Question any suspicious calls or e-mails that want your personal information. It is okay to hang up.
- Monitor your financial accounts (bank and credit card statements) for any suspicious transactions and report them.
- If you no longer need them, shred any documents containing your personal information.
- **REPORT IT to your local police department or by calling the Massachusetts Attorney General's Office at 617-727-8400.**