



Living Well Together



A Newsletter of the Georgetown Council on Aging

Nat'l Picnic Month

Volume 24/Issue 2

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Director's Notes: Although this summer has not yet brought many high temperature days, the arrival of summer is always a reminder to me of the fun that swimming provides. Just in time for the country-wide celebration of Confederation, Ottawa built the "Entrance Pool" complex in our little village. The project included a lap pool, diving pool and a wading pool for children. For the twenty-five-cent entrance fee, we would spend full afternoons at the pool finally riding our bikes home with wet towels draped over our shoulders just in time for supper. The near-by small towns often had small lakes or rivers that made for true swimming holes. How much fun was it to walk or bike with friends to the local lake or pond for an afternoon dip? Rope swings, inner tubes and rafts with diving boards were an extra bonus. Leaky row boats and wooden canoes with missing paddles offered additional thrills. Our cottage on the Ottawa River was in a quiet bay, and we thought we were just so grown up to row our wooden row boat from one end of the bay to the other. We had a small anchor and would anchor the boat just past the lily pads that filled the water closer to shore. Diving and jumping into the deeper water was a thrill and we trailed lily pads as we pulled ourselves back into the row boat. One year, my dad and his friend decided that they would build us a raft. I think he had some Tom Sawyer-like ideas about poling up and down the river. They managed to float the raft out into the water with the five of us kids on board for the voyage. Immediately, the raft began to list and take on water. No amount of poling could keep the makeshift craft moving in any sort of direction. Suddenly, it began to sink into the lily pads. "Abandon ship!" my Dad



yelled. We jumped into the water and swam back to shore, leaving the two dads to paddle the submerged raft back to the dock. Much hilarity for us, much head shaking from the moms, who were watching from shore, and probably a few choice words were uttered by the Dads. Eventually, the raft was anchored off the dock and we happily swam and jumped off of it for years. We didn't need to pole down the river, we were happy right where we were anchored! This summer, I hope that you are able to enjoy some time by the water. Perhaps you may enjoy a concert by Pentucket Pond, a stroll along the board-walk by the Newburyport harbor or a drive along the coast for some cooling breezes. But wherever your destination, I hope that you are happy where you are anchored!

Thank you...

Many thanks to the Friends of the Council on Aging for providing the lovely refreshments and plenty of help during the recent Roger Tinknell concert. Their thoughtfulness and support is always appreciated!



Crosby's Marketplace Sponsors Men's Breakfast

Reflecting true community partnership, Crosby's Marketplace will sponsor the COA's monthly Men's Breakfast program again this year. Now in its 15th year of sponsorship, the support provided by Crosby's Marketplace has allowed us to increase our monthly program with additional participation. Last year, we served 135 men, an average of 15 men per month! Breakfasts include a variety of speakers and a home-cooked meal. The COA thanks Crosby's Marketplace for their sponsorship and encourages all men to join us for good food and fun on the first Thursday of each month. For more information, please call the COA office at (978) 352-5726.

B P CLINIC: Wed. August 3, 9:30-10:40 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 **NOTE: There will be NO B P Clinic in September.**



MEN'S BREAKFAST:

Thurs. August 4 at 9:30 a.m.

Rep. Lenny Mirra will speak.

Continued thanks to Crosby's for their support of this program.

VETERAN'S SERVICES OFFICE HOURS:

Wed. August 4, 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. August 8 & 22, 12:30 p.m.** Bingo is played twice a month on Mondays. **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 Representative Lenny Mirra will hold monthly office hours on **Tues. Aug. 16, 10:30-11:30 a.m.** Call for appointments.

SHINE OFFICE HOURS: **Mon. Aug. 22, 9 a.m.-noon** (Day change for August only.)

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 make your appointment. 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.



BOOK CLUB

The Book Club is on summer hiatus. Join GPL Librarian Sarah Cognata **Tues. Sept. 27 at 2 p.m.** when they resume. Watch the newsletter for more details.

Welcome

Essex County Sheriff Kevin Coppinger
Thurs. August 25, 9:30 a.m.

As he shares updates, initiatives & what's new in the department.

Please reserve your seat as soon as possible.
978-352-5726

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.

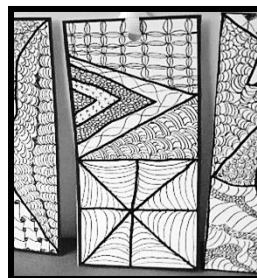
KNITTING GROUP: The Knitting Group meets on the 2nd and 4th Thursdays of the month at 9:30 a.m. For more information, contact the COA at 978-352-5726.

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

FRIENDS OF THE COA: The Friends of the COA are on summer hiatus & will resume meetings on **Monday Sept. 19 at 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.

*Mark
Your
Calendar*



Doodle Art Returns
Tues. August 9, 10 A.M.

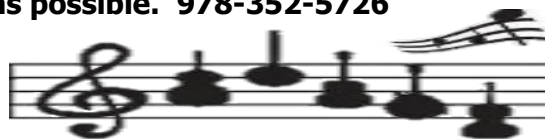
Bookmarks

(Project subject to change.)

Doodle Art lets you create beautiful images by drawing structured patterns. It is: ✓easy-to-learn, ✓relaxing & fun, ✓simple, portable & inexpensive.

Doodle Art can: ✓ increase your focus, ✓ help you relax, & ✓ inspire your creativity. ***And anyone can do it!***

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



Reaching Out in Song Georgetown

Sponsored by Awesome Georgetown Foundation

Joe LeBlanc, local resident
will perform live acoustic guitar music on
Wed. August 24, 1 p.m.

Please reserve your seat as soon as possible.
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** 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>.



Georgetown Summer
Concert Series 2022
Ice House Pavilion ~ American
Legion Park
Sundays 5-7 p.m.

- 8/7 The Band from UNCLE
Oldies 50s/60s Rock
Refreshments: Fat Belly BBQ
- 8/14 The Riverboat Stompers
Swing/Dixieland/Jazz
Refreshments: Justine's Baked Goods
- 8/21 The Johnny Cash Tribute Band
Refreshments: Fat Belly BBQ
- 8/28 Rain Date

Anonymous Brewing serves Adult Beverages at all concerts.

Now & Then Festival Sept. 17, 2022

Sponsored by Knights of Columbus during their sheep deeds event with the support of Georgetown Building Supply & Kiwanis.

Looking for Volunteers, Businesses, Organizations or Groups to take part!

Call Alan Aulson @ 508-451-1987.

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 AgeSpan'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.



Help Seniors Keep Their Independence

Driving is the key to independence. Help those who can no longer drive by volunteering. Drive when and where you want and give the gift of independence to seniors in your community.



Mileage reimbursement and supplemental liability insurance is provided. Call 978-388-7474 about this flexible volunteer opportunity or visit www.driveformeet.org.

Virtual Grief Support Groups:

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

Family Caregiver Support Programs: Savvy (Dementia) Caregiver

Healthy Living Center of Excellence ongoing schedule of classes.

Contact Crystal Polizzotti:
cpolizzotti@agespan.org

August Fun Time

BUZZWORD! By Ann Richmond Fisher/2009 word-game-world.com

Buzzword puzzles use a variety of puzzle skills: crossword-type clues, searching a honeycomb of letters and unscrambling an anagram.

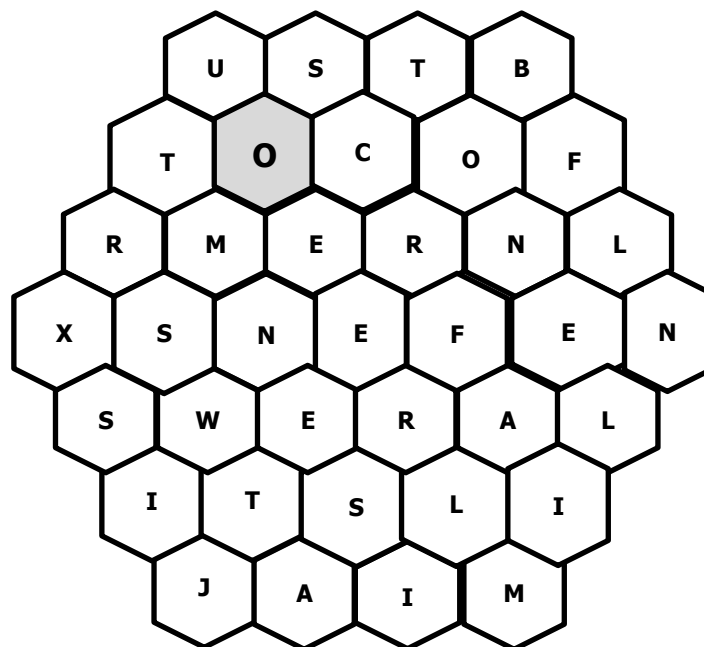
The shaded "O" in this puzzle and the 6 letters surrounding it spell **COSTUME**, which matches one of the clues below.

Try to find 7-letter words for the remaining clues. Circle or mark the center letter of each word and unscramble the 7 letters to find the **BUZZWORD**.

Clues:

- Special set of clothes Costume O
- Soft Cotton Cloth _____
- Opposite of eastern _____
- Alike _____
- Wheeled toy with footboard _____
- Observer _____
- Ugly, terrifying creature _____

Buzzword Clue: GREETING-



Answers
1. Costume (O), 2. Flannel (E), 3. Western (E), 4. Similar (L), 5. Scooter (C), 6. Witness (W), 7. Monster (M)
Unscramble letters: O, E, E, L, C, W, M
BUZZWORD: WELCOME

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**earth **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

Common Scams to Avoid

Source: Massachusetts Attorney General Maura Healy

- **Robocalls & Telephone Phishing Scams:** Robocall scammers will try to make you think that a phone call is urgent and you need to respond immediately. If you do to recognize a number, let the call go to voicemail. If you are asked to provide personal information, the call is most likely a scam.
- **Insurance & Medicaid Fraud:** This can appear in the form of a bill for services you didn't receive, a call from a debt collector for a debt you don't owe, medical collection notices on your credit report that are not yours or a denial of insurance for a service you should receive.
- **COVID-19 Scams:** Fraudulent unemployment assistance claims, high-priced and low-quality products, vaccinations and other treatments offer, unauthorized and fraudulent solicitations.
- **Grandparent Scams:** Scammers call pretending to be your loved one, pretending that your loved one is hurt or in trouble, or more terrifyingly, that your loved one has been kidnapped. Usually, they will demand payment for their safe return.
- **Lottery & Sweepstakes Scams:** This type of scam starts with someone offering to buy something you advertised, pay you to do work at home, give you and "advance" on a sweepstakes you've supposedly won, or pay the first installment on the millions that you'll receive for agreeing to have money in a foreign country transferred to your bank account for safekeeping.
- **Door to Door Solicitation:** Scammers who come to your home can be very intimidating. It can be very difficult to say 'no' when you're pressured to buy goods or services, which can turn out to be poor quality and very expensive, with little chance of getting your money back. They may come offering home improvements (driveway paving, chimney repair), posing as a charity or offering magazine or newspaper subscriptions.
- **Mail Scams:** In these schemes, a scammer will offer a product, service or investment opportunity that does not live up to its claims. Always be aware of fake check mail scams as well!

Georgetown Council on Aging
51 North Street
Georgetown, MA 01833

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.

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

Aug. 2022

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 August 23, 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: 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

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 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 CALENDAR 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
1 9:00 Yoga 10:30 Strength Training	2 No Shopping Van– Brown Bag 8:00 Pickle Ball 8:30 Walking Club	3 Blood Pressure Clinic/Appt. only 10:30 Yoga 12:30 Mah Jong	4 9:30 Van: Plaistow 8:30 Walking Club 9:30 Tai Chi 9:30 Men's Breakfast 10:30 Vet. Agent Office Hours 11:15 Exercise with Leah
8 9:00 Yoga 10:30 Strength Training 12:30 Bingo	9 9:30 Van: Riverside 8:00 Pickle Ball 8:30 Walking Club 10:00 Doodle Art Craft 12:00 Quilting Group	10 10:30 Yoga 12:30 Mah Jong	11 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
15 9:00 Yoga 10:30 Strength Training	16 9:30 Van: Riverside 8:00 Pickle Ball 8:30 Walking Club 10:30 Constituent Services	17 Traveling Chef 10:30 Yoga 12:30 Mah Jong	18 9:30 Van: Plaistow 8:30 Walking Club 9:30 Tai Chi 11:15 Exercise with Leah
22 SHINE/appt. only (Date change August only.) 9:00 Yoga 10:30 Strength Training 12:30 Bingo	23 9:30 Van: Riverside 8:00 Pickle Ball 8:30 Walking Club 12:00 Quilting Group 12:45 COA Board meetint	24 10:30 Yoga 12:30 Mah Jong 1:00 Joe LeBlanc Concert	25 9:30 Van: Plaistow 8:30 Walking Club 9:30 Tai Chi 9:30 Knitting Club 9:30 Sherriff Coppinger, Speaker 11:15 Exercise with Leah 1:00 Stamp Club
29 9:00 Yoga 10:30 Strength Training	30 9:30 Van: Riverside 8:00 Pickle Ball 8:30 Walking Club	31 10:30 Yoga 12:30 Mah Jong	Sept. 1 9:30 Van: Plaistow 8:30 Walking Club 9:30 Tai Chi 9:30 Men's Breakfast 10:30 Vet. Agent Office Hours 11:15 Exercise with Leah
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. Aug. 17. Please RSVP as soon as possible. The menu will feature **Chicken Salad, Garden Salad/Dressing, Corn Chowder, Finger Rolls, Pudding Parfait**. To reserve a lunch, please call the COA at 978-352-5726.

August Grab & Go Lunch Menu

Monday	Tuesday	Wednesday	Thursday
1 Chix/Mushroom Sauce 8 Turkey/Gravy	2 Hot Dog/Bun 9 Breaded Fish/Tartar Sauce	3 Roast Beef/Garden Salad 10 Broccoli/Cheese Stuffed Chix	4 Mac and Cheese 11 *BIRTHDAY* Cold Salad Platter Egg, Pasta, Garden Salads
15 Swedish (Chix)Meatballs 22 Spinach Alfredo Lasagna	16 Broccoli Frittata 23 Sausage/Peppers/Onion/Bun	17 *TRAVELING CHEF* - see above 24 Cold Salad Platter Tuna, Garden, Chickpea Salads	18 Turkey/Cheese Sandwich 25 Grilled Chix Teriyaki
29 Honey Balsamic Chix	30 Hamburger/WG Bun	31 Cheese Ravioli/Marinara Sauce	

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