



Living Well Together

A Newsletter of the Georgetown Council on Aging



Volume 26/Issue 2

Email: cfiorello@georgetownma.gov

August 2023

Website: www.georgetownma.gov

Director's Notes: Although the shorter days and cooler nights of August often seem to hint that the end of summer is in sight, there is still plenty of fun to enjoy before the leaves change color and fall arrives! How fortunate we are to live in an area that is a vacation destination for many people. Seaside towns with shops and harbors filled with boats, beautiful ocean beaches, lakes, parks and nature preserves all within an easy drive. Then there are the ice cream stands and seafood restaurants offering the very best lobster and fried clams in the country! Of all the wonderful summer food, we seem to know the location of all the best ice cream stands! We enjoy a favorite ice cream stand after an afternoon of paddling our kayak. We plan hikes that will feature a stop at a different ice cream stand on our way home, a tasty reward for good exercise. It's a short season and we feel that it is our duty to support the different ice cream stands that we find along our travels. The year that our oldest daughter started college, we hiked Mount Major as a family in August. We had a lovely sunny day with beautiful views of Lake Winnepesaukee as we reached the summit and ate our sandwiches. As we headed down the mountain, the black flies and mosquitoes found us. The kids began to run down the trail with my husband and I doing our best to keep up. By the time we reached the parking area, we were all drenched with sweat and more than a little dirty. We piled into our car and drove into Alton Bay where we knew there was an ice cream stand. While we were standing in line, hoping not to offend anyone, a group of motorcycles pulled in to the ice cream stand as well. One of the motorcyclists walked up to me, eyed our dirt covered clothes and said "Looks like a Tide night for you!" We all laughed. He was absolutely right. The laughter made the ice cream taste even better! This summer, I hope that you have an opportunity to visit an ice cream stand or two. Enjoy our precious summer days. August can hold many delights and I hope that you enjoy as many summer treats as possible before the leaves begin to fall!



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 16th 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 174 men, an average of 18 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.



Georgetown COA & Senator Bruce Tarr's Office sponsors

Senior Charlie Card Day Tues. August 15, 12 p.m.

The Senior Charlie Card can be used to receive reduced fares on all MBTA transportation services including buses, the subway, commuter rail line and ferries.

- **Staff members from Senator Tarr's office** will be available to take photos and process Senior Charlie Card applications.
- **Elders must be 65 years or older** to qualify for the Senior Charlie Card.
- **Please bring** a valid, state-issued photo ID that includes your date of birth.
- **Applications:** Please arrive 30 minutes early to complete registration or forms will be available in advance at the COA office for those who would like to complete them prior to arrival.

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

B P CLINIC: Wed. August 2 @ 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. August 3 at 9:30 a.m.

State Representative Kristin Kassner (or someone from her office) will be on hand with an update on state government

& a Q & A session. Continued thanks to Crosby's for their support of this program.

VETERAN'S SERVICES OFFICE HOURS:

Thurs. August 3, 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

SHINE OFFICE HOURS: Mon. Aug. 21, 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.

CONSTITUENT SERVICES: Representatives from the offices of Senator Bruce Tarr and Rep. Kristin Kassner will hold monthly office hours on

Tuesday, August 15 from 12:00--1:00 p.m.
and

Ruby Murphy from Rep. Seth Moulton's office will be here on **Tues. August 8 at 1 p.m.**

BINGO! Bingo is on hiatus until the fall.
Watch your newsletters for details.



Book Club is on hiatus until the fall. Watch your newsletter for future updates.

Folks enjoying Luau Bingo last June.



COA Annual BBQ

**Sponsored by
AgeSpan's Traveling Chef**



Join us

Wed. August 9 at 12 noon

Menu

- ☆ **Hamburgers/Hot Dogs,**
- ☆ **Potato Salad,**
- ☆ **Garden Salad/Dressing,**
- ☆ **Brownie & Lemonade**

**Reservations are required. Seats go fast!
Contact the COA at 978-352-5726.**



**Did you miss it
the first time around?
Join us for**

**Ice Cream Treats 2.0
Wed. August 16 12 p.m.**

The Georgetown COA invites you to enjoy a variety of Ice Cream Truck novelties (i.e., ice cream sandwiches, ice cream bars, sundae cups). The Georgetown Senior Community Center offers inside seating, but there is also a pick-up option available. Please call the COA at 978-352-5726 to make your reservations.



Looking Ahead to...

Tues. Sept. 12, 1 p.m. –

Delvena Theater: *Nun of This, Nun of That*

Wed. Sept. 13 – Traveling Chef

Wed. Sept. 13, 1 p.m. –

Music with *The Classics*

Wed. Oct. 4, 11:30 a.m. – 1 p.m. – Health Fair

Tues. Oct. 31, 9:30 a.m. –

FCOA Women's Harvest Breakfast

Wed. Nov. 1, 9:30 -11 a.m. – Flu Clinic

Tues. Nov. 14, 10 a.m. – Georgetown Light

Dept. Holiday Safety

Wed. Nov. 15, 1 p.m. – Rich Araldi concert

A **BIG** thanks...

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



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.

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 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.**

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.**

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

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

Thursday classes cancelled until fall 2023. Watch your newsletters for updates.

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 the Massachusetts Department of Public Health, the Georgetown COA has free test COVID-19 test kits available to share with local households. For information, please call 978-352-5726.

Stay Safe from Tick and Mosquito Bites

Along with the delights of summer, the Massachusetts Department of Public Health (DPH) reminds residents to take recommended common-sense precautions to keep everyone safe from tick and mosquito bites this summer. Certain kinds of ticks can bite and make you sick with diseases such as Lyme disease and Powassan virus. Ticks are most commonly found in damp, grassy, brushy, or wooded areas, but are also found in backyards. Ticks only attach when you come into direct contact with them — they cannot jump or fly.

Tips to help protect yourself from tick bites include:

- Check yourself for ticks once a day.
- Use repellents with an EPA-registered active ingredient; always follow the directions on the label.
- Weather permitting, wear long-sleeved, light-colored shirts and long pants tucked into socks.
- After spending time outdoors, a shower can help rinse off a tick before it becomes attached and putting your clothes in the dryer on high heat for 10 minutes can help kill ticks.
- Pets that spend time outdoors are exposed to ticks, too, and may bring ticks back inside. Talk to your veterinarian about the best ways to protect your animals from ticks and tick-borne disease.

Eastern Equine Encephalitis (EEE) and West Nile virus (WNV) are two mosquito-borne diseases that occur in Massachusetts. To prepare for mosquito season:

- Drain standing water in and around your house or yard to prevent mosquito breeding.
- Repair window and door screens to keep mosquitoes out of your home.
- Use a mosquito repellent with an EPA-registered ingredient according to the directions.
- Wear long-sleeved shirts, long pants, and socks to reduce exposed skin when weather permits.

For more information about preventing mosquito and tickborne illness, visit DPH's [Mosquitoes and Ticks](https://www.mass.gov/mosquitoes-and-ticks) page at <https://www.mass.gov/mosquitoes-and-ticks>.



Seed Craft class in June.
Crafts resume in the fall.
Watch your newsletters.

AVOID PHONE SCAMS

Phone scammers may try to convince you to buy a product or service that you didn't plan on purchasing. They may also try to pressure you into giving personal information, such as credit card numbers or your Social Security number.

- Caller ID Spoofing is the practice of causing a number on the consumer's caller ID display to be different from that of the actual call origination point. It can be used to commit identity theft since it misleads consumers, causing them to answer calls they may otherwise not have answered. A scammer may use spoofing to trick a consumer into believing they are receiving a call from their bank so they will give out their personal and financial information.

YOU CAN SPOT THE SCAM IF THERE IS:

- long pause after you have picked up the phone
- a record voice telling you to press a number to "opt out"
- The caller indicates that you've been specially selected for an offer or have won a prize or the lottery
- The caller is using high pressure tactics: You have to make up your mind right away or the offer expires.
- The caller is demanding payment for a late bill, missed jury duty, and threatening jail time if payment via gift card is not sent.

STOP THE SCAM

- Do not give out your credit card information to someone calling over the phone.
- Sign up for the state "Do Not Call" registry as well as the national one to limit telemarketers from reaching you.
- Do not give in to the pressure to make a decision immediately.
- Monitor incoming calls. Do not pick up unknown numbers or random calls. If a call is important, the caller will leave a message.
- If you do pick up and learn it is a scam call, do not engage. Just hang-up and report the call to the Georgetown Police Department or Massachusetts Attorney General's Office (AGO) Consumer Hotline, **1-617-727-8400**

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

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 Health Information Needs of Everyone 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



Wondering what to bring to your next BBQ? Try this:

Cucumber Tomato Avocado Salad

- 1 lb. Roma tomatoes, chopped**
- 1 English cucumber, sliced 1/4"**
- 1/2 medium red onion, sliced**
- 2 avocados, diced**
- 2 T extra virgin olive oil**
- 2 T fresh lemon juice**
- 1/4 c chopped fresh dill or cilantro**
- 1 tsp sea salt (or to taste)**
- 1/8 tsp black pepper (or to taste)**

Place tomatoes, cucumber, avocado, onion & dill/cilantro into a large salad bowl. Drizzle with olive oil & lemon juice. Toss gently to combine. (Chill if not being served immediately.) Just before serving, toss with sea salt and pepper to taste.

Summer Concert Series Continue

Georgetown Peabody Library Summer Concert Series

Bring lawn chairs/blankets for outdoor seating. Inclement weather: the concerts will be held indoors.

- **Wed. Aug. 2 at 6:30PM: Tokyo Tramps**
- **Wed. Aug. 9 at 6:45PM: Clandestine Jazz Collective**

Georgetown Summer Concert Series Sundays, 5-7 p.m. American Legion Park

Bring lawn chairs. Food trucks will be on site.

**August 6 The Band from UNCLE
(Justine's Baked Goods)**

**August 13 Counterfeit Cash w/ June Carter
(Fat Belly BBQ)**

**August 20 Wildfire
(Justine's Baked Goods)**

August 27 Rain date.



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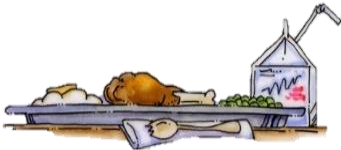
AUGUST CALENDAR 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
	1 9:30 Van: Brown Bag/Riverside 8:30 Walking Club 9:00 Beginner/Inter Pickleball (ALP) 12:00 Quilting Group	2 Blood Pressure Clinic By appointment 9:00 Beginner/Inter Pickleball (ALP) 10:30 Yoga 12:30 Mah Jong	3 9:30 Van: Plaistow 8:30 Walking Club 9:30 Tai Chi 9:30 Men's Breakfast 10:30 Vet. Agent Office Hours
7 9:00 Yoga 10:30 Strength Training	8 9:30 Van: Westgate/Riverside 8:30 Walking Club 9:00 Beginner/Inter Pickleball (ALP) 12:00 Quilting Group 1:00 Seth Moulton's Office Hours	9 9:00 Beginner/Inter Pickleball (ALP) 10:30 Yoga 12:00 Traveling Chef/BBQ 12:30 Mah Jong	10 9:30 Van: Plaistow 8:30 Walking Club 9:30 Tai Chi 9:30 Knitting Club 1:00 Stamp Club
14 9:00 Yoga 10:30 Strength Training No Bingo in August.	15 9:30 Van: Westgate/Riverside 8:30 Walking Club 9:00 Beginner/Inter Pickleball (ALP) 12:00 Quilting Group 12:00 Charlie Card Program 12:00 Constituent Services 1:00 Friends of COA	16 9:00 Beginner/Inter Pickleball (ALP) 10:30 Yoga 12:00 Ice Cream Social 12:30 Mah Jong	17 9:30 Van: Plaistow 8:30 Walking Club 9:30 Tai Chi
21 SHINE/appt. only 9:00 Yoga 10:30 Strength Training	22 9:30 Van: Westgate/Riverside 8:30 Walking Club 9:00 Beginner/Inter Pickleball (ALP) 12:00 Quilting Group	23 9:00 Beginner/Inter Pickleball (ALP) 10:30 Yoga 12:30 Mah Jong	24 9:30 Van: Plaistow 8:30 Walking Club 9:30 Tai Chi 9:30 Knitting Club 1:00 Stamp Club
28 9:00 Yoga 10:30 Strength Training No Bingo in August.	29 9:30 Van: Westgate/Riverside 8:30 Walking Club 9:00 Beginner/Inter Pickleball (ALP) 12:00 Quilting Group	30 9:00 Beginner/Inter Pickleball (ALP) 10:30 Yoga 12:30 Mah Jong	31 9:30 Van: Plaistow 8:30 Walking Club 9:30 Tai Chi

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)

August 9 at noon.

The menu will feature **the Annual BBQ**. This includes **Burgers/Hot dogs, Potato Salad, Garden Salad/Dressing, Brownie & Lemonade**. Please RSVP as soon as possible by calling the COA at 978-352-5726.

August Grab & Go Lunch Menu

Monday

7 Stuffed Shells/Marinara
14 Beef Burgandy (Mushrooms)
21 Chix Meatballs/Gravy
28 Ravioli/Pesto Sauce
**Seafood Salad, Garden Salad

Tuesday

1 Pepper Steak Sub
8 Hamburger Au Jus/Bun
15 Sliced Turkey/Gravy
22 Mac & Cheese
29 Pepper/Onion Fritata
***Egg Salad, Garden Salad, Sweet Pot. Salad

Wednesday

2 Crab cake/Maryland Sauce
9 Chicken Kiev/lemon cream
16 **Special: Cold Plate****
23 Smothered Pork/Mushroom
30 Asian Sesame Ginger Chix

Thursday

3 Taco Salad
10 **Traveling Chef**
17 Chicken Parm
24 ***Birthday* Cold Plate****
31 Meatloaf/Gravy

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

Georgetown Council on Aging
51 North Street
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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.

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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.

August 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 August 22, 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:

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

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.