



# Living Well Together

December is  
*Write a Friend Month*



See Fun Page  
for an idea.

A Newsletter of the Georgetown Council on Aging

Volume 22/Issue 6

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

**Director's Notes:** Often on my mind and always in my heart, lessons learned from my grandparents have been especially meaningful this year. Life was never easy for either of them but they were both people of deep faith. Their resilience and ability to weather so many difficulties and to never waver in their devotion to each other and family was very much a model for me. The youngest children in both of their families, they chose to ignore family advice and eloped just before the start of the Great Depression. My mother was born as the Depression began and the economy failed. They bought a small farm near my great-grandparents farm but lost it as a result of the economy. They went on to manage a small store and post office in a nearby town. When that business failed, they moved back to my great-grandparents farm. An accountant, my grandfather travelled to different contract positions while my grandmother and mother stayed with my great-grandparents. During that time, they lost a baby and my mother contracted polio after breaking her leg while horseback riding. She was hospitalized for the better part of a year and the nerve damage to her leg remained with her all of her life. Finally, the economy started to improve and the country began to emerge from the Depression. As a result, of his contract work, my grandfather was offered a job at a bank in Ottawa. Eventually that job led to his long-time position on Parliament Hill. The new job meant a move away from their home and family in the country to a city where they had no connections. Armed with a newspaper listing apartment and home rentals, my grandparents took a train into Ottawa just before Christmas and began their search for a new home for their family. They walked and took the bus, checking listings without success. By the end of the day they were discouraged, cold and tired. Walking back to the train station located below Parliament Hill, they questioned their decision to leave their home and move into the city. Suddenly, Christmas carols rang out across the city from the carillon at Parliament Hill's Peace Tower. Snowflakes drifted through the twilight. The city was quiet and time was suspended for that moment. My grandfather took my grandmother's arm and said that was all the sign they needed to keep going. Have faith, he said, all will be well. And, indeed, it was. I am holding that image deep in my heart as I wish all of you a safe and healthy holiday. This is a year that we truly need the joy and peace that the holidays will bring. Have faith. All will be well.



## NEET Drivers Needed



Northern Essex Elder Transport, Inc (NEET), a local nonprofit volunteer driver organization, is seeking volunteer drivers. Recently retired as a NEET driver, Beverly Knapp reflected on her 6 years of service as a volunteer driver. After a lifetime of working in helping roles, Beverly gained perspective about the assistance many older adults need as she drove her mother to & from medical appointments. She realized that not all older adults have access to family transportation. In her role as a former COA director, she witnessed how NEET volunteers make a tangible & caring impact on the senior community. When she retired, Beverly knew she felt better physically & mentally when she was helping others & decided to become a NEET driver. Volunteering as a NEET driver gave her the flexibility to also become a member of the Friends of the Georgetown COA & enjoy creating quilts for veterans. As a NEET driver, Beverly could arrange her volunteerism around other responsibilities & vacation time. She drove when & where it fit her schedule. Beverly knew it was important for seniors to keep their medical appointments. What surprised her was just how much she received in return. Whether it was chatting about the changes in the local community, life's lessons, recipes or meeting new people, Beverly says she truly felt better about herself & her life's outlook by helping someone with a ride. Beverly said that she wanted to make seniors' day a little better. Georgetown seniors, the COA & NEET staff agree, she has done that & more. For information on becoming a NEET driver, please contact NEET at [www.driveforneet.org](http://www.driveforneet.org), 978-388-7474 or email [info@driveforneet.org](mailto:info@driveforneet.org)

**Holiday Office Hours:** The Council on Aging offices and all activities will be closed on Thurs. Dec. 24 (Christmas) and Thurs. Dec. 31 (New Year's).

**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 and tell us how you're doing

### **Yoga & Strength Training Classes Available on Cable**

**Yoga & Strength Training w/COA Instructor Donna Bonin are available on Cable Access 42 Verizon/9 Comcast. Call the COA for more information. (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. Masks MUST be worn the entire time you are in the building. Call the COA for appointments (978-352-5726).

### **Cookies for the holidays**

The COA has received a donation of Pepperidge Farm Cookies. If you would enjoy a sweet treat with your holiday cheer, contact the COA for pick-up or delivery. 978-352-5726



## **COA Marketplace**

COA Marketplace offers a variety of products including nonperishable food, personal care items, paper products. We are now also able to provide some fresh foods (eggs, milk, fruit/vegetables...) upon request. No income restrictions apply. The COA will provide individual home deliveries & the COA van will provide deliveries on 3<sup>rd</sup> Tuesday of each month. **Appointments are required by calling 978-352-5726.**



### **Grab and 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 and 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 Travelling Chef:** In addition to the special meals that are planned as part of our Grab and Go monthly menu, ESMV will provide Traveling Chef Grab and Go meals for holidays and special events. The menus are similar to the special event lunches that we have hosted at the Senior Center. **This month, the Traveling Chef meal is planned for Wed. Dec. 9. The menu will feature Yankee Pot Roast in Gravy, candied yams, garlic green beans, roll with butter and festive dessert.** To reserve a lunch, please call the COA at 978-352-5726.

### **December Grab & Go Lunch Menu**

#### **Monday**

7 Beef Stew/Vegs  
14 BBQ Pork Rib/Bun  
21 Cheese Omelet  
28 Chix Teriyaki/Rice

#### **Tuesday**

1 Chix Marsala  
8 Veggie Frittata  
15 Smothered Chix  
22 Meatball Sub/Roll  
29 Breaded Fish/Bun

#### **Wednesday**

2 Salmon/Dill Sauce  
9 **\*TRAVELLING CHEF MEAL**  
16 Stuffed Shells/Marinara  
23 BBQ Pulled Pork/Bun  
30 Lasagna/Marinara

#### **Thursday**

3 Shepherd's Pie  
10 **\*BIRTHDAY LUNCH/Hot Dogs**  
17 **\*HOLIDAY GLAZED HAM**  
24 No Meal/COA Closed  
31 No Meal/COA Closed

## **SHINE 2021 Medicare Plan Review**

If you are enrolled in a Medicare Prescription Drug Plan or a Medicare Advantage Plan (HMO/ PPO), it is time to review your options for 2021 during **Medicare Annual Open Enrollment: now through December 7**. Premiums, deductibles, co-pays, and the drugs covered by your plan can change each year. The Georgetown COA SHINE Counselor offers confidential counseling on all aspects of Medicare and related health insurance programs at no cost. This year, telephone appointments will be scheduled for all health insurance counseling appointments. To schedule a SHINE appointment, please call the Georgetown COA at 978-352-5726. For more information, call **1-800-243-4636 (press 3 for SHINE)** or visit **www.medicare.gov**.



### **Join us to Walk with Ease!**

The Arthritis Foundation's Walk With Ease Program is a self-directed physical activity and health promotion program. While walking is the central activity, Walk With Ease also includes health education, stretching and strengthening exercises, and motivational strategies. You can walk at your own pace, any days and times that work for you. You can walk indoors or outdoors, even in place! You will be provided a Walk With Ease Guidebook to complete the six-week program on his/her own and can also participate in a weekly call with a program leader and others to help keep you motivated.

During the six-week program, participants will:

- Understand the basics about arthritis and the relationship between exercise, and easing pain.
- Exercise safely and comfortably.
- Use methods to make walking fun.
- Make a personal walking plan with realistic goals for improved fitness.
- Learn tips and resources to help them overcome barriers and continue to be physically active.
- Learn about other programs and resources that can help them maintain their walking and try other physical activity. For more information or to register: **hlce@ESMV.org** or **978-946-1211**.

## **Heating Assistance Program**

Households that did not apply for the program last year, can apply for the program by calling Community Action at (978) 373-1971. Maximum gross income is **\$39,105** for one-person or **\$51,137** for a two-person household. Applications are available, and can be completed, at the Georgetown Senior Community Center. For more information & assistance, call the COA at (978) 352-5726.



### **Property Tax Incentive Program**

**The Property Tax Incentive Program** will be available to Georgetown residents 60 years & older again this year. **Application forms & guidelines will be available AFTER December 1 at the Council on Aging.** The program will run January 1-October 31, 2021. The program currently permits elders to reduce their property taxes by \$500 per calendar year in exchange for 42 hours of volunteer service to the town. **Applications must be returned to the COA office by Wednesday December 30, 2020.** For further information, please call the COA office at 978-352-5726.

## **Annual Rebuilding Day April 24, 2021 (Depending on COVID-19 regulations)**

**Rebuilding Together: Greater Haverhill** is accepting applications for no-cost home repair assistance **until January 31**. Work will take place Sat. April 24, 2021 depending on COVID-19 regulations.

**Applicant eligibility:** (1) Own and occupy your home for at least 2 years; (2) Live in the Greater Haverhill area (Haverhill, Groveland, Georgetown, Boxford, Merrimac, West Newbury, and Plaistow, NH); (3) Meet Federal HUD low-income guidelines (Call for info). Priority is given to homes that need safety and accessibility modifications. Other restrictions may apply. The program provides help with home repairs, modifications (i.e., grab bars or ramp) & energy efficiency. **For an application please call: 978-469-0800/email RTHaverhill@outlook.com.** Website: [www.rebuildingtogetherhaverhill.org](http://www.rebuildingtogetherhaverhill.org)

### **Face Masks**

If you are in need of a disposable paper face mask or a reusable fabric mask, please call the Georgetown COA at 978-352-5726.

**Reading Glasses** The COA has received a donation of brand new reading glasses (3.5 strength). If you are interested, please call the Georgetown COA at 978-352-5726.

### **ESMV to host Virtual Memory Café Dec. 1 and 15**

Elder Services of Merrimack Valley will host a virtual Memory Café on **Tuesday December 1 and Tuesday December 15, 11 a.m. – noon.** The memory cafes offer online activity and social engagement for those living with memory loss and their caregivers. For further information and to register, please call Lyn Brennan, 978-273-2501 or email [LBrennan@esmv.org](mailto:LBrennan@esmv.org).

### **December Blue Cross Blue Shield Wellness Webinar**

In partnership with the Massachusetts Councils on Aging, Blue Cross Blue Shield of Massachusetts is offering a series of wellness webinars. All are welcome to participate. Blue Cross Blue Shield membership is not required. ***Taming Your Mind with Mindfulness Techniques*** will be presented on Tuesday Dec. 8, 2-2:30 p.m. Register at [bcbsma.info/Dec8](http://bcbsma.info/Dec8). When stress levels rise, our minds can become filled with worried, anxious thoughts. Mindfulness, the practice of focusing on the present moment, can quiet your mind and help you feel calmer. Join us to practice a mindful breathing exercise and a five-minute sitting meditation. Discover ways to be more mindful throughout your day. We'll share resources for free mindfulness meditations.

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

**YMCA360.org** offers free Health & Fitness videos for active older adults.

If you are looking for a change in your routine, [ymca360.org](http://ymca360.org) offers videos focusing on cardio dance, chair yoga, strength training, fall prevention and core & balance. All you need to do is access the [ymca360.org](http://ymca360.org) website; click browse; click Active Older Adults. Other online Health & Fitness resources include:

- <https://www.nia.nih.gov/health/exercise-physical-activity>
- <https://go4life.nia.nih.gov/workout-videos/features>
- <https://videos.aarp.org/category/videos/health>



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

- **Peabody Essex Museum** in Salem by visiting [pem.org](http://pem.org).
- **Addison Gallery of American Art** in Andover <https://addison.andover.edu>
- **Isabella Stewart Gardner Museum** <https://artsandculture.google.com/partner/isabella-stewart-gardner-museum>
- **Museum of Fine Arts** in Boston <https://artsandculture.google.com/partner/museum-of-fine-arts-boston>.
- **Creativebug.com** includes creative doodling, sewing, knitting and other activities.
- **The Memorial Hall Library** ([mhl.org](http://mhl.org)) in Andover offers links through websites to comic strips, film and TV comedies, joke collections, laughter yoga and strange stories on NPR.
- **Boston Symphony Orchestra At Home** [bso.org](http://bso.org) Enjoy Boston Symphony Orchestra and Boston Pops performances from around the world, virtual tours backstage and interviews with musicians.
- **Trustees of Reservations** [www.thetrustees.org](http://www.thetrustees.org). Plenty of virtual fun for all ages including virtual tours of historic homes/properties, selected readings, art, garden tours and garden information.

**Virtual Grief Support groups:** [HopeHealthCo.org/GriefSupportGroups](http://HopeHealthCo.org/GriefSupportGroups)

### **Georgetown Library Phase Three Services**

Patrons can now visit the library by appointment for computer use/printing or reference/readers' advisory help. Appointments can be scheduled online at the GPL website ([www.georgetownpl.org](http://www.georgetownpl.org)) or by calling the Library at 978-352-5728. Masks covering nose and mouth **MUST** be worn the entire time you are in the building. Curbside pickup of items is still available.

**Appointment Hours:** Mon./Wed. 2 p.m. - 6 p.m.  
Fri. 10 a.m. - 5 p.m.

**Curbside Pick Up Hours:** Mon./Wed. 2 p.m. - 6 p.m.  
Tues./Fri. 10 a.m. - 5 p.m.

Happy Holidays!



“It’s not so much what’s on the table that matters, as what’s on the chairs.”

~W. S. Gilbert

# Council on Aging Services Provided During COVID-19

**The Georgetown COA & Georgetown Senior Community Center remains closed to the public. Staff is available if you have questions or need assistance, please feel free to call us at 978-352-5726.**

## **Current 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**
- **Yoga & Strength Training w/ COA Instructor Donna Bonin available on Cable Access 43 Verizon/9 Comcast**
- **Provide misc. information, resources & referrals**
- **Fitness Center Appointments**

## **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 and 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 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 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 @ Georgetown Sr. Community Center. See newsletter for specific dates.

## **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 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.

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  
U. S. Postage

**PAID**

PERMIT #39  
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 December 22, 2020**

**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

David Twiss, Board of Selectmen, Chair

Douglas Dawes, Board of Selectmen, Clerk

Charles Durney, Board of Selectmen

Gary Fowler, Board of Selectmen

Peter J. Kershaw, Board of Selectmen

**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.

# December Fun Page



To Our  
Bingo Quilt Winner  
Bea Boucher

## **Boredom Breakers~UPDATE**

In addition to a variety of books, magazines, games and puzzles to lend, (lots of) yarn for knitting/crocheting projects and craft supplies, **the COA now has a limited number of craft kits & DVDs available. Browsing opportunities are available by appointment** or call the COA at 978-352-5726 to arrange pick-up or delivery.



## **Snowflake Tied-Pillow Craft Kits**

Bring the winter weather indoors! This cozy fleece pillow with a whimsical snowflake design makes a great homemade holiday gift or just a fun accent to your winter decor. Kits include directions and everything you need to complete the project including pre-cut fringe and polyester fiberfill for stuffing. Unfinished, 17". Send us a picture of your finished product. We would love to see them!

[jpasquale@georgetownma.gov](mailto:jpasquale@georgetownma.gov) or mail/drop-off to COA, 51 North Street, Georgetown, MA 01833.

## **Note-Writing Project**

There is nothing like a hand-written note to brighten your day! Join us for a note-writing project this winter. 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 is sure to bring a bit of sunshine to both the recipient and the sender! For information, please call the COA at 978-352-5726.

## **REBUS FOR YOU!**

Can you solve these visual word puzzles? Let your mind explore & you are sure to find the answers. Good Luck!

TEEF  
FEET  
TEEF

poFISHnd

TIME

a	b	d	e
f	g	h	i
j	k	l	m
n	o	p	q
r	s	t	u
v	w	x	y
z			

©puzzles-to-print.com

Answers: 1. Two Left Feet, 2. Big Fish in a little pond, 3. Long Time No C

**DEADLINE EXTENDED:** Anyone interested in the January Photographic "Zoom-esque" Celebration can submit their pictures (preferably digital, but we can scan them if necessary) and/or short comments **NO LATER than Tuesday, December 8 at noon.** Submissions should be emailed to [jpasquale@georgetownma.gov](mailto:jpasquale@georgetownma.gov) or dropped off at the Senior Center.