



# Living Well Together



Nat'l Poinsettia Day  
December 12

A Newsletter of the Georgetown Council on Aging

Volume 23/Issue 6

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December 2021

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

**Director's Notes:** Following our move to Massachusetts, my parents worked hard at establishing roots & traditions in our new home. Holidays in Boston meant the quintessential traditions of the Holiday Pops with Arthur Fiedler conducting at Symphony Hall & the Nutcracker at the old Music Hall where a magical growing Christmas tree enchanted young theater goers. We decorated our house & made Christmas cookies but we always tried to make it home to my grandparents in Ontario for the big day. Frequently, that meant starting the ten-hour drive after work or very early in the morning. One Christmas Eve, we packed up our van & headed north after everyone was home from school and work. My parents knew that we wouldn't be able to get to Ontario that night so we had hotel reservations in Burlington, Vermont. Since we had made the trip many times, my sister & I had extra blankets and pillows in the van. Mom had packed a tin of Christmas cookies. It was cold & snowy. Route 89 is a beautiful highway as it winds through the hills & mountains of Vermont but driving it in the winter is a different experience. My sister & I piled the blankets on ourselves but the van began to feel very cold. Suddenly, the engine began to sputter & so did my dad as he pulled over onto the side of the road. In the dark & freezing cold, Dad got out of the car & opened the hood while I held a dim flashlight. "The gas line is frozen," he said. As we looked at the darkness surrounding us, a State Police Officer suddenly pulled up to our car. He had dry ice with him that thawed the gas line. He directed us to a nearby hotel where we could spend the night. Christmas morning, we woke up in our hotel room & the sun was shining on those beautiful mountains. My mother had brought our stockings with us & they were filled with all sorts of treats. Santa had found us on our Christmas Eve journey! During this holiday season, I wish you & yours joy, peace, & days that are filled with the light and warmth of love & care.



## Time for 2022 Medicare Plan Review with SHINE

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 2022 during **Medicare Annual Open Enrollment: October 15 through December 7**. Even though you may have the **best** plan this year, SHINE encourages you to review all of your options because premiums, deductibles, co-pays, and the drugs covered by your plan can change significantly each year. Georgetown COA SHINE Counselor Nancy Aberman offers confidential counseling on all aspects of Medicare and related health insurance programs at no cost and may help find cost savings for you. 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](http://www.medicare.gov)**.

## So Much To Be Thankful For...

Reflecting the true meaning of Thanksgiving and community, the Georgetown Council on Aging (COA) would like to thank the Georgetown Kiwanis for their wonderful Thanksgiving dinner for older adults, Crosby's Marketplace for their sponsorship of the COA's monthly Men's Breakfast and the Georgetown High School Girls and Boys Soccer Teams and the Field Hockey Team for their generous donations to the COA Marketplace. Resuming after COVID halted in-person activities, the Kiwanis Thanksgiving dinner and the COA's Men's Breakfast both nourish bodies and souls and are especially meaningful this year. As a result of COVID, the COA Marketplace continues to welcome increased participation. Donations to the program will nourish many participants. The COA thanks all involved with the Kiwanis, Crosby's Marketplace and our local student-athletes for their care and compassion for older adults in the community.

**Bingo!** Join us on **Mons. Dec. 13 & 27, 12:30 p.m.** Bingo will be played twice a month on Mondays. See calendar for dates. **Cost: \$1 per 10-game package.** Attendance is limited to 20 people. For more information, call 978-352-5726.



**Men's Breakfast:**

**Thurs. December 2, 9:30 a.m.**

**Karen Tyler, Veterans Affairs** will speak. Attendance is limited to 20 people. To reserve a seat, call the COA at 978-352-5726. Thanks to Crosby's for their support of this program.

**VETERAN'S SERVICES OFFICE HOURS:**

**Thurs. December 2, 10:30 - 11:30 a.m.**

Director Karen Tyler will be available to discuss issues and questions. **Due to COVID 19 precautions & state/local recommendations, masks are recommended during your visit.** Please contact the COA if you plan to attend. 978-352-5726

**Constituent Services:** Representatives from the offices of Senator Bruce Tarr and Representative Lenny Mirra will hold monthly office hours on **Tuesday, Dec. 14, 10:30-11:30 a.m.** Call for appointments.

**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.



**Delvena Theater presents**

**"A Christmas Carol"**

**A Performance and Refreshments  
Georgetown Senior Community Center**

**Mon. Dec. 13, 2:30 p.m.**

The holiday season comes alive with Delvena Theatre Company's production of the beloved story of **A Christmas Carol** by Charles Dickens.

A dramatic reading of **A Christmas Carol**, complete with period costumes, by three professional actors. Classic Christmas music puts the finishing touch on this wonderful message of hope and love – so fitting for the holiday season!

**Seating limited to 35 people.**

**For reservations**, please call the Georgetown Council on Aging at (978) 352-5726 **BEFORE Thurs. December 9.**



This program is supported in part by a grant from the Georgetown Cultural Council, a local agency which supported by the Massachusetts Cultural Council, a state agency.

**B P CLINICS RESUME IN JANUARY 2022**

Pam Lara, Public Health Nurse, will return on **Wed., January 5, 9:30-10:40 a.m.** to provide blood pressure checks. Future clinics will be held on the first Wednesday of each month, 9:30-10:40 a.m. Appointments are required and limited to 8 people per day. Please call the office to reserve your space.



**LEARN & LUNCH**

**Healthy Ideas: Identifying Depression,  
Empowering Activities for Seniors**

**Tues. December 14 at 11 a.m.**

**Melissa Donegan, LSW, Asst. Dir., Healthy  
Living Center of Excellence, ESMV-NS**

**Discussions include:**

Improving quality of life

- Screening & Assessing symptoms of depression
- Educating older adults/caregivers
- Links to primary care & mental health providers
- Empowering older adults to manage their depression

Benefits for Older Adults

- Fewer Symptoms of Depression
- Decreased physical pain
- Better ability to recognize & self-treat symptoms
- Improved well-being through achievements of personal goals

Reserve your spot by calling 978-352-5726.

**Lunches must be ordered by Wed. Dec. 8.**



**LEARN & LUNCH**

**Healthy Holiday Eating**

**Tues. December 21 at 11 a.m.**

**Leigh Hartwell, Reg. Dietician, ESMV-NS**

Food can be an important part of holiday celebrations. With a little planning, you can learn to make healthy choices during the holidays.

**Topics include:**

- Planning Your Plate
- Healthy Holiday Recipes
- Re-Think Your Drink
- Mindful Eating
- Q & A Session

Reserve your spot by calling 978-352-5726.

**Lunches must be ordered by Wed. Dec. 15.**



### **Book Club Resumes**

Join GPL Librarian Sarah Cognata **January 25 at 2 p.m.** to discuss **"The Paris Library"** by Janet Skeslien Charles. Books available after Christmas. Book Club will continue on the 4<sup>th</sup> Tuesday of each month through June, 2022 at 2 p.m.

**Quilting Group:** Terry Palardy facilitates the group which meets on the 2<sup>nd</sup> and 4<sup>th</sup> 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 has returned. They 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.

**Stamp Club:** 2<sup>nd</sup> & 4<sup>th</sup> Thurs./month, 1 p.m.

**Friends of the COA:** The Friends of the COA are on hiatus until spring.



## **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.** The teacher requests masks be worn during class.

### **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).

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## **COVID-19 Vaccine Update**

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- **Vaccine distribution in Massachusetts:** **Vaccine boosters** are available at local pharmacies. 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
- **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>**.

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

- 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)



### **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, 2022. The program currently permits elders to reduce their property taxes by \$500 per calendar year in exchange for **35 hours** of volunteer service to the town. **Applications must be returned to the COA office by Thursday December 30, 2021.** For further information, please call the COA office at 978-352-5726.

### **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 **\$40,951** for one-person or **\$53,551** for a two-person household. This year applications are available, and can be completed, at the Georgetown Senior Community Center. For more information & assistance, call the COA at (978) 352-5726.

## **December Fun Time**

### **Magic Squares**

Each column, row & diagonal  
add up to 34

13			12
2			7
		4	
		15	1

### **Cranberry-Walnut Brussels Sprouts**

Not your mama's Brussels Sprouts!

**Ingredients:** ¼ c. olive oil ~ 1 lb. fresh Brussels sprouts, trimmed & halved lengthwise ~ ½ c. dried cranberries ~ 2 T. water ~ 1/3 c. chopped walnuts ~ 2 T. balsamic vinegar

**Directions:** (1) In a large skillet, heat oil over medium heat. Place Brussels sprouts in a pan, cut side down; cook 4-5 minutes or until bottoms are browned. (2) Add cranberries & water; cook, covered, until Brussels sprouts are crisp-tender, 1-2 minutes. Stir in walnuts; cook & stir until water is evaporated. Stir in vinegar. (Note: Try pecans instead of walnuts.)

**Crafters Alert:** The COA still has Fleece Snowflake Scarf Kits available. The kits are free. Contact the office at 978-352-5726 if you are interested.

# **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.**

**S**erving **H**ealth **I**nformation **N**eeds of **E**veryone will help you understand your health insurance concerns. Appointments can be scheduled with SHINE 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

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 Dec. 28, 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:**

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.

# DECEMBER CALENDAR 2021

MEDICARE OPEN ENROLLMENT: OCTOBER 15 – DECEMBER 7

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
		<b>1</b> 10:30 Yoga 12:30 Mah Jong	<b>2 9:30 Van: Plaistow</b> 8:30 Walking Club 9:30 Tai Chi <b>9:30 Men's Breakfast</b> <b>10:30 Vet. Agent Office Hrs.</b> 11:15 Exercise with Leah
<b>6</b> 9:00 Yoga 10:30 Strength Training	<b>7 No Shopping Van-- Brown Bag</b>  8:30 Walking Club	<b>8</b> 10:30 Yoga 12:30 Mah Jong	<b>9 9:30 Van: Plaistow</b> 8:30 Walking Club 9:30 Tai Chi 9:30 Knitting Club 11:15 Exercise with Leah 1:00 Stamp Club
<b>13</b> 9:00 Yoga 10:30 Strength Training <b>12:30 Bingo</b> <b>2:30 Delvena/Christmas Carol</b>	<b>14 9:30 Van: Riverside</b> 8:30 Walking Club 10:30 Constituent Services <b>11:00 L &amp; L/Healthy Ideas</b> 12:00 Quilting Group	<b>15</b> 10:30 Yoga 12:30 Mah Jong	<b>16 9:30 Van: Plaistow</b> 8:30 Walking Club 9:30 Tai Chi 11:15 Exercise with Leah
<b>20</b> 9:00 Yoga 10:30 Strength Training	<b>21 9:30 Van: Riverside</b> 8:30 Walking Club <b>11:00 L &amp; L/Healthy Hol. Eating</b>	<b>22</b> 10:30 Yoga 12:30 Mah Jong	<b>23 Traveling Chef</b> <b>9:30 Van: Plaistow</b> 8:30 Walking Club 9:30 Tai Chi 9:30 Knitting Club 11:15 Exercise with Leah 1:00 Stamp Club
<b>27</b> 9:00 Yoga 10:30 Strength Training <b>12:30 Bingo</b>	<b>28 9:30 Van: Riverside</b> 8:30 Walking Club 12:00 Quilting Group 12:45 COA Board Meeting	<b>29</b> 10:30 Yoga 12:30 Mah Jong	<b>30 9:30 Van: Plaistow</b> 8:30 Walking Club 9:30 Tai Chi 11:15 Exercise with Leah
<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>			

## 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 Elder Services of Merrimack Valley (ESMV) 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.\***

**ESMV Traveling Chef** The Traveling Chef meal is planned for Thurs. December 23. Please RSVP as soon as possible. The menu will feature **Chicken Parm, Pasta/Sauce, Broccoli, Garlic Roll, Mini Cannoli**. To reserve a lunch, please call the COA at 978-352-5726.

### December Grab & Go Lunch Menu

Monday	Tuesday	Wednesday	Thursday
<b>6</b> Salisbury Steak/Gravy	<b>7</b> Pork/Dijon Sauce	<b>1</b> Chicken/Balsamic Glaze	<b>2</b> LS Hot Dog/Bun
<b>13</b> Eggplant Parm	<b>14</b> Sliced Turkey/Gravy	<b>8</b> Stuffed Shells/Marinara	<b>9</b> Breaded Chix/Honey Mustard
<b>20</b> Chix/Mediterranean Sauce	<b>21</b> Meatloaf/Gravy	<b>15</b> Chicken Scampi	<b>16</b> <b>*SPECIAL*</b> Glazed Ham Dinner
<b>27</b> Swedish Meatballs	<b>28</b> <b>*BIRTHDAY LUNCH*</b> Beef/Onions/Gravy	<b>22</b> Turkey a la King	<b>23</b> <b>*TRAVELING CHEF*</b> - see above
		<b>29</b> Braised Pork/Apples/Onions	<b>30</b> Chicken Pot Pie

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

## Ad page filler



### **First Parish Newbury Food Pantry** **Working to Alleviate Hunger in Our Community**



**If you need food assistance, you can order the food you need online or by phone all day Wednesday until noon Thursday:**

- Fresh produce, frozen meat and fish
- Milk, eggs, yogurt, cheese
- Canned goods and breads
- Personal care items & Pet food

**No registration or identification required.**

Order online at **NewburyFoodPantry.org**

Order by phone **by leaving message at 978-358-1077**. They will call you back to take your order by phone and then call you routinely every week.

**Grocery delivery for those without transportation:** Deliveries are made on Friday between 9:45 a.m. and 1 p.m. They will call you when your groceries are in your apartment foyer or at your doorstep.

**Grocery pickup:** They will call you with your pickup time on Friday between 2:45 and 4:45 p.m. Pick up at 89 Hanover Street, Newbury. Please arrive from the Rte. 1 side. Pull into the lot (just after rail tracks) parallel to the road. We will load your order into your vehicle.