



Living Well Together



Read a
new book
month

A Newsletter of the Georgetown Council on Aging

Volume 24/Issue 6

Email: cfiorello@georgetownma.gov

December 2022

Website: www.georgetownma.gov

Director's Notes: More than 40 years ago, we moved into our new home just days before Christmas. We had bought the house in October but spent three months living with my parents while we renovated the kitchen, living room and one bedroom in our "needs updates" Victorian. During that time, our second daughter was born at Thanksgiving. Our oldest daughter was not yet two years old. The four of us, plus our dog, were all housed at my parents' house in Newburyport in my former bedroom. With my dad's help, we had spent the three months stripping wallpaper, patching horse hair plaster, laying a new floor in the kitchen and replacing a section of the bathroom wall. As we peeled wallpaper in the living room, one entire wall crumbled exposing the remains of a beautiful old fireplace. All that we could do at that point was to hang sheet rock over the fireplace, thinking that we would come back to it later. The sheetrock is still in place! When moving day finally arrived, it was hard to tell who was more excited – my parents or us! The week of the move, my husband came down with the flu. Our toddler fell off the spare bed and gave herself a nasty egg on the head. We lost and then found the baby's diaper pins in the middle of the night. Somehow, we all survived and van loads of boxes and furniture were moved to our new home three days before Christmas. I managed to find cookie sheets and made cookies on Christmas Eve. While I slid trays of cookies into the oven, I corralled our toddler daughter into a playpen by the kitchen window. We live next door to a church and our daughter delighted herself, knocking on the window and waving to parishioners as they walked down the sidewalk to Christmas Eve Mass. Suddenly, flashing blue lights filled the street and Christmas music filled the air. Our daughter bounced in the playpen, yelling "Causie, Causie!" her name for Santa Claus. I looked out the window and sure enough, there was Santa Claus, in a beautifully lit sleigh with all eight reindeer appearing to leap into the sky – all on a flatbread truck and accompanied by a police and fire escort. Completely unexpectedly, the Christmas Spirit had found us in our new home! We were unaware at the time, but this wonderful tradition had been underway in our town for years and continues every Christmas Eve. No street is missed and children of all ages wait for their turn to wave and call out to Santa as he flies through our town on his Christmas Eve tour. May the spirit of the holidays find you wherever you are and fill your hearts with Peace and Love during this joyful season!



Hurry! Time is running out. 2023 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 2023 during **Medicare Annual Open Enrollment: now 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, & 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 & related health insurance programs at no cost & may help find cost savings for you. **For those already enrolled in supplemental health insurance plans, the final 30-minute appointments are scheduled for Wednesday Dec. 7, from 9 a.m.-1 p.m.** Appointments for people who are new to Medicare will be scheduled separately. 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.

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 & the Georgetown First Congregational Church for supporting the COA Marketplace with donations. The COA also thanks the Georgetown Cultural Council & Friends of GCOA for their partial funding of November's concert by Rich Araldi and Monica Chouinard for providing the delicious baked goods for refreshments for special events. Thank you to the Georgetown Municipal Light Dept. for their donation of mini-pies to the Grab & Go Lunch Program.

HOLIDAY HOURS: The COA office, Sr. Ctr. & all activities will be closed Mon. Dec. 26 (Christmas) & Jan. 2 (New Year's).

B P CLINIC: Next blood pressure clinic will be **Wed. December 7, 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



MEN'S BREAKFAST:

Thurs. December 1 at 9:30 a.m.

Members of the Georgetown Fire Dept. will be speaking. Continued thanks to Crosby's for their support of this program.

VETERAN'S SERVICES OFFICE HOURS:

Thurs. December 1, 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! Due to the Christmas holiday, we will only play one week this month. Join us on **Mon.**

December 12, 12:30 p.m. Bingo is usually 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. December 20, 10:30-11:30 a.m.** Call for appointments.

SHINE OFFICE HOURS: Open enrollment appointments for those already enrolled in supplemental health insurance plans: **Wed. Dec. 7, 9 a.m.-1 p.m.** For those new to Medicare: **Tues. Dec. 20, 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.



Join GPL Librarian Sarah Cognata **Tues. Dec. 27**

at 2 p.m. "Fast Girls" by Elise Hooper. While the Library intends to use these selected book choices, there may be unforeseen circumstances that requires having to change the book choice. Please contact the library if you have any questions.

GMHS Annual Holiday Concert/Breakfast

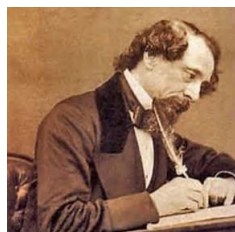
Fri. December 2

Georgetown Middle/High School
Breakfast @ 8:45 a.m., Concert @ 9:15 a.m.
RSVP to COA as soon as possible
(978-352-5726)



Listen to the sounds of the season presented by the Concert Band, Chorale & Chorus.

The breakfast & concert are free of charge.



Delvena Theater presents:

The Dickens you Say!

Tues. December 13, 1 p.m.

Charles Dickens wrote some of the most powerful, imaginative and adored novels of all time. Using lots of humor, the actors will take the audience on a journey into the life and loves of the great man. Through the use of monologues and scenes, the actors will embody the ridiculous, the romantic and the frightening characters that Mr. Dickens so richly created. They will also explore with the audience some of Mr. Dickens personal romantic adventures. The cast will open up after the show for a lively discussion regarding Charles Dickens.

Refreshments will be served. A handmade quilt will be raffled.

Reserve your seat by calling 978-352-5726.

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.



December Craft

**Holiday
Votive Candle**

Tues. December 13 @ 10 a.m.

This "snowy" votive holder can be used as a festive decoration during the holidays and then brighten the home all winter long.

Call as soon as possible to reserve a seat.

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 10:45 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 Board of Health, the Georgetown COA has free test COVID-19 test kits available to share with local elder households. For information, please call 978-352-5726.

COVID-19 Vaccine Update

- **Vaccine distribution in Massachusetts:** Vaccine boosters are available at local pharmacies & clinics. Use [VaxFinder.mass.gov](https://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>.

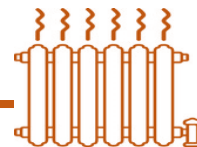
QUILTING GROUP: Terry Palardy facilitates the group which meets on the 2nd and 4th Tuesdays of each month from 12 p.m. to 3 p.m. Attendance is limited to 5 people & pre-registration is required. Please call 978-352-5726.

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.

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 now a noontime Riverside shopping run on the first Tues. of each month after Brown Bag deliveries.**



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 **\$42,412** for one-person or **\$55,462** 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.

How to Avoid Identity Theft

Signs of victimization

- no longer getting mail
- receive bills for things you never received
- more than one tax return was filed using your personal information
- credit report has strange entries
- debt collectors contact regarding unfamiliar debts
- strange banking/credit card transactions



What you can do

- Secure your accounts
- Keep records
- Add a fraud alert on credit files
- Don't get too personal when releasing personal information
- Secure personal documents (shred)
- Check your credit report & dispute any fraudulent transactions
- Obtain credit reports from the 3 major agencies (Equifax, Experian & Transunion) on line or by calling 877-322-8228.
- Freeze your credit with 3 major credit agencies. This prevents thieves from opening new lines of credit in your name.

Numbers to know/reporting

Phone Scams: 877-382-4357
 Mail Scams: 877-876-2455
 Internet Scams: ic3.gov
 Identity Theft: identitytheft.gov

Contact the AG's office

Elder Hotline: 888-243-5337
 Consumer Hotline:
 617-727-8400
 Fair Labor: 617-727-3465
 Medicaid Fraud: 617-963-2360



Thank you to Ray Gouley & Dave Schofield of Georgetown Municipal Light Dept. for their annual update on Holiday Electrical Safety.

Give the Gift of a Lift



Assist older adults with transportation
to medical appointments.

Volunteer to drive when and where you want.

Learn more at www.driveforneet.org/volunteer
or call 978-388-7474.



Be Safe This Holiday Season

Common things you should never plug into a power strip:

- ✓ Refrigerators/Freezers
- ✓ Microwaves
- ✓ Coffee Makers
- ✓ Toasters
- ✓ Slow Cooker/Hotplates
- ✓ Hair Care Appliances
- ✓ Portable heater/Air Conditioners
- ✓ Sump Pumps
- ✓ Air Compressors
- ✓ Another Power Strip
- ✓ Medical Equipment

Space Heater Safety:

- ✓ Plug directly into an outlet, avoid extension cords
- ✓ Place on a flat, level surface away from high traffic areas
- ✓ NEVER leave unattended
- ✓ Don't use if the plug is broken or cord is damaged
- ✓ Only use products certified by a nationally recognized testing lab
- ✓ Keep anything flammable 3 feet away from heating source

Fill-In...Answers: 1) Hannukha, 2) Candy Canes, 3) Dreidel, 4) December, 5) Nutcracker, 6) Menorah, 7) Mistletoe, 8) Bells **Code Word:** CELEBRATE

Holiday Songs...Answers: 1) Chestnuts Roasting on an Open Fire, 2) First Noel, 3) Let It Snow, 4) Jingle Bells 5) Walking in a Winter Wonderland

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**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

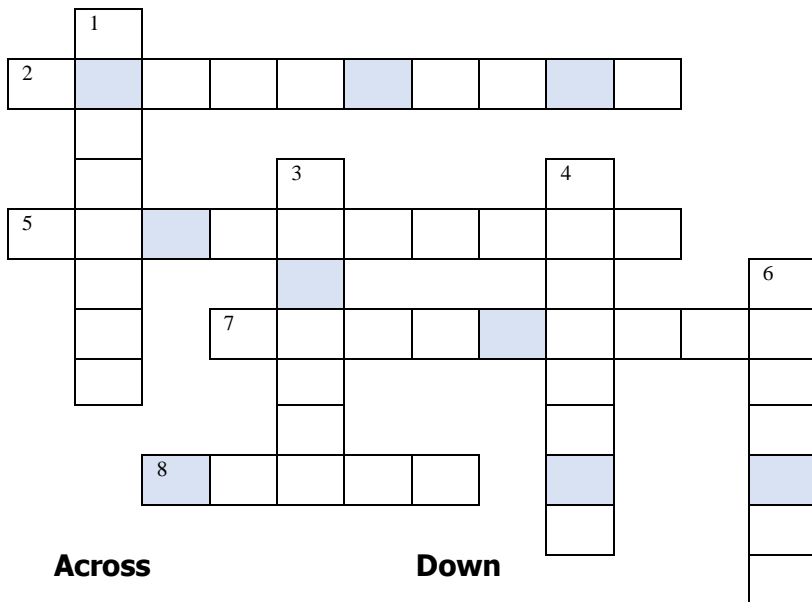
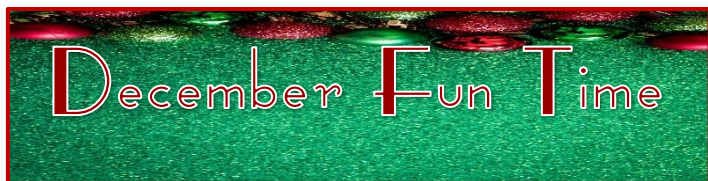
File of Life provides a health history document to be used by emergency personnel in case of illness or injury.

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



Across

- 2 peppermint stripes
- 5 Tchaikovsky' holiday suite
- 7 kissing spot
- 8 found in a church steeple

Down

- 1 Eight days in December
- 3 spinning toy
- 4 twelfth month
- 6 celebration candles

Code Word:

--	--	--	--	--	--	--	--	--	--

Do you know your holiday songs?

1.




2.

3.

4.

5.

DECEMBER CALENDAR 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
			1 9:30 Van: Plaistow 8:30 Walking Club 9:30 Tai Chi 9:30 Men's Breakfast 10:30 Vet. Agent Office Hours 10:45 Exercise with Leah 1:00 Stamp Club (Date change for Dec. only)
5 9:00 Yoga 10:30 Strength Training	6 Van: 9:30 Brown Bag 12:00 Riverside 8:15 Pickle Ball 8:30 Walking Club	7 SHINE/appt. only Blood Pressure Clinic/appt. only 8:15 Beginner Pickle Ball 10:30 Yoga 12:30 Mah Jong	8 9:30 Van: Plaistow 8:30 Walking Club 9:30 Tai Chi 9:30 Knitting Club 10:45 Exercise with Leah
12 9:00 Yoga 10:30 Strength Training 12:30 Bingo	13 9:30 Van: Westgate/Riverside 8:15 Pickle Ball 8:30 Walking Club 10:00 December Craft 12:00 Quilting Group 1:00 Delvena Theater	14 Traveling Chef 8:15 Beginner Pickle Ball 10:30 Yoga 12:30 Mah Jong	15 9:30 Van: Plaistow 8:30 Walking Club 9:30 Tai Chi 10:45 Exercise with Leah
19 9:00 Yoga 10:30 Strength Training	20 SHINE/appt. only 9:30 Van: Westgate/Riverside 8:15 Pickle Ball 8:30 Walking Club 10:30 Constituent Services	21 8:15 Beginner Pickle Ball 10:30 Yoga 12:30 Mah Jong	22 9:30 Van: Plaistow 8:30 Walking Club 9:30 Tai Chi 9:30 Knitting Club NO Exercise with Leah 1:00 Stamp Club
26 <div style="border: 1px solid black; padding: 2px; display: inline-block;">COA CLOSED: Christmas</div>	27 9:30 Van: Westgate/Riverside 8:15 Pickle Ball 8:30 Walking Club 12:00 Quilting Group 12:45 COA Board meeting 2:00 Book Club	28 8:15 Beginner Pickle Ball 10:30 Yoga 12:30 Mah Jong	29 9:30 Van: Plaistow 8:30 Walking Club 9:30 Tai Chi 10:45 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.**

AgeSpan Traveling Chef The Traveling Chef meal (no take-out/delivery): **Wed. December 14.** The menu will feature **Stuffed Pepper, Au Gratin Potatoes, Caesar Salad, Garlic bread, Tiramisu.** Please RSVP as soon as possible by calling the COA at 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.***

December Grab & Go Lunch Menu

Monday	Tuesday	Wednesday	Thursday
5 Vegetable Frittata 12 BBQ Pork Riblet/Bun 19 Grilled Chicken Teriyaki 26 NO LUNCH/Christmas	6 Sloppy Joe/Bun 13 Chicken Parmesan 20 Beef Stew 27 Hamburger/Bun	7 Stuffed Chix/Supreme Sauce 14 *TRAVELING CHEF* - see above 21 LS Hot Dog/Bun 28 Chix/Garlic Spinach Cream Sauce	1 Lasagna/Spinach Alfredo Sauce 8 Roast Beef & Cheese Sandwich 15 *SPECIAL* Beef Wellington 22 Ravioli/Marinara 29 Potato Crusted Pollack

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

Georgetown Council on Aging
51 North Street
Georgetown, MA 01833

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

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.

December 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 December 27, 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, Martha Lucius
Esther Palardy, Jean Perley,
Diane Prescott, Jeanne Robertson

Alternates:

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 AgeSpan Lunch Programs are closed, there will be no home delivered meals or lunches served at the Georgetown Senior Community Center.

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