



Living Well Together

HAPPY
Holidays

A Newsletter of the Georgetown Council on Aging

Volume 26/Issue 6

Email: kcrockett@georgetownma.gov

December 2023

Website: www.georgetownma.gov



Director's Notes: One Christmas, many years ago, I spent a lovely afternoon decorating our Christmas tree with my grandparents. A fire glowed in the fireplace & there were plates of home-made shortbread on the coffee table. As my grandparents unpacked the boxes of decorations, I carefully hung fragile glass and Scandinavian wooden ornaments on the freshly cut Christmas tree. As we worked together, my grandfather asked me what I would like for Christmas. I responded with the typical child's list: books, skates, mittens and games. "But what would you really like for Christmas?" my dear grandfather asked me. "A horse!" I responded without hesitation. Although I knew that we were probably not going to be able to stable a horse in our suburban back yard, I knew that my grandfather really wanted to know what was in my heart. If there was any possibility, he would have made that wish come true! After 17 wonderful years with all of you, I have seen so many special wishes come true. As we developed and expanded programs and activities, we have seen friendships grow and deepened community connections that have moved us all forward. Our work together led to the planning and construction of the Georgetown Senior Community Center in 2017. The move to the new facility has allowed for additional growth in our programs and services along with even deeper relationships. As I retire from this beloved position, we will welcome COA Director Kristin Crockett. Kristin comes to us from the Essex Council on Aging, where she has been director for the past eight years. Certified as a SHINE Counselor, Kristin also worked as an Outreach Worker in Peabody and Program Director for the Roger B. Trask Adult Day Health in Peabody. Kristin brings her passion for advocacy along with her years of service for older adults and creative age-friendly programming. I know that this new relationship will provide everyone with new opportunities and wonderful experiences. With the recent birth of our sixth grandchild, our holidays will be filled with the joy of family times along with some hopes and plans for time together. What a joy to have shared all this time with you! There is no doubt in my heart that wishes do come true!



COA Welcomes Program & Activities Assistant Deb DiGiulio

"I am passionate about the elderly. They are valuable & need to be cared for with compassion and dedication"



These are the words of the COA's new employee, Deb DiGiulio. Deb is gregarious, amusing and ready to learn. She is in a position of support for both administrative and social activities. She has achieved much over her career working with people of all ages. At home, she enjoys sewing, knitting and cooking. She loves pugs; especially her rescue dog Watson. We look forward to working with Deb.

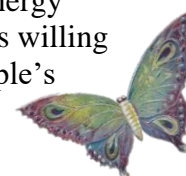


So Much To Be Thankful For...

Reflecting the true meaning of the holidays and community, the Georgetown Council On Aging (COA) would like to thank the **Georgetown Kiwanis** for their wonderful Thanksgiving dinner for older adults & the musicians and food service personnel at the **GMHS** for their enjoyable **breakfast concert**.

The COA also thanks the Georgetown Cultural Council & Friends of GCOA for their partial funding of November's concert by Rich Araldi.

A special thank you to our SHINE counselor, Nancy Aberman for all of her time, effort and energy during Open Enrollment. Nancy is always willing to go the extra mile to make sure that people's needs are met.



HOLIDAY HOURS: The COA office, Sr. Ctr. & all activities will be closed Mon. Dec. 25 (Christmas) & Mon. Jan 1 (New Year's Day).

B P CLINIC: Wed. Dec. 6 @ 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 Dec. 7 at 9:30 a.m.

Local historian, Rev. Bill Boylan, will be on hand to share his insight and stories.

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

VETERAN'S SERVICES:

If you need assistance, contact the local Veteran's Office at 978-356-6699 or e.essex.vets@verizon.net.

SHINE OFFICE HOURS: Open Enrollment only

December 4. Regular SHINE hours resume

Monday, December 18. 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.

BINGO: Join us on Mons. Dec. 11 & 18, 12:30

p.m. Bingo is usually played twice a month. **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 Rep. Kristin Kassner will hold monthly office hours on

Tuesday, Dec. 19th from 12:00--1:00 p.m.



Join GPL Librarian Sarah Cognata **Wed., Dec. 20,**

2023 for "Bloomsbury Girls" by Natalie Jenner.

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.

Free Legal Help offered by **Atty. Elaine Dalton**

Tues. Dec. 5, 10 a.m.

Assistance available for: *Health Care Proxies, *Durable Power of Attorney, *Elder Law Issues
*15 min. appts. available by calling COA at 978-352-5726



GMHS Annual Holiday Concert/Breakfast



Fri. December 1

**Georgetown Middle/High School
Breakfast @ 8:45 a.m., Concert @ 9:30 a.m.**

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

The breakfast & concert are free of charge.

RSVP to COA by Nov. 22 at (978) 352-5726.



De-Light A Day Poetry Series Continues

Elizabeth Rose, a local poet and psychotherapist, concludes a **four-week creative writing program Mon. Dec. 11, 2 – 3:30 p.m. at the Georgetown Senior Community Center.** Each of the De-Light A Day Series classes will begin with a poem, followed by an opportunity to write your own delights in the form of a short story, essay or poem. No writing talent or experience is necessary. Poetry or bibliotherapy is the application of language, symbol and story for growth, healing and community building. A Georgetown resident, Elizabeth Rose is a published writer, adult writing teacher and a local psychotherapist.

Please contact the COA at 978-352-5726 if you are interested.



December Craft

Flowerpot

Snowman

Tues. Dec. 12

10:00 a.m.

Space is limited. Reserve your seat as soon as possible. 978-352-5726

Everyone is invited!

Holiday Music at Trestle Way

Trestle Way Community Hall

Tues. Dec. 5 1 – 2:30 p.m. Essex River

Rounders (Traditional/Contemporary Folk)

Light refreshments will be served.

Tues. Dec. 19 2 – 4 p.m. Holiday Sing-A-

Long w/Marybeth Maes. Sundae Bar

included.

Kiwanis Club Donates LifeVac Unit To Georgetown COA



Thank you to the Georgetown Kiwanis Club for their donation of a new life-saving device to the Georgetown Senior Community Center. A LifeVac is a choking rescue device that assists in clearing the airway when someone is choking, especially if the Heimlich Maneuver does not appear to be working.

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

\$3 suggested donation for each class

Held at the Georgetown Senior Community Center ~ Call 978-352-5726 to register

Yoga & Strength Training Classes

Yoga meets on Mondays at 9 a.m. and Wednesdays at 10:30 a.m. (Donna Bonin)

Strength Training meets on Mondays at 10:30 a.m. (Leah Miller)

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 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 This Winter! Be Prepared for Bad Weather!

Winter Emergency Car Kit

- ✓ Flashlight with extra batteries
- ✓ Charged cellphone/automobile charger
- ✓ Basic first-aid kit
- ✓ Necessary medications
- ✓ Pocket knife
- ✓ Blankets or sleeping bags
- ✓ Extra clothes (rain gear, boots, mittens, socks)
- ✓ High-calorie, non-perishable foods (dried fruits, nuts, canned foods with manual can opener)
- ✓ Container of water
- ✓ Windshield scraper & brush
- ✓ Shovel
- ✓ Sand, salt or cat litter for traction
- ✓ Basic Tool Kit (pliers, wrench, screwdriver)
- ✓ Battery jumper cables
- ✓ Road flares/reflectors
- ✓ Brightly colored cloth to use as a flag



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.



Traveling Chef Upcoming Deadlines

<u>Lunch</u>		<u>Deadline</u>
Jan. 10	Soup/Bread Bowl	Dec. 27
Feb. 14	Asian Bowls	Jan. 24
Mar. 19	Brunch	Feb. 21
Apr. 23	Taco Bar	Mar. 27
May 14	Carving Station	Apr. 24
Jun. 11	Parmesan	May 29

(Menus subject to change.)

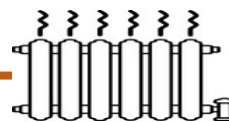
Property Tax Incentive Program



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, 2024. 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 28, 2023.** 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 **\$45,392** for one-person or **\$59,359** for a two-person household. This year applications will be available, and can be completed, at the Georgetown Senior Community Center. For more information & assistance, call the COA at (978) 352-5726.

Trustees of the Perley School to Offer Limited Fuel Assistance

Recognizing the difficulties of home heating costs, the Trustees of the Perley Free School offer a **limited** fuel assistance program to local residents who are experiencing financial hardships with energy costs. In addition to the money that is used to fund scholarships for Georgetown graduates & alumni, the Trustees oversee a small endowment to aid Georgetown residents facing financial hardships. Individuals who may need assistance with heating costs, including oil, gas or firewood, can call the COA at (978) 352-5726 for information & referral.

Free COVID test kits available.

The government is offering 4 free COVID test kits per household as long as supplies last. Tests are usable through the end of 2023. To receive your kits, register at COVIDTests.gov. If you need assistance, contact the COA at 978-352-5726.

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 45 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 **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

December Fun Page

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

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

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

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

Clues:

Quarantine _____ Isolate _____ O

Spring back _____

Morning glow _____

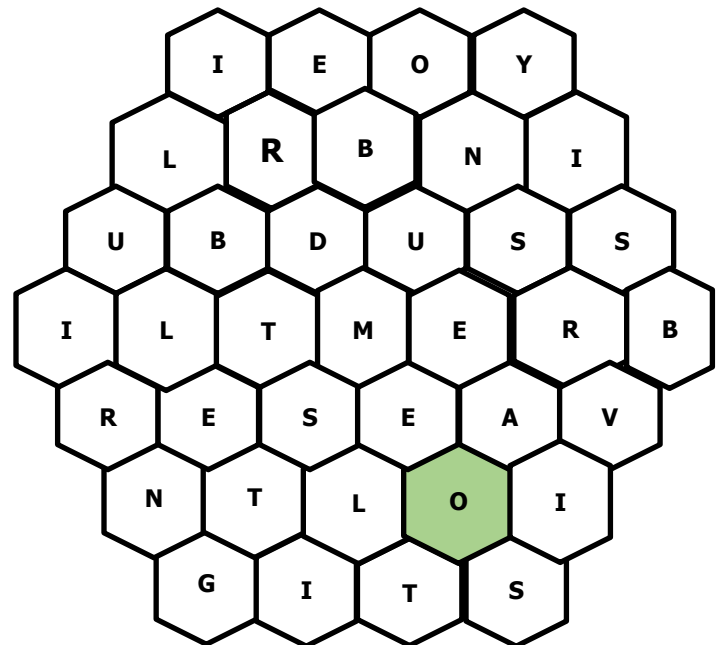
Sparkle _____

Reconstructed _____

Determine the size _____

Bounce a ball _____

Buzzword Clue: Edible Crustacean



Answers
1. Isolate (O), 2. Rebound (B), 3. Sunrise (S),
4. Glisten (T), 5. Rebuilt (L), 6. Measure (E),
7. Dribble (R)
Unscramble letters: O, B, S, T, L, E, R
BUZZWORD: LOBSTER



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DECEMBER CALENDAR 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
			Friday, Dec. 1 8:45/9:30 a.m. GMHS Holiday Breakfast/Concert
4 SHINE OE/appt. only 9:00 Yoga 10:30 Strength Training	5 9:30 Van: Brown bag/Riverside 8:30 Walking Club 10:00 Elder Law Appointments 12:00 Quilting Group	6 Blood Pressure Clinic by Appt. 10:30 Yoga 12:30 Mah Jong	7 9:30 Van: Plaistow 8:30 Walking Club 9:30 Tai Chi 9:30 Men's Breakfast 10:45 Exercise with Leah
11 9:00 Yoga 10:30 Strength Training 12:30 Bingo 2:00 Poetry Group	12 Traveling Chef 9:30 Van: Westgate/Riverside 8:30 Walking Club 10:00 Snowman craft 12:00 Quilting Group	13 10:30 Yoga 12:30 Mah Jong	14 9:30 Van: Plaistow 8:30 Walking Club 9:30 Tai Chi 9:30 Knitting 10:45 Exercise with Leah 1:00 Stamps
18 SHINE (Regular Hours) 9:00 Yoga 10:30 Strength Training 12:30 Bingo	19 9:30 Van: Westgate/Riverside 8:30 Walking Club 12:00 Quilting Group 12:00 Constituent Services 1:00 Friends of COA	20 10:30 Yoga 12:30 Mah Jong 2:00 Book Club	21 9:30 Van: Plaistow 8:30 Walking Club 9:30 Tai Chi 10:45 Exercise with Leah
25 <div>NO LUNCH: Christmas</div>	26 9:30 Van: Westgate/Riverside 8:30 Walking Club 12:00 Quilting Group 12:45 COA Board Meeting	27 10:30 Yoga 12:30 Mah Jong	28 9:30 Van: Plaistow 8:30 Walking Club 9:30 Tai Chi 9:30 Knitting 10:45 Exercise with Leah 1:00 Stamps
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)

Wed. Jan. 10, 2024 at noon.

The menu will feature *Beef Chili or Clam Chowder in a bread bowl, Garden Salad/Dressing, Brownie.* **Deadline: Wed. Dec. 27.** Please RSVP as soon as possible by calling the COA at 978-352-5726.

December Grab & Go Lunch Menu

Monday	Tuesday	Wednesday	Thursday
4 BBQ Pulled Pork/WW Bun	5 Chicken/Garlic Cream Sauce	6 American Chop Suey	7 Cold Plate**
11 Veg. Fried Rice/Tofu	12 Traveling Chef	13 Broccoli/Cheese stuffed chix	14 *Special* Beef Wellington
18 Meatball Sub/Roll	19 Fish Stew	20 Cold Plate***	21 *Birthday* Meatloaf/Gravy
25 NO Lunch/Christmas	26 Ravioli/Marinara	27 Sliced Turkey/Gravy	28 Chicken/Rosemary Cream Sauce
Tuna Salad, Garden Salad/Dressing, Citrus Quinoa Salad *Turkey Cobb Salad, Corn Salad			

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.

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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 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 December 26, 2023

Georgetown Council on Aging:

Director: Kristin Crockett

Office: Julie Pasquale, Newsletter
Kirsten Klueber, Outreach
Deborah DiGiulio, Program/Activities Assist.
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

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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.