



Living Well Together

A Newsletter of the Georgetown Council on Aging

Presidents' Day



February 15, 2021

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Director's Notes: Arriving mid-winter when our spirits can all use a lift, Valentine's Day often provides us with a real boost to our morale. With shops and stores decorated with red and pink hearts, warm thoughts and warm wishes seem to surround us and kindness to others is the focus of the mid-winter season. More than any other year in recent history, this is a year that we all need the morale boost of warm wishes and kindness. It is also a year when we realize how the simplest of gestures can have the greatest meaning and impact. My mother was a quiet but deeply thoughtful person. When I was young, she would sometimes leave a small gift on my bedside table – a book of poetry, a glass figurine, new mittens. After I was married, she would often send me coupons and recipes that she had clipped from the newspaper. I loved getting those notes in the mail. Even though we didn't see each other each day, I knew that she was still thinking of me. When I was in college, I woke up one Valentine's morning to find that she had left a cellophane bag filled with foil-wrapped chocolate hearts on my dresser. Resisting the urge to start the day with chocolate, I calculated that there was one chocolate heart in the bag for each of the remaining days in February. Each afternoon



as I returned from school, I treated myself to one chocolate. Along with the chocolate treat, the additional sweetness was the message printed on the inside of each red foil wrapper – "Smile!", "Be Kind!" & "You are loved". The messages of encouragement reflected my mother's grace & perspective on life. There is always room for kindness & compassion, no matter the difficulties that surround us! For the rest of that month, I unfolded & read each foil wrapper, keeping them in a neat stack on my dresser. Before I knew it, February was over & March had arrived. Spring was in sight! The darkest days of winter had been warmed, & sweetened, not only with the chocolate but with the presence of my mother's good heart.

COVID-19 Vaccine Update

• **Patients of the Veterans Affairs (VA) hospital system**, who are 65 years & older are now able to receive the COVID-19 vaccine by scheduling with the VA hospitals. To schedule a vaccine appointment, eligible veterans can call the COVID-19 vaccine scheduling telephone lines at VA hospitals. Since they are a Federal agency, the VA is not part of the state's vaccine program. The Bedford VA vaccine scheduling telephone line is 781-687-4000. Veterans who are less than 65 years but are living with compromised health can seek a letter from their health care provider.

• **Vaccine distribution** in Massachusetts is occurring in a phased approach. Individuals with more than two comorbidities and/or 75 years & older as well as adults 65 years & older & individuals with one comorbidity will be eligible for the vaccine Phase Two, February – April.

• **To gather a potential head count of older adults in Georgetown interested in receiving the COVID-19 vaccine, Georgetown older adults are asked to call the Georgetown COA at 978-352-5726.**

• More information is available by visiting at

<https://www.mass.gov/info-details/when-can-i-get-the-covid-19-vaccine>



As we move into the new year, the Georgetown COA is grateful for the continued support we receive from the community. We send our thanks to the Georgetown Fire Department Santa Tour Committee for sharing their 25th anniversary commemorative jingle bell ornaments. The Friends of the Council on Aging greeted the winter season with a gift of snowmen toilet paper centerpieces. Gifts also came in the form of food pantry donations & donations to the Georgetown COA Gift Account that will be used to stock up the COA Marketplace with many essential needs. In this difficult time, we thank everyone for keeping our seniors connected and safe. They appreciate your efforts.

Holiday Office Hours: The COA offices and all activities will be closed on Mon. Feb. 15 (Presidents' Day).

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 & Special Programs 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.

How to Access Classes, Programs & Meetings on Cable

We have had several inquiries as to how to locate fitness classes on Cable Access. First, visit the town's website (georgetownma.gov). A blue box is located on the left side of the Home Page. Choose "Community TV." The daily schedule will appear. Look for your fitness class, meeting or program. Another option is the calendar on the right of the page. Click on the date you want and the daily schedule for that day will appear on the left. If you have further questions, please call the COA at 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).

COA Marketplace

COA Marketplace offers Easy Mac/Cheese (2 flavors), fruit cups, canned tuna/meats, a variety of soups & fun snacks. We also offer a variety of products including nonperishable food, personal care items, paper & dish/laundry detergent. We are now also able to provide some fresh foods (eggs, milk, fruit/vegetables...) & Market Basket gift cards upon request. No income restrictions apply. The COA will provide individual home deliveries. **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: The Traveling Chef meal is planned for **Wed. February 10**. We need to have a final count **as soon as possible so please RSVP as soon as possible**. The menu will feature Chicken Stir Fry /Brown Rice, Garden Salad/Dressing, Wheat Dinner Roll, Strawberries/Angel Food Cake/Whipped Topping. To reserve a lunch, please call the COA at 978-352-5726.

February Grab & Go Lunch Menu

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>
1 Cheese Omelet	2 Orange Chicken	3 Sloppy Joes/Bun	4 Open Faced Turkey Sandwich
8 Pulled Pork	9 Meatball Sub/Roll	10 *Traveling Chef Meal*	11 *VALENTINE'S DAY SPECIAL*
15 No Meal/COA Closed	16 Steak/Peppers/Onions	17 Frittata	18 *BIRTHDAY LUNCH*
22 Meatloaf/Gravy	23 Chix/Broccoli Alfredo	24 Hot Dog/Bun	25 Stuffed Shells/Vodka Sauce

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.

Special Needs Cat Food Donated

The COA has received a donation of C-D cat food for cats with kidney issues. Anyone interested in receiving the cat food, please contact the COA at 978-352-5726.



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.

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.

Winter Shoveling Available



As part of community service, some GMHS students may shovel **stairs & sidewalks (only)** this winter. If possible, student volunteers will respond to elder requests for snow removal. The COA will refer requests to the Georgetown High School. **Elders should call the COA** (978-352-5726) as early as possible as last-minute requests are hard to accommodate.



Our holiday visitor. What was a sad bunch of unruly leaves this past summer bloomed over the Christmas/New Year holiday. There is a second stem waiting to bloom at the time of this printing. A reminder that beauty can rise from the ashes of a difficult year and gives us hope that spring is coming.

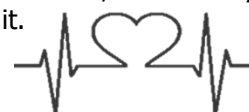
February is American Heart Month

Ways [To] Strengthen Your Heart

(Adapted from the article by Heather Shannon/UCI Living Well/February 09, 2017)

Heart disease is the No. 1 cause of death worldwide, and it's mostly preventable by changing your lifestyle and managing risk factors.

1. **Get moving:** Your heart is a muscle and, as with any muscle, exercise is what strengthens it.
2. **Quit smoking**
3. **Lose weight**
4. **Eat heart-healthy foods**
5. **Don't forget the chocolate (in moderation)!** Cocoa has antioxidants that have been shown to increase good cholesterol, lower bad cholesterol and improve blood clotting function.
6. **Don't overeat:** Eating a lot of food at once leads to blood shifting from the heart to the digestive system & faster and irregular heart rhythms, which can lead to heart attack or heart failure
7. **Don't stress:** If you don't manage your stress, it can create more stress and trap you in a stress cycle.



ESMV to host Virtual Memory Café

Elder Services of Merrimack Valley will host a virtual Memory Café on **Tuesdays February 2 and February 16, 1 p.m. - 2 p.m.** Please note that the **February 2 Café requires registration.** They will be making Valentine Cards and supplies are limited. The Memory Cafés 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.

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 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 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.
- **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.
- **Boston Symphony Orchestra at Home** 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. Plenty of virtual fun for all ages including virtual tours of historic homes/properties, selected readings, art, garden tours and garden information.
- **Virtual Lifelong Learning Classes** <https://www.framingham.edu/academics/continuing-education/community-education/adventures-in-lifelong-learning/> Adventures in Lifelong Learning in partnership with Framingham State University & Framingham Public Library offers free Zoom classes on Tues. in Jan., Apr., & Oct. 2021.

Beware of Covid-19 Vaccine Scams

Signs of Potential Scams

You are asked to pay out of pocket to get the vaccine

You are asked to pay to put your name on a vaccine waiting list or to get early access.

Advertisements for vaccines through social media platforms, email, telephone calls, online or from unsolicited or unknown sources.

Marketers offering to sell or ship doses of the vaccine for payment.

Unknown sources will ask for your personal information.

The Truth Is...

You *likely* will not need to pay anything out-of-pocket to get the vaccine during this public health emergency

You cannot pay to put your name on a list to get the vaccine early.

No one from Medicare or the Health Department will contact you.

Beware of providers offering other products, treatments, or medicines to prevent the virus.

Protect yourself! No one from a vaccine distribution site or health care payer will call and ask for your Medicare number, Social Security number, or banking information to sign you up for a vaccine

Virtual Grief Support Groups:

HopeHealthCo.org/GriefSupportGroups

G'town Library Phase 3 Services

Visit the library by appointment for

- computer use/printing or
- reference/readers' advisory help.

Schedule appointments

- online at the GPL website (www.georgetownpl.org) or
- call 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.



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
- NEET rides

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 4th Tuesday of each month at **Georgetown Sr. Community Center 51 North Street, Georgetown**

NEXT BOARD MEETING:
Tuesday February 23, 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:

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.

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.

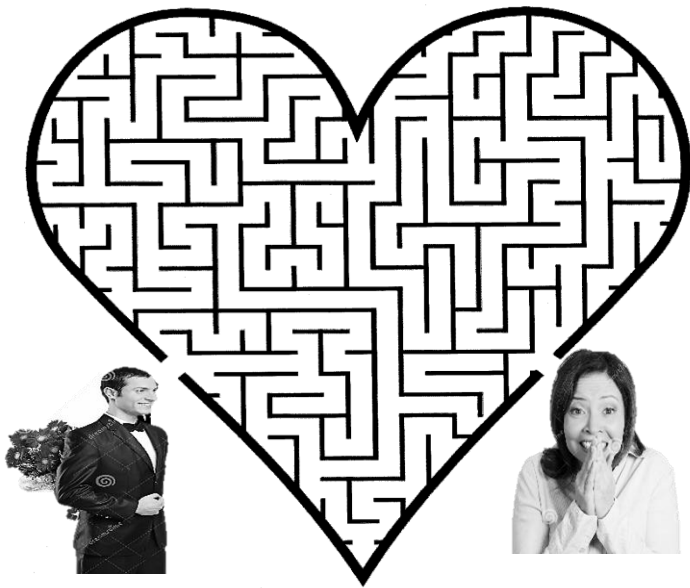
FEBRUARY FUN PAGE

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.

LOVE IS A- MAZE -ING

Help the man find his way through the maze to deliver flowers to his sweetheart.



Boredom Breakers

- books, magazines, games and puzzles to lend
- yarn for knitting/crocheting projects
- limited number of craft kits & craft supplies
- DVDs

Browsing opportunities are available by appointment or call the COA at 978-352-5726 to arrange pick-up or delivery.

Romantic Movie Word Search Puzzle

P A G N I C N A D Y T R I D T
R T R T H E G R A D U A T E I
E L U A K O O B E T O N E H T
N Y N M Y F A I R L A D Y B R
N T A G R E A S E E L P M N O
A I W L T I T A N I C U O O M
L P A C N A L B A S A C M T A
P I Y E U A U D I T I N P T N
G D B O O N L Y Y O U I E I H
N N R N C E D F O R T T T N O
I E I H E E R O L E O F S G L
D R D Y R O T S E V O L H H I
D E E G U O R N I L U O M I D
E S O D P A M A E B S R O L A
W W N L O V E A C T U A L L Y

Romantic Movie Word List

CASABLANCA	PURE COUNTRY
DIRTY DANCING	ROMAN HOLIDAY
GHOST	RUNAWAY BRIDE
GREASE	SERENDIPITY
LOVE ACTUALLY	STEPMOM
LOVE STORY	THE GRADUATE
MOULIN ROUGE	THE NOTEBOOK
MY FAIR LADY	TIN CUP
NOTTING HILL	TITANIC
ONLY YOU	WEDDING PLANNER

Celebrate National Potato Lover's Month

Garlic Lemon Potatoes

Ingredients:

1 lb. small red potatoes ~ 2 T olive oil ~ 2 garlic cloves, minced ~ ¼ c shredded Parmesan cheese ~ 2 T lemon juice ~ ¼ tsp salt ~ ¼ tsp pepper

Directions:

Cut scrubbed potatoes into wedges; place in a large saucepan. Add water to cover; bring to a boil. Cook, covered, until tender, 10-15 mins; drain. In the same pan, heat oil over medium-high heat. Add potatoes; cook until browned, 4-6 mins. Add garlic; cook 1 minute longer. Remove from heat. Stir in remaining ingredients.