



Living Well Together



A Newsletter of the Georgetown Council on Aging

Volume 23/Issue 8

Email: cfiorello@georgetownma.gov

February 2022

Website: www.georgetownma.gov

Director's Notes: Arriving mid-winter when temperatures often hover near zero and snow has lost its appeal, February is a good month to focus on warming our hearts and souls by sharing warm wishes. Although the pandemic still has an effect on gatherings and activities, there is still care and goodness that surrounds us. This month, we celebrate the fifth anniversary of the Georgetown Senior Community Center. It hardly seems possible that five years have passed since we moved into our new home during a February blizzard! As we settled into our new setting, our hope was to create a home-away-from-home for people as well as a "one-stop" service for elders and their families in Georgetown, where they can find health, recreational, cultural, social and informational needs in one location. Although the on-going pandemic has changed how we are able to offer some services, we have been able to establish new programs and services such as a food pantry, additional fitness programs and center, book club, knitting, quilting, Mah Jong and stamp groups over the past five years. Since we moved into the Senior Center, we have seen 1,936 people 54,228 times for wellness, meals, social, recreation, cultural, transportation and service programs. During the holidays, we received cards and notes expressing many warm thoughts about the programs and services available at the Senior Center. Those notes lifted our spirits and warmed our hearts! It's not easy holding off on so many fun activities and celebrations but what a time we will have when this pandemic is behind us! I am reminded of the first Valentine's Day that we celebrated in our "new house" 41 years ago. Our oldest daughter was just two years and our middle daughter was three months old. I decided to make Cornish game hens as a celebration. Since we were still working on the house, I set the kitchen table with a lace table cloth, good dishes and candles. The girls and I were dressed for the occasion. I made appetizers and a nice dessert, which was a good thing since the game hens refused to cook! Finally, we settled the girls into bed and ate everything but the main course. Leftovers the next day were very tasty. Rather than think of it as a delay in the celebration, it just extended the fun. We are grateful for all of the care and support that we continue to receive from this community. We know that the best is yet to come!

Thank you to the Modern Woodmen and the efforts of Joe Soucy for their donation of a 65" Samsung Crystal UHD television. Among its many uses the TV will offer improved presentations for future speakers.

AARP Tax Prep Assistance

Open to older adults and other moderate-income individuals, an AARP Income Tax Preparation Program is underway at the Georgetown Council on Aging Feb. 7-April 13. Due to the pandemic, this year's program will include scheduled telephone intake appointments followed by scheduled same-day appointments to drop off and pick-up documents and completed tax returns. The drop off and pick up of income tax documents will take place in the parking lot of the Georgetown Senior Community Center. The criteria for Massachusetts Circuit Breaker tax credit program are available at the COA office. To schedule income tax preparation appointments, please call the COA at 978-352-5726 Mon – Thurs, 8 a.m. – 4 p.m.



(L-R) John Dunlevy, Joe Soucy, Rick Rudolph

Holiday Hours: The COA office, Sr. Ctr. & all activities will be closed on Mon. Feb. 21 (Presidents' Day).

B P CLINIC: Wed., Feb. 2, 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. Feb. 3, 9:30 a.m.

Town Admin. Orlando Pacheco

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. February 3, 10:30 - 11:30 a.m.

Director Karen Tyler will be available to discuss issues and questions. **Due to COVID 19**

precautions & local mandates, face coverings are required during your visit.

Please contact the COA if you plan to attend. 978-352-5726

Bingo! Join us on **Mons. Feb. 14 & 28, 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.

Constituent Services: Representatives from the offices of Senator Bruce Tarr and Representative Lenny Mirra will hold monthly office hours on **Tuesday, Feb. 15, 10:30-11:30 a.m.** Call for appointments



February Book Club

Join GPL Librarian Sarah Cognata **Tues. Feb. 22**

at 2 p.m. to discuss **"The Thursday Murder Club"** by Richard Osman. Book Club will continue on the 4th Tuesday of each month through June, 2022 at 2 p.m.

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.

Are you in need of a computer?

The COA has had a recent donation of a

Telikin Computer

There is no charge for the computer.

For more information,

contact the COA. **978-352-5726**

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.

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



Join us for a Valentine Craft

Valentine Heart Swag

Tues. February 8 at 10 a.m.

Georgetown Senior Community Center

Class limited to 15. Free.

We will be cutting hearts from valentine print paper and attaching them into a swag to decorate a window, doorway or mantle.

Make your reservation a.s.a.p. by calling 978-352-5726.

Celebrating Valentines All Month...

Join us as we welcome back



Bob Simons & Renee Goodwin

Thurs. Feb. 24, 2 p.m.

Georgetown Sr. Community Ctr.

Thanks to COA Friends for their sponsorship of this program.

- ☆ Folk Duo
- ☆ Harmonies
- ☆ Finger-style Guitar
- ☆ Free Handmade Quilt Raffle
- ☆ Light refreshments will be served

Seating is limited. Reservations are required.

Call the COA at
(978) 352-5726.

Due to local COVID-19 mandate, face coverings are required during your visit.

Circuit Breaker Tax Credit

The Mass. Circuit Breaker Tax Credit (CB) is a state income tax credit for certain Mass. residents age 65 years or older who paid rent or real estate taxes during the tax year & who meet income limits & other criteria. Based on local property taxes, the tax credit is funded by the state government. Homeowners are eligible for the credit if they paid more than 10% of their total income for real estate taxes, including water charges. Renters can count 25% of their rent as real estate tax payments. For eligibility information, contact the COA at 978 -352-5726.

Cold Relief: Energy Saving Tips

- ✓ Caulk/weather-strip doors & windows that leak air.
- ✓ When home, turn down the heat to 68° or as low as comfortable.
- ✓ When you are asleep/away, turn thermostat back 7° to 10° for eight hours to save as much as 10% per year on heating/cooling bills.
- ✓ Consider getting a programmable thermostat.
- ✓ Turn down the temp. of your hot water heater to 120°.
- ✓ Have your oil-fired heating system serviced annually or your gas-fired heating system serviced every three years.
- ✓ Clean/replace furnace filters every other month.
- ✓ Keep the fireplace flue damper closed unless a fire is burning.
- ✓ Check that warm air registers, baseboard heaters and radiators are not blocked by furniture or drapes.
- ✓ Close your curtains and shades at night and open them during the day.



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).

COVID-19 Vaccine Update

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

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

1st & 3rd Tues. of the month, 5:30 p.m.

Contact Cindy Hession-Richard: chession@esmv.org

1st Wed. of the month, 11 a.m.-12 p.m.

3rd Wed. of the month, 7-8 p.m.

Contact Kathy Parrella: kperrella@nselder.org

Savvy (Dementia) Caregiver

Healthy Living Center of Excellence ongoing schedule of classes.

Contact Crystal Polizzotti: cpolizzotti@esmv.org

Grandparents Raising Grandchildren

1st Thurs. of the month, 11 a.m.-12 p.m.

Contact Cindy Hession-Richard: chession@esmv.org

General Caregiver Support

1st Thurs. of the month, 1-2 p.m.

in coordination with St. Michael's, North Andover

3rd Thurs. of the month, 1-2 p.m.

Contact Lyn Brennan: lbrennan@esmv.org

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.

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.

Brain Teasers: Start to Finish

Directions: For each clue, find a corresponding word that starts and finishes with the same letter. There is one word for each letter of the alphabet except for i, j, q, u, v and z.

Spend time in front of mirror	PRIMP
Pioneer in photocopying	
Inuit Canoe	
Chinese medicinal root	
Where rubber duckie lives	
Roll in the mud	
Excessive	
The most	
Feudal land	
Water storage area	
Pizza Herb	
Very knowledgeable	

(Easy) Jigsaw Sudokus

5	8		4	1		7	6
1			7				8
			3	4			
8		5			4	6	3
4	6	8			7		2
			8	6			
2				3			4
3	5		6	8		2	7

The rules of **Jigsaw Sudoku** are similar to standard Sudoku, since you must place each of the numbers 1 to 9 into each of the rows and columns. However, whereas standard Sudoku also has rectangular boxes that must each contain every number, in **Jigsaw Sudoku** these boxes are replaced by different bold-lined shapes that must each contain every number instead.

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

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.

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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.



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 Feb. 22, 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, Esther Palardy,

Jean Perley, Diane Prescott, Jeanne

Robertson

Alternates: Marie Collins, Martha Lucius

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

David Twiss, 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 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 CALENDAR 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
	1 No Shopping Van– Brown Bag 8:00 Pickle Ball 8:30 Walking Club	2 Blood Pressure Clinic/ Appt. only 10:30 Yoga 12:30 Mah Jong	3 9:30 Van: Plaistow 8:30 Walking Club 9:30 Tai Chi 9:30 Men's Breakfast 10:30 Vet. Agent Office Hrs. 11:15 Exercise with Leah
7 9:00 Yoga 10:30 Strength Training	8 9:30 Van: Riverside 8:00 Pickle Ball 8:30 Walking Club 10:00 Valentine Craft 12:00 Quilting Group	9 10:30 Yoga 12:30 Mah Jong	10 9:30 Van: Plaistow 8:30 Walking Club 9:30 Tai Chi 9:30 Knitting Club 11:15 Exercise with Leah 1:00 Stamp Club
14 9:00 Yoga 10:30 Strength Training 12:30 Bingo	15 9:30 Van: Riverside 8:00 Pickle Ball 8:30 Walking Club 10:30 Constituent Services	16 10:30 Yoga 12:30 Mah Jong	17 Traveling Chef 9:30 Van: Plaistow 8:30 Walking Club 9:30 Tai Chi 11:15 Exercise with Leah
21 <div style="border: 1px solid black; padding: 2px; display: inline-block;">CLOSED: Presidents' Day</div>	22 9:30 Van: Riverside 8:00 Pickle Ball 8:30 Walking Club 12:00 Quilting Group 12:45 COA Board Meeting 2:00 Book Club	23 10:30 Yoga 12:30 Mah Jong	24 9:30 Van: Plaistow 8:30 Walking Club 9:30 Tai Chi 9:30 Knitting Club 11:15 Exercise with Leah 1:00 Stamp Club 2:00 Simons & Goodwin Concert
28 9:00 Yoga 10:30 Strength Training 12:30 Bingo	Mar. 1 No Shopping Van– Brown Bag 8:00 Pickle Ball 8:30 Walking Club +	Mar. 2 Blood Pressure Clinic/ Appt. only 10:30 Yoga 12:30 Mah Jong	Mar. 3 9:30 Van: Plaistow 8:30 Walking Club 9:30 Tai Chi 9:30 Men's Breakfast 10:30 Vet. Agent Office Hrs. 11:15 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.**



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.***

AgeSpan Traveling Chef The Traveling Chef meal is planned for Thurs. February 17. Please RSVP as soon as possible. The menu will feature **Beef Chili w/cheese, onions & tomatoes, Garden Salad/Dressing, Corn Bread, Chocolate Pudding Parfait.** To reserve a lunch, please call the COA at 978-352-5726.

February Grab & Go Lunch Menu

Monday	Tuesday	Wednesday	Thursday
7 Balsamic Glazed Chix	1 Sweet/Sour Chix	2 Veggie Frittata	3 Beef Stuffed Pepper Casserole
14 Roast Turkey/Gravy	8 Salisbury Steak/Gravy	9 Lasagna/Veggie Sauce	10 <i>*SPECIAL*</i> Chicken Scampi
21 NO MEAL/Presidents' Day	15 Mac & Cheese	16 Honey Rosemary Pork	17 <i>*TRAVELING CHEF*</i> - see above
28 Chicken Marsala/Mushrooms	22 BBQ Pulled Pork/Roll	23 Broccoli/Cheese Stuffed Chicken	24 <i>*BIRTHDAY*</i> Beef Stew

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

•Ad page filler

February is **American Heart Month**, a time when all people can focus on their cardiovascular health. It's never too late to make better choices. All it takes is a goal, a plan & the desire to live better.

Here are some simple steps to take:

- ✓ **Don't smoke** cigarettes or use other tobacco products.
- ✓ **Have your blood pressure checked regularly.** Optimum bp is below 120/80 mm Hg. Be sure to take any medication exactly as prescribed.
- ✓ **Eat a healthy diet** consistent with recommendations from the American Heart Association. Eat a diet rich in vegetables, fruits, whole grains, legumes, nuts/seeds. Eat fish, especially those containing omega-3 fatty acids at least 2x/week. Limit your intake of red meats. Use healthy fats/oils (canola, olive, corn). Limit saturated fat, trans fat & added sugars. Limit sodium to no more than 1500 mg/day. Drink alcohol in moderation.
- ✓ **Be more physically active** (at least 150 minutes of moderate-intensity physical activity or 75 minutes of vigorous-intensity activity (or combination) each week). Include muscle strengthening activity at least two days/week. Look for more ways to be more physically active such as 10-15 min. walking breaks.
- ✓ **Reach & maintain a healthy weight.**
- ✓ **Have your cholesterol checked.** Discuss your numbers & their impact with your doctor.
- ✓ **Keep your fasting blood glucose at less than 100 mg/dL.** Reduce consumption of simple sugars found in soda, candy & sugary snacks. Take medications/insulin as it is prescribed by your doctor.

For more information about heart disease & stroke, **contact the AHA: call 1-800-242-8721 or visit heart.org**

Source: American Heart Association, heart.org/answersbyheart, Lifestyle + Risk Reduction, "How Can I Make My Lifestyle Healthier?"