



Living Well Together



National
Bird
Feeding
Month

A Newsletter of the Georgetown Council on Aging

Volume 24/Issue 8

February 2023

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Website: www.georgetownma.gov

Director's Notes: Still holding a place of honor in the center of my kitchen windowsill is a Valentine's Day card hand made by one of my daughters more than a few years ago. Featuring a glittering heart pasted onto special paper, it is just one in the long-line of home-made Valentines that hold a special place in my heart. How I loved those early crayoned messages and one memorable heart that promised good behavior for at least two weeks! In our home, Valentine's Day was the perfect mid-winter holiday that could warm our hearts during the cold and snow of a New England winter. Valentine's Day was always a special day to our family. It was my grandmother's birthday and she so enjoyed a special hand-made Valentine's Day/birthday card. It was the perfect opportunity for the children in my mother's nursery school to work on their scissor skills. Mom always kept bags of found materials that could be used for collage. Carefully cut hearts would be laden with pieces of pine cone, dried flowers and tissue paper. All of the glue necessary to hold the pieces in place added some weight to the projects. It was only natural for me to plan similar project with our daughters. Much giggling and whispering in corners would be needed as they planned secret projects that included lots of glitter and resulted in the most beautiful Valentines. Displaying the projects on our dining room table, I would plan a special dinner with heart-shaped cookies decorated with frosted messages or an apple pie with hearts cut into the crust. One year, I made a heart-shaped meatloaf outlined with carefully piped pink mashed potatoes. It was such a hit, that I planned a shamrock shaped meatloaf for St. Patrick's Day but no one could eat the green mashed potatoes! During this month when we all can enjoy a lift to our hearts and spirits, make a quick Valentine to share with someone or just to enjoy yourself. Send it in the mail, deliver it in person or leave it by someone's tea cup but, I suggest that you eat your potatoes without decoration and save the green food coloring for Easter eggs!



Mass. 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.



When you put the words
"The" and "IRS" together
it spells "THEIRS".

AARP Tax Prep Assistance

Open to older adults and other moderate-income individuals, the AARP Income Tax Preparation Program is ready to go at the Georgetown Council on Aging Thursdays Feb. 9 - April 13. 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 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, 8:30 a.m. – 3:30 p.m.

HOLIDAY HOURS: The COA office, Sr. Ctr. & all activities will be closed Mon. Feb 20 (Presidents' Day).

B P CLINIC: Next blood pressure clinic will be **Wed. February 1, 9:30-10:40 a.m.** Due to scheduling conflicts, the **March BP Clinic** will be held on **Wed. February 28**. Please make note of the day change. 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. February 2 at 9:30 a.m.

Det. Sgt. Matthew

Carapellucci will

present a program on

Scams. Continued

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

VETERAN'S SERVICES OFFICE HOURS:

Thurs. February 2, 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! Join us on **Mons. February 13 & 27, 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: A Representative from the office of Senator Bruce Tarr will hold monthly office hours on **Tues. February 21, 10:30-11:30 a.m.** Call for appointments.

SHINE OFFICE HOURS: Tues. January 28

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. Feb. 28**

at 2 p.m. "This Time Tomorrow" by Emma

Straub. 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.



February Craft Framed Valentine Collage

(Vintage Valentine replicas arranged in a 5 x 7 frame)

Wed. February 1 @ 11:30 a.m.

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



*Join
Us!*

**On Tues. Feb. 8
12 p.m.**

For AgeSpan's

Traveling Chef Luncheon

(See menu on page 7.)

*There will be a hand-made quilt
raffled after lunch.*

**Seats are limited and reservations
must be made before Wed. Jan. 25.
978-352-5726**



SPECIAL VALENTINE LUNCH

Presented by Culinary Arts Students
Whittier Regional Voc. Tech. H. S.

Thurs. Feb. 9, 11:45 a.m.

Georgetown Sr. Community Center

- **Cost is \$10** to support the Culinary Arts Program at Whittier Regional Vocational Technical High School.
- **Menu:** Baked Stuffed Chicken, Chocolate Torte
- **Reservations are required by Thurs. February 2.**
- **Please call the COA office at 978-352-5726.**

Free Electric Recliner Chair

The Georgetown COA has been notified of a free electric reclining chair that is available to anyone in need of an assisted recliner. For information, please call the COA at 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** 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>.

★ Government Offers More Free COVID-19 Test Kits ★

As COVID-19 cases rise, it's important to stay safe this winter. **Each U.S. household can now order 4 COVID-19 at-home tests shipped straight to their door at no cost.** All you need to do is visit COVIDtests.gov and enter your contact information and mailing address.

During the public health emergency, **people with Medicare can also get up to 8 over-the-counter COVID-19 tests each month at no cost.** Participating pharmacies include CVS, Walgreens, Rite Aid, & Walmart. Other options available:

- Call 1-800-MEDICARE (1-800-633-4227). to find access to free tests. TTY users can call 1-877-486-2048.
- Check with your pharmacy or healthcare provider to see if they are participating and will bill Medicare on your behalf.

★ New COVID-19 Treatment Hotline ★

Tested positive for COVID-19? Telehealth is a quick and free way to see if you're eligible for COVID-19 treatment. You can access telehealth services by calling **833-273-6330** or by completing an online assessment at mass.gov/CovidTelehealth. Clinicians are available every day from 8 a.m. to 10 p.m. This service **IS NOT** for medical emergencies or those who have severe chest pain or shortness of breath.

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

3 February Rebus



WHAT
DOWN

M1Y L1I1F1E

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.



The COA continues to enjoy and appreciate the support we receive from the community.

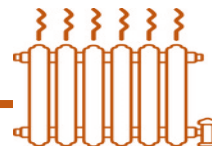
UFP Technologies provided paper goods, cleaning supplies & toiletries to the COA Marketplace.

Monica Chouinard supplied handmade wreaths & gingerbread houses that were raffled off during the holidays.

Fran Przyjemsky continues to supply us with beautiful handmade quilts for raffling.

Friends of the Georgetown COA assisted with serving and supplied favors to the Delvena Theater production in December.

GS Troop 82937 (Cadets) supplied holiday cards and handmade soaps.



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.

Friends of the Georgetown COA Seeks New Members

The Friends' Group works in partnership with the Council on Aging to support programming & activities.

For more information or if you would like to join, contact Jill Benas at 978-767-6532

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.

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

Beware the Grandparent Scam

Local police departments report a wide local circulation in recent months.

In the Grandparent Scam, scammers call pretending to be your loved one, pretending that your loved one is hurt or in trouble, or has been kidnapped. To avoid being scammed, Mass.Gov suggests the following tips.

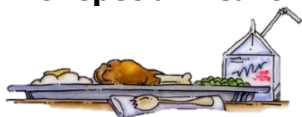
- The call is designed to shock you and keep you from thinking clearly. The caller may stress urgency or cry. Remember to remain calm.
- What do they know about you? The scammers may have done their research and learned information from your social media accounts. However, sometimes the caller will say "it's me, your grandson." They're trying to get you to reveal the information they need to make the call believable during the course of the conversation.
- The caller doesn't sound like your family member. Scammers might claim there is a bad connection or even that their nose is broken. Trust your instincts. If the caller requests payment by wire transfer or a gift card, that is a red flag that the call is a scam. Wire transfers are commonly used in scams because they cannot be canceled or reversed. Jails don't accept bail payment in the form of a gift card. If you think your loved one is really in trouble, contact your local police. They can put you in touch with the proper authorities.
- Ask the caller for information that they would be unable to learn online or from your social media accounts, such as childhood nicknames or favorite family recipes.
- Monitor and screen incoming calls. Always let unknown numbers go to voicemail.
- Make a plan with your loved ones. Discuss what steps should be taken should you ever receive a call about their safety.
- Try to contact the person the caller claims to be directly. If they can't be reached, contact another family member to try and confirm the validity of the call.
- Notify the police even if you're sure your loved one is not in danger.
- Do not give out your credit card information to someone calling over the phone.
- Sign up for the state "Do Not Call" registry as well as the national one to limit telemarketers from reaching you.

FEBRUARY CALENDAR 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
		1 Blood Pressure Clinic By Appointment 8:30 Beginner's Pickleball 10:30 Yoga 11:30 Valentine Craft 12:30 Mah Jong	2 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
6 NO Strength Training Today 9:00 Yoga	7 Van: 9:30 Brown Bag 12:00 Riverside 8:30 Walking Club 8:30 Pickle Ball 10:00 Matter of Balance	8 Traveling Chef 8:30 Beginner's Pickleball 10:30 Yoga 12:30 Mah Jong	9 Tax Preparation by Appt. 9:30 Van: Plaistow 8:30 Walking Club 9:30 Tai Chi 9:30 Knitting Club 10:45 Exercise with Leah 11:45 Valentine Lunch 1:00 Stamp Club
13 9:00 Yoga 10:30 Strength Training 12:30 Bingo	14 9:30 Van: Westgate/Riverside 8:30 Walking Club 8:30 Pickle Ball 10:00 Matter of Balance 12:00 Quilting Group	15 8:30 Beginner's Pickleball 10:30 Yoga 12:30 Mah Jong	16 Tax Preparation by Appt. 9:30 Van: Plaistow 8:30 Walking Club 9:30 Tai Chi 10:45 Exercise with Leah
20 CLOSED: Presidents' Day	21 9:30 Van: Westgate/Riverside 8:30 Walking Club 8:30 Pickle Ball 10:00 Matter of Balance 10:30 Constituent Services	22 8:30 Beginner's Pickleball 10:30 Yoga 12:30 Mah Jong	23 Tax Preparation by Appt. 9:30 Van: Plaistow 8:30 Walking Club 9:30 Tai Chi 9:30 Knitting Club 10:45 Exercise with Leah 1:00 Stamp Club
27 SHINE/appt. only 9:00 Yoga 10:30 Strength Training 12:30 Bingo	28 Blood Pressure Clinic (Replaces March BP Clinic) 9:30 Van: Westgate/Riverside 8:30 Walking Club 8:30 Pickle Ball 10:00 Matter of Balance 12:00 Quilting Group 12:45 COA Board meeting 2:00 Book Club	March 1 8:30 Beginner's Pickleball 10:30 Yoga 12:30 Mah Jong	Mar. 2 Tax Preparation by Appt. 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
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. February 8 at noon.

The menu will feature **Choice of Choice of Pasta/Sauce, Caesar Salad, Capri Veg. blend, Garlic Roll, Tiramisu.** Please RSVP as soon as possible by calling the COA at 978-352-5726.

February Grab & Go Lunch Menu

Monday	Tuesday	Wednesday	Thursday
6 Breaded Chicken with Basil/Red Pepper/Parmesan Sauce 13 LS Hot Dog/WW Bun 20 NO LUNCH/Presidents Day 27 Beef Stroganoff	7 American Chop Suey 14 Chicken Scampi 21 Steak Fajita/Tortilla 28 Sweet/Sour Meatballs	1 Breaded Pollock 8 *TRAVELING CHEF* - see above 15 Sliced Turkey/Gravy 22 Spinach Alfredo Lasagna *** (Turkey Cranberry Salad, Marinated Green Beans, Orzo Salad)	2 BBQ Pork Riblet 9 Cold Plate: *** 16 Mac and Cheese 23*BIRTHDAY* Chicken Marsala

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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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.

February 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 February 28, 2023

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: Susan Gardiner

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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