



Living Well Together



Happy
Valentine's
Day

A Newsletter of the Georgetown Council on Aging

Volume 25/Issue 8

Email: kcrockett@georgetownma.gov

February 2024

Website: www.georgetownma.gov

Kristin's

O **R** **N** **E** **R** **As we step into another month of cold weather**, most of us find ourselves daydreaming about the warmth of spring and the lazy days of summer—or perhaps planning escapes to sunnier climates. Despite my aversion to the cold and snowy weather, February has always held a special place in my heart. It's a time for road trip adventures with my kids, exploring new destinations, and creating lasting memories. Last year, our journey took us to Miami. On the way, we delved into the history of the US Army Airborne and Special Operations Museum in Fayetteville, explored Al Capone's jail cell at the Eastern State Penitentiary, and discovered the unique Graveface Museum in Savannah, GA—a unique blend of horror movies, pinball machines, and true crime.

This year, the debate is on for our next adventure—the kids have proposed New York City, Eastern Tennessee, or perhaps a trip to the Windy City, Chicago. The excitement is palpable as we plan their February vacation and anticipate the discoveries awaiting us.

Here at the Georgetown Senior Center, we're ready to make this February a month to remember. We have a fantastic lineup of activities planned, designed to bring warmth and joy to your winter days. In addition to our ongoing line-up, we'll be playing cards and board games, as well as bringing in summer fun with cornhole and indoor shuffleboard. Don't forget, this is your senior center! Meet friends for a cup of coffee, use the fitness center, or play a game of pool. Just a reminder, when the schools are closed, so are we! So, let's embrace the spirit of February, stay warm, and join us for the wonderful activities ahead. Here's to a month filled with love, laughter, and new adventures!

100 Cups of Coffee

As a way to learn more about the community, meet residents and community partners, over the next year Kristin Crockett is hoping to enjoy 100 cups of coffee with 100 community members!

If you'd like to join her, Please call the Senior Center to set your coffee date!



Free AARP Tax Prep Assistance Early February through Mid-April at the Georgetown Senior Community Center

Open to older adults and other moderate-income individuals, the AARP Income Tax Preparation Program will prepare & electronically file Federal & Mass. state returns. This year's program will include scheduled telephone intake appointments followed by scheduled same-day appointments to drop off documents and pick-up completed tax returns. You will receive a confirmation letter, specifying the time of your appointment & explaining what tax documents to bring with you. You do not need to wait until receiving all your documents before calling. For information pertaining to the Massachusetts Circuit Breaker tax credit program see page 3 of this newsletter. To schedule income tax preparation appointments, please call the COA at 978-352-5726 Mon – Thurs. **after January 8**. See page 4 information on the Circuit Breaker Tax Credit.

HOLIDAY HOURS: The COA office, Sr. Ctr. & all activities will be closed Mon. Feb. 19 (Presidents' Day).

B P CLINIC: Tue. Feb. 6 @ 9:30 a.m.

(Note time change for February only.)

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. 1 at 9:30 a.m.

Join us as we welcome Georgetown Fire Chief, Matt McKay as our speaker. Continued thanks to Crosby's for their support of this program.

VETERAN'S SERVICES OFFICE HOURS:

Thurs. Feb. 1, 10:30-11:30 a.m.

Director Steve Bohn will be available to discuss issues and questions. Please contact the COA if you plan to attend. 978-352-5726. Questions any time can be directed to the local Veteran's Office at 978-356-6699 or e.essex.vets@verizon.net.

SHINE OFFICE HOURS: Monday, Feb. 12

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. Please note: SHINE appointments will now be held on the **2nd Monday of each month** unless noted otherwise.

BINGO: Join us on **Mons. Feb. 12 & 26, 12:30 p.m.** Bingo is usually played twice a month.

Cost: \$2 per 10-game package.

For more information, call 978-352-5726.

CONSTITUENT SERVICES: Representatives from the offices of Senator Bruce Tarr, Rep. Kristin Kassner & will hold office hours on **Tuesday, Feb. 20 from 12:00--1:00 p.m.** Congressman Seth Moulton's representative cannot be here, but is always available by email at Danielle.Leahy@mail.house.gov.



Join GPL Librarian Sarah Cognata on **Wed., Feb 21**

at 2 p.m. This month's selection is "The Librarianist" by Patrick deWitt. 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.

A Series of Delights

**Mondays, February 5, 12, 26 & March 4
2 p.m. to 3:15 p.m.**

Join **Elizabeth Rose**, local poet/psychotherapist, for 4 weekly sessions of sharing delights through poetry. After a fun session in the fall, Elizabeth returns to offer four more delightful sessions of poetry, writing and discussion. No writing experience is necessary, only the desire to dig deeply into the creation of awe, inspiration, and healing through the written word.

Class size is limited to 8 so make your reservations early. Call the COA office at 978-352-5726.



Actual Project may differ slightly.

February Craft

Wire-Wrapped Earrings

**Tues. Feb. 13
10:00 a.m.**

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

Do you have questions regarding your property taxes and assessments?

Join us for a

**Q&A session with
Thom Berube, Town Assessor
Thursday, Feb 8 at 10 a.m.**

**For more information or to sign-up,
contact the COA at 978-352-5726**

Everybody Wins!

Join us on

**Thursday, Feb. 15, 10 a.m.-noon
for our first Open Market.**

We are making room in our Marketplace for new donations. Items available can include health and beauty items such as toothpaste and shampoo, paper goods, and food items.

Come on down and go home with a few treasures!

For more information, call the COA at 978-352-5726.

Free Legal Help

offered by Atty. Elaine Dalton

Tues. Feb. 6, 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

Fun & Games!

Let's get together and enjoy some lively fast-paced games. Yahtzee, Uno, Apples to Apples, Trivial Pursuit are just a few ideas. It's all about enjoying ourselves with our friends. You bring your sense of fun; we will supply the games!

Join our Program & Activities Assistant, Deb, for some fun, interactive games.

Thurs. February 15 at 10:30 a.m.

Please call the office to sign-up. 978-352-5726.



Come on down!

We have a pool table with YOUR name on it!
Come alone to practice or bring some
friends for a friendly game.
Call for room availability. 978-352-5726.

Good News for Seniors!

**Mass. Circuit Breaker Credit
has more than doubled for 2023.**

This refundable credit may be as much as \$2,590 for qualified renters or property owners age 65 and over. In anticipation, be sure you have copies of your property tax bills/payments for all 4 quarters of CALENDAR 2023, and any water or sewer bills. Renters should calculate the total rent paid for 2023 and have the name and address of the landlord. You may be eligible for this credit even if you are not otherwise required to file a tax return. The COA office has more information on the Mass. Circuit Breaker Credit. Call us at 978-352-5726.

Traveling Chef Upcoming Deadlines

Lunch

Mar. 19 Brunch

Apr. 23 Taco Bar

May 14 Carving Station

Jun. 11 Parmesan

Deadline

Feb. 21

Mar. 20

Apr. 23

May 22

(Menus subject to change.)



**Mark your calendars!
Lunch & Music**

Wed. February 14

Traveling Chef 12 p.m.

&

**The Sounds of Roger Tincknell
"Beatles & Beyond"**

1 p.m.

Georgetown Senior Community Center

**For more information or to reserve your seat,
call the COA at 978-352-5726**



This program is supported in part by a grant from the Georgetown Cultural Council, a local agency which is the Massachusetts Cultural Council, a state agency



GCOA wishes to thank the
GHS DECA students &
Advisor Michael Kelley
for their generous pantry donations in
January.

DECA prepares emerging leaders &
entrepreneurs for careers in marketing,
finance, hospitality & management.

New Drop-in Card Group

Meets Wednesday mornings

11:30 a.m.

beginning on February 7

→→Temporarily Away?←←

If you will be away for an extended period of time, please notify the COA of the dates. We will temporarily remove you from the mailing list. When **you notify us of your return**, you will be added back on the mailing list. Contact the COA at 978-352-5726.

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.**

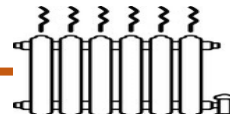
Friends of Council on Aging: FCOA now meets on the **3rd Wednesday of each month at 1 p.m.**

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...) No income restrictions apply. Home deliveries available. **Appointments are required by calling 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.



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.

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 Fitness Center

The Fitness Center at the Georgetown Senior Community Center is open for individual exercise. Reservations can be made in advance or you can drop in and use what is available. 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.

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 Health Information Needs of Everyone 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

Cookbook Showcase

In the coming months, we will be showcasing recipes from the *GSCC Recipe Collection: Living Well Together*. This cookbook was compiled with recipes from Georgetown residents and their family/friends and was sold as a fundraiser for the GCOA Gift Account to provide resources for agency needs. There are still plenty of books left. If you are interested in purchasing one, please contact the office and we can assist you.

Oven-baked Pot Roast

Submitted by Martha Campbell

3-4 lb chuck roast
4 carrots, cut into chunks
1 pkg onion soup mix
1 stalk celery, cut into pieces
3-4 potatoes, cut into quarters

Heat oven to 350°. Place roast in casserole with cover. Sprinkle onion soup mix over meat. Bake covered 2 to 2½ hours, add veggies. Cover and bake another hour.

Hot Chai Tea

Submitted by Leila (Pasquale) Mercer

½ c hot strongly-brewed Constant Comment Tea (Orange Spice Tea)
½ c very warm fat free milk
½ tsp vanilla
Pinch Ground Cloves
Sweetener of choice to taste

Combine all ingredients in a mug and blend well. Serves 1.

Scotch Shortbread

Submitted by Joanne Pasquale

2¼ c flour
¼ tsp baking powder
1 c butter, softened
½ c + 1 T sugar

Preheat oven to 325°. Sift flour, measure, re-sift 2 more times with baking powder. Cream butter until shiny; add sugar gradually, creaming well. Stir in flour mixture in 2 or 3 portions, mixing until smooth after each portion; then knead a few times to blend well. Roll out on lightly floured surface to a ¼" thick rectangle. Prick dough all over with a large-tine fork or mark shallow crisscross lines over top with tines of fork; or press any other design over top. Cut into 2" squares. Bake for 18 to 20 minutes. Makes 3 dozen.



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STAY WARM THIS WINTER

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ACTIVITY CALENDAR & GRAB-GO MENU

FEBRUARY 2024

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY |
|--|---|--|---|
| | | | 1 9:30 Van: Plaistow 8:30 Walking Club 9:30 Tai Chi 9:30 Men's Breakfast 10:30 Veteran's Agent Hours 10:45 Exercise with Leah Baked Ham/Sugar Glaze |
| 5 9:00 Yoga 10:30 Strength Training 12:30 Bingo 2:00 Delights/Poetry BBQ Pulled Pork/Bun | 6 Blood Pressure Clinic by Appt. (Note: Date Change Feb. Only) 9:30 Van: Brown bag/Riverside 8:30 Walking Club 10:00 Elder Law Appointments 12:00 Quilting Group Breaded Chicken/Country Gravy | 7 10:30 Yoga 11:30 NEW! Drop-in Card Group 12:30 Mah Jong | 8 9:30 Van: Plaistow 8:30 Walking Club 9:30 Tai Chi 9:30 Knitting 10:00 Q&A/Town Assessor 10:45 Exercise with Leah 1:00 Stamps Beef Stew |
| 12 SHINE 9:00 Yoga 10:30 Strength Training 12:30 Bingo 2:00 Delights/Poetry Yankee Pot Roast Au Jus | 13 9:30 Van: Westgate/Riverside 8:30 Walking Club 10:00 Earring Craft 12:00 Quilting Group Hot Dog/Bun | 14 Traveling Chef 10:30 Yoga 11:30 Drop-in Card Group 12:30 Mah Jong 1:00 Roger Tinknell | 15 9:30 Van: Plaistow 8:30 Walking Club 9:30 Tai Chi 10:00-noon Open Market 10:30 Fun & Games 10:45 Exercise with Leah Cold Plate: Cobb Salad, Potato Salad |
| 19 <div style="border: 1px solid black; padding: 2px; display: inline-block;">CLOSED: Presidents' Day</div> | 20 9:30 Van: Westgate/Riverside 8:30 Walking Club 12:00 Quilting Group 12:00 Constituent Services Sliced Turkey/Gravy | 21 10:30 Yoga 11:30 Drop-in Card Group 12:30 Mah Jong 1:00 Friends of COA 2:00 Book Club Chicken Cacciatore Deadline to sign-up for March Traveling Chef | 22 9:30 Van: Plaistow 8:30 Walking Club 9:30 Tai Chi 9:30 Knitting 10:45 Exercise with Leah 1:00 Stamps Beef Stew |
| 26 9:00 Yoga 10:30 Strength Training 12:30 Bingo 2:00 Delights/Poetry Meatloaf/Gravy | 27 9:30 Van: Westgate/Riverside 8:30 Walking Club 12:00 Quilting Group 12:45 COA Board Meeting Stuffed Shells/Marinara Sauce | 28 10:30 Yoga 11:30 Drop-in Card Group 12:30 Mah Jong Cold Plate: Turkey/Cranberry Salad, Garden Salad/Drsg, Butternut Salad | 29 9:30 Van: Plaistow 8:30 Walking Club 9:30 Tai Chi 10:45 Exercise with Leah Chicken Kiev/Supreme Sauce |
| 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.***

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

AgeSpan presents:

The Traveling Chef

A congregate dining experience
(no take-out/delivery)

Tues. March 19, 2024 at noon.

The menu will feature Breakfast for Lunch:

Omelet Bar, Waffles with Strawberries, Bacon, Roasted Potatoes, Fresh Fruit Salad. **Deadline: Wed. Feb. 21.** Please RSVP as soon as possible by calling the COA at 978-352-5726.



Georgetown Council on Aging
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Georgetown, MA 01833

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Return Service Requested

Help us to serve you better

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.

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 2024



Georgetown Council on Aging

**Georgetown
Senior Community Center**

**51 North Street
Georgetown, MA 01833
(978) 352-5726**

Open:
Monday – Thursday 8:30 am – 4 p.m.

Georgetown COA Webpage is
located on the town's official website
www.georgetownma.gov.

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 27, 2024

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



Town of Georgetown:

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

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.