



Living Well Together

A Newsletter of the Georgetown Council on Aging

Volume 26/Issue 4

Email: cfiorello@georgetownma.gov

October 2023

Website: www.georgetownma.gov

Director's Notes: As these days shorten and cooler nights arrive, we know that fall will soon arrive in New England. The days may start with a clear crisp morning but the afternoon's sun is still warm. It may be time to put away the swim suit and beach towels, but it will soon be time for foliage, soccer games and apple picking. Doorways and gardens are beginning to bloom with colorful displays of pumpkins, chrysanthemums and fall wreaths. Apples are ready to be picked and pumpkins will soon follow! The arrival of fall always brings happy memories of my grandmother and family and their wonderful canning abilities. Although they moved into Ottawa from the family farm while my mother was still in school, my grandparents gardened wherever they lived. When they bought their first home in Bells Corners, my grandparents landscaped and gardened every inch of their new property. Shrubs and a crabapple tree were planted in the front yard, borders were dug and filled with roses. Raspberry canes and a vegetable garden were planted in the back yard and produced enough vegetables for both family and friends. Row after row of gleaming jars of relishes, pickles and jams filled the built-in pantry closet my grandfather installed in their basement. When it was time to pick the crabapples at their house, I can remember climbing way up into the tree to pick the fruit that was beyond my stepladder. I'm not sure that my grandmother and mother knew that I scaled the tree in order to pick the crabapples but I have a feeling that my grandfather watched with a chuckle. He knew that it wasn't the only tree that I climbed in that yard! My husband and I planted a small crabapple tree in our yard a few years ago. We had a crabapple tree at our little house when we first married and he has loved crabapple jelly ever since. Our new tree now produces a very good harvest of crabapples each year and I have used my grandmother's recipe to make crabapple jelly. We have an abundant crop on our little tree this year and it will soon be time to harvest and make jelly. This year, I brought jars of crabapple jelly to my family in Ontario. Although they are in their 90s, they still make jams, jellies and relishes in their tidy kitchens. It was high praise to receive handwritten thank you notes and know that they were thinking of me over breakfast tea and toast. As fall arrives in our community, I hope that you will enjoy some of the treasures of the season – including some fresh jam or a home-made pickle or two!



Living Well Together Health Fair

Wed. Oct. 4 ~ 11:30 a.m. – 1 p.m.

Join us for a community provider health care fair **Wed. Oct. 4, 11:30 a.m. – 1 p.m.** at the Georgetown Senior Community Center. Showcasing the wide resources available in our community, the **Living Well Together Health Fair** will provide participants & consumers with an opportunity to meet & share information. **At 1 p.m.**, key note speakers from the Alzheimer's Association will present **Healthy Living For Your Brain & Body**. Public Health Nurse, Pam Lara, will be available for blood pressure checks by appointment. Representatives from AgeSpan, nutritionist Leigh Hartwell and the Northern Essex Elder Transport (NEET) Inc. Program will all be available. Healthy refreshments will be served during the event and before lunch. For further information, please call the Georgetown COA at 978-352-5726.

Open Enrollment: October 15 – December 7

Certified SHINE (**S**erving **H**ealth **I**nsurance **N**eeds of **E**veryone) counselors offer free, unbiased, confidential counseling on all aspects of health insurance **to anyone on or eligible for Medicare**. SHINE counselors will also assist to help you understand Medicare and your options. You may also benefit from cost-saving programs that a SHINE counselor will explain to you. SHINE counselors will review your coverage and help determine what you can expect from your current plan in 2024 or if there is another plan that is more cost effective. **See the SHINE appointment schedule on page 3.** To schedule a SHINE appointment, call the Georgetown COA at 978-352-5726.

HOLIDAY HOURS: The COA office, Sr. Ctr. & all activities will be closed Mon. Oct. 9 (Columbus/Indigenous People Day).

B P CLINIC: Wed. October 4, 11:30-1 p.m. as part of the Health Fair. **Appointments Required.** Please call the office to reserve your space. 978-352-5726.



MEN'S BREAKFAST:

Thurs. Oct. 5 at 9:30 a.m.

Members of the **Georgetown Fire Dept.** will speak on **Fire Safety.**

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

VETERAN'S SERVICES:

Due to Karen Tyler's new position in another district, office hours are on hiatus at this time. If you need assistance, contact the local Veteran's Office at 978-356-6699 or e.essex.vets@verizon.net.

SHINE OFFICE HOURS: See Open Enrollment Schedule on page 3. Regular SHINE hours resume Monday, December 18.

APPOINTMENTS MUST BE SCHEDULED THROUGH THE COA OFFICE. The COA has a form that must be completed and brought to your appointment. It is available at the COA for pick-up, by mail or by email when you schedule your appointment. To schedule an appointment, call (978) 352-5726.

CONSTITUENT SERVICES: Representatives from the offices of Senator Bruce Tarr and Rep. Kristin Kassner will hold monthly office hours on **Tuesday, Oct. 17 from 12:00--1:00 p.m.**

BINGO: Join us on **Mons. Oct. 23 & 30, 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.



Join GPL Librarian Sarah Cognata **Tues. Oct. 24**

at 2 p.m. No information was available at this printing. Contact the library for details. 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.

Living Well Together Annual Health Fair

11:30 a.m. to 1 p.m.

Wed. October 4

Vendors:

- ☆ Georgetown Family Dentistry
- ☆ BoH Nurse Pam Lara (BP by appointment)
- ☆ Partners In Rehab
- ☆ Leigh Hartwell, Nutritionist
- ☆ AgeSpan Benefits Team
- ☆ Avita/Memory Care Facility
- ☆ NEET (Medical Transportation)
- ☆ Wingate Residences @ Haverhill
- ☆ Alzheimer's Association

Keynote Speaker:

Alzheimer's Association

Healthy Living For Your Brain & Body

1 p.m.

Join us to learn about research in the areas of diet and nutrition, exercise, cognitive activity and social engagement, and use hands-on-tools to help you incorporate these recommendations into a plan for healthy aging.

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

Join the Friends of the COA at their

Harvest Women's Breakfast

Tuesday, October 31

9:30 a.m.

Enjoy Pumpkin/Cinnamon French Toast
Asparagus Egg Casserole
Assorted Sides & Juices



Guest speakers:

Kerri McManus, Georgetown Town Clerk
State Rep. Kristin Kassner

Reserve your seat today. 978-352-5726



We have Shuffleboard!

Anyone interested in playing should contact the COA to schedule a time and pick up the equipment. 978-352-5723

Open Enrollment SHINE Appointment Dates

Appointments run 9 a.m. to 12

New to Medicare only -1 hr. appts.

October 16, November 13

Open Enrollment only – ½ hr. appts.

(i.e., people checking plans for next year)

**October 23, October 30, Nov. 20,
November 27, December 4**

**Appointments are required.
978-352-5726**

October Craft

Autumn Wall Hanging



**Tues. Oct. 17
10:00 a.m.**

Space is limited. Reserve your seat as soon as possible. 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 Tuesday of each month at 1 p.m.**

COA Marketplace

COA Marketplace offers a wide variety of soups, canned goods, non-perishable foods & fun snacks. We also offer a variety of non-food products including toiletries, personal care items, incontinence supplies, paper items & dish/laundry detergent. Some fresh foods (eggs, milk, fruit/vegetables...) & Market Basket or Crosby's Marketplace gift cards are available upon request. No income restrictions apply. Home deliveries available. **Appointments are required by calling 978-352-5726.**

Ongoing Exercise Groups

**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.

Exercise with Leah Miller

Thursdays at 10:45 a.m.

Walking Club

Tuesdays & Thursdays, 8:30 a.m.

COA Offers Fitness Center Appointments

The Fitness Center at the Georgetown Senior Community Center is open for individual exercise by appointment. Thirty-minute appointments are available each hour. Equipment includes: two stationary bikes, two treadmills, weights, stair-climber & a stationary recumbent bike. Call the COA for appointments (978-352-5726).

Covid-19 Test Kits: Good news! Donated by the Massachusetts Department of Public Health, the Georgetown COA has free test COVID-19 test kits available to share with local households. For information, please call 978-352-5726.



Annual Flu Shot Clinic Wed. Nov. 1 9:30 – 11:00

Georgetown Senior Community Ctr.

- **Pre-registration IS** required before **Thurs. Oct. 28.**
- Appointments will be planned during 3 half-hour sessions with 10 people per session.
- Please bring your health insurance cards to the clinic.
- Please wear a sleeveless or loose fitting short-sleeved shirt.
- The Quadrivalent (4 strain) flu vaccine is provided by the Georgetown Board of Health.
- High dose senior vaccine is not available at this clinic
- The Flu Clinic is sponsored by the COA & the Georgetown Board of Health.
- For further information, please call the COA at (978) 352-5726.



Dick Boucher shares his model engineering hobby at the September Men's Breakfast.

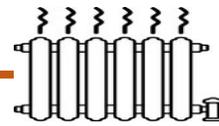


Looking Ahead to...

- Wed. Nov. 1, 9:30 -11 a.m. – Flu Clinic
- Tues. Nov. 14, 10 a.m. – Georgetown Light Dept. Holiday Safety
- Wed. Nov. 15, 1 p.m. – Rich Araldi concert

AARP Income Tax Preparation Program seeks volunteers

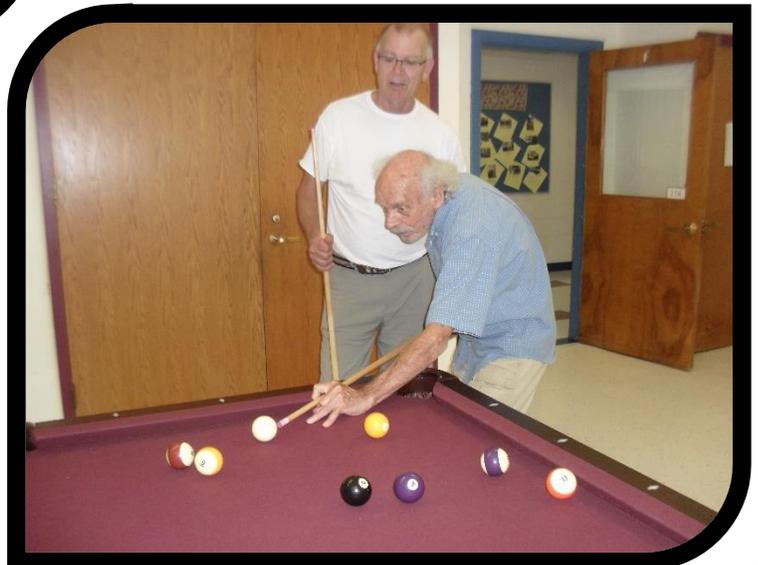
The Tax-Aide volunteer team, who have prepared your tax returns for many years, is looking for new volunteers! We need volunteers to prepare taxes, but also for administrative and clerical tasks or to help with computer and network issues. You don't need to understand taxes to help out. Think you might be interested in joining the Tax-Aide team? You're invited to an informal information session, Wednesday, October 11th, 1:00-3:00PM at the Newburyport COA, 331 High Street, Newburyport, MA 01950. Or send your contact information to MAtaxaide.District4@gmail.com. We'll get back to you. Check us out. Tax work can be more fun than you can imagine!



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.

Tony Spirito and Tom Falzareno are our resident pool sharks. Come down and take them on!



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

October Fun Time

Sudoku Puzzle (medium)

	9			6				3
2			4		8	5		1
		1		5				
								5
	1	3				6		
	6	4		1	9	2		
	3		6					9
		2	3	4		1	5	6

Fun Things to do in October...

- Go fruit picking (apples, pears or pumpkin).
- Bake an apple or pumpkin pie.
- Drink a Pumpkin Spice Latte.
- Walk & crunch through the fallen leaves.
- Go to a Harvest Festival or County Fair.
- Drink warm cider.
- Snuggle up around a bonfire or fire pit, roast marshmallows and tell a spooky story or two!
- Make leaf rubbings with crayons.
- Take in the foliage.
- Have an autumn picnic. (Dress warmly!)
- Make a hearty soup or chili in the slow cooker.
- Rake leaves and enjoy that earthy scent in the air.
- Go on a bike ride or nature walk.
- Make a scarecrow.
- Go stargazing or watch an autumn sunset.
- Carve a pumpkin.
- Fly a kite.
- Gather the family for Game Night.
- Press autumn leaves and flowers.
- Snuggle under a blanket and read a book.

Most of all: Be thankful and have fun!



Senior News Publications

We Offer Affordable Print & Online Advertising in Over 60 Towns Across New Hampshire and Massachusetts



Request a Quote (603) 601-8047 info@snpnewsletters.com

Be Independent for Life

Nichols Village

AN ACTIVE ADULT COMMUNITY

One Nichols Way
Groveland, MA 01834
Nichols-Village.com

CALL 978-372-3930

CAN YOU AFFORD NOT TO ADVERTISE?



Connect with your local community here.

REQUEST A QUOTE



SCAN THE CODE

Common goals

Uncommon good



Peace of mind when you need it most.



We bring Community To You

We connect local businesses with their residents. Advertise Today



Modern Woodmen of America

Joseph R. Soucy
FICF, RICP®, CFFM

C 978-479-7880

joseph.r.soucy@mwarep.org



Modern Woodmen
FRATERNAL FINANCIAL

I can help you plan for life. Let's talk.

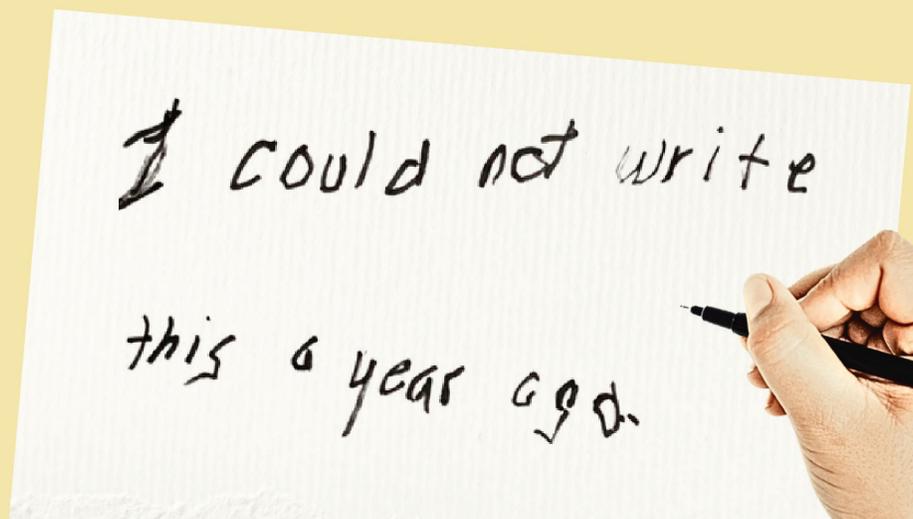
Life insurance | Retirement planning | Financial services | Member programs

Know of someone who has suffered from a stroke?

Recovery is possible even years after stroke

Imago

REHAB



Learn more: www.imagorehab.com • 617-671-0789

The town of Georgetown & Georgetown COA does not endorse or sponsor any of the advertisements.

OCTOBER CALENDAR 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
2 9:00 Yoga 10:30 Strength Training	3 9:30 Van: Brown Bag/Riverside 8:30 Walking Club 9:00 Beginner/Inter Pickleball (ALP) 12:00 Quilting Group	4 Health Fair (incl. BP appts.) 9:00 Beginner/Inter Pickleball (ALP) 10:30 Yoga 12:30 Mah Jong	5 9:30 Van: Plaistow 8:30 Walking Club 9:30 Tai Chi 9:30 Men's Breakfast 10:45 Exercise with Leah
<div style="border: 1px solid black; padding: 2px; width: fit-content; margin: auto;"> NO LUNCH: Columbus Day </div>	10 9:30 Van: Westgate/Riverside 8:30 Walking Club 9:00 Beginner/Inter Pickleball (ALP) 12:00 Quilting Group	11 9:00 Beginner/Inter Pickleball (ALP) 10:30 Yoga 12:30 Mah Jong	12 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
16 SHINE/appt. only 9:00 Yoga 10:30 Strength Training	17 9:30 Van: Westgate/Riverside 8:30 Walking Club 9:00 Beginner/Inter Pickleball (ALP) 10:00 Craft 12:00 Quilting Group 12:00 Constituent Services 1:00 Friends of COA	18 Traveling Chef 9:00 Beginner/Inter Pickleball (ALP) 10:30 Yoga 12:30 Mah Jong	19 9:30 Van: Plaistow 8:30 Walking Club 9:30 Tai Chi 10:45 Exercise with Leah
23 9:00 Yoga 10:30 Strength Training 12:30 Bingo	24 9:30 Van: Westgate/Riverside 8:30 Walking Club 9:00 Beginner/Inter Pickleball (ALP) 12:00 Quilting Group 12:45 COA Board 2:00 Book Club	25 9:00 Beginner/Inter Pickleball (ALP) 10:30 Yoga 12:30 Mah Jong	26 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
30 9:00 Yoga 10:30 Strength Training 12:30 Bingo	31 9:30 Van: Westgate/Riverside 8:30 Walking Club 9:00 Beginner/Inter Pickleball (ALP) 9:30 Harvest Women's Breakfast 12:00 Quilting Group	Nov. 1 Traveling Chef Flu Clinic 9:30-11 a.m. 9:00 Beginner/Inter Pickleball (ALP) 10:30 Yoga 12:30 Mah Jong	Nov. 2 9:30 Van: Plaistow 8:30 Walking Club 9:30 Men's Breakfast 9:30 Tai Chi 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)

October 18 at noon.

The menu will feature **German Meat Pie, German Potato Salad, Green Beans, Apple Strudel, Roll & Milk.** Please RSVP as soon as possible by calling the COA at 978-352-5726.



October Grab & Go Lunch Menu

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>
2 Beef Stew 9 NO Lunch/Columbus Day 16 Sliced Turkey/Gravy 23 Mac and Cheese 30 Grilled Chicken Picata **Chicken Salad, Pesto Pasta Salad, Tomato/Cucumber Salad	3 Stuffed Shells Marinara 10 Pot Roast/Gravy 17 Meatball Sub 24 Lemon Garlic Cod 31 Shepherd's Pie	4 Chicken/Rosemary Cream 11 LS Hot Dog/Bun 18 Traveling Chef 25 Meatloaf/Gravy	5 Teriyaki Pork 12 Cold Plate** 19 *Birthday* Beef Stroganoff 26 *Special* Butternut Sq. Ravioli/Brown Butter Sauce

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
U. S. Postage
PAID
PERMIT #39
Haverhill, MA

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.

October 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 October 24, 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:

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

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.