



Living Well Together

A Newsletter of the Georgetown Council on Aging



National Clean - Off
Your Desk Day
January 13, 2020

Volume 21/Issue 7

Email: cfiorello@georgetownma.gov

January 2020

Website: www.georgetownma.gov

Director's Notes: Closing out the old year and celebrating the arrival of the new year, our family has always looked forward to New Year's – although the celebrations have evolved over the years! As a child, New Year's dinners at my grandparents' home in Ottawa were a lovely family dinner. The table gleamed with china and carefully polished silver. Evergreen boughs and tinsel decorated the dining room's large gilded mirror which reflected our small family gathered together. My sister and I were delighted with fruit cups served in wine goblets and topped with sherbet just for the occasion. A beautifully molded tomato aspic often glistened in the center of the table but didn't have as much appeal to young people as the sherbet! Even though we were at home, dinner was a dress-up event. My father and grandfather wore suits and ties, my mother and grandmother wore tailored silk dresses and my sister and I were often in velvet dresses with lace collars. At that time, I had a wool coat with a black faux fur collar and matching muff for my hands! Very chic! First married, my husband and I attended a few New Year's Eve parties but soon opted for evenings spent at home with our family and close friends. The sweetest celebration will always be the New Year's Eve that the two of us sat curled up on the couch in our first home, watching TV, while we eagerly awaited the birth of our first daughter. With a truly joyful start to the year, she arrived just three days after that evening. Now, we often spend the evening with good friends, encouraging each other to stay awake at least until the ball has dropped! The same antique wine goblets are always on hand for a prayer of Thanksgiving for the blessings of the past and a toast to the blessings of the future. No matter how you celebrate the arrival of the New Year, may it be a year filled with joy and blessings for all!



AARP Tax Prep Assistance Available

Open to: Elders and other moderate-income individuals

Where: Georgetown Sr. Community Center
51 North Street ~ Georgetown

When: Thursday mornings Feb. 13 - April 9

Appointments are required.

To schedule an appointment, call the COA office at (978) 352-5726 after January 13.

Things to bring with you to your appointment:

- ★ Copies of 2018 Federal & State tax returns
- ★ Anything received in the mail marked "Important Tax Return Document Enclosed" including W-2 forms,
- ★ SSA-1099 (Social Security), 1099-R (pension/IRA), 1099-INT (interest), 1099-B/1099-DIV (stocks & mutual funds).
- ★ Some form of Personal Identification
- ★ To determine Circuit Breaker Tax Credit, bring 2019 Property Tax bills & Water Bills.

Information regarding tax preparation and the criteria for Massachusetts Circuit Breaker tax program is also available at the Council on Aging office.



A Holiday Thank You

Although they arrived & departed "like the down of a thistle," the spirit generated by the holidays continues to warm us! The Georgetown COA is grateful to all who helped brighten the holiday season. We send our thanks to the Georgetown Middle/High School Music Department & Food Service for nurturing our bodies & lifting our spirits with the annual breakfast & holiday concert. Our Holiday Party featured a feast catered by ESMV & desserts baked by Monica Chouinard. Entertainment was provided by the musical ensemble "Spare Parts." Gifts also came in the form of food pantry donations & holiday cards created by Penn Brook School students; decorations & cards created by the Builders Club, Pentucket Workshop Preschool students & Cub Scout Pack 50. Our thanks also to Raymond Ct. friends for food pantry donations. We're thankful for all of the efforts that brightened the holiday season for so many.

**The COA and all activities will be closed on Wed. Jan. 1 for New Year's Day &
Mon. Jan. 20 for MLK Day**

"Living Well Together" Newsletter is made possible by a grant from the Massachusetts Executive Office of Elder Affairs.

January Activities

ALL ACTIVITIES ARE HELD AT GEORGETOWN SENIOR COMMUNITY CENTER UNLESS OTHERWISE NOTED.

CALL US AT 978-352-5726.



J A N U A R Y V A N S C H E D U L E 2 0 2 0



Shopping Date	Location	Recreation Date	Location
		Jan. 2 9:30	Super Walmart/Salem, NH
Jan. 7	NO SHOPPING VAN – Brown Bag	Jan. 9 10:30	Riverside/Haverhill
Jan. 14 9:30	Seabrook, NH	Jan. 16 10:30	Plaistow, NH
Jan. 21 9:30	Rowley	Jan. 23 10:30	Newburyport
Jan. 28 9:30	Riverside/Haverhill	Jan. 30 10:30	Westgate/Haverhill

JOIN US MONDAY – THURSDAY MORNINGS from 8:30 - 11 a.m. for cribbage and card games! Puzzles, coloring materials & a pool table (call for availability) are also available for drop-in use. Hot coffee and snacks are a great way to meet-up with friends! **Tuesday (9:30-11 a.m.) is Homemade Muffin Day!**

SHINE OFFICE HOURS: Mon. Jan. 6 9 a.m.-12 p.m.
SHINE Counselor Nancy Aberman will be here to answer health insurance questions. **APPOINTMENTS MUST BE SCHEDULED THROUGH THE COA OFFICE.** If you cannot come to the scheduled hours, the COA can contact our SHINE counselor to make other arrangements for you. To schedule an appointment, call (978) 352-5726.

PUBLIC HEALTH NURSE: Tues. Jan. 7 9:30 a.m.
(Date Change for January only) Public Health Nurse **Pam Lara** provides blood pressure checks, heart assessments, & medication information & discusses any medical concerns seniors have.

MEN'S BREAKFAST: Thurs. Jan. 9 9:30 a.m.
(Date Change for January only) Members of the **Merr. Valley Ship Model Club** will be our guest speaker. With great appreciation, the COA thanks Crosby's Markets for their sponsorship. **To reserve a seat, call 978-352-5726.**
Next breakfast: Feb. 6 Speaker: Georgetown Fish & Game Club

KAREN TYLER, DIR. VET. SERVICES OFF. HOURS:
Thurs. Jan. 9 10:30 a.m. – 11:30 a.m.

Local Legislators' Office Hours

State Rep. Lenny Mirra & Senator Bruce Tarr, or their representatives, will be on hand at the **Georgetown Senior Community Center** to meet with constituents to answer questions, hear comments or provide assistance. The next scheduled office hours for both will be:

Tues. January 14, 11 a.m. – noon

The public is welcome. No appointment necessary. If you cannot come to the Center, both legislators can be contacted through the email addresses below.

Rep. Lenny Mirra: Leonard.Mirra@MAhouse.gov

Sen. Bruce Tarr: Bruce.Tarr@masenate.gov

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

TOE-TAPPIN' DANCE CLASS

Wed. Jan. 15, 10 a.m. (See page 3.)

LUNCH & LEARN: DEMENTIA & MEMORY DISORDERS

Thurs. Jan. 16, Lunch: 12 p.m. Lecture: 12:15 p.m.
 (See page 3.)

ARMCHAIR TRAVEL-POLAND:

Wed. Jan. 29, 10 a.m. (See page 3.)

COA Friends are on winter hiatus.

Next Meeting: Tue. Feb. 11, 1 p.m.

BOOK CLUB: Tues., Jan. 28, 2 p.m.

"Mistress of the Ritz" by Melanie Benjamin.

JANUARY BIRTHDAY LUNCH:

Wed. January 29, 12 p.m.

Help us as we send best wishes to our friends who were born in January. Birthday celebrants will receive a free lunch (everyone else is \$2). Lunch reservations are required. **RSVP before 1/22/20.** To make reservations, call the COA office at (978) 352-5726.

Free Legal Help offered by Atty. Elaine Dalton

Tues. Jan. 28, 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



Attention Seasonal Travelers!

With winter travel plans in place, please notify the COA of the dates you plan to be away. We will temporarily remove you from the mailing list and put you back on the mailing list when **you notify us** of your return.

Health & Wellness Classes

All classes are held at Georgetown Senior Community Center.

Newcomers & beginners welcome.

There is a SUGGESTED DONATION of \$3.00 per class.

Class	Meets on	Time
Yoga (Bring a mat or towel)	Monday	10:30 a.m.
	Wednesday	11:00 a.m.
Strength Training <small>Welcome Layla, Emotional Support Dog</small>	Tuesday	9:30 a.m.
Hybrid Exercise Class	Thursday	10:30 a.m.
Tai Chi	Thursday	12:30 p.m.
Fitness Room	Mon. – Thurs.	Call for equip. Availability

Walking Program

Meets Rain or Shine

Tues. & Thurs. 8:30 a.m.

Participants will meet at the GSCC & will embark on one of several pre-determined routes.

Walking Club is free of charge.

Toe-Tapping, Knee Slapping Dance Class

Instructor: Joyce Sartorelli

Wednesday Jan. 15, 10 a.m.

Join us for 45 minutes
of fun & instruction:

- Gentle Warm-up Exercises
- Learn the Polka Line Dance
- Review: Hand Jive, the Stroll & Charleston
- Swing, Twist, Country Western Line Dance
- New Dances



No charge. ~ All skill levels welcome.

Contact the COA to sign-up as soon as possible.

978-352-5726

Armchair Travel: Poland

Presented by

Joe & Linda Corcoran

Joe & Linda are back to share
more of their world travels.

This month we jet off to
Poland.



Wed. January 29 at 10 a.m.

Georgetown Senior Community

For more information or to let us know that you will
attend, call the COA at 978-352-5726.

LUNCH

and



Thursday, January 16

Georgetown Senior Community Center

12 p.m.

Lunch

Enjoy a special free lunch provided by
Avita of Newburyport

Lunch reservations are required before
Thursday 1/9/20.

12:15 p.m.

Dementia & Memory Disorders

Presented by

Alison Kolozsvary

Avita of Newburyport

- An overview of the different forms of dementia and memory disorders
- Recognize the signs
- Discuss concerns
- Strategies for care

For more information or to sign-up for
either/both activities, contact the COA
at 978-352-5726.



Seniors enjoyed a festive meal along with the seasonal offerings of "Spare Parts" during the Annual Holiday Party in December.

Winter Shoveling Available

As part of community service, some GMHS students may shovel **stairs & sidewalks (only)** this winter.

If possible, student volunteers will respond to elder requests for snow removal. The COA will refer requests to the Georgetown High School. **Elders should call the COA** (978-352-5726) as early as possible as last-minute requests are hard to accommodate.



Upcoming Dance Class Schedule

Wed. Jan. 15	Wed. Feb. 19
Wed. Mar. 18	Wed. April 15



Coming in February ~ Watch for more details

Feb. 12 Whittier Valentine Luncheon

Ongoing & Monthly Activities

For more info on any activities call the COA
978-352-5726



COA Marketplace: Nonperishable items are located at GSCC. No income restrictions apply. Appointments are required by calling 978-352-5726.

BINGO: Mon. at 12:30 p.m. \$1 per card covers all games.

WINTHROP STAMP CLUB: 2nd & 4th Thurs., 1-4 p.m.
General meeting followed by stamp auction (open to public).

Knitting Group: 2nd & 4th Thurs., 9:30-11:30
Drop-ins welcome.

Quilting 101: 2nd & 4th Tues., 2 - 3 p.m.
Free. Fabric/batting provided. Drop-ins/beginners welcome.

Mah Jong Group: Wed. at 12:30 p.m.

Book Club: 4th Tuesday of each month, 2 p.m.

Inclement Weather May Affect Senior Center Opening

Living in New England, chances are good that winter may bring some snow days! Since the Georgetown Senior Community Center is located at the Perley School, if the Georgetown Public Schools are closed then the Senior Center will also be closed for all COA programs and activities. There will be no COA Van rides, NEET rides or meals served. If the Elder Services of Merrimack Valley Lunch Program is closed, there will be no Meals on Wheels delivered or lunch served at the Senior Center. If the Georgetown Public Schools have a two-hour delay due to inclement weather, the Senior Center will plan to be open at 10 a.m. In the winter, it is always a good idea to give us a call before coming to the Senior Center to check if a program or activity might be cancelled due to inclement weather. We'll keep a good thought and welcome spring, soon!



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

Application Packets are now available at the COA.

Households that did not apply for the program last year, can apply for the program by calling Community Action at (978) 373-1971 or the COA office at (978) 352-5726. Maximum gross income is **\$37,360** for one-person or **\$48,855** for a two-person household. This year applications are available, and can be completed, at the Georgetown Senior Community Center. For more information, call the COA at (978) 352-5726.

Council on Aging Services

For information on any of the following services, contact the COA at (978) 352-5726.

TRANSPORTATION/SHOPPING:

The Van is available Tuesdays & Thursdays for door-to-door shopping and errands. Reservations should be made at least two days in advance by calling the COA office at (978) 352-5726. Monthly Van Schedules are printed in the Newsletter. A small 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. If the office is closed, please leave a message (and remember that the COA is not open on Fridays). After the ride is arranged, the **DRIVER** will call you the day before the ride. 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. Please remember: Reservations must be made through the COA office. Clients should not call the drivers directly.

RING & RIDE: Medical, Shopping & General-Purpose Transportation & Medi-Ride

Ring & Ride is a free shared van service available to Georgetown residents. It requires 24-hour notice w/reservations made through MVRTA (978-469-6878, option #3). The van can be used for any purpose including medical and shopping in Amesbury, Boxford, Georgetown, Haverhill, Groveland, Newburyport, Lawrence, Methuen, Newbury/Byfield, North Andover, West Newbury, & Rowley Train Station & Market Basket. MVRTA also provides Medi-Ride to Boston area hospitals. For brochures, 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.

Congregate Meals

The COA Meal Site offers nutritious lunches Monday-Wednesday at 12:00 p.m. Please make reservations by the previous Wed. by calling the COA or in person at the Georgetown Sr. Comm. Ctr.

FOOD AND HEAT RESOURCES

For information & assistance w/state & local resources, contact the COA office at (978) 352-5726.

Board of Health Nurse

On the first Wednesday of each month, from 9:30 - 11 AM, Pam Lara, RN is available at the Georgetown Sr. Community Center to perform blood pressure checks, etc.

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 counselors Jerry Goldberg & Nancy Aberman @ Georgetown Sr. Community Center. See newsletter for specific dates.

EQUIPMENT LENDING PROGRAM

COA has medical equipment (Walkers, Canes, Wheelchairs, Bath Seats, etc.) for long- or short-term lending.

FILE OF LIFE & YELLOW DOT PROGRAMS

Both programs provide a health history document to be used by emergency personnel in case of illness or injury. One is for your home, the other for your car.

HEALTH CARE PROXIES

COA has fact sheets and Health Care Proxy forms available upon request.

THE FILE A handy folder which serves as a summary of record of Financial Information, Investments & Insurance, Legal Documents & Estate Management information.

Updated 1/15/19

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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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 January 28, 2020

Georgetown Council on Aging:

Director: Colleen Ranshaw-Fiorello

Office: Julie Pasquale, Newsletter

Kirsten Klueber, Outreach

Dave Hall, Van Driver

Meal Site Coordinator: Carol Westhaver

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: Carol Westhaver, Martha

Lucius

Town of Georgetown:

Michael Farrell, Town Administrator

Joe Bonavita, Board of Selectmen, Chair

Douglas Dawes, Board of Selectmen, Clerk

Charles Durney, Board of Selectmen

Gary Fowler, Board of Selectmen

David Twiss, Board of Selectmen

Georgetown COA Webpage is

located on the town's official website

www.georgetownma.gov.

Council on Aging Mission Statement: The main objectives of the Georgetown Council on Aging are to advocate on behalf of older adults, to identify their needs, to develop and implement services to meet their health, economic, social and cultural needs, to encourage maximum independence and to improve their quality of life.

Inclement Weather Policy: The Georgetown Council on Aging and Senior Center will be open for business in inclement weather unless all Georgetown town offices are closed. If the Georgetown Public Schools are closed, there will be no van rides or NEET rides, and all COA activities/programs will be cancelled. If the Elder Services of Merrimack Valley Lunch Program is closed, there will be no Meals on Wheels or lunches served at the Georgetown Senior Community Center.

January Menu - Lunch reservations must be made by the previous Wednesday. Call (978) 352-5726.

Lunch is served Monday through Wednesday at the Georgetown Sr. Community Center at 12 p.m. Cost is \$2.00.

Congregate meals are made possible in part by funding from the Older Americans Act as granted by Elder Services of the M. Valley
Nutritional information regarding meals is available upon request by calling the COA office at (978) 352-5726.

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>
		1 CLOSED: NEW YEAR'S DAY
6 Vegetable Lasagna/Spinach Sauce, Zucchini, Garlic Roll, Parm Cheese, Crunch Bar	7 Shepard's pie (corn, beef and potatoes), Carrots, Mixed Fruit, WW Dinner Roll	8 Vegetable Soup, Chicken Fajitas, Spanish Rice, Black Beans, Sour Cream, Tortilla, Fresh Fruit
13 Turkey Divan, Pasta, Beets, Applesauce, WW Roll	14 Teriyaki Meatballs, White Rice, Garlic Green Beans, Mandarins, WW Bread	15 Beef & Barley Soup, Cheeseburger/Bun, Potato Chips, Brussel Sprouts, Fresh Fruit
20 CLOSED: MLK Day	21 Hot Dog/Roll, Baked Beans, Mixed Veg, Baked Good	22 Chix Noodle Soup, Breaded Chix/Bun, Zucchini, Veg Rice, Fresh Fruit, Honey Mustard
27 Ravioli/meat sauce, Cauliflower, Italian Bread, Peaches	28 Balsamic Cranberry Chicken, Rice Pilaf, Herbed Peas, Oat Bread, Fresh Fruit	29 Butternut Soup, Crab Cake/Remoulade Sauce, Rice Pilaf, Broccoli, Yogurt, WW Bread

January is National Tea Month: A great time to curl up with your favorite brew & leave the holiday rush behind.

"The very act of preparing and serving tea encourages conversation. The little spaces in time created by teatime rituals call out to be filled with conversation. Even the tea itself—warm and comforting—inspires a feeling of relaxation and trust that fosters shared confidences." *Emilie Barnes, If Teacups Could Talk*

"Come and share a pot of tea, my home is warm and my friendship's free." *Emilie Barnes*

JANUARY VAN & ACTIVITIES CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
		1 CLOSED: NEW YEAR'S DAY	2 9:30 Van: Super Walmart 8:30 Walking Club 10:30 Hybrid Exercise Class 12:30 Tai Chi
6 Shine Appointments 9:30 Dolls 10:30 Yoga 12:00 Lunch 12:30 Bingo	7 No Shopping Van—Brown Bag 8:30 Walking Club 9:30 Strength Training 9:30 BOH Clinic (Note Date Change) 12:00 Lunch	8 11:00 Yoga 12:00 Lunch 12:30 Mah Jong	9 9:30 Men's Breakfast (Note Date Change Jan. only) 10:30 Van: Riverside/Haverhill 8:30 Walking Club 9:30 Knitting Group 10:30 Veterans' Agent Office Hrs. 10:30 Hybrid Exercise Class 12:30 Tai Chi 1:00 Stamp Club
13 9:30 Dolls 10:30 Yoga 12:00 Lunch 12:30 Bingo	14 9:30 Van: Seabrook, NH 8:30 Walking Club 9:30 Strength Training 11:00 Sen. Tarr/Rep. Mirra Off. Hrs 12:00 Lunch 2:00-4:00 Quilting 101	15 10:00 Toe-Tappin' Dance Class 11:00 Yoga 12:00 Lunch 12:30 Mah Jong	16 10:30 Van: Plaistow, NH 8:30 Walking Club 10:30 Hybrid Exercise Class 12:00 Lunch & Learn 12:30 Tai Chi
20 CLOSED: MLK DAY	21 9:30 Van: Rowley 8:30 Walking Club 9:30 Strength Training 12:00 Lunch	22 11:00 Yoga 12:00 Lunch 12:30 Mah Jong	23 10:30 Van: Newburyport 8:30 Walking Club 9:30 Knitting Group 10:30 Hybrid Exercise Class 12:30 Tai Chi 1:00 Stamp Club
27 9:30 Dolls 10:30 Yoga 12:00 Lunch 12:30 Bingo	28 9:30 Van: Riverside/Hav'll 8:30 Walking Club 9:30 Strength Training 10:00 Legal Assistance 12:00 Lunch 12:45 COA Board Mtg. 2:00 Book Club 2:00-4:00 Quilting 101	29 10:00 Arm Chair Travel/Poland 11:00 Yoga 12:00 Birthday Lunch 12:30 Mah Jong	30 9:30 Van: Westgate/Hav'll 8:30 Walking Club 10:30 Hybrid Exercise Class 12:30 Tai Chi

Van Trips: The cost is \$2.00 roundtrip which includes door-to-door service from your home. The pick-up time for Tuesday shopping trips, as well as the monthly Thursday trip to Super Walmart in Salem, NH, is 9:30 a.m. The pick-up time for all other Thurs. trips is 10:30 a.m., unless otherwise noted. Please confirm pick-up times when you call. Make reservations by calling the COA at (978) 352-5726.