



# Living Well Together



National  
Popcorn  
Day 1-19

A Newsletter of the Georgetown Council on Aging

Volume 22/Issue 7

Email: [cfiorello@georgetownma.gov](mailto:cfiorello@georgetownma.gov)

January 2021

Website: [www.georgetownma.gov](http://www.georgetownma.gov)

**Director's Notes:** Marking the end of the old year & the arrival of the new year with all of its hopes for the future, New Year's Eve provides us with an opportunity to celebrate that important moment in time. Usually, it is a nice holiday time to connect with family and friends and begin the New Year together. What a year this been! Will any of us be sad to see this year come to an end? Although we try not to look too far ahead and to enjoy each day as it comes, the arrival of this new year and the hope of better days that it will bring, cannot come soon enough. Many of our family and cultural traditions around New Year's Eve center around ushering out any lurking evil spirits and encouraging good luck with the new year. Even singing Auld Lang Syne together at midnight is done to inspire good luck for the new year. As a child I can remember the broadcast of Guy Lombardo and the Royal Canadians singing Auld Lang Syne at the stroke of midnight. Church bells and the bell at the Peace Tower would ring out across Parliament Hill in Ottawa. A New York City boy, my husband remembers family dinners in his family's Queens' apartment that involved multiple courses of home-made Italian delicacies along with evening-long card games. With much laughter, a few pots and pans were banged at midnight to ward off evil spirits. Some of our family members even opened the front door to encourage the old year to leave. This is a different year for sure. We won't be able to gather with our friends and family to say goodbye to the old year and welcome 2021, but when my Grandmother Clock strikes 12 at midnight, you can be sure that I will be on my feet, opening our front door, banging my mother-in-law's pasta pot and ringing my mother's cow bell as loud and as hard as I can! Find a pan and a bell and join me! The neighbors won't mind! They might even join us in a symphony of good news music! Goodbye 2020 and welcome 2021! We are so looking forward to all the hope that you will bring!

2021|2020



## Holiday Thanks...

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 during this very difficult year. We send our thanks to the Georgetown Kiwanis Club for lifting our spirits and sweetening the day with their donation of individual pies for distribution. The Friends of the Council on Aging gave us all a chuckle along with a practical gift with their Thanksgiving turkey/toilet paper centerpieces. Students with the Penn Brook Student Council and Girl Scout Troop #72386 crafted very meaningful handmade cards for the holidays. The Georgetown Municipal Light Department shared magnetic calendars and nightlights. Gifts also came in the form of food pantry donations & donations to the Georgetown COA Gift Account that will be used to stock up the COA Marketplace with many essential needs. We're thankful for all of the efforts that truly brightened the holiday season for so many.



*Thanksgiving Goodies*



COA Director Colleen Ranshaw-Fiorello accepts Thanksgiving pie donation from Kiwanis members Dave Bogdan, Roger Mercaldi & Lenny Mirra

**Holiday Office Hours:** The COA offices and all activities will be closed on Mon. Jan. 18 (MLK Day).

**COA Staff available** for continued social phone calls – COA Staff makes daily phone calls to check in with people but staff is also available for residents to call us to check in and tell us how you're doing

### **Yoga & Strength Training Classes & Special Programs Available on Cable**

Yoga & Strength Training w/COA Instructor Donna Bonin are available on Cable Access 42 Verizon/9 Comcast. Call the COA for more information, 978-352-5726. **Special COA New Year's Cable TV program:** Solo Fire Show by Cirque de Light & elder service information with *All Things Aging*. Check Cable TV schedule listings for times/days.

### **How to Access Classes, Programs & Meetings on Cable**

We have had several inquiries as to how to locate fitness classes on Cable Access. First, visit the town's website (georgetownma.gov). A blue box is located on the left side of the Home Page. Choose "Community TV." The daily schedule will appear. Look for your fitness class, meeting or program. Another option is the calendar on the right of the page. Click on the date you want and the daily schedule for that day will appear on the left. If you have further questions, please call the COA at 978-352-5726.

**COA Offers Fitness Center Appointments:** The Fitness Center at the Georgetown Senior Community Center is open for individual exercise by appointment. Appointments are blocked out for ½ hour starting at the top of the hour. Masks MUST be worn the entire time you are in the building. Call the COA for appointments (978-352-5726).

### **COA Marketplace**

COA Marketplace is now offering Easy Mac/Cheese (2 flavors), fruit cups, canned tuna/meats, a variety of soups & fun snacks. We also offer a variety of products including nonperishable food, personal care items, paper & dish/laundry detergent. We are now also able to provide some fresh foods (eggs, milk, fruit/vegetables...) & Market Basket gift cards upon request. No income restrictions apply. The COA will provide individual home deliveries. **Appointments are required by calling 978-352-5726.**



### **Grab and Go Lunches**

Due to pandemic restrictions, the COA is working with Elder Services of Merrimack Valley (ESMV) to offer **GRAB-AND-GO** take-out lunches. Lunches are similar to those meals previously served at the Senior Center. To participate, please call the COA (978-352-5726) the Wednesday before the desired meals. Meals can be picked-up or delivered and there is no charge at this time. Monthly detailed menus can be picked-up at the office as well as sent out with lunches at the end of each month. **\*Watch for special meal offerings.\***

**ESMV Travelling Chef:** The Traveling Chef meal is planned for **Thurs. Jan. 28**. We need to have a final count **before January 14** so **please RSVP as soon as possible**. The menu will feature Bean & Beef Chili/Cheese, Garden Salad/Dressing, Chocolate Mousse, Corn Bread, Sour Cream. To reserve a lunch, please call the COA at 978-352-5726.

### **January Grab & Go Lunch Menu**

<b><u>Monday</u></b>	<b><u>Tuesday</u></b>	<b><u>Wednesday</u></b>	<b><u>Thursday</u></b>
4 Swedish Meatballs/Sauce	5 Yankee Pot Roast/Gravy	6 Pork/Apples	7 Chix Pot Pie/Peas & Carrots
11 Salisbury Steak/Gravy	12 Curry Chix/Yogurt Sauce	13 Crustless Salmon Pie	14 <b>*BIRTHDAY LUNCH/Pulled Pork*</b>
18 No Meal/COA Closed	19 Hot Dog/Bun	20 Turkey/Gravy	21 Butternut Squash Ravioli/Butter Sage Sauce
25 BBQ Pork Patty	26 Breaded Chix/Bun	27 Stuffed Shells/Vodka Sauce	28 <b>*Traveling Chef Meal*</b>

### **Face Masks**

If you are in need of a disposable paper face mask or a reusable fabric mask, please call the Georgetown COA at 978-352-5726.

### **Reading Glasses**

The COA has received a donation of brand-new reading glasses (3.5 strength). If you are interested, please call the Georgetown COA at 978-352-5726.

### **Special Needs Cat Food Donated**

The COA has received a donation of C-D cat food for cats with kidney issues. Anyone interested in receiving the cat food, please contact the COA at 978-352-5726.



### **Join us to Walk with Ease!**

The Arthritis Foundation's Walk with Ease Program is a self-directed physical activity and health promotion program. While walking is the central activity, Walk with Ease also includes health education, stretching and strengthening exercises, and motivational strategies. You can walk at your own pace, any days and times that work for you. You can walk indoors or outdoors, even in place! You will be provided

a Walk with Ease Guidebook to complete the six-week program on his/her own and can also participate in a weekly call with a program leader and others to help keep you motivated.

During the six-week program, participants will:

- Understand the basics about arthritis and the relationship between exercise, and easing pain.
- Exercise safely and comfortably.
- Use methods to make walking fun.
- Make a personal walking plan with realistic goals for improved fitness.
- Learn tips and resources to help them overcome barriers and continue to be physically active.
- Learn about other programs and resources that can help them maintain their walking and try other physical activity. For more information or to register: **hlce@ESMV.org** or **978-946-1211**.



### **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 **\$39,105** for one-person or **\$51,137** for a two-person household. Applications are available, and can be completed, at the Georgetown Senior Community Center.

For more information & assistance, call the COA at (978) 352-5726.

### **Trustees of the Perley School to Offer Limited Fuel Assistance**

Recognizing the difficulties of home heating costs, the Trustees of the Perley Free School offer a **limited** fuel assistance program to local residents who are experiencing financial hardships with energy costs. In addition to the money that is used to fund scholarships for Georgetown graduates & alumni, the Trustees oversee a small endowment to aid Georgetown residents facing financial hardships. Individuals who may need assistance with heating costs, including oil, gas or firewood, can call the COA at (978) 352-5726 for information & referral.

### **Annual Rebuilding Day April 24, 2021 (Depending on COVID-19 regulations)**

**Rebuilding Together: Greater Haverhill** is accepting applications for no-cost home repair assistance **until January 31**. Work will take place Sat. April 24, 2021 depending on COVID-19 regulations.

Applicant eligibility: (1) Own and occupy your home for at least 2 years; (2) Live in the Greater Haverhill area (Haverhill, Groveland, Georgetown, Boxford, Merrimac, West Newbury, and Plaistow, NH); (3) Meet Federal HUD low-income guidelines (Call for info). Priority is given to homes that need safety and accessibility modifications. Other restrictions may apply. The program provides help with home repairs, modifications (i.e., grab bars or ramp) & energy efficiency. **For an application please call: 978-469-0800/email RTHaverhill@outlook.com**.

Website: [www.rebuildingtogetherhaverhill.org](http://www.rebuildingtogetherhaverhill.org)



### **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.

### **MassSupport Network: A Service of Riverside Trauma Center**

Website: [www.masssupport.org](http://www.masssupport.org).

**Pandemic got you down? Feeling stressed?** The MassSupport Network provides services to ALL Massachusetts residents during the COVID-19 pandemic. The Network serves individuals, families, and more. Services include emotional support, coping strategies, resources, up-to-date factual information & are anonymous, confidential, and **free**. To request services: leave a message at **888-215-4920** or email to **MassSupport@riversidecc.org**. You should (typically) receive a response within a few hours Monday through Saturday, 8 a.m. to 8 p.m. If your need is urgent, please contact the Disaster Distress Helpline (24/7) at 800-985-5990.

## **ESMV to host Virtual Memory Café**

Elder Services of Merrimack Valley will host a virtual Memory Café on **Tuesdays January 5 and January 19, 2 p.m.** The memory cafes offer online activity and social engagement for those living with memory loss and their caregivers. For further information and to register, please call Lyn Brennan, 978-273-2501 or email [LBrennan@esmv.org](mailto:LBrennan@esmv.org).

## **On-Line Resources for Physical Exercise and Activities**

**YMCA360.org** offers free Health & Fitness videos for active older adults.

If you are looking for a change in your routine, ymca360.org offers videos focusing on cardio dance, chair yoga, strength training, fall prevention and core & balance. All you need to do is access the ymca360.org website; click browse; click Active Older Adults. Other online Health & Fitness resources include:

- <https://www.nia.nih.gov/health/exercise-physical-activity>
- <https://go4life.nia.nih.gov/workout-videos/features>
- <https://videos.aarp.org/category/videos/health>



## **Virtual Museum/Gallery Tours and other On-Line Activities**

- **Peabody Essex Museum** in Salem by visiting [pem.org](http://pem.org).
- **Addison Gallery of American Art** in Andover <https://addison.andover.edu>
- **Isabella Stewart Gardner Museum** <https://artsandculture.google.com/partner/isabella-stewart-gardner-museum>
- **Museum of Fine Arts** in Boston <https://artsandculture.google.com/partner/museum-of-fine-arts-boston>.
- **Creativebug.com** includes creative doodling, sewing, knitting and other activities.
- **Boston Symphony Orchestra at Home** [bso.org](http://bso.org) Enjoy Boston Symphony Orchestra and Boston Pops performances from around the world, virtual tours backstage and interviews with musicians.
- **Trustees of Reservations** [www.thetrustees.org](http://www.thetrustees.org). Plenty of virtual fun for all ages including virtual tours of historic homes/properties, selected readings, art, garden tours and garden information.
- **Virtual Lifelong Learning Classes** <https://www.framingham.edu/academics/continuing-education/community-education/adventures-in-lifelong-learning/> Adventures in Lifelong Learning in partnership with Framingham State University & Framingham Public Library offers free Zoom classes on Tues. in Jan., Apr., & Oct. 2021.

### **Take a Moment...**

#### **Self-care is important in these trying times**

(Shared by Elizabeth Fiorello-DiPietro)

- **Honor your emotions.** Name what you are feeling & tell someone, your pet, or even say it out loud to yourself.
- **Do something that involves planning for the future.** Buy someone (or yourself!) a gift. Schedule something you've been putting off. Or set up a phone chat with a friend. Try to see beyond today.
- **Try not to overdo the carbs.** We often crave carbs when we are seeking emotional comfort. Today, especially avoid refined sugar, which can contribute to more stress on the body & cause inflammation. Try to get comfort from another source, i.e., a cup of tea or a hug from someone.
- **Stay hydrated.** This will also help your body deal with the stress and support your cognition so that you can stay aware of your own experiences & feelings; it also supports general wellness.
- **Breathe.** Take a deep breath in & exhale. This may seem very simplistic & may not solve anything, but in moments when you feel the frustration of all that you can't control, remember that you do have control over your breath, [which can influence your physiology & your mood.]

### **Virtual Grief Support groups:**

[HopeHealthCo.org/GriefSupportGroups](http://HopeHealthCo.org/GriefSupportGroups)

### **Georgetown Library Phase 3 Services**

Patrons can now visit the library by appointment for computer use/printing or reference/readers' advisory help. Appointments can be scheduled online at the GPL website ([www.georgetownpl.org](http://www.georgetownpl.org)) or by calling the Library at 978-352-5728. Masks covering nose and mouth MUST be worn the entire time you are in the building. Curbside pickup of items is still available.



#### **Appointment Hours:**

Mon./Wed. 2 p.m. - 6 p.m.  
Fri. 10 a.m. - 5 p.m.

#### **Curbside Pick Up Hours:**

Mon./Wed. 2 p.m. - 6 p.m.  
Tues./Fri. 10 a.m. - 5 p.m.

# Council on Aging Services Provided During COVID-19

**The Georgetown COA & Georgetown Senior Community Center remains closed to the public. Staff is available if you have questions or need assistance, please feel free to call us at 978-352-5726.**

## **Current services include:**

- Reassurance calls
- COA Market Place (food pantry) deliveries
- COA Van for essential shopping by appointment Tuesdays & Thursdays
- Grab & Go lunches
- Durable Medical Equipment lending
- Telephone appointments w/ SHINE Counselor
- Tai Chi classes on ZOOM
- Yoga & Strength Training w/ COA Instructor Donna Bonin available on Cable Access 43 Verizon/9 Comcast
- Provide misc. information, resources & referrals
- Fitness Center Appointments
- NEET rides

## **HANDICAP PLACARDS**

The COA has applications for **HANDICAP placards** available from the Registry of Motor Vehicles.

## **FOOD AND HEAT RESOURCES**

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

## **Meals on Wheels**

Available to eligible seniors by calling Elder Services of Merrimack Valley at 1-800-892-0890.

## **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. A small donation is suggested to help with program expenses.

## **TRANSPORTATION/MEDICAL:**

### **RING & RIDE: Medical, Shopping & General-Purpose Transportation**

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 for brochures, contact the COA.

## **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 @ Georgetown Sr. Community Center. See newsletter for specific dates.

## **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 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 9/9/2020

Georgetown Council on Aging  
51 North Street  
Georgetown, MA 01833

**Return Service Requested**

We strive to keep our mailing list up-to-date. Please let us know if you would prefer not to receive the newsletter or if the addressee is no longer at this address.

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**Help us to serve you better**

In order to make our records more complete & to assist in client contact, the COA is asking people to **send us your email addresses**. This information is for internal use only and will not be shared.



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

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

**Georgetown**  
**Senior Community Center**  
**51 North Street**  
**Georgetown, MA 01833**

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

**PUBLIC NOTICE**

C.O.A. board meetings are open to the public. They are held at **12:45 p.m.** on the 4<sup>th</sup> Tuesday of each month at **Georgetown Sr. Community Center 51 North Street, Georgetown**

**NEXT BOARD MEETING:**  
**Tuesday January 26, 2021**

**Georgetown Council on Aging:**

**Director:** Colleen Ranshaw-Fiorello

**Office:** Julie Pasquale, Newsletter

Kirsten Klueber, Outreach

Dave Hall, Van Driver

**Meal Site Coordinator:** Michelle Muise

**Assistant:** Esther Palardy

**Board Members:**

Sue Clay, Chair

Darcy Norton, Vice-Chair

Jill Benas, Secretary/Clerk

Diane Klibansky, Esther Palardy,

Jean Perley, Diane Prescott, Jeanne

Robertson

**Alternates:** Marie Collins, Martha Lucius

**Town of Georgetown:**

Michael Farrell, Town Administrator

David Twiss, Board of Selectmen, Chair

Douglas Dawes, Board of Selectmen, Clerk

Charles Durney, Board of Selectmen

Gary Fowler, Board of Selectmen

Peter J. Kershaw, Board of Selectmen

**Georgetown COA Webpage** is located on the town's official website [www.georgetownma.gov](http://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 FUN PAGE

## Note-Writing Project

There is nothing like a hand-written note to brighten your day! Join us for a note-writing project this winter. We will provide note cards for you to write cheery, generic notes to others in the community. When you return the note cards to the Senior Center, we will address and mail them to people in the community. The project is sure to bring a bit of sunshine to both the recipient and the sender! For information, please call the COA at 978-352-5726.

### **Boredom Breakers~UPDATE**

In addition to a variety of books, magazines, games and puzzles to lend, (lots of) yarn for knitting/crocheting projects and craft supplies, **the COA now has a limited number of craft kits & DVDs available. Browsing opportunities are available by appointment** or call the COA at 978-352-5726 to arrange pick-up or delivery.



### **Snowflake Pillow Craft Kits Still Available**

Bring the winter weather indoors! This cozy fleece pillow with a whimsical snowflake design makes a great homemade holiday gift or just a fun accent to your winter decor. Kits include directions and everything you need to complete the project including pre-cut fringe and polyester fiberfill for stuffing. Unfinished, 17". Send us a picture of your finished product. We would love to see them!

**[jpasquale@georgetownma.gov](mailto:jpasquale@georgetownma.gov) or mail/drop-off to COA, 51 North Street, Georgetown, MA 01833.**

## *Our New Year "Zoom" Celebration!*



## **MORE REBUS FOR YOU**

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ISSUE ISSUE ISSUE  
ISSUE ISSUE ISSUE  
ISSUE ISSUE ISSUE  
ISSUE

2

DAYS ALL WORK

3

THUMBS THUMBS  
THUMBS THUMBS  
THUMBS THUMBS...

1. Tennis Shoes 2. All in a Day's work 3. All Thumbs

### **January 4 is National Trivia Day**

\*Forty is the only number whose letters are in alphabetical order

\*Lincoln Logs were invented by Frank Lloyd Wright's son.

\*The inventor of bubble wrap was originally trying to make plastic wallpaper