



Living Well Together



A Newsletter of the Georgetown Council on Aging

Volume 23/Issue 7

Email: cfiorello@georgetownma.gov

January 2022

Website: www.georgetownma.gov

Director's Notes: As the old year comes to an end and the new year begins, New Year's offers an opportunity to reflect on the past but also to look ahead. What a year this has been! Reflecting back on all that we have been through together, we realize that the grief, worry and stress is still present. But we have gained strength, compassion and resiliency together. We will incorporate all of what we have gained into our hopes and wishes for the New Year. I am hopeful for the new year. Thinking about easy changes that I would like to accomplish; I always need the gift of more time! It has been a lifelong struggle! There is always so much to do and there is never enough time! One year when I was young, I thought that I could give myself a less hurried start to the day if I could just get out of bed earlier. As a New Year's resolution, I decided to set my alarm clock 30 minutes earlier and enjoy an easier morning than my last-minute run to the bus stop. Unfortunately, there had been more than a few days when I had run frantically from our house to the bus stop, coat undone and school books threatening to spill in every direction. I was sure that if I could only get up earlier that would solve the problem. I wrote a long message to myself about everything that would be better in life if I could just start the day a bit earlier. I can remember taping it to the side of my white alarm clock and then placed the clock on the other side of the bedroom so that I would have to get out of bed to turn off the alarm. Well, the hardwood floor of my



Canadian bedroom was pretty cold on most January mornings. The alarm rang at 6 a.m. and I scampered across the floor, stood for a minute shivering in my pajamas, read the note, and then scampered right back to my bed! New Year's resolutions and good intentions were on hold until the heat came up! This year, much of our New Year's resolutions may be more in line with just keeping our chins up, but I'm hopeful the new year will hold better days for all. Maybe I can start those days a little earlier and have more time to enjoy all that will be ahead.

Wishing all of you a new year that will be filled with happy times, good health, peace and joy.



After many years of service, Georgetown said goodbye to Town Administrator, **Mike Farrell** & Asst. Town Clerk, **Kathy Roche** with a retirement party in November. The town will welcome the new Town Administrator, **Orlando Pacheco**, in January.

Thank you.....

During a year that is still difficult for many, the true meaning of Thanksgiving was reflected when the Georgetown Kiwanis Club hosted their annual dinner at the Penn Brook School on Nov. 20. Featuring a turkey dinner that included all of the traditional side dishes, elders enjoyed a feast beginning with appetizers and ending with a wide variety of pies. Members of the Kiwanis were up at dawn to cook more than 20 turkeys for the crowd. The Garden Friends of Georgetown created beautiful fresh floral centerpieces and members of Girl Scout Troop 82937 joined the COA in delivering meals to those at home. In addition, students at the Penn Brook School created very thoughtful cards for Veterans Day that were delivered with COA lunches in Nov. The Georgetown COA thanks the Kiwanis, the Girl Scout Troop 82937, the Garden Friends of Georgetown and Penn Brook School students for all of their care and compassion and work with elders in the community.

Holiday Hours: The COA office, Sr. Ctr. & all activities will be closed on Mon. Jan. 17 (MLK Day).

More thanks to give: During the holidays, the Georgetown COA received many wonderful donations for the COA Marketplace from community members and from the First Congregational Church Missions Team. Thank you all for your care and concern for others!

B P CLINIC: Wed., Jan. 5, 9:30-10:40 a.m. 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. Jan 6, 9:30 a.m.

Joe Soucy will speak on **Identity Theft**. Attendance is limited to 20 people. To reserve a seat, call the COA at 978-352-5726. Thanks to Crosby's for their support of this program.

VETERAN'S SERVICES OFFICE HOURS:

Thurs. January 6, 10:30 - 11:30 a.m.

Director Karen Tyler will be available to discuss issues and questions. **Due to COVID 19 precautions & state/local recommendations, masks are recommended during your visit.** Please contact the COA if you plan to attend. 978-352-5726

Bingo! Join us on **Mons. Jan. 10 & 24, 12:30 p.m.** Bingo will be played twice a month on Mondays. See calendar for dates. **Cost: \$1 per 10-game package.** Attendance is limited to 20 people. For more information, call 978-352-5726.

Constituent Services: Representatives from the offices of Senator Bruce Tarr and Representative Lenny Mirra will hold monthly office hours on **Tuesday, Jan. 18th, 10:30-11:30 a.m.** Call for appointments



Book Club Resumes

Join GPL Librarian Sarah Cognata **January 25 at**

2 p.m. to discuss **"The Paris Library"** by Janet Skeslien Charles. Books available after Christmas. Book Club will continue on the 4th Tuesday of each month through June, 2022 at 2 p.m.

COA Van Availability: Local essential shopping is available **by appointment only** on Tuesdays and Thursdays at 9:30 a.m. Along w/grocery shopping, trips to the post office, banks, pharmacies & Walmart can be planned.

Quilting Group: Terry Palardy facilitates the group which meets on the 2nd and 4th Tuesdays of each month from 12 p.m. to 3 p.m. Attendance is limited to 5 people & pre-registration is required. Please call 978-352-5726.

Mah Jong: The Group meets on Wednesdays at 12:30 p.m. Beginners are welcome. Call the COA for more information at 978-352-5726.

Knitting Group: The Knitting Group has returned. They meet 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.

Friends of the COA: The Friends of the COA are on hiatus until spring.



**Income Tax Preparation Program
expected to return in February 2022**

The COA anticipates the return of the AARP Income Tax Preparation Program in February. For further information, please call the COA at 978-352-5726.

Transport



Chairs

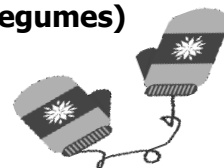
Needed

A transport chair is a wheelchair that is pushed by a companion. It has smaller wheels than a standard wheelchair and it is lighter in total weight — giving it the portability of a rollator.

If you or someone you know has a transport chair in clean, good condition, please contact the COA at 978-352-5726

New Year/New You: Try these tips...

- Eat a 90-100% plant-based diet
- Choose whole grain or sourdough bread
- Get a daily dose of beans (legumes)
- Slash your sugar intake
- Munch on nuts
- Drink mostly water



3G CELLULAR NETWORK

TO BE PHASED OUT

Mobile carriers are shutting down their 3G networks that use older technology in order to move forward with newer network services including 5G networks. This change will affect older 3G cell phones, and some medical devices and some home security systems. Different carriers may have different phase-out dates. To learn more about whether or not your phone or other connected devices might be affected, contact your mobile phone provider as soon as possible.



BEWARE OF GRANDPARENT SCAM

The Georgetown Police Department warns residents that the "grandparent scam" is circulating locally again. In the scam, scammers call an individual and tell them that a relative has been arrested, sometimes in a foreign country. Scammers request bail payment in the form of cash or as a pre-paid gift card to be given to someone posing as a courier or as a bail bondsman. Scammers may also request that money be transferred with a wire service such as Western Union. The Georgetown Police Dept. reminds residents that they should verify the story with someone else in the family, not to wire or send a check or money order and to report any suspicious telephone call from an individual demanding money to the Georgetown Police Dept. so that they can determine whether or not the call is legitimate. Possible fraud can be reported to ftc.gov/complaint or by calling 1-877-FTC-HELP.

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. The teacher requests masks be worn during class.

Exercise with Leah Miller

Thursdays at 11:15 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 Vaccine Update

- **Vaccine distribution in Massachusetts:** **Vaccine boosters** are available at local pharmacies & clinics. Walk-in clinics are available at Conley's Pharmacy, Ipswich and Walmart, Plaistow, NH. Use **[VaxFinder.mass.gov](https://vaxfinder.mass.gov)** to search for appointments at pharmacies, health care providers, & other community locations. For assistance, call COA at 978-352-5726.
- **In-Home COVID Vaccine Program:** Any individual who has trouble getting to a vaccine site is now eligible for the In-Home program. Individuals can call (833) 983-0485 to register for an in-home vaccination. The registration phone line is open Monday through Friday, 9 a.m. to 5 p.m.
- **Veterans:** Vaccines for **eligible veterans** can be scheduled through the VA COVID-19 vaccine scheduling lines at **781-687-4000**. Pre-registration is required at: **<https://www.va.gov/health-care/covid-19-vaccine/stay-informed>**.

Virtual Grief Support Groups:

- HopeHealthCo.org/GriefSupportGroups
- Merrimack Valley Hospice Zoom Groups
Call 978-552-4510 for information.

Family Caregiver Support Programs:

Caregivers Caring for those with Memory Loss

1st & 3rd Tues. of the month, 5:30 p.m.

Contact Cindy Hession-Richard: chession@esmv.org

1st Wed. of the month, 11 a.m.-12 p.m.

3rd Wed. of the month, 7-8 p.m.

Contact Kathy Parrella: kperrella@nselder.org

Savvy (Dementia) Caregiver

Healthy Living Center of Excellence ongoing schedule of classes.

Contact Crystal Polizzotti: cpolizzotti@esmv.org

Grandparents Raising Grandchildren

1st Thurs. of the month, 11 a.m.-12 p.m.

Contact Cindy Hession-Richard: chession@esmv.org

General Caregiver Support

1st Thurs. of the month, 1-2 p.m.

in coordination with St. Michael's, North Andover

3rd Thurs. of the month, 1-2 p.m.

Contact Lyn Brennan: lbrennan@esmv.org

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 **\$40,951** for one-person or **\$53,551** for a two-person household. This year applications are available, and can be completed, at the Georgetown Senior Community Center. For more information & assistance, call the COA at (978) 352-5726.

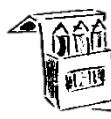
Trustees of the Perley School to Offer Limited Fuel Assistance

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.

"The New Year"

~Anonymous

May the year that is dawning
So fresh and so pure,
Be full of the pleasures
That always endure.



Coloring, Coffee, & Cookies

Tues. January 11 10 a.m.

Facilitated by Sharon Lindstrom

- **Enjoy the fun & relaxation** of creative expression through coloring.
- **All materials** are provided or feel free to bring your own pencils, crayons, markers, etc.

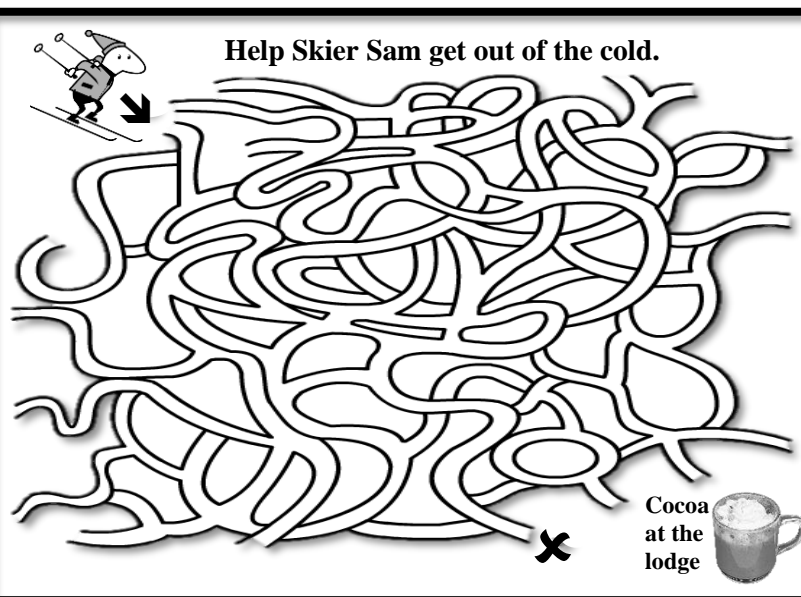
To reserve your seat, please call the COA @ (978) 352-5726.

Rebus Puzzles

① b b
 b b b
 b bird b
 bird bird b
 b b b
 b b

② funny funny
 word word
 word word

Answers: 1. The Birds and the Bees
2. Too funny for words



Council on Aging Services

TRANSPORTATION/SHOPPING

The Van is available Tuesdays & Thursdays for door-to-door shopping & errands. Reservations should be made at least two days in advance by calling the COA office at (978) 352-5726. A \$2 donation is suggested to help with program expenses.

TRANSPORTATION/MEDICAL

Northern Essex Elder Transport, Inc.

This program provides rides for elders to medical appointments. Arrangements should be made at least **ONE WEEK** in advance by calling the COA office at (978) 352-5726. **Registration is required prior to service.** A donation of 43 cents per mile is suggested to help support the program, but no one is turned down due to inability to pay.

TRANSPORTATION/GENERAL-PURPOSE

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

HANDICAP PLACARDS

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

Meals on Wheels

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

Grab & Go Lunches

Served Monday-Thursday, pick-up or delivered. Must be ordered by Wed. of the previous week. 978-352-5726

COA Marketplace (Food Pantry) Services by appointment only.

FOOD AND HEAT RESOURCES

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

S.H.I.N.E.

Serving **H**ealth **I**nformation **N**eeds of **E**veryone will help you understand your health insurance concerns. Appointments can be scheduled with SHINE counselor Nancy Aberman. To schedule an appointment, call the COA at 978-352-5726.

EQUIPMENT LENDING PROGRAM

COA has medical equipment for long- or short-term lending.

FILE OF LIFE PROGRAM

File of Life provides a health history document to be used by emergency personnel in case of illness or injury.

HEALTH CARE PROXIES

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

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

Updated 8/12/21

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.

Presort Standard
U. S. Postage

PAID

PERMIT #39
Haverhill, MA

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 4th Tuesday of each month at **Georgetown Sr. Community Center 51 North Street, Georgetown**

NEXT BOARD MEETING:
Tuesday Jan. 25, 2022

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:

Town Administrator, Orlando Pacheco

Douglas Dawes, Select Board, Chair

Peter J. Kershaw, Select Board, Clerk

Gary Fowler, Select Board

Amy Smith, Select Board

David Twiss, 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 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 CALENDAR 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
3 9:00 Yoga 10:30 Strength Training	4 No Shopping Van– Brown Bag 8:00 Pickle Ball 8:30 Walking Club	5 Blood Pressure Clinic/ Appt. only 10:30 Yoga 12:30 Mah Jong	6 9:30 Van: Plaistow 8:30 Walking Club 9:30 Tai Chi 9:30 Men's Breakfast 10:30 Vet. Agent Office Hrs. 11:15 Exercise with Leah
10 9:00 Yoga 10:30 Strength Training 12:30 Bingo	11 8:00 Pickle Ball 8:30 Walking Club 10:00 Coloring, Coffee, Cookies 12:00 Quilting Group	12 10:30 Yoga 12:30 Mah Jong	13 9:30 Van: Plaistow 8:30 Walking Club 9:30 Tai Chi 9:30 Knitting Club 11:15 Exercise with Leah 1:00 Stamp Club
17 <div style="border: 1px solid black; padding: 2px; display: inline-block;">CLOSED: MLK Day</div>	18 9:30 Van: Riverside 8:00 Pickle Ball 8:30 Walking Club 10:30 Constituent Services	19 Traveling Chef 10:30 Yoga 12:30 Mah Jong	20 9:30 Van: Plaistow 8:30 Walking Club 9:30 Tai Chi 11:15 Exercise with Leah
24 9:00 Yoga 10:30 Strength Training 12:30 Bingo	25 9:30 Van: Riverside 8:00 Pickle Ball 8:30 Walking Club 12:00 Quilting Group 12:45 COA Board Meeting 2:00 Book Club	26 10:30 Yoga 12:30 Mah Jong	27 9:30 Van: Plaistow 8:30 Walking Club 9:30 Tai Chi 9:30 Knitting Club 11:15 Exercise with Leah 1:00 Stamp Club
31 9:00 Yoga 10:30 Strength Training	Feb. 1 No Shopping Van– Brown Bag 8:00 Pickle Ball 8:30 Walking Club +	Feb. 2 Blood Pressure Clinic/ Appt. only 10:30 Yoga 12:30 Mah Jong	Feb. 3 9:30 Van: Plaistow 8:30 Walking Club 9:30 Tai Chi 9:30 Men's Breakfast 10:30 Vet. Agent Office Hrs. 11:15 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.			

COA Marketplace

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



Grab & Go Lunches

Due to pandemic restrictions, the COA is working with AgeSpan (formerly Elder Services of Merrimack Valley) 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.***

ESMV Traveling Chef The Traveling Chef meal is planned for Wed. January 19. Please RSVP as soon as possible. The menu will feature **General Tao's Chicken, Fried Rice, Garlic Green Beans, Dinner Roll, Pineapple, Fortune Cookie.** To reserve a lunch, please call the COA at 978-352-5726.

January Grab & Go Lunch Menu

Monday	Tuesday	Wednesday	Thursday
3 Pork/Honey BBQ	4 Chicken Pesto	5 Mac & Cheese	6 Beef Stuffed Pepper/Sauce
10 Spinach/Cheese/Frittata	11 Sliced Turkey/Gravy	12 LS Hot Dog/Bun	13 <i>*SPECIAL*</i> Pot Roast/Gravy
17 NO MEAL/MLK Day	18 Stuffed Shells or Lasagna	19 <i>*TRAVELING CHEF*</i> - see above	20 Dijon Crusted Pork
24 Salisbury Steak/Gravy	25 Pork/Teriyaki Sauce	26 Broccoli/Cheese Stuffed Chicken	27 Beef Stew
31 Eggplant Parmesan			

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

FREE Weekly Grocery Shopping with Curbside Pick-Up!

Provided by Our Neighbors' Table

Our Neighbors' Table has plenty of local fresh fruits, vegetables, meats, dairy and non-perishable goods available for you for **FREE**. **Our Neighbors' Table** currently uses a convenient online ordering system with a **contactless curbside pick-up!** We have pick-up locations in Amesbury (Wed.-Sat.) and Newburyport (Thurs.). If you do not have access to the internet – don't worry, we can put you on a weekly call list and place your order with you right over the phone. The **ONLY** qualification necessary to be a shopping guest of Our Neighbors' Table is that you reside in one of the 12 towns that we serve (*Boxford, Amesbury, Byfield, Georgetown, Groveland, Merrimac, Newbury, Newburyport, Rowley, Salisbury, South Hampton, or West Newbury*). To register now, go to: **www.ourneighborstable.org** and click on **"Get Food"** then **scroll down to where it says "New to ONT?"** Click on **"please complete this quick registration form"** link. If you don't have access to the internet, it's ok just call **us at: 978-388-1907** and **simply tell the receptionist that you'd like some help registering with us.**

Free Hot Wednesday Night Meal

Our Neighbors' Table offers a wonderful meal cooked by their very own chef Heather Patterson. The dinner is currently a to-go meal and is **curbside pick-up** and is available every **Wednesday evening from 4-6 at the Main Street Congregational Church, 145 Main Street in Amesbury**. There are no qualifications or IDs required to pick up hot meals as everyone is welcome!