



Living Well Together



A Newsletter of the Georgetown Council on Aging

Clean Off Your Desk Day

Volume 24/Issue 7

January 2023

Email: cfiorello@georgetownma.gov

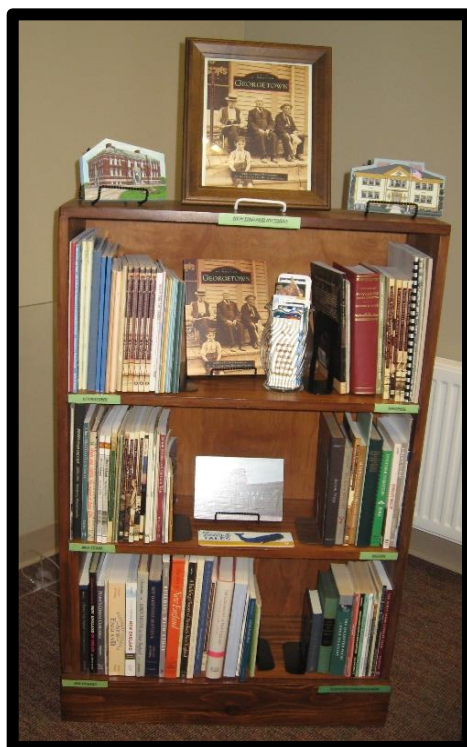
Website: www.georgetownma.gov

Director's Notes: Arriving at the end of the holiday season, New Year's Day in New England can often be a cold and anticlimactic start to the new year. We have spent more than one New Year's Day unthawing frozen pipes at our house or my parents' old house and the start of one year was marked by an emergency furnace repair. For several years, we drove into the city to view the First Night ice sculptures, stamping our feet and blowing on our fingers to keep warm in temperatures that only the sculptures could enjoy! Although it is often a chilly start to the new year in our neck of the woods, I do remember a year that arrived with almost balmy temperatures. First snow and the typically damp and cold weather of November and December had arrived on time but warmer temperatures had melted the earlier ice and snow by New Year's Eve. It was not a good year for ice sculptures! New Year's Day dawned with blue skies and temperatures that climbed into the 60s by noon. Gathering our girls and dog into our station wagon, we headed to the beach for a walk. The sun was warm on our shoulders and we unzipped our jackets and loosened our scarves in the slight breeze. Gulls circled overhead and scoter ducks rode the crest of waves just off shore. The sand crunched under our feet as the girls and Buffy ran up and down the beach filling their pockets with shells and driftwood. It was the perfect antidote to a winter that had been dark and cold. Although we knew that there would be plenty of snow still to shovel, we realized that the warmth and happiness of this New Year's Day would carry us through the remainder of winter, comforting and assuring us that spring would not be far away! Whether you spend the holiday on an unseasonably warm beach or just surrounded by the warmth of family and friends, we wish you all a joyous New Year!



New at the Senior Center

The Georgetown Senior Community Center received a donated collection of local history materials from Louise Richardson. The lending collection has been dubbed "**The Local History Corner**" and resides in the Center's reception area. Materials can be signed-out at the reception desk.



AARP Tax Prep Assistance

Open to older adults and other moderate-income individuals, the AARP Income Tax Preparation Program is ready to go at the Georgetown Council on Aging Thursdays Feb. 9 - April 13. This year's program will include scheduled telephone intake appointments followed by scheduled same-day appointments to drop off and pick-up documents and completed tax returns. The drop off and pick up of income tax documents will take place in the Georgetown Senior Community Center. The criteria for Massachusetts Circuit Breaker tax credit program are available at the COA office. To schedule income tax preparation appointments, please call the COA at 978-352-5726 Mon – Thurs, 8:30 a.m. – 3:30 p.m. **after January 9.**

HOLIDAY HOURS: The COA office, Sr. Ctr. & all activities will be closed Mons. Jan. 2 (New Year's) & Jan. 16 (MLK Day).

B P CLINIC: Next blood pressure clinic will be **Wed. January 4, 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. January 5 at 9:30 a.m.

Paul Zambella, Forensic Scientist presents "True Crime Stories", some of the most infamous cases solved at the Mass. State Police Crime Lab. Continued

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

VETERAN'S SERVICES OFFICE HOURS:

Thurs. January 5, 10:30-11:30 a.m.

Director Karen Tyler will be available to discuss issues and questions. Please contact the COA if you plan to attend. 978-352-5726

BINGO! Join us on **Mons. January 9 & 23, 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.

CONSTITUENT SERVICES: Representatives from the offices of Senator Bruce Tarr and Representative Lenny Mirra will hold monthly office hours on **Tues. January 17, 10:30-11:30 a.m.** Call for appointments.

SHINE OFFICE HOURS: Mon. January 23 9 a.m. – noon. SHINE Counselor Nancy Aberman will be here to answer health insurance questions. **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.



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

at 2 p.m. "The Woman in the Library" by Sulari

Gentill. 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.



January Craft

Snowman Decoration

Wed. January 25 @ 11:30 a.m.

Call as soon as possible to reserve a seat.

978-352-5726



February Craft

**Framed
Valentine Collage**
(Vintage Valentine replicas
arranged in a 5 x 7 frame)

Wed. February 1 @ 11:30 a.m.

Reserve your seat before January 18.

978-352-5726

Join us on
Tues. January 31 at 1 p.m.
As we welcome

Ruby Murphy from Sen. Seth Moulton's office

Learn about the resources that Sen. Moulton's office offers. Their Constituent Services Team assists & acts as a liaison for those having difficulties with various Federal Government Agencies, including (but not limited to):

- IRS
- Social Security Adm.
- Centers for Medicare & Medicaid Services
- Dept. of Veterans Affairs
- Passport Services
- Dept. of Education
- Dept. of Treasury

For more information or to sign-up to attend, call the COA office at 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 & Leah Miller

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 AgeSpan & the Georgetown Board of Health, the Georgetown COA has free test COVID-19 test kits available to share with local elder households. For information, please call 978-352-5726.

COVID-19 Vaccine Update

- **Vaccine distribution in Massachusetts:** Vaccine boosters are available at local pharmacies & clinics. 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>.

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 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.

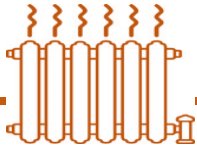
STAMP CLUB: 2nd & 4th Thurs./month, 1 p.m.

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 now a noontime Riverside shopping run on the first Tues. of each month after Brown Bag deliveries.**

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.**





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 **\$42,412** for one-person or **\$55,462** 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.



Attention, Crafters!

The COA still has several snowflake fleece scarf kits available. They are beginner crafts and do not involve difficult techniques. All supplies are included. They make great gifts either completed or as a kit for someone who likes crafts. These craft kits are free and available on a first come, first served basis. Contact the office for more information. 978-352-5726



The Council on Aging would like to thank the following people for their kindnesses during the holiday season. Their

generosity brought joy to our seniors in various ways.

Georgetown Middle High School served us with breakfast and a wonderful holiday concert. Thank you to the talented musicians & food service workers who participated.

Girl Scout Troop 82937 provided us with beautiful handmade holiday cards that we shared through our lunch program.

Humble Warrior Yoga Studio patrons generously donated food, paper goods, and toiletries to the COA Marketplace.

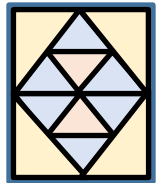
A special thank you to our SHINE counselor, Nancy Aberman for all of her time, effort and energy during Open Enrollment. Nancy is always willing to go the extra mile to make sure that people's needs are met.

Join us! On Tues. Jan.10
12 p.m.

For AgeSpan's
Traveling Chef Luncheon

(See menu on page 7.)

There will be a hand-made quilt raffled after lunch.



Seats are limited and reservations must be made before Wed. December 28, 2022.
978-352-5726

Winter Pet Safety Tips

- *Keep Pets Indoors When Possible** Limit their time outside and dress them accordingly (coat/sweater if needed).
- *Provide Outdoor Shelter for Your Pets**
- *Care for Your Pet's Feet** Remove irritants with a damp towel after a walk. Signs that your pet's feet are uncomfortably cold include frequently lifting up their paws, whining, or stopping.
- *Provide Extra Food and Water** Use plastic food/water bowls instead of metal to prevent your pet's tongue from freezing to them.
- *Use Leashes When Walking Near Water**
- *Don't Lock Pets in Cars** Cars can act like a refrigerator, holding in cold air and putting your pet at risk.
- *Keep Antifreeze Out of Reach from Pets** and clean up any spills right away.
- *Check Your Vehicle Before Starting the Engine** Bang on your vehicle's hood to scare away animals before starting your engine.

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**earth **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

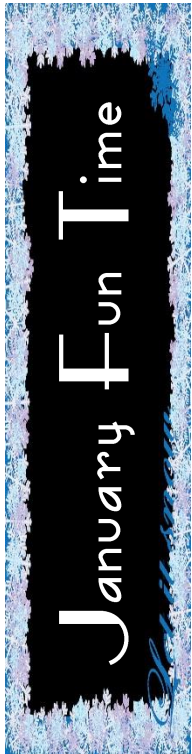
File of Life provides a health history document to be used by emergency personnel in case of illness or injury.

HEALTH CARE PROXIES

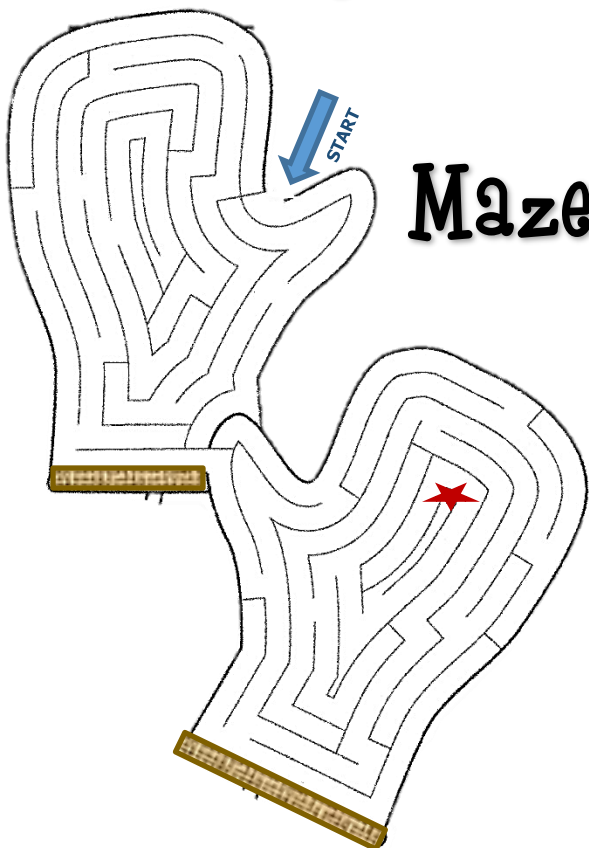
COA has fact sheets & Health Care Proxy forms available upon request.

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



Mitten



S U D O K U

Answers are available at the COA office.

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7								
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	8	5					9	2
3				7			8	5
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	2			5	3	7		9

JANUARY CALENDAR 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
2 COA CLOSED: New Years	3 Van: 9:30 Brown Bag 12:00 Riverside 8:30 Walking Club 8:30 Pickle Ball	4 Blood Pressure Clinic By Appointment 8:30 Beginner's Pickleball 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 10:30 Vet. Agent Office Hours 10:45 Exercise with Leah
9 9:00 Yoga 10:30 Strength Training 12:30 Bingo	10 Traveling Chef 9:30 Van: Westgate/Riverside 8:30 Walking Club 8:30 Pickle Ball 10:00 Matter of Balance 12:00 Quilting Group	11 8:30 Beginner's Pickleball 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 COA CLOSED: MLK Day	17 9:30 Van: Westgate/Riverside 8:30 Walking Club 8:30 Pickle Ball 10:00 Matter of Balance 10:30 Constituent Services	18 8:30 Beginner's Pickleball 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 SHINE/appt. only 9:00 Yoga 10:30 Strength Training 12:30 Bingo	24 9:30 Van: Westgate/Riverside 8:30 Walking Club 8:30 Pickle Ball 10:00 Matter of Balance 12:00 Quilting Group 12:45 COA Board meeting 2:00 Book Club	25 8:30 Beginner's Pickleball 10:30 Yoga 11:30 Snowman craft 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	31 9:30 Van: Westgate/Riverside 8:30 Walking Club 8:30 Pickle Ball 10:00 Matter of Balance 1:00 Seth Moulton's Office	Feb. 1 Blood Pressure Clinic By Appointment 8:30 Beginner's Pickleball 10:30 Yoga 11:30 Valentine craft 12:30 Mah Jong	Feb. 2 9:30 Van: Plaistow 8:30 Walking Club 9:30 Tai Chi 9:30 Men's Breakfast 10:30 Vet. Agent Office Hours 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.***

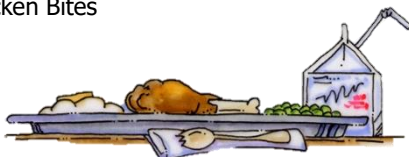


AgeSpan presents:
The Traveling Chef
 A congregate dining experience
 (no take-out/delivery)
Tues. January 10 at noon.

The menu will feature **Choice of Chowder in a bread bowl, Salad with dressing, Brownie.** Please RSVP as soon as possible by calling the COA at 978-352-5726.

January Grab & Go Lunch Menu

Monday	Tuesday	Wednesday	Thursday
2 NO LUNCH/New Years 9 Chicken Cordon Bleu 16 NO LUNCH/MLK Day 23 Broccoli/Cheese Frittata 30 Meatball Sub	3 BBQ Pork Riblet 10 * TRAVELING CHEF * - see above 17 Chicken/Gravy 24 LS Hot Dog/Bun 31 Honey Mustard Chicken Bites	4 Steak Fajita 11 Fish Sandwich/W Bun 18 Yankee Pot Roast 25 Chix/Broccoli Alfredo/Pasta	5 Grilled Chix Marsala 12 Lentil Stew/Brown Rice 19 *Ch. New Yr. SPECIAL* Sweet/Sour Chix dumplings 26 * BIRTHDAY* Turkey/Gravy



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

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.

January 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 January 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:

Sue Clay, Chair

Darcy Norton, Vice-Chair

Jill Benas, Secretary/Clerk

Diane Klibansky, Martha Lucius

Esther Palardy, Jean Perley,

Diane Prescott, Jeanne Robertson

Alternates: Susan Gardiner

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

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.

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