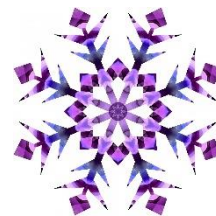




# Living Well Together



A Newsletter of the Georgetown Council on Aging

Volume 25/Issue 7

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

January 2024

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

## COA Welcomes New Director, Kristin Crockett

I am thrilled to introduce myself as your new director. For the past 9 years, I had the privilege of serving as the Director of the Essex Council on Aging. The journey has been incredibly rewarding, but I am now eager to embark on a new chapter.

As a young girl my family spent 2 weeks each summer vacationing in the Lakes Region of New Hampshire. The first rainy day was my favorite as we travelled to the Merrimack County Nursing Home to visit my Great Aunt Lina. I enjoyed playing cards, singing songs, and visiting with her and her neighbors. The highlight of each visit was sitting on her lap and racing through the halls on her electric wheelchair to the gift store where she treated my sisters and I to a Klondike bar. Our vacations in NH ended when I was 11, but I never forgot those visits. Once I obtained my driver's license, I quickly made the trek back to see Lina.

Those visits sparked my passion for working with older adults. I was one of the first two graduates from the University of Massachusetts Master of Gerontology program in 2005, and have continued to seek opportunities to grow in my education and experience. When not working, I reside in Wenham with my husband Scott and our three children – Patrick (15), Cecilia (14), and Riley (13) -, 2 rescue dogs, and a grumpy cat. While usually chauffeuring kids to and from activities, I can also be found volunteering at our local schools, backstage at Stage 284 Community Theater, or enjoying time at our camp in Freedom NH. Whenever we get the chance, my family and I enjoy a good old fashioned road trip and have visited 44 states!

I firmly believe that society's elders have contributed immeasurably to our communities – they built the very foundations we stand on. It's not just a matter of duty but a deep sense of respect and gratitude that fuels my commitment to this work. Our elders offer a wealth of wisdom, experience, and stories that enrich the fabric of our community. I am excited to bring this passion and experience to my role here in Georgetown. Together, I believe we can continue to build an environment that celebrates you – our seniors - but also celebrates the invaluable contributions you have made and continue to make.

Thank you for welcoming me into your community. I hope you'll stop by and introduce yourself. Perhaps you would consider joining me for a cup of coffee.

~ Kristin Crockett

## 100 Cups of Coffee

As a way to learn more about the community, meet residents and community partners, over the next year Kristin Crockett is hoping to enjoy 100 cups of coffee with 100 community members!

If you'd like to join her, Please call the Senior Center to set your coffee date!



## Free AARP Tax Prep Assistance Early February through Mid-April at the Georgetown Senior Community Center

Open to older adults and other moderate-income individuals, the AARP Income Tax Preparation Program will prepare & electronically file Federal & Mass. state returns. This year's program will include scheduled telephone intake appointments followed by scheduled same-day appointments to drop off documents and pick-up completed tax returns. You will receive a confirmation letter, specifying the time of your appointment & explaining what tax documents to bring with you. You do not need to wait until receiving all your documents before calling. For information pertaining to the Massachusetts Circuit Breaker tax credit program see page 3 of this newsletter. To schedule income tax preparation appointments, please call the COA at 978-352-5726 Mon – Thurs. **after January 8.** See page 4 information on the Circuit Breaker Tax Credit.

**HOLIDAY HOURS:** The COA office, Sr. Ctr. & all activities will be closed Mon. Jan 1 (New Year's Day) & Mon. Jan. 15 (MLK Day).

**B P CLINIC: Wed. Jan. 3 @ 9:30 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. 4 at 9:30 a.m.**

**Meet & Greet with Kristin Crockett,  
Dir. Georgetown COA.**

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

**VETERAN'S SERVICES OFFICE HOURS:**

**Thurs. Jan. 4, 10:30-11:30 a.m.**

Director Steve Bohn will be available to discuss issues and questions. Please contact the COA if you plan to attend. 978-352-5726. Questions any time can be directed to the local Veteran's Office at 978-356-6699 or e.essex.vets@verizon.net.

**SHINE OFFICE HOURS: Monday, Jan. 8**

**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. Please note: SHINE appointments will now be held on the **2nd Monday of each month** unless noted otherwise.

**BINGO: Join us on Mons. Jan. 8 & 22, 12:30 p.m.**

Bingo is usually played twice a month. **Cost: \$2 per 10-game package.** For more information, call 978-352-5726.

**CONSTITUENT SERVICES:** Representatives from the offices of Senator Bruce Tarr, Rep. Kristin Kassner & Congressman Seth Moulton will hold office hours on **Tuesday, Jan. 16 from 12:00--1:00 p.m.**



Join GPL Librarian Sarah Cognata **Wed., Jan. 17,**

**2024 "The Measure" by Nikki Erlick**

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.

**Come and meet out new director,  
Kristin Crockett**



**Mon. January 8**

**11 a.m. - 12 p.m.**

**Enjoy a Hot Cocoa Bar & some treats.**

**Walk-ins are welcome, but signing-up helps in the planning. 978-352-5726.**

**January Craft**

**Snowy Pinecone  
Candle Jars**

**Tues. Jan. 16  
10:00 a.m.**



Space is limited. Reserve your seat as soon as possible. 978-352-5726

**Fun & Games!**

Let's get together and enjoy some lively fast-paced games. Yahtzee, Uno, Apples to Apples, Trivial Pursuit are just a few ideas. It's all about enjoying ourselves with our friends. You bring your sense of fun; we will supply the games!

Join our Program & Activities Assistant, Deb, for some fun, interactive games.

**Thurs. January 25 at 10:30 a.m.**

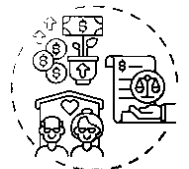
Please call the office to sign-up. 978-352-5726.

**Free Legal Help**

offered by Atty. Elaine Dalton

**Tues. Jan. 9, 10 a.m.**

**(Note date change Jan. only)**



**ELDER LAW**

**Assistance available for: \*Health Care Proxies,  
\*Durable Power of Attorney, \*Elder Law Issues  
\*15 min. appts. available by calling COA at 978-352-5726**

# Thank You!



**Linda Metcalf** taught our November craft. Participants created beautiful hanging 3-D tree ornaments made from holiday/seasonal cards.

**Girl Scout Troop 82937** gifted seniors with hand painted block pumpkins this fall. **Humble Warrior Yoga Studio** ran a food drive for donations to the COA Market Place (food pantry).

**Delayed thanks** for their assistance in making the Kiwanis Thanksgiving Dinner an overwhelming success: **Garden Friends of Georgetown** donated beautiful table centerpieces of potted chrysanthemums in hollowed-out pumpkins. Members of the **Georgetown Youth Baseball & Georgetown Key Club** kept all of our needs met with kindness & with a smile.

**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 **2<sup>nd</sup> and 4<sup>th</sup> Thursdays of the month at 9:30 a.m.** For more information, contact the COA at 978-352-5726.

**STAMP CLUB:** 2<sup>nd</sup> & 4<sup>th</sup> 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 3<sup>rd</sup> 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...) No income restrictions apply. Home deliveries available. **Appointments are required by calling 978-352-5726.**

## **Ongoing Exercise Groups**

**\$3 suggested donation for each class**

**Held at the Georgetown Senior Community Center ~ Call 978-352-5726 to register**

### **Yoga & Strength Training Classes**

**Yoga meets on Mondays at 9 a.m. and Wednesdays at 10:30 a.m. (Donna Bonin)**

**Strength Training meets on Mondays at 10:30 a.m. (Leah Miller)**

### **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.



## Good News for Seniors!

**Mass. Circuit Breaker Credit  
has more than doubled for 2023.**

This refundable credit may be as much as \$2,590 for qualified renters or property owners age 65 and over. In anticipation, be sure you have copies of your property tax bills/payments for all 4 quarters of CALENDAR 2023, and any water or sewer bills. Renters should calculate the total rent paid for 2023 and have the name and address of the landlord. You may be eligible for this credit even if you are not otherwise required to file a tax return. The COA office has more information on the Mass. Circuit Breaker Credit. Call us at 978-352-5726.



**Mark your calendars!  
Lunch & Music**

**Wed. February 14**

**Traveling Chef 12 p.m.**

**&**

**The Sounds of Roger Tincknell  
"Beatles & Beyond"**

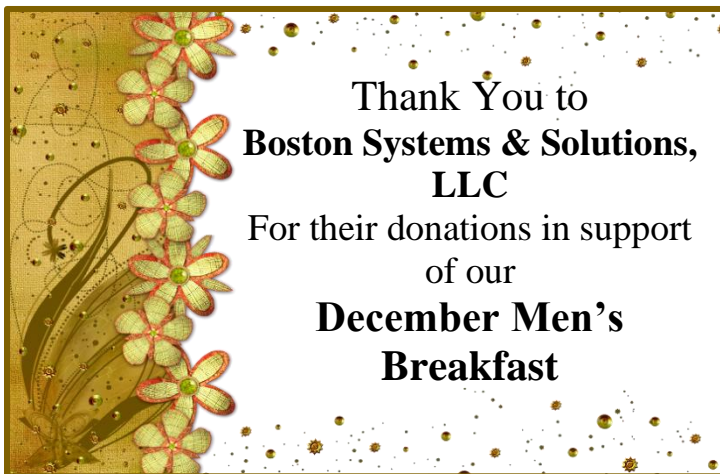
**1 p.m.**

**Georgetown Senior Community Center**

**For more information or to reserve your seat,  
call the COA at 978-352-5726**

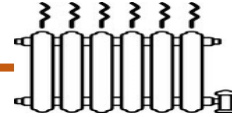


This program is supported in part by a grant from the Georgetown Cultural Council, a local agency which is the Massachusetts Cultural Council, a state agency



## 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

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.

## Traveling Chef Upcoming Deadlines

### Lunch

**Feb. 14 Asian Bowls**

**Mar. 19 Brunch**

**Apr. 23 Taco Bar**

**May 14 Carving Station**

**Jun. 11 Parmesan**

### Deadline

**Jan. 24**

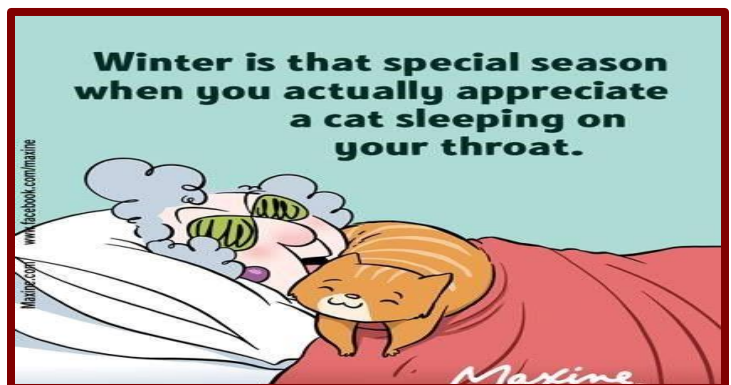
**Feb. 21**

**Mar. 20**

**Apr. 23**

**May 22**

(Menus subject to change.)



# 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.

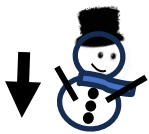
## HEALTH CARE PROXIES

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

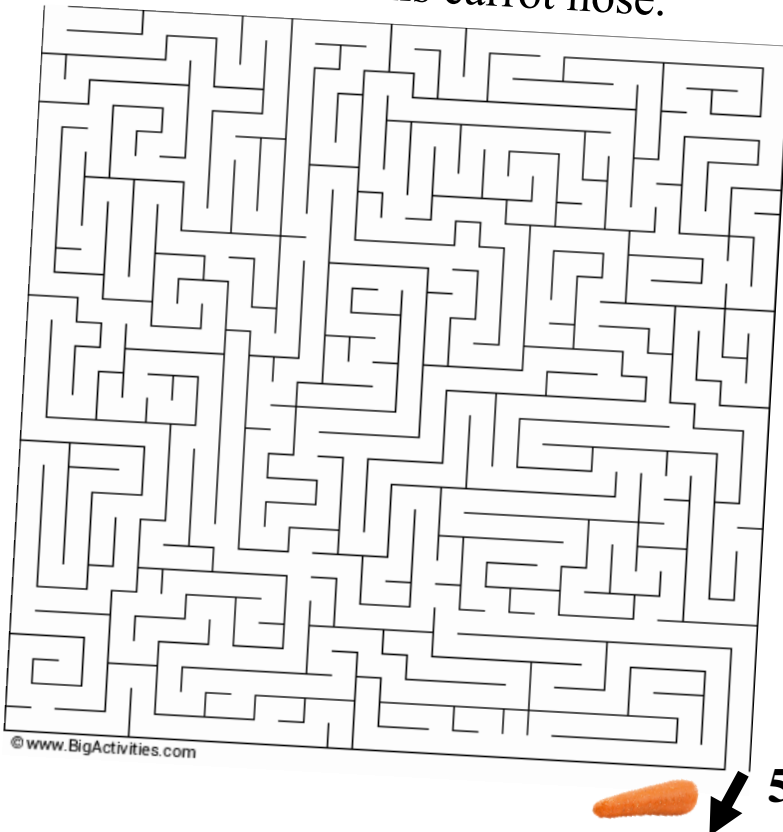
**THE FILE** A handy folder which serves as a summary of record of Financial Information, Investments & Insurance, Legal Documents & Estate Management information.

Updated 8/12/21

## January Fun Page



Help the snowman find his carrot nose.



After spending some time out in the cold (shoveling, sledding, walking), warm up with a good, hot cup of cocoa! Change it up with one or more of the following add-ins:

- marshmallows
- toffee bits
- mini chocolate chips
- crushed peppermints or candy canes or soft peppermint sticks
- cinnamon sticks
- malted milk balls
- milk chocolate truffles
- crushed butterscotch/caramel candies
- White chocolate shavings
- whipped cream



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# ACTIVITY CALENDAR & GRAB-GO MENU

## JANUARY 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
<b>1</b> <b>CLOSED: New Year's Day</b>	<b>2</b> <b>9:30 Van: Westgate/Riverside</b> 8:30 Walking Club 12:00 Quilting Group  <b>Chicken Pot Pie</b>	<b>3</b> <b>Blood Pressure Clinic by Appt.</b> 10:30 Yoga 12:30 Mah Jong  <b>Cold Plate</b> (Turkey Cranberry Salad, Garden Salad/Dressing, Butternut Salad)	<b>4</b> <b>9:30 Van: Plaistow</b> 8:30 Walking Club 9:30 Tai Chi <b>9:30 Men's Breakfast</b> <b>10:30 Veteran's Agent Hours</b> 10:45 Exercise with Leah  <b>LS Hot Dog/Bun</b>
<b>8 SHINE (Regular Hours)</b> 9:00 Yoga 10:30 Strength Training <b>11-12 Meet the Dir./ Hot Cocoa Bar</b> 12:30 Bingo  <b>BBQ Pulled Pork/Bun</b>	<b>9</b> <b>9:30 Van: Brown bag/Riverside</b> 8:30 Walking Club <b>10:00 Elder Law Appointments</b> 12:00 Quilting Group  <b>Sliced Turkey/Gravy</b>	<b>10 Traveling Chef</b> 10:30 Yoga 12:30 Mah Jong	<b>11</b> <b>9:30 Van: Plaistow</b> 8:30 Walking Club 9:30 Tai Chi 9:30 Knitting 10:45 Exercise with Leah 1:00 Stamps  <b>Beef Stew</b>
<b>15</b> <b>CLOSED: MLK Day</b>	<b>16</b> <b>9:30 Van: Westgate/Riverside</b> 8:30 Walking Club <b>10:00 Candle Jar Craft</b> 12:00 Quilting Group <b>12:00 Constituent Services</b> 1:00 Friends of COA  <b>Turkey/Sweet Pot. Chili</b>	<b>17</b> 10:30 Yoga 12:30 Mah Jong <b>2:00 Book Club</b>  <b>Meatloaf/Gravy</b>	<b>18</b> <b>9:30 Van: Plaistow</b> 8:30 Walking Club 9:30 Tai Chi 10:45 Exercise with Leah  <b>Chicken Cordon Bleu</b>
<b>22</b> 9:00 Yoga 10:30 Strength Training 12:30 Bingo  <b>American Chop Suey</b>	<b>23</b> <b>9:30 Van: Westgate/Riverside</b> 8:30 Walking Club 12:00 Quilting Group 12:45 COA Board Meeting  <b>Baked Cod/Crumb Topping</b>	<b>24</b> 10:30 Yoga 12:30 Mah Jong  <b>Chicken/Basil-Red Pepper-Parm Sauce</b> <b>Deadline to sig-up for February Traveling Chef</b>	<b>25</b> <b>9:30 Van: Plaistow</b> 8:30 Walking Club 9:30 Tai Chi 9:30 Knitting <b>10:30 Fun &amp; Games</b> 10:45 Exercise with Leah 1:00 Stamps  <b>Special: Moo Shu Pork</b>
<b>29</b> 9:00 Yoga 10:30 Strength Training  <b>Grilled Chicken Piccata</b>	<b>30</b> <b>9:30 Van: Westgate/Riverside</b> 8:30 Walking Club 12:00 Quilting Group  <b>Meatball Sub</b>	<b>31</b> 10:30 Yoga 12:30 Mah Jong  <b>Salisbury Steak/Gravy</b>	<b>Feb. 1</b> <b>9:30 Van: Plaistow</b> 8:30 Walking Club 9:30 Tai Chi <b>9:30 Men's Breakfast</b> <b>10:30 Veteran's Agent hours</b> 10:45 Exercise with Leah <b>Lunch: TBA</b>

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.\***

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

AgeSpan presents:

### The Traveling Chef

A congregate dining experience  
(no take-out/delivery)

**Wed. Feb. 14, 2024 at noon.**

The menu will feature *Chicken or Shrimp Asian Bowls, Lo Mein Noodles, Asian Veg Blend, Baby Corn, Mandarins, Pineapple Upside Down Cake, Fortune Cookie.* **Deadline: Wed. Jan. 24.** Please RSVP as soon as possible by calling the COA at 978-352-5726.



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.

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## 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.



**January 2024**

### Georgetown Council on Aging

#### Georgetown Senior Community Center

51 North Street  
Georgetown, MA 01833  
(978) 352-5726

#### Open:

Monday – Thursday 8:30 am – 4 p.m.

#### Georgetown COA Webpage is

located on the town's official website  
[www.georgetownma.gov](http://www.georgetownma.gov).

#### **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 23, 2024**

#### **Georgetown Council on Aging:**

**Director:** Kristin Crockett

**Office:** Julie Pasquale, Newsletter  
Kirsten Klueber, Outreach  
Deborah DiGiulio, Program/Activities Assist.  
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

**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.