



Living Well Together

A Newsletter of the Georgetown Council on Aging



Volume 23/Issue 1

Email: cfiorello@georgetownma.gov

July 2021

Website: www.georgetownma.gov

Director's Notes: I always enjoyed school. I enjoyed learning – especially anything related to reading, history, writing or art. Science had good points, but math was literally a different subject. I enjoyed the friends and the new experiences but even I remember the count-down to the end of the school year. I can remember crossing off each day of the week on my June calendar until we reached the last day of school. The bell rang as the doors opened and the school yard filled with girls and boys rushing out into the summer. Lots of laughter, balls tossed between running kids, and the air filled with papers scattering from overfilled book bags. The idea of summer and the freedom from the routines of the school year were pure joy. I looked forward to summer camp – two weeks in the hills of the Gatineau in Quebec where I learned to canoe and mosquitoes are the size of Mac trucks but the Milky Way fills a night sky. We spent lots of time at our cottage on the Ottawa River but there were always plans for a family vacation, with the Maritime Provinces a favorite destination. We could see the ocean and enjoy an annual pilgrimage to the home of L.M. Montgomery and the birthplace of “Anne of Green Gables” in Prince Edward Island. In our neighborhood, we would watch other families fill rented trailers with supplies for trips to the Great Lakes, Niagara Falls or Algonquin Park in Northern Ontario. Many families enjoyed trips to the Lake Placid area in New York State, which seemed very exotic with a border crossing! For children and parents alike, the start of the summer was filled with an air of anticipation and excitement. After the crisis that we have all endured, the start of this summer feels much the same. Suddenly, there is real freedom from the months of worry and sadness. We can make plans to be together with friends and families. Some people have plans for vacation travel but we all have lots of plans for the simple joys of summer. We are so glad to be able to welcome you back to the Senior Center and can't wait to catch up on our lives together. Enjoy this special time and savor an extra scoop of ice cream in celebration!



COA Welcomes Intern Susan Dysart



The Georgetown Council on Aging is glad to welcome Social Work Intern Susan Dysart to the Georgetown Senior Community Center. Susan is a senior Bachelor of Social Work student attending Saint Joseph's College in Maine. Planning to focus her career path on work with older adults, Susan will

intern with the COA two days per week until November. We are looking forward to planning some special projects with Susan and she is looking forward to getting to know all of you. Plan to stop by and visit with Susan and the COA staff this summer and fall.

Welcome Back to GSCC

As the COVID-19 pandemic local and state emergency bans lifted last month, Town buildings including the Georgetown Senior Community Center were able to re-open to the public. Some of our programs and services will look different right now but are being offered safely. Small group exercise classes are underway with participants pre-registered and rotating every 6 weeks until Sept. Knitting, quilting, stamp club and a morning coffee, cards and conversation group are underway. All participants will be asked to wear masks in common areas & sanitize their hands. Vaccinated individuals may remove their masks in classes or activities. We're so glad to see all of you in person and are looking forward to resuming more activities in Sept. For more information, contact the COA at 978-352-5726.

Holiday Office Hours: The COA and all activities will be closed on Mon. July 5 for Independence Day

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

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 & tell us how you're doing.

Yoga & Strength Training Classes & Special Programs Available on Cable

In-person Yoga & Strength Training classes w/COA Instructor Donna Bonin have returned to the Georgetown Senior Center. At this time classes are also still available on Cable Access 42 Verizon/9 Comcast. Call the COA for more information, 978-352-5726. **Watch "All Things Aging" to learn about the NEET program.**

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 & the daily schedule for that day will appear on the left. If you have further questions, please call the COA at 978-352-5726.



Walking Club The Georgetown COA Walking Club meets **Tuesdays & Thursdays, 8:30 a.m.** Participants meet outside the Georgetown Senior Community Center and choose a local walking route. Participants will wear masks, practice social distancing & bring their own water bottles. For information and to register, please contact 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. Available equipment includes: two stationary bikes, two treadmills, weights, stair-climber & a stationary recumbent bike. Call the COA for appointments (978-352-5726).

COA Marketplace

COA Marketplace offers V8 Juice, Easy Mac/Cheese (2 flavors), fruit cups, cereal, canned tuna/meats, a wide variety of soups & fun snacks. We also offer a variety of products including nonperishable food, toiletries, personal care items, paper items & dish/laundry detergent. We are now also able to provide some fresh foods (eggs, milk, fruit/vegetables...) & Market Basket or Crosby's Marketplace gift cards upon request. No income restrictions apply. The COA will provide individual home deliveries. **Appointments are required by calling 978-352-5726.**



Grab & 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 & 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 Traveling Chef The Traveling Chef meal is planned for Thurs July 29. Please RSVP as soon as possible. The menu will feature LS Hot Dog/Bun, Warm German Potato Salad/Bacon, Red/White/Blue Fruit Parfait. To reserve a lunch, please call the COA at 978-352-5726.

July Grab & Go Lunch Menu

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>
5 NO Lunch/Holiday	6 Mac & Cheese	7 Turkey Salad/Pita Bread	1 Chix Salad/Egg Salad Finger Rolls
12 Fish Tacos	13 Chix Pot Pie	14 LS Hot Dog	8 * BIRTHDAY LUNCH */Grilled Chix
19 BBQ Turkey/Bun	20 Chix Teriyaki Meatballs	21 Ravioli/Vodka Sauce	15 Eggplant Parm/Marinara
26 Greek Chicken	27 Turkey/Gravy	28 BBQ "Riblet"/Sauce	22 Marinated Steak Tip Salad
			29 * TRAVELING CHEF */LS Hot Dog/Picnic

COVID-19 Vaccine Update

- **Vaccine distribution in Massachusetts:** Use **VaxFinder.mass.gov** to search for appointments at pharmacies, health care providers, & other community locations
- **Homebound COVID Vaccine Program:** Any individual who has trouble getting to a vaccine site is now eligible for the homebound 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>.



JULY CALENDAR 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
Fitness Center, COA Library, Pool table are available daily by appointment. Grab & Go Lunch by reservation Monday through Thursday.			1 Van: Shopping-Limit 3 8:30 Walking Club 9:00 Strength Training
5 CLOSED FOR THE HOLIDAY	6 Van: Shopping-Limit 3 8:30 Walking Club 9:00 Morning Coffee	7 10:00 Yoga – Group 2	8 Van: Shopping-Limit 3 8:30 Walking Club 9:00 Strength Training 9:30 Knitting Group 1:00 Stamp Club
12 9:00 Yoga – Group 1	13 Van: Shopping-Limit 3 8:30 Walking Club 9:00 Morning Coffee 12:00 Quilting Group	14 10:00 Yoga – Group 2	15 Van: Shopping-Limit 3 8:30 Walking Club 9:00 Strength Training
19 9:00 Yoga – Group 1	20 Van: Shopping-Limit 3 8:30 Walking Club 9:00 Morning Coffee	21 10:00 Yoga – Group 2	22 Van: Shopping-Limit 3 8:30 Walking Club 9:00 Strength Training 9:30 Knitting Group 1:00 Stamp Club
26 9:00 Yoga – Group 1	27 Van: Shopping-Limit 3 8:30 Walking Club 9:00 Morning Coffee 12:00 Quilting Group 1:00 Ice Cream Social No COA Board Meeting	28 10:00 Yoga – Group 2	29 Van: Shopping-Limit 3 Grab & Go – Traveling Chef 8:30 Walking Club 9:00 Strength Training

Ice Cream Social: In celebration of National Ice Cream Month, the Georgetown COA invites you to enjoy a variety of Ice Cream Truck novelties (i.e., ice cream sandwiches, ice cream bars, sundae cups) on **Tuesday July 27 at 1 p.m.** Inside seating at the Georgetown Senior Community Center will be limited to 15, but there is also a pick-up option available. Please call the COA at 978-352-5726 to make your reservations.



Morning Coffee: Join us on Wednesday mornings from 9 a.m. to 10 a.m. for coffee & snacks. A variety of cards & games are available or just sit back and relax with friends. Please register with the COA at 978-352-5726.

Knitting Group: The Knitting Group has returned. They will meet on the 2nd and 4th Thursdays of the month. For more information, contact the COA at 978-352-5726.

Quilting Group: Terry Palardy is back. The Group will meet on the 2nd and 4th Tuesdays of each month from 12 p.m. to 3 p.m. beginning July 13. The Group is limited to 5 people & pre-registration is required. Please call 978-352-5726.

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.

Northern Essex Elder Transport Can you volunteer to drive 6 to 8 hours a month? Mileage reimbursement and supplemental insurance provided. Call 978-388-7474 to learn more about this flexible volunteer opportunity.

Farmer's Market Coupon Distribution Planned in August

The **Senior Farmer's Market Nutrition Program** will offer a **limited supply of coupons to adults aged 60 and older who meet certain income guidelines**, to buy produce at their nearby Farmer's Market. The coupons will be available through ESMV's Nutrition Program & distributed by **designated Senior Centers**. The coupons will be available on first come, first served basis in August. **Requirements include:** (1) Proof of residence such as a phone or electric bill that includes your name and address, (2) a signed statement verifying your age as 60 years or older, residence in the Merrimack Valley & that you meet the income criteria. For more information & registration, please call the Georgetown Council on Aging at 978-352-5726.

MCOA sponsors Walk Massachusetts Challenge

Sponsored by the MCOA, this year's Walk Massachusetts Challenge began last month. With several goals tied to walking options and prizes, the first 500 people who participate will receive a reflective wrist band and sports pack. Prizes include Visa, Amazon and Dunkin' Donuts gift cards. For each person who completes the challenge, COAs are entered into a drawing to win \$1,000 for future programming. Individuals are able to register at www.coaonline.com/walkma. The program runs May 1- September 30 and includes different challenges along with an online tracking form or printable walking journal. For information and assistance with registration, call the COA at 978-352-5726.

EOEA sponsors Caring for the Caregiver Monthly Webinar Series

Sponsored by the EOEA, Mass Home Care and the Massachusetts Technology Collaborative, a monthly webinar series for family caregivers is underway. The webinars are designed to provide information, support, resources tools and tips. Register for the webinars at bit.ly/3tjbNpa.

Virtual Memory Café July 6 & 20, Aug. 3 & 17

offers online activity & social engagement for those living with memory loss & their caregivers.

1st & 3rd Tues. of the month, 1-2 p.m.

Contact Lynn Brennan: 978-273-52501 or lbrennan@esmv.org

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

G'town Library Open for Browsing

Library Hours for Browsing & Curbside

Pick-up:

Mon./Wed. 2 p.m. - 6 p.m.

Tues./Fri. 10 a.m. - 5 p.m.

Thurs. CLOSED

Fri. 10 a.m. - 5 p.m.

Sat. (Hours not available at this printing.)



Safety:

- Masks covering nose & mouth MUST be worn the entire time you are in the building.
- Hand sanitizing stations are available.
- Please follow all signage & physical distancing guidelines.

Things to Note

- Some seating has been rearranged or removed to allow for distancing for the time being.
- The Meeting Room & Local History Room will not be available for use for the time being.
- Please DO NOT enter the Library if you are experiencing any COVID-19 symptoms.
- Check the website/social media for the latest updates & changes to in-person library services.

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 & 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 & 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 & 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

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.

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

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.

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

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.

**No COA Board
Meeting In July**

NEXT BOARD MEETING:
Tuesday August 24, 2021

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.

July Fun Page



July 2021 marks the long-awaited return of the **Georgetown Summer Concert Series**

American Legion Park Sundays 5-7 p.m.
Refreshments will be available starting at 4:30 p.m.

7/11	Woodland Protocol	Eclectic mix of Rock & Roll
7/18	Cold Chocolate	Fusion of Folk/Funk/Bluegrass
7/25	Run Johnny Run	Authentic Rock/Rhythm/Blues
8/1	4EverFab	Beatles
8/8	2120 So. Michigan Avenue Blues Band	
8/15	Steel-N-Eazy	Country
8/22	Whiskey Horse	Outlaw Country (Rocked-up & Rowdy Current/Classic tunes.)



National Flitch Day (July 19) is an informal holiday dedicated to an ancient English custom that dates back to at least the 14th century. A flitch is a measurement of bacon, now known as a slab. In England, married couples were awarded a flitch of bacon if they had not had any thoughts of regret of their marriage for a year and a day. A couple would come to monks and stand a mock trial to prove that they had been loving and faithful to one another for one year and did not wish they were single again. It was quite rare for a couple to actually be given a slab of bacon. This tradition was brought to America by English settlers, but it didn't survive for long.

Caramelized Bacon Twists

Ingredients: 1/2 cup packed brown sugar ~ 2 tsp ground cinnamon ~ 1 lb. bacon strips

Directions: Preheat oven to 350°. Line a 15"x10x1" pan with foil. In a shallow bowl, mix brown sugar and cinnamon. Cut bacon strips crosswise in half; dip in sugar mixture to coat. Twist 2 or 3 times, then place in prepared pan. Bake until browned and crisp, 15-20 minutes.

BRAIN TEASERS...

1. What is special about these words: job, polish, herb?
2. I can't be bought, but I can be stolen with a glance. I'm worthless to one, but priceless to two. What am I?
3. Turn me on my side and I am everything. Cut me in half and I am nothing. What am I?
4. How can $8 + 8 = 4$?

LICENSE PLATE QUIZ

Can you guess what each license plate is trying to say?

- | | |
|-------------|------------|
| 1. NVRL8 | 2. 2QIK 4U |
| 3. XQZME | 4. W84ME |
| 5. 10 S NE1 | 6. B9S 2US |



Note-Writing Project

There is nothing like a hand-written note to brighten your day! Join us for an on-going note-writing project this spring. 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 has brought rays of sunshine & hope to both the recipients and the senders! For information, please call the COA at 978-352-5726.

Brain Teaser Answers
1. They are pronounced differently when the first letter is capitalized.
2. Love
3. The number 8
4. When you think in terms of time, 8 AM + 8 hours = 4 o'clock.

License Plate Quiz Answers
1. Never Late
2. Too Quick for You
3. Excuse Me
4. Wait For Me
5. Tennis Anyone
6. Be Nice To Us

B O O R E D O M Breakers

- books, magazines, games & puzzles to lend
- yarn for knitting/crocheting projects
- limited number of craft kits & craft supplies
- DVDs

Browsing opportunities are available by appointment or call the COA at 978-352-5726 to arrange pick-up or delivery.

Federal Communications Commission Launches Emergency Broadband Benefit

As part of the third stimulus bill, the Federal Communications Commission (FCC) has kicked off the federal Emergency Broadband Benefit (EBB) program. The program is planned to help all Americans get online. The limited program will continue until there is no longer funding available or six months after the federal government declares an end to the COVID-19 pandemic.

Eligible households will be able to receive \$50 per month for high-speed internet services and a one-time discount of up to \$100 for a laptop, desktop computer or tablet purchased through a participating provider. The program is limited to one monthly service discount and one device discount per household.

In Massachusetts, 26 broadband providers are offering the service. Households who have an income at or below 135 percent of the federal poverty guidelines (Household of one: \$12,880; Household of two: \$17,420) are eligible for the program along with households who have household members who participate in SNAP, Medicaid, Supplemental Security Income, Free and Reduced-Price School Lunch Program as well as certain qualifying events such as the substantial loss of income.

Customers can sign up by contacting a participating provider, enroll on-line at <https://getemergencybroadband.org/> or by mailing forms to:
Emergency Broadband Support Center
P.O. Box 7081
London, KY 40742

Forms for the Emergency Broadband Benefit are available at the Georgetown Senior Community Center. More information on the program is available at <https://www.fcc.gov/broadbandbenefit> or by calling 833-511-0311.