



Living Well Together



July 3 to August 11

Volume 24/Issue 1

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Director's Notes: Growing up in Canada, it was the annual Canada Day celebration on July 1 that marked the start of our summer. Living outside of Ottawa, we had the additional benefit of special festivities and special events that took place in our nation's capital. We celebrated the 100th anniversary of Confederation in 1967, starting with very special events on that year's Dominion Day! It was a year-long birthday celebration! There were concerts, parades, amazing fireworks displays in Ottawa as well as visits to the Expo 67, the World's Fair, in Montreal. Queen Elizabeth and Prince Phillip visited both Ottawa and Expo 67. My grandfather still worked on Parliament Hill at the time and we were able to squeeze into a spot outside of the Peace Tower and watch the Queen present colors to Canadian Army Units and then inspect the assembled Guard while riding in an open car across the lawn at Parliament Hill. Wonderful times! After our move to the United States, we were often at my grandparents for a visit in the summer but we did begin to celebrate the Fourth of July with our close friends who lived in Lexington. As close to us as family, they happily introduced us to Louisa May Alcott's home in Concord, the Freedom Trail, took us to our very first Red Sox game, my first trip on the T and wonderful first visits to the Museum of Fine Arts and the Isabella Stewart Gardner Museum. For our first Fourth of July celebration, they invited us to join them at their Cape Cod vacation rental. I was amazed at the traffic jam as we tried to get onto the Cape! Once we arrived, there were lovely trips to the National Sea Shore and ice cream at the Four Seas. Flags flew from every shingled cottage and bunting decorated store fronts. Lobsters and steamers were planned for the newbies! It didn't take much persuasion for me to try both and I quickly became a fan. For dessert, a home-made Sunshine Cake decorated with wild roses. We ate outside and watched the Boston Pops on a television wheeled outside and plugged into the kitchen by a very long extension cord (courtesy of the Dads). Arthur Fiedler conducted and was presented with a model fire truck. Even in black and white, the fireworks on the Esplanade were impressive. The celebration in a new country did not take away from the glorious celebrations enjoyed in my childhood, but added to the whole experience. Very special days to remember! This summer, I hope that you will enjoy some long summer days filled with fun family visits, lemonade on the porch, trips to the seashore or to the lake. Wherever you go, wear sunscreen, bring insect repellent and mind the poison ivy – but come home with stories to share!



**Georgetown Senior Community Center
Recipe Collection**

Last chance to participate!

**Recipe Submission Deadline
July 31, 2022**

***Sales to benefit
GCOA Donation Account.***

Next stop:

Publishing and Sales (late fall) Price & dates TBA.

Submit clearly printed/typed recipes (forms available at COA office) to Darcy Norton, c/o GCOA or email tbirddarcy@gmail.com



New Arrival!

GSCC has recently installed a Water Bottle Filling Station

Filtered water is available in two methods:

- Bottle filling spout
- Bubbler for drinking

The station is conveniently located and easily accessible in the main hallway just before the cafeteria (where the old bubbler was.)

Holiday Hours: The COA office, Sr. Ctr. & all activities will be closed on **Mon. July 4** (Independence Day).



MEN'S BREAKFAST:

No Men's Breakfast in July.

Next breakfast will be Thurs.

August 4 at 9:30 a.m. Speaker

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

VETERAN'S SERVICES OFFICE HOURS:

No office hours in July.

Next: Wed. August 4, 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

B P CLINIC: Wed. July 6, 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

BINGO! Join us on **Mons. July 11 & 25, 12:30 p.m.** Bingo is played twice a month on Mondays. **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. July 12, 10:30-11:30 a.m.** Call for appointments.

SHINE OFFICE HOURS: Mon. July 18, 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 make your appointment. If you cannot come to the scheduled hours, the COA can contact our SHINE counselor to make other arrangements for you. To schedule an appointment, call (978) 352-5726.



Ice Cream Social:

Tuesday July 26 at 1 p. m.

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). Inside seating at the GSCC will be limited to 25, but there is also a pick-up option available. Please call the COA at 978-352-5726 to make your reservations.

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.

FRIENDS OF THE COA: The Friends of the COA are on summer hiatus & will resume meetings on **Monday Sept. 19 at 1 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.



BOOK CLUB

The Book Club is on summer hiatus. Join GPL Librarian Sarah Cognata **Tues. Sept. 27 at 2 p.m.** when they resume. Watch the newsletter for more details.

Upcoming Events

Informational purposes only.

Wed. August 24, 1 p.m.

Joe LeBlanc, Guitarist: Musical Favorites
Sponsored by Awesome Georgetown Foundation

Thurs. August 25, 9:30 a.m.

Essex County Sherrieff Kevin Coppinger
Sharing updates, initiatives & what's new in the department.

Wed. Sept. 28, 1 p.m.

Delvena Theater: "Nun of This, Nun of That"
Sponsored by the Georgetown Cultural Council

Wed. Oct. 5, 11:30 a.m. to 1 p.m.

Mini Health Fair

Wed. Nov. 2, 9:30 a.m. to 11:30 a.m.

Flu Shot Clinic

Tues. Nov. 8, 10 a.m.

Holiday Light Safety Program

Tues. Dec. 13, 1 p.m.

Delvena Theater: "The Dickens You Say"
Sponsored by the Georgetown Cultural Council

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 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 Test Kits: Good news! Donated by AgeSpan, the Georgetown COA has free test COVID-19 test kits available to share with local elder households. Each household can also receive four free COVID-19 at-home test kits shipped directly to their home at no cost. Visit www.COVID19tests.gov and enter your contact information and mailing address or contact the COA and we will place the order for you. (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** 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>.

Georgetown Summer Concert Series 2022

Ice House Pavilion ~ American Legion Park Sundays 5-7 p.m.		8/7	The Band from UNCLE Oldies 50s/60s Rock Refreshments: Fat Belly BBQ
7/10	Woodland Protocol Mix of Rock, R&B, Country, Pop Refreshments: Justine's Baked Goods	8/14	The Riverboat Stompers Swing/Dixieland/Jazz Refreshments: Justine's Baked Goods
7/17	2120 South Michigan Ave. Blues Refreshments: Fat Belly BBQ	8/21	The Johnny Cash Tribute Band Refreshments: Fat Belly BBQ
7/24	4EverFab Beatles Tribute Band (Funded by Georgetown Cultural Council Grant) Refreshments: Kiwanis	8/28	Rain Date
7/31	Whiskey Horse Outlaw Country Refreshments: Justine's Baked Goods	Anonymous Brewing serves Adult Beverages at all concerts.	

Now & Then Festival Sept. 17, 2022

Sponsored by Knights of Columbus during their sheep deeds event with the support of Georgetown Building Supply & Kiwanis.

Looking for Volunteers, Businesses, Organizations or Groups to take part!

Call Alan Aulson @ 508-451-1987.

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 AgeSpan'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.



Help Seniors Keep Their Independence

Driving is the key to independence. Help those who can no longer drive by volunteering. Drive when and where you want and give the gift of independence to seniors in your community.



Northern Essex Elder Transport, Inc.

Mileage reimbursement and supplemental liability insurance is provided. Call 978-388-7474 about this flexible volunteer opportunity or visit www.driveformeet.org.

Virtual Grief Support Groups:

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

Family Caregiver Support Programs: Savvy (Dementia) Caregiver

Healthy Living Center of Excellence ongoing schedule of classes.

Contact Crystal Polizzotti:
cpolizzotti@agespan.org

July Fun Time

WATERMELON FETA SALAD

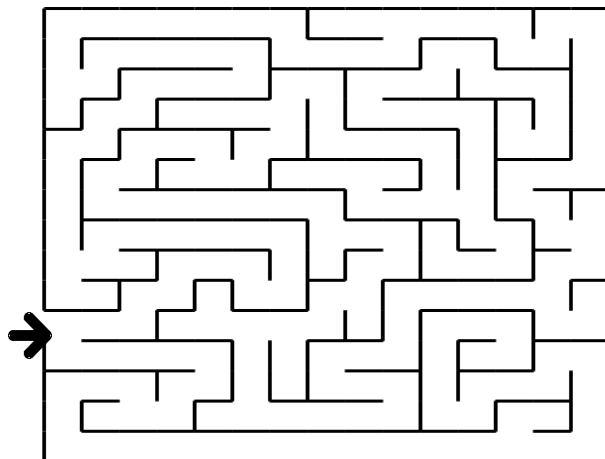
INGREDIENTS

1/4 c. extra-virgin olive oil ~ 2 tbsp. red wine vinegar ~ 1/2 tsp. kosher salt ~ 3 c. cubed seedless watermelon ~ 1 c. medium cucumber, chopped ~ 1 c. crumbled feta ~ 1/2 c. red onion, thinly sliced ~ 1/2 c. coarsely chopped mint, plus more for garnish ~ Flaky Sea Salt, for garnish (optional)

DIRECTIONS

In a small bowl, whisk together oil, vinegar, and salt. In a large serving bowl, combine watermelon, cucumber, feta, red onion, and mint. Add dressing and toss to coat. Garnish with more mint and flaky sea salt if desired.

Can you get to the BBQ before the food is gone?



MINT CHIP ICE CREAM PIE

INGREDIENTS

8 oz. chopped semisweet chocolate, melted ~ 4 c. Crisped Rice Cereal (Rice Krispies) ~ 2 pints mint-chocolate chip ice cream, slightly softened

DIRECTIONS

In a large bowl, combine the chocolate and cereal until the cereal is completely coated. Transfer to a 9-inch springform pan. Press the mixture into the bottom and 1 inch up the sides of the pan. Freeze just until firm, 5 to 10 minutes. Spread the ice cream in the prepared crust and freeze, covered, until firm, for at least 2 hours and up to 3 days.



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 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

Stay Cool! Stay Hydrated! Stay Informed! **Heat Exhaustion vs. Heat Stroke** Information Source: CDC, NIOSH, NIIHIS, NOAA Flyer

Heat Exhaustion can lead to heat stroke

Symptoms: Dizziness
 Thirst
 Heavy Sweating
 Nausea
 Weakness

Act Fast: *Move to a cooler area
 *Loosen clothing
 *Sip cool water
 *Seek medical help if
 symptoms don't improve

Heat Stroke can cause death or permanent disability if emergency treatment is not given.

Symptoms: Confusion
 Dizziness
 Becomes Unconscious

Act Fast: *CALL 9-1-1
 *Move to a cooler area
 *Loosen clothing & remove
 extra layers
 *Cool with water or ice

More summer tips from the Georgetown Fire Department:

- **Keep hydrated** and take breaks if working outside and in the sun. Know the difference between heat exhaustion and heat stroke. Heat stroke is a life-threatening emergency.
- **If your kids are looking to play** with the garden hose, make sure you flush out any water in the hose prior to them spraying themselves. Standing water in hoses can heat up to temperatures which can cause serious burns.
- **If you are planning on running an air conditioner**, make sure the appliance is plugged directly into a wall outlet and not into an extension cord.

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

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Haverhill, MA

July 2022

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:

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.

PUBLIC NOTICE

**No COA Board
Meeting In July**

NEXT BOARD MEETING:
Tuesday August 23, 2022

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 CALENDAR 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
4 CLOSED: INDEPENDENCE DAY	5 No Shopping Van– Brown Bag 8:00 Pickle Ball 8:30 Walking Club	6 Blood Pressure Clinic/Appt. only 10:30 Yoga 12:30 Mah Jong	7 9:30 Van: Plaistow No Men's Breakfast-July only No Veteran's Agent-July only 8:30 Walking Club 9:30 Tai Chi 11:15 Exercise with Leah
11 9:00 Yoga 10:30 Strength Training 12:30 Bingo	12 9:30 Van: Riverside 8:00 Pickle Ball 8:30 Walking Club 10:30 Constituent Services 12:00 Quilting Group	13 10:30 Yoga 12:30 Mah Jong	14 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
18 SHINE/appt. only 9:00 Yoga 10:30 Strength Training	19 9:30 Van: Riverside 8:00 Pickle Ball 8:30 Walking Club	20 10:30 Yoga 12:30 Mah Jong	21 9:30 Van: Plaistow 8:30 Walking Club 9:30 Tai Chi 11:15 Exercise with Leah
25 9:00 Yoga 10:30 Strength Training 12:30 Bingo	26 9:30 Van: Riverside 8:00 Pickle Ball 8:30 Walking Club 1:00 Ice Cream Social 12:00 Quilting Group	27 Traveling Chef 10:30 Yoga 12:30 Mah Jong	28 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
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.**



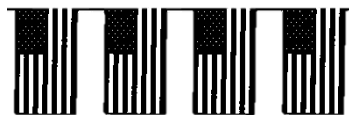
Grab & Go Lunches

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.***

AgeSpan Traveling Chef The Traveling Chef meal is planned for Wed. July 27. Please RSVP as soon as possible. The menu will feature **BBQ Chicken Breast, Burger Bun, Mac & Cheese, Coleslaw, Berry Cobbler**. To reserve a lunch, please call the COA at 978-352-5726.

July Grab & Go Lunch Menu

Monday	Tuesday	Wednesday	Thursday
4 NO LUNCH/Holiday	5 Sausage/Peppers/Onion/Bun	6 Cold Salad Platter Turkey/Cranberry, Garden, Sweet Potato	7 Grilled Teriyaki Chicken
11 Honey Balsamic Chicken	12 BBQ Pulled Pork/Bun	13 Cheese Ravioli/Marinara	14 *SPECIAL* Cold Salad Platter Chicken, Egg, & German potato
18 Meatloaf/Gravy	19 Chicken Fajitas	20 LS Hot Dog/Roll	21 Meatballs/Pasta/Sauce
25 Frittata/Ratatouille	26 Cold Salad Platter Tarragon Chix, Quinoa, & Cucumber	27 *TRAVELING CHEF* - see above	28 White Fish/Piccata Sauce



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

