



Living Well Together



National Avocado Day
July 31, 2023

A Newsletter of the Georgetown Council on Aging

Volume 26/Issue 1

Email: cfiorello@georgetownma.gov

July 2023

Website: www.georgetownma.gov

Director's Notes:

As school came to an end each year in Ontario, the start of summer camp quickly approached. Camp was a two-week summer camp in the foothills of the Laurentian Mountains in Quebec. Located on isolated lakes, we slept in rustic cabins with counselors as younger girls. When we were older, we moved up to the older girls' camp & slept in platformed tents on the ridge of a mountain overlooking a lake. My friends & I looked forward to camp each year. Our days at camp were filled with swimming, paddling canoes, arts & crafts, hiking, camp fires, swatting mosquitoes & learning how to identify poison ivy & ground wasp nests. We felt very independent & excited to be on our own for two weeks without parents! At the same time that I marked off each remaining school day on the June calendar, I began checking items on the camp packing list. Sleeping bag, pillow, flashlight, Nancy Drew & Black Stallion books, addressed & stamped envelopes for letters home, rain coat, extra socks, shorts & shirts with my name labelled on each item, including the socks. No sunscreen or insect repellent in those days! Kitchen & bathroom duties rotated between cabins or tents! I remember washing a never-ending pile of silverware & dishes for 75 girls in sinks large enough for a bath. Bathroom duties were interesting in very basic outhouses. We were busy but there was still plenty of time for lying in the grass reading with a friend or looking at a night sky filled with the Milky Way. Lots of adventures that I have continued to tell my daughters & grandchildren whenever we are hiking or paddling! Along with a vast repertoire of campfire songs & a good eye for poison ivy, camp provided me with lifelong lessons on friendship, how to work cooperatively & a deep appreciation for nature & our wonderful world. Except for the enormous mosquitoes, I would do it all again! This summer, I hope that you will enjoy summer days filled with fun visits, lemonade on the porch, & trips to the seashore or to a lake. Wherever you go, wear sunscreen & a hat, bring insect repellent & watch for poison ivy. Remember to stop by the Senior Center & share your summer adventures!



MA Dept. of Transitional Assistance Phone Line

To assist Supplemental Nutrition Program (SNAP) participants in checking the balance on their Electronic Benefits Transfer (EBT) card, the State Department of Transitional Assistance (DTA) has established an Assistance Telephone Line, 877-382-2363. To hear case information regarding a participant's EBT balance, consumers can call 877-382-2363 & then select a language (press 1 for English, 2 for Spanish). Then choose a self-service option, press 1 for Case Information. Third, you will confirm your identity by providing your Social Security number, 7-digit DTA Agency ID number or your EBT Card number. The DTA will then ask for your 4-digit year of birth. Fourth, press 1 to hear the status of your case & the amount of monthly benefits, the next issuance date & your current SNAP EBT balance. Additional SNAP questions, can be directed to the Senior Assistance Office, 833-712-8027.

Georgetown COA & Senator Bruce Tarr's Office sponsors

Senior Charlie Card Day

Tues. August 15, 12 p.m.

The Senior Charlie Card can be used to receive reduced fares on all MBTA transportation services including buses, the subway, commuter rail line and ferries.

- **Staff members from Senator Tarr's office** will be available to take photos and process Senior Charlie Card applications.
- **Elders must be 65 years or older** to qualify for the Senior Charlie Card.
- **Please bring** a valid, state-issued photo ID that includes your date of birth.
- **Applications** will be available in advance at the COA office for those who would like to complete them prior to arrival.

For more information, please call the COA at 978-352-5726.

HOLIDAY HOURS: The COA office, Sr. Ctr. & all activities will be closed Tues. July 4 (Independence Day).

B P CLINIC: Wed. July 5 @ 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:

There is no Men's Breakfast in July. Next breakfast will be Thurs. August 3 at 9:30 a.m.

VETERAN'S SERVICES OFFICE HOURS:

Thurs. July 6, 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

SHINE OFFICE HOURS: Mon. July 17, 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.

CONSTITUENT SERVICES: Representatives from the offices of Senator Bruce Tarr and Rep. Kristen Kassner will hold monthly office hours on

Tuesday, July 18th from 12:00--1:00 p.m.

BINGO! Bingo is on hiatus until the fall. Watch your newsletters for details.



Book Club is on hiatus until the fall. Watch your newsletter for future updates.



**Remember this guy?
We've got the next best thing!**

**Ice Cream Social
Wed. July 26 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). The Georgetown Senior Community Center offers inside seating, but there is also a pick-up option available. Please call the COA at 978-352-5726 to make your reservations.



Bingo with a twist! Thank you to the Friends of the COA for sponsoring Music Bingo in May.

Walk Massachusetts Challenge

Sponsored by the Massachusetts Councils on Aging (MOA) and funded by Blue Cross Blue Shield of Massachusetts, the Walk Massachusetts Challenge is underway through October 31. Individual participation helps your local Council on Aging win money for fitness programs and provides you the chance to win one of several prizes. During this Challenge, you will have chances to be entered into a drawing to win a \$50 Visa, \$25 Amazon or \$10 Dunkin' gift card. The more you walk, the more chances you have to win. Reach each milestone and receive a total of four entries. By completing the challenge, your local Council on Aging/Senior Center gets a raffle entry to win up to \$1,000 for fitness programming. Register on the Walk Massachusetts Challenge site at <https://walkmachallenge.com/> and choose one of the challenges based on a Commonwealth of Massachusetts fun fact. Choose based on your current abilities, or challenge yourself to reach a higher goal. Be your own guide as to what you can do. You can walk inside, outside, at home or in the neighborhood, on a track, on a treadmill, at a park, at a mall, with family, with friends, with your dog or alone. Track your walking (recommended daily or weekly tracking) on Walk Massachusetts site. As milestones are completed, you will receive entries to win. The more you walk, the more entries you will receive.

AgeSpan offers eLearning for Caregivers

Trualta: A personalized, skills-based training platform for family members caring for loved ones living at home. Through this exciting new interactive eLearning platform designed especially for family caregivers and tailored to their caregiving journey where care givers can find convenient, on-demand, personalized information at any time of day or night!

Contact: Crystal Polizzotti cpolizzotti!@agespan.org



Outdoor Pickleball Schedule

Sponsored by the Georgetown Parks and Recreation Department, outdoor Pickleball is held at the American Legion Park. The schedule is:

Sunday, Advanced, 4 -6 p.m.;

Tuesday, Beginners/Intermediate, 9 – 11 a.m.;

Wednesday, Beginners/Intermediate, 9 -11 a.m.;

Thursday, Advanced, 9 -11 a.m.;

Saturday, Beginners/Intermediate, 9 – 11 a.m.

Questions can be emailed to Ruth at

ruthmorley@aol.com

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 **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 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 3rd 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...) & 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.**

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.

Exercise with Leah Miller

Thursday classes cancelled until fall 2023. Watch your newsletters for updates.

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.

Veterinary Care Program

Funded by Meals on Wheels America and PetSmart, AgeSpan offers people 65 and over help with pet care bills through AgeSpan's Veterinary Care Program.

ELIGIBILITY CRITERIA:

- People who receive AgeSpan services
- People 65 and over, not using AgeSpan services, but reside in one of the towns served.

PROGRAM DETAILS:

- Up to \$300 in one-time veterinary care for pets, once per year.
- If you already have a vet, AgeSpan will pay your vet directly, up to \$300.
- If you do not have a vet, AgeSpan will help coordinate services with an approved vet.

SERVICES INCLUDE:

- Rabies shots
- Spaying/neutering expenses
- A variety of inoculations
- Flea/tick care
- Annual checkups
- Nail trimming
- Other routine care



MORE INFORMATION

If you receive AgeSpan services, contact your AgeSpan Care Manager at 800-892-0890. If you do not receive AgeSpan services, please contact Sandy Jennings at 978-946-1222.

Extreme Heat Tips

Along with the pleasures of summer, the summer season can often bring some extreme heat which can lead to emergency situations. To remain safe during extreme heat, the state Executive Office of Elder Affairs offers the following tips:

- Never leave children, pets or individuals in a closed vehicle
- Slow down & avoid strenuous activity
- Wear lightweight, loose-fitting, light-colored clothing
- Drink plenty of water. Avoid alcoholic beverages & beverages high in sugar & caffeine
- Eat well-balanced light & regular meals
- Stay indoors & limit outdoor activities to the morning or evening
- Use fans or air conditioners to cool your home
- Watch for heat-related illnesses
- Check on neighbors, family & friends
- Visit the GSCC for a cold drink & visit in our air-conditioned facility



Looking Ahead to...

Thursday Aug. 3, 9:30 a.m. - Men's Breakfast

Wednesday Aug. 9 – Traveling Chef

Tuesday Aug. 15, 12 p.m. –

Charlie Card Event

Tues. Sept. 12, 1 p.m. –

Delvena Theater: *Nun of This, Nun of That*

Wed. Sept. 13 – Traveling Chef

Wed. Sept. 13, 1 p.m. –

Music with *The Classics*

Wed. Oct. 4, 11:30 a.m. – 1 p.m. – Health Fair

Tues. Oct. 31, 9:30 a.m. –

FCOA Women's Harvest Breakfast

Wed. Nov. 1, 9:30 -11 a.m. – Flu Clinic

Tues. Nov. 14, 10 a.m. – Georgetown Light

Dept. Holiday Safety

Wed. Nov. 15, 1 p.m. – Rich Araldi concert

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Support Groups Available

Virtual Caregivers Caring for those with Memory Loss: Tuesdays (1st and 3rd of the month), 5:30 – 7:30 p.m. Contact: Cindy Hession Richard (chession@agespan.org) 1-800-892-0890

In-Person Support Group: Thursdays (3rd of the month) at The Linden at Danvers, 220 Conant St. Danvers, MA, 5-6:30 p.m. Contact: Crystal Polizzotti (cpolizzotti@agespan.org) 1-800-892-0890

Virtual General Caregiver Support: Thursdays (3rd of the month) 1-2 p.m. Contact: Lyn Brennan (lbrennan@agespan.org) 1-800-892-0890

Memory Cafes: 1st Tuesday of the Month. Contact: Lyn Brennan (lbrennan@agespan.org). Join on your computer or mobile device. A Memory Café is a welcoming judgment free zone for individuals with Alzheimer's Disease or other forms of dementia or other brain disorders. Memory Cafes are designed to include the care partner as well for a shared experience. 1-800-892-0890

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 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 **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



Enjoy the summer breeze.
Relax with friends at one or both
Local Summer Concert Series.

Georgetown Peabody Library Summer Concert Series

The Georgetown Peabody Library will host a summer concert series on the library lawn every Wednesday evening July 19 to August 9. Please bring lawn chairs or blankets for outdoor seating. In case of inclement weather, the concerts will be held indoors in the library's Meeting Room. Additional information can be found on the library's event calendar at www.georgetownpl.org/events-calendar/

The concert schedule includes:

- Wed. July 19, 6:30 PM: Knock on Wood
- Wed. July 26 at 6:30PM: Tsunami of Sound
- Wed. Aug. 2 at 6:30PM: Tokyo Tramps
- Wed. Aug. 9 at 6:45PM: Clandestine Jazz Collective

Georgetown Summer Concert Series

Sundays, 5-7 p.m. American Legion Park

The Georgetown Summer Concert Series will feature several concerts in July and August. Bring lawn chairs.

The schedule includes:

- July 2 Army Band
(Fat Belly BBQ)
- July 9 Whiskey Horse
(Fat Belly BBQ)
- July 16 Riverboat Stompers
(Justine's Baked Goods)
- July 23 4EVERFAB
(Georgetown Kiwanis)
- August 6 The Band from UNCLE
(Justine's Baked Goods)
- August 13 Counterfeit Cash w/ June Carter
(Fat Belly BBQ)
- August 20 Wildfire
(Justine's Baked Goods)
- August 27 Rain date.



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JULY CALENDAR 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
3 9:00 Yoga 10:30 Strength Training	4 CLOSED: Independence Day	5 Blood Pressure Clinic By appointment 9:00 Beginner/Inter Pickleball (ALP) 10:30 Yoga 12:30 Mah Jong	6 No Men's Breakfast in July 9:30 Van: Plaistow 8:30 Walking Club 9:30 Tai Chi 10:30 Vet. Agent Office Hours
10 9:00 Yoga 10:30 Strength Training No Bingo in July.	11 9:30 Van: Brown Bag/Riverside 8:30 Walking Club 9:00 Beginner/Inter Pickleball (ALP) 12:00 Quilting Group	12 9:00 Beginner/Inter Pickleball (ALP) 10:30 Yoga 12:30 Mah Jong	13 9:30 Van: Plaistow 8:30 Walking Club 9:30 Tai Chi 9:30 Knitting Club 1:00 Stamp Club
17 SHINE/appt. only 9:00 Yoga 10:30 Strength Training	18 9:30 Van: Westgate/Riverside 8:30 Walking Club 9:00 Beginner/Inter Pickleball (ALP) 12:00 Quilting Group 12:00 Constituent Services (Note new hours.)	19 9:00 Beginner/Inter Pickleball (ALP) 10:30 Yoga 12:30 Mah Jong	20 9:30 Van: Plaistow 8:30 Walking Club 9:30 Tai Chi
24 9:00 Yoga 10:30 Strength Training No Bingo in July.	25 9:30 Van: Westgate/Riverside 8:30 Walking Club 9:00 Beginner/Inter Pickleball (ALP) 12:00 Quilting Group 1:00 Friends of COA	26 9:00 Beginner/Inter Pickleball (ALP) 10:30 Yoga 12:30 Mah Jong 1:00 Ice Cream Social	27 9:30 Van: Plaistow 8:30 Walking Club 9:30 Tai Chi 9:30 Knitting Club 1:00 Stamp Club
31 9:00 Yoga 10:30 Strength Training	Aug. 1 9:30 Van: Brown Bag/Riverside 8:30 Walking Club 9:00 Beginner/Inter Pickleball (ALP) 12:00 Quilting Group	Aug. 2 9:00 Beginner/Inter Pickleball (ALP) 10:30 Yoga 12:30 Mah Jong	Aug. 3 9:30 Van: Plaistow 8:30 Walking Club 9:30 Tai Chi 9:30 Men's Breakfast 10:30 Vet. Agent Office Hours
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)
No Traveling Chef in July

July Grab & Go Lunch Menu

Monday	Tuesday	Wednesday	Thursday
3 Roast Pork/Apples	4 No Meal: Independence Day	5 BBQ Grilled Chix/bun	6 Cold Plate*
10 Chix/Basil-/red pep/Parm. Sauce	11 Beef Stew	12 Crab cake/Maryland Sauce	13 Mac & cheese
17 Ravioli/Vodka Sauce	18 Sliced Turkey/Gravy	19 *Birthday* BBQ Pulled Pork	20 Special: Finger Sandwiches**
24 Chix Meatballs Marinara	25 Egg/Broccoli/Cheese Bake	26 Roast Beef/Provolone Sandwich	27 LS Hot Dog/Roll
31 Broccoli/Cheese stuffed chicken			

*Tuna Salad, Bean Salad, Garden Salad/Dressing

**Chicken Salad, Egg Salad, plus Orzo Salad, Coleslaw, fruit salad

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

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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July 2023

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

No July
COA Board Meeting

NEXT BOARD MEETING
Tuesday August 22, 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
Amy Smith, Select Board, Chair
Robert Hoover, Select Board, Clerk
Rachel Bancroft, Select Board
Douglas Dawes, 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.