



Living Well Together



A Newsletter of the Georgetown Council on Aging

Volume 22/Issue 12

Email: cfiorello@georgetownma.gov

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Website: www.georgetownma.gov

Director's Notes: Early summer mornings along the Ottawa River, mist rises from the water & catches in the pink & violets of the morning's sunrise. At the end of the day, the night sky fills with color from the setting sun. The pine trees & rocks that line the shore stand as dark sentinels watching over a quiet river. Both are good times to fish for the large-mouthed bass, northern pike or the monstrous muskies that leap out of the water & tease local fishermen. When I was young, most of our summers were spent at our cottage on the Ottawa. I relished the early mornings or evenings before bedtime when my father & I would head out in our wooden row boat with its three-horse power motor for some fishing. My father had had the boat built for us at a boat yard in Smiths Falls, where he grew up. He planned the rowboat to be both wide & stable, which was good since I can remember using the bow as a diving platform into the deeper parts of the bay. Diving into the bay may not have been part of my father's plan, but it was pretty thrilling. We could fit at least four small children in it while two of us bigger kids rowed from one end of the bay to the other. It was a great little boat for spending lazy afternoons drifting on the water with my feet propped up on a wooden seat & a book in hand! Days that we planned an early morning or evening fishing trip were a real treat. The river was quiet of any other boat traffic. My mother, sister & collie, Trixie, would wave from the dock as we headed out. Trixie loved being in the boat & I know that she paced the dock until we came back. My dad would row us past the weeds & then start our little motor which filled the bay with a delightful put-put sound. I felt like such a big shot the first time he allowed me to run the motor so that he could fish. I moved to the back of the boat & held onto that tiller for dear life. Dad shifted to the center of the boat, picked up his fishing rod & calmly cast out into the bay. "Just pick a point on the shoreline & hold the tiller steady," he said. It was very grown-up business & I didn't say a word as I held that tiller steady & kept our boat straight in the channel so that Dad could fish. I'm not sure how often we actually returned with fish from those trips but Mom was there to greet us with breakfast in the morning or a cup of hot chocolate to sip before bed in the evening. They were very good days. As Mother's Day & Father's Day give us a chance to celebrate our families & to remember those good times, I am grateful for the people in our lives that help us remain safely on course & for the others who are always ready at the dock to welcome us home.



Farewell to Chief Mitchell

After almost 6 years of service to the Town of Georgetown, Fire Chief Fred Mitchell has left his position with the Georgetown Fire Department to begin work as the new Fire Chief in Mansfield, Ct. Chief Mitchell was honored with a luncheon last month, attended by area Fire Chiefs, town employees and board

members as well as members of the Police and Fire Departments. Chief Mitchell has always been a strong advocate, partner and supporter of the COA and the Georgetown community. While we wish Chief Mitchell well in his new role, we will miss his support, leadership and friendship.

GSCC Re-opening Plans

Although Town buildings were still closed to the public at the time of this printing, plans for soft re-openings of the buildings have begun. Town programs and services will look different but will be offered following COVID-19 protocols.

Some small exercise classes will return to the Senior Center but participants will be pre-registered and rotate every 6 weeks. Other small group activities will be added over time. All participants will be asked to wear masks, answer COVID screening questions & sanitize their hands.

As we move forward, essential activities the Grab & Go Lunch, COA Marketplace (Food Pantry), Fitness Room and Office appointments will continue as currently offered. For more information, contact the COA at 978-352-5726.

Annual Town Meeting Monday June 21 ~ 7 p.m. ~ Georgetown Middle High School
Social distancing will be practiced. Masks will be required to be worn.



Walking Club Underway 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 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

Yoga & Strength Training w/COA Instructor Donna Bonin are 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.

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 Travelling Chef The Traveling Chef meal is planned for **Thurs June 17. Please RSVP as soon as possible.** The menu will feature Bone-in BBQ Ribs, Mac & Cheese, Veggie Baked Beans, Brownie Cookie, & Dinner Roll. To reserve a lunch, please call the COA at 978-352-5726.

June Grab & Go Lunch Menu

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>
7 Pulled Pork	1 Eggplant Parmesan	2 Hot Dog/Beans	3 Breaded Fish
14 Beef & Broccoli	8 * BIRTHDAY LUNCH* /Cold Steak Salad	9 Ravioli/Vodka Sauce	10 Teriyaki Meatballs
21 Calypso Salmon	15 Greek Chix/Orzo	16 Cold Plate/Egg Salad	17 * TRAVELING CHEF* /BBQ Ribs
28 Chix Cordon Bleu	22 Cold Salad Plate/Chix Salad	23 Cheeseburger/Bun	24 BBQ Chix
	29 Veal Roulade	30 Fiesta Omelet	

COVID-19 Vaccine Update

- The state **Vaccine Scheduling Resource Line** is available for individuals 12 years & older who are unable to schedule an appointment through the Internet. To schedule an appt. by phone, call **2-1-1** Mon – Fri. 8:30 a.m. – 5 p.m.
- **Vaccine distribution in Massachusetts:** Preregister at **VaccineSignUp.mass.gov** to be notified when it's your turn to schedule an appointment at a mass vaccination location. Use **VaxFinder.mass.gov** to search for appointments at pharmacies, health care providers, & other community locations
- To schedule a vaccine appointment, **eligible veterans** can call the VA COVID-19 vaccine scheduling telephone lines at **781-687-4000**. Individuals must pre-register here: <https://www.va.gov/health-care/covid-19-vaccine/stay-informed>.



Welcome to Medicare Virtual Fair Scheduled

The State Health Insurance Assistance Program (SHIP) will hold a **Welcome to Medicare national Virtual Fair** on **Wednesday June 23, 3-7 p.m.** SHIP presenters will discuss Medicare eligibility, enrollment costs and coverage options. There is no cost for the event. Register on-line at www.shiptacenter.org. For questions and information, email info@shiphelp.org

June Blue Cross Blue Shield Wellness Webinars

In partnership with the Massachusetts Councils on Aging, Blue Cross Blue Shield of Massachusetts is offering a series of wellness webinars. All are welcome to participate. ***Eight Happiness-Boosting Strategies*** will be presented on Tuesday June 8, 10-10:30 a.m. Register at bcbsma.info/June8. Explore the science behind what makes people happy. Learn eight simple happiness-boosting strategies you can apply in your life.

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.

ESMV sponsors A Matter of Balance Remote Workshop

Designed to help older adults at risk of falling learn techniques to reduce fall risks, ESMV will sponsor a free remote eight-week Matter of Balance Workshop on ZOOM Wednesdays June 16-August 11, 1 – 3 p.m. participants will learn evidence-based techniques to increase strength, balance and flexibility. For more information, call Molly at 978-651-3033 or email mgerbutavich@esmv.org. To register, call 978-946-1211 or register online at www.healthyliving4me.org

NEET Program Still Needs Volunteer Drivers



Northern Essex Elder Transport, Inc. is seeking volunteers to drive seniors to appointments 6 to 8 hours a month. Mileage reimbursement & supplemental insurance will be provided. Call 978-388-7474 to learn more about this flexible volunteer opportunity. Also, check out www.driveforneet.org & review their volunteer driver testimonials.

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.

ESMV to host Virtual Memory Café

Elder Services of Merrimack Valley will host a virtual Memory Café on **Tuesdays June 1 & June 15, 1 p.m. - 2 p.m.** The Memory Cafés offer online activity & social engagement for those living with memory loss & their caregivers on the 1st & 3rd Tuesdays of each month from 1 -2 p.m. For further information & to register, please call Lyn Brennan, 978-273-2501 or email lbrennan@esmv.org.

On-Line Resources for Physical Exercise & Activities

YMCA360.org offers free Health & Fitness videos for active older adults.

If you are looking for a change in your routine, ymca360.org offers videos focusing on cardio dance, chair yoga, strength training, fall prevention & core & balance. All you need to do is access the ymca360.org website; click browse; click Active Older Adults. Other online Health & Fitness resources include:

- <https://www.nia.nih.gov/health/exercise-physical-activity>
- <https://go4life.nia.nih.gov/workout-videos/features>
- <https://videos.aarp.org/category/videos/health>



Virtual Museum/Gallery Tours & other On-Line Activities

- **Peabody Essex Museum** in Salem by visiting pem.org.
- **Addison Gallery of American Art** in Andover <https://addison.andover.edu>
- **Isabella Stewart Gardner Museum** <https://artsandculture.google.com/partner/isabella-stewart-gardner-museum>
- **Museum of Fine Arts** in Boston <https://artsandculture.google.com/partner/museum-of-fine-arts-boston>.
- **Creativebug.com** includes creative doodling, sewing, knitting & other activities.
- **Boston Symphony Orchestra at Home** bso.org Enjoy Boston Symphony Orchestra & Boston Pops performances from around the world, virtual tours backstage & interviews with musicians.
- **Trustees of Reservations** www.thetrustees.org. Plenty of virtual fun for all ages including virtual tours of historic homes/properties, selected readings, art, garden tours & garden information.
- **Virtual Lifelong Learning Classes** <https://www.framingham.edu/academics/continuing-education/community-education/adventures-in-lifelong-learning/> Adventures in Lifelong Learning in partnership with Framingham State University & Framingham Public Library offers free Zoom classes on Tues. in Jan., Apr., & Oct. 2021.

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 Phase 3 Services

Visit the library by appointment for

- computer use/printing or
- reference/readers' advisory help.

Schedule appointments

- online at the GPL website
(www.georgetownpl.org) or
- call the Library at 978-352-5728.

Masks covering nose and mouth **MUST** be worn the entire time you are in the building.

Curbside pickup of items is still available.



Appointment Hours:

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

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

Curbside Pick Up Hours:

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

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

Sat. (through June 30) 9 a.m. - 1 p.m.

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

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

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

C.O.A. board meetings are open to the public. They are held at **12:45 p.m.** on the 4th Tuesday of each month at **Georgetown Sr. Community Center 51 North Street, Georgetown**

NEXT BOARD MEETING:
Tuesday June 22, 2021

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

David Twiss, Select Board, Chair

Douglas Dawes, Select Board, Clerk

Gary Fowler, Select Board

Peter J. Kershaw, Select Board

Amy Smith, Select Board

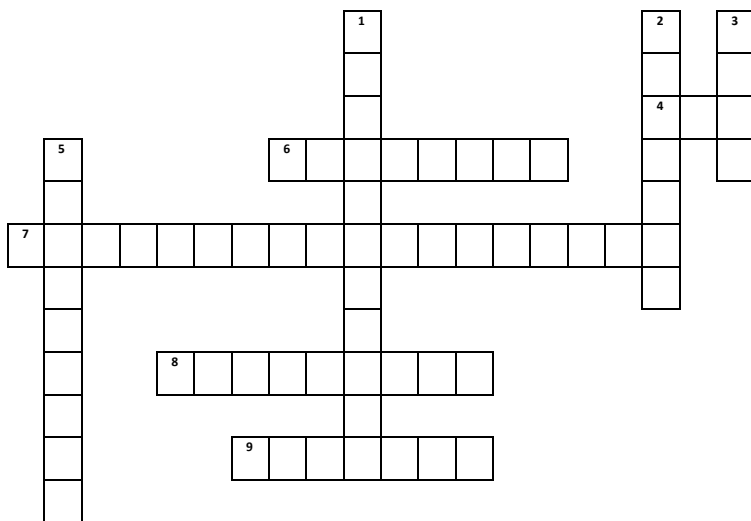
Georgetown COA Webpage is located on the town's official website www.georgetownma.gov.

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 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.

June Fun Page

Flag Day Crossword Puzzle



ACROSS

4. United states of America
- 6 Stars on Original Flag
7. National Anthem
8. Devoted to Country
9. Hoisting Rope



DOWN

1. Study of Flags
2. Homeland
3. Official U.S. Banner
5. First Flag Seamstress

SODUKO #1

Fill a number in to every cell in the grid, using the numbers 1 to 9. You can only use each number once in each row, each column, and in each of the 3x3 boxes.

				3		2	8	
	5				9	4		
3	7		8		6			5
5	8		2					
	1						2	
					3		9	4
7			1		2		4	9
		5	9				3	
	2	8		7				

Rebus Puzzle

nervenerve
nervenerve
nervenerve
nervenerve

Answer: Bundle of Nerves

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.

Watermelon, Feta, and Mint Salad

This sweet & savory fruit salad pairs well with grilled pork, chicken or fish

Ingredients:

- ♣ 4 c 1- to 2-inch chunks seedless red &/or yellow watermelon
- ♣ 4 oz feta cheese, coarsely crumbled
- ♣ 1/4 c loosely packed mint leaves, torn into rough pieces
- ♣ 2 T extra virgin olive oil
- ♣ Ground black pepper

Directions: In a large bowl, combine watermelon, feta cheese, mint, and oil. Season to taste with pepper. Cover and chill 2 to 4 hours before serving.

1. Vexillology 2. Country 3. Flag 4. USA 5. Betsy Ross 6. Thirteen 7. Star Bangled Banner 8. Patriotic 9. Halcyon

Crossword Answers

B 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.

Physical Activity...Are you getting enough?

The evidence is clear regular physical activity is good for everyone's health. Choose activities you enjoy and do it often.

Benefits: Prevents chronic diseases & controls weight; Promotes strong bone, muscle, & joint development; Conditions heart & Lungs; Builds overall strength & endurance; Improves sleep; Decreases potential of becoming depressed; Increases energy & self-esteem; Relieves stress; Increases your chance of living longer.

Types of Physical Activity: Strength Training; Aerobic Exercise; Stretching; Balance Exercises

Recommendations: 150 to 300 minutes a week of moderate-intensity, or 75 to 150 minutes a week of vigorous-intensity aerobic physical activity spread throughout the week. Chronic conditions may prevent some people from meeting these recommendations. They should be as physically active as their abilities and conditions allow. For more info, contact Move Your Way at health.gov/moveyourway/.



Massachusetts Registry of Motor Vehicles Cautions Customers to be Aware of Text Phishing Scam

The Massachusetts Registry of Motor Vehicles (RMV) is cautioning customers to be aware of a text phishing scam that has been reported here in the Commonwealth and in other states. The scam reportedly involves customers receiving text messages, claiming to be from the "DMV", that direct them to click on a provided link to update their personal identifying contact information. Customers can identify this type of text as a phishing scam because it includes "DMV" and in Massachusetts DMV is not the name of the Registry of Motor Vehicles; in Massachusetts, the name of the Registry is abbreviated as "RMV." Any text using the phrase "Department of Motor Vehicles" or "DMV" should be deleted.

Please note that the RMV does not send unsolicited requests for personal and/or contact information to customers by text. Any communication by text from the RMV would be as a result of a customer-initiated request or transaction. For the latest Registry updates & information, please check Mass.gov/RMV.