



Living Well Together



A Newsletter of the Georgetown Council on Aging

Volume 23/Issue 12

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Director's Notes: Growing up in Ontario, I was fortunate to have my grandparents live within minutes of our home. We were a small family & able to spend lots of time together including all of our holidays. Mother's Day & Father's Day were often celebrated at my grandparents' home. Dinner would be planned after church but there would still be time to play indoors or out in the yard. A beautiful willow tree filled much of the back yard & I loved playing inside the "jungle" created by the tree's dangling branches. There was enough room to play in the basement & I would sit with my grandfather in his workshop, happily creating sawdust muffins or cakes which would then bake in the sun on the back steps. The sweetest moments took place as dinner cooked in that small kitchen. After dinner was prepared & the roast & side dishes needed time to cook, there was time to sit with my grandmother while she played the piano. She played & sang favorite hymns & never minded playing Christmas carols at all times of the year. My sister & I sat on either side of her on the piano bench singing along to everything she played, sometimes on key & sometimes not! After playing everyone's requests, my grandmother would open the piano bench which revealed a treasure trove of family photos. There were my grandparents as newlyweds, Grandpa in a straw boater & my grandmother in an elegantly trimmed hat. Photos of my mother as a happy baby with ringlet curls, pictures of my great grandparents with all of their family in front of the family's brick farm house, photos of my parents before they married with Dad in his RCAF uniform & Mom as a teacher in her first classroom. Family members came to life as my grandmother told their stories with each of the photos. "It's important to know where you came from," my grandmother told me. Now, I realize that knowing where you came from was more than just knowing the towns where our family lived. It was important to know who our family was, how they lived their lives & the impact that each of them had on the next generation. The creativity & resilience of the farm families, the nurturing, compassion & caring while supporting each other as they lived through the Great Depression & World War II. All of it was important & now carries through to my children & grandchildren. My husband & I have lined our hallway with photos of both families going back several generations. I have listed family names & dates on the photos, but I also tell the grandchildren the stories behind the photos. It is important to me that they know where they came from. As we celebrate our families with Mother's Day & Father's Day this spring, we honor the people who we are fortunate to have in our lives & who generously shared with us with so many important lessons in order for us to know where we come from.



Thank You to Our Volunteers & Sponsors of The Volunteer Appreciation Breakfast

The May Volunteer Appreciation Breakfast gave the Georgetown Council on Aging an opportunity to thank many of our volunteers, but we wish to offer our thanks to all of the volunteers who support our work within the community. We also thank Nunan's Plants & Greenhouses of Georgetown & the Executive Office of Elder Affairs (Formula Grant) for their sponsorship of the Volunteer Appreciation Breakfast. By sharing their skills & knowledge, volunteers provide the Georgetown Council on Aging with critical support. During the past two years, the support of our volunteers has made all the difference in our ability to serve the community at a critical time. Last year, 42 volunteers gave more than 2,800 hours—a value of \$63,000—to support the COA, enhance the lives of elders & strengthen the connections within our community. Our volunteers are exceptional people with extraordinary hearts and an unlimited capacity for compassion and kindness. We could not do the work that we do without their care & assistance. We are deeply thankful for their dedication, support & friendship!

An Enjoyable, Musical Morning...

Under the direction of Choral Director Anne Grant, the GMHS Chorus visited the Georgetown Senior Community Center provided a musical backdrop to last month's celebration of Older Americans Month. Providing a variety of musical styles, the morning of music and refreshments highlighted the positive impact all age groups have on our community as diverse populations maintain the connections needed to "Age My Way" in the community. Many thanks to the members of the GMHS Chorus and Choral Director Anne Grant for the very enjoyable morning together.

**MEN'S BREAKFAST:****Thurs. June 2, 9:30 a.m.****Local historian, Rev. Bill Boylan,**

joins us this month. Attendance is limited to 20 people. To reserve a seat, call the COA at 978-352-5726. Thanks to Crosby's for their support of this program.

B P CLINIC: Wed. June 8 9:30-10:40 a.m.

(Date change for June only.) 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

Note: Bingo Increase to \$2/pk beginning June 1.

BINGO! Join us on **Mons. June 13 & 27, 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. June 14, 10:30-11:30 a.m.** Call for appointments.

SHINE OFFICE HOURS: Mon. June 20, 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.

**JUNE BOOK CLUB**

Join GPL Librarian Sarah Cognata **Tues. June 28**

at 2 p.m. Copies of this month's selection will be available for pickup at the library. Book Club will continue on the 4th Tuesday of each month through June, 2022 at 2 p.m.

VETERAN'S SERVICES OFFICE HOURS:**Wed. June 29, 10:30-11:30 a.m.**

(Date change for June only.) Director Karen Tyler will be available to discuss issues and questions. Please contact the COA if you plan to attend. 978-352-5726

Mark your calendars!**Community Concert Celebrating Flag Day****Roger Tincknell****"This Land is Your Land!"****Tuesday, June 14****1 p.m.****Georgetown Senior Community Center**

Enjoy "Americana" music on a wide variety of instruments: patriotic, regional folk, country, swing, yodeling, & campfire sing-alongs. Songs from other cultures represent our immigrant roots.

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



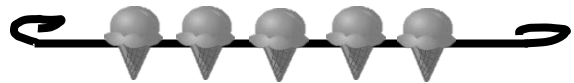
This program is supported in part by a grant from the Georgetown Cultural Council, a local agency which is supported by the Massachusetts Cultural Council, a state agency.

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Summer is on our doorstep.**Join us for a tasty treat.****Strawberry Shortcake**

On **Thurs. June 16, 12:30 p.m.** we will be serving Strawberry Shortcake at the Georgetown Senior Community Center. Inside seating will be available, but there is also a pick-up option.

Please call the COA at 978-352-5726 to make your reservations.



Join us for a Summertime Craft

Ice Cream Cone Swag**Tues. June 21 at 10 a.m.****Georgetown Senior Community Center****Class limited to 15. Free.**

We will be assembling ice cream cones and attaching them into a swag to decorate a window, doorway or mantle.

Make your reservation a.s.a.p. by calling 978-352-5726.

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 will meet on **Monday June 20 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.



May & 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. Blue Cross Blue Shield membership is not required. ***Nutrition Boosters & Busters for Longevity*** will be presented on Tues. June 7, 2-2:30 p.m. Register at bcbsma.info/Jun7. Learn which dietary practices lead to a long life of vitality & optimum health across the world, and which practices work against long-term health. ***Yoga Chair stretches & Guided Relaxation Practice*** will be presented on Wed. June 22, 10-10:30 a.m. Register at bcbsma.info/Jun22. Join us to practice stress-relieving yoga chair stretches to ease tight muscles in your neck, shoulders & back, followed by a 10-minute guided meditation. No previous experience is necessary.

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>.

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@agespan.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@agespan.org

Savvy (Dementia) Caregiver

Healthy Living Center of Excellence ongoing schedule of classes.

Contact Crystal Polizzotti: cpolizzotti@agespan.org

Grandparents Raising Grandchildren

1st Thurs. of the month, 11 a.m.-12 p.m.

Contact Cindy Hession-Richard: chession@agespan.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@agespan.org



Georgetown Senior Community Center Recipe Collection

Sales to benefit GCOA Donation Account.

**Phase 1: Collect recipes
Now through July 31, 2022**

We need your help!

A cookbook is only as good as the recipes it contains...and we know that they're out there! Everyone is welcome to participate in the recipe round-up. Tell your friends & family.

Phase 2: Recipes are published in a book.

**Phase 3: Books should be available for sale
Late fall (Oct./Nov.) Price & dates TBA.**

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

June Fun Time

Jigsaw Sudoku (Medium Level)

2	4			3	5		7
	7			2		4	8
7							
5	8		2	7			
			5	4		3	6
							2
3	6		4			8	
8		2	3			7	4

Regular Sudoku (Medium Level)

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

Rebus Word Puzzles



Injury
+
Insult



Weather
Bit



Cat
Bag

Answers: 1) Adding insult to injury.
2) A bit under the weather 3) Let the cat out of the bag.

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 **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

In-Home Covid-19 Treatment Program

In-home COVID-19 treatment programs are available through the state's vendor, CDR Health. In addition to the in-home COVID-19 vaccination program, CDR Health has expanded its services to include in-home administration of monoclonal antibody preventative and therapeutic treatments as well as other FDA-approved therapies for COVID-19. Available therapeutic treatments include Evusheld, Remdesivir and Bebtelomab. Eligibility for the in-home program include individuals who meet clinical criteria and have difficulty accessing services in their community. In-home treatments can be scheduled by calling 616-644-7592 Monday – Friday, 9 a.m. – 5 p.m. or on-line through the CDR Health Patient Portal page at patientportalma.com

Protect Yourself, Your Family and Your Community from COVID-19

- Get vaccinated and stay up to date on COVID-19 vaccines. For assistance with scheduling vaccination appointments, call the COA at 978-352-5726.
- Get tested if you have symptoms. At home-rapid test kits are available through the COA at 978-352-5726
- If you test positive, talk to your health care provider about treatment options
- While you are sick, stay home.
- Wear a mask if you need or choose. Face masks are available through the COA.
- Wash your hand often with soap and warm water, or use hand sanitizer with at least 60 percent alcohol

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.

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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 28, 2022

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.

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 CALENDAR 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
		1 10:30 Yoga 12:30 Mah Jong	2 9:30 Van: Plaistow 8:30 Walking Club 9:30 Tai Chi 9:30 Men's Breakfast 11:15 Exercise with Leah
6 9:00 Yoga 10:30 Strength Training	7 No Shopping Van-- Brown Bag 8:00 Pickle Ball 8:30 Walking Club	8 Blood Pressure Clinic/Appt. only (Date Change for June only) 10:30 Yoga 12:30 Mah Jong	9 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
13 9:00 Yoga 10:30 Strength Training 12:30 Bingo	14 9:30 Van: Riverside 8:00 Pickle Ball 8:30 Walking Club 10:30 Constituent Services 12:00 Quilting Group 1:00 Roger Tinknell Concert	15 10:30 Yoga 12:30 Mah Jong	16 9:30 Van: Plaistow 8:30 Walking Club 9:30 Tai Chi 11:15 Exercise with Leah 12:30 Strawberry Shortcake
20 SHINE/appt. only 9:00 Yoga 10:30 Strength Training 12:30 Bingo 1:00 Friends of COA meeting	21 9:30 Van: Riverside 8:00 Pickle Ball 8:30 Walking Club 10:00 Ice Cream Swag Craft	22 Traveling Chef 10:30 Yoga 12:30 Mah Jong	23 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
27 9:00 Yoga 10:30 Strength Training 12:30 Bingo	28 9:30 Van: Riverside 8:00 Pickle Ball 8:30 Walking Club 12:00 Quilting Group 12:45 COA Board Meeting 2:00 Book Club	29 9:30 Vet. Agent Office Hrs. (Date Change for June only) 10:30 Yoga 12:30 Mah Jong	30 9:30 Van: Plaistow 8:30 Walking Club 9:30 Tai Chi 11:15 Exercise with Leah
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. June 22. Please RSVP as soon as possible. The menu will feature **Spring Spinach Mix with Strawberries & Cheese/Dressing, Italian Wedding Soup, Pita Bread, Blueberry Sour Cream Coffee Cake.** To reserve a lunch, please call the COA at 978-352-5726.

June Grab & Go Lunch Menu

Monday	Tuesday	Wednesday	Thursday
6 Pulled BBQ Pork/Bun 13 Cheeseburger/WW Bun 20 NO LUNCH/Juneteenth 27 Chicken Cordon Blue/Sauce	7 Grilled Chix Sandwich 14 Spinach Alfredo Lasagna 21 Lemon Chicken Pasta 28 Sheppard's Pie	1 Chix/Honey Balsamic Sauce 8 Pesto Salmon 15 Tarragon Chix Salad/Roll 22 * TRAVELING CHEF* - see above 29 Mac & Cheese	2 Egg, Butternut & Tossed Salads Plate 9 Meatloaf/Gravy 16 *SPECIAL* Beef Wellington 23 Steak on Tossed Salad 30 Turkey/Gravy Dinner

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