



Living Well Together



A Newsletter of the Georgetown Council on Aging

Volume 24/Issue 12

Email: cfiorello@georgetownma.gov

June 2023

Website: www.georgetownma.gov

Director's Notes: Not long after my family moved to Newburyport, my dad & I decided to paddle our canoe up the Merrimack River. Our house looked out to the river & I think my dad had the plan in mind as soon as we moved into our new home. My mother & sister opted out of sitting in an open boat during a cool & breezy fall day. Between us, we had plenty of experience paddling & rowing on the Ottawa River & other small lakes in Ontario. However, all of our experience was on flat water. We had no experience paddling on tidal water but we were adventurous. We started our trip paddling up the river with the incoming tide. We passed marinas filled with boats & toured around marshy islands. We floated past Lowell's Boatyard in Amesbury, admiring the wooden row boats – larger than the flat bottomed row boat that I rowed on the Ottawa. We cut across the river to enjoy the fields & a flock of sheep on the West Newbury side & then cut back over to look at homes & boats in Merrimacport. Ducks, seagulls & cormorants joined us & great blue herons waded in the marshes. Eventually we made our way under the Rocks Village Bridge & cruised up into Haverhill waters. At that point, we realized the tide was turning & we needed to head home. We paddled in tandem trying to make up some time but as we approached the Chain Bridge in Newburyport, the current also caught up with us. Our fiberglass canoe dipped up & down in the chop. "We need to keep the bow facing into the waves," my dad said, which became apparent when a good-sized wave hit us broadside. We weren't overly anxious but we were no longer chatting & pointing out the sights. "Hard on the right," Dad directed me. "Now, hard on the left." We kept moving through the waves & the current eased as we passed under the bridge & drew closer to home. We were both glad to be back on dry land but ready to go again. I realize now that those paddling directions were part of the life lessons that I learned from my parents. Last summer, my oldest granddaughter & I paddled our tandem kayak on vacation. More than once, she called out to me "Hard on the right, Grandma! Now, on the left!" As we celebrate our families with Mother's Day & Father's Day this spring, we honor the people we are fortunate to have in our lives who provided us with so many important life lessons to help us navigate our life journeys.



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 send 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 three years, the support of our volunteers has made all the difference in our ability to serve the community at a difficult time. Last year, 50 volunteers gave more than 2,000 hours—a value of \$60,000—to support the COA, enhance the lives of older adults & 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!



COA board member and volunteer, Susan Clay, enjoyed last month's Postage Stamp Bookmark craft. Sample bookmark was created by craft teacher Julie Pasquale. Thank you to the Winthrop Stamp Club for donating the postage stamps that were used.

HOLIDAY HOURS: The COA office, Sr. Ctr. & all activities will be closed Mon. June 19 (Juneteenth).

B P CLINIC: Wed. May 31, 9:30 replaced the June clinic. Next clinic is 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:

Thurs. June 1 at 9:30 a.m.

Representatives from the Water Dept. will discuss current updates to local water issues and Q &A. Continued thanks to Crosby's for their support of this program.

VETERAN'S SERVICES OFFICE HOURS:

Thurs. June 1, 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. June 12,

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.

BINGO! Join us on **Mons. June 12 & 26, 12:30 p.m.** Bingo is usually played twice a month. **Cost: \$2 per 10-game package.** Attendance is limited to 20 people. For more information, call 978-352-5726.



Attention: Bingo Notice

June 26 Bingo will be the last game until the fall. Bingo will resume in September. Watch your newsletter for details. June 26 we will be playing Luau bingo with special surprises in a luau theme!

CONSTITUENT SERVICES: Representatives from the offices of Senator Bruce Tarr and Rep. Kristen Kassner will hold monthly office hours on **Tuesday, June 20, 10:30--11:30 a.m.** **Ruby Murphy** from U.S. Rep. Seth Moulton's office will be here **Tues. June 20 at 1 p.m.** Call for appointments.



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

DECLUTTERING & DOWNSIZING

Wednesday June 7, 1 p.m.

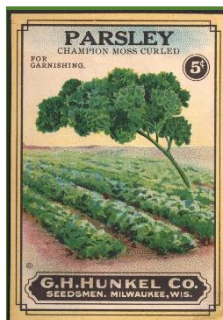
Presented by Annmarie Linnane
of Women on the Move

Sponsored by Gina and Associates Realty Group

- learn the tips/strategies of decluttering & downsizing
- what is involved in downsizing
- declutter management
- the process of sorting and reducing household items

Refreshments will be served.

To register for the program, please call the COA at 978-352-5726.



June Craft Seed Project in Decorated Pots

Tues. June 13-10:00 a.m.

Space is limited. Reserve your seat as soon as possible. 978-352-5726

June Lunch & Learn

Tues. June 20

Lunch @12 p.m. Program @ 1 p.m.

Join us for a belated St. Patrick's Day celebration when **Roger Tinknell** performs **"From Ireland to America."**

The performance will follow AgeSpan's **Traveling Chef** lunch which will feature grilled kabobs.

To reserve a lunch, please call the COA at 978-352-5726 by Wed. June 7.

This music 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. The event is also co-sponsored by the Friends of the Council on Aging.

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



Strawberry Shortcake

Join us on
Tues. June 27, 12 p.m.
for Strawberry Shortcake.
Inside seating will be available.
Take out is an option, but requires
advance notice.

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

Need assistance with Medicare?

SHINE (Serving Health Insurance Needs of Everyone...on or eligible for Medicare) can help!

Certified SHINE counselors offer free, unbiased, confidential counseling on all aspects of health insurance to anyone on or eligible for Medicare. SHINE counselors will also assist if you find yourself enrolled in a plan that is not in your best interest by reviewing your coverage with you and helping to determine if you are qualified to make a change at this time of year. To schedule a SHINE appointment, call the **Georgetown COA** at 978-352-5726, or use the regional number: 978-946-1374.

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

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.

You Hold the Key to Help Others

Become a volunteer driver!

Help older adults in your community with their transportation needs.

You decide when and where you want to drive. Mileage reimbursement provided.



Learn more about this flexible volunteer opportunity. Visit www.driveforneet.org/volunteer or call 978-388-7474.

Massachusetts Homeowner Assistance Fund can help with past due mortgage payments

The Massachusetts Homeowner Assistance Fund (Mass HAF) is available for homeowners who are behind on their mortgage payments due to the COVID-19 pandemic. If approved, households are eligible for up to \$50,000 in assistance. Other expenses including insurance, condominium fee and municipal charges may be eligible in limited circumstances. The goal of Mass HAF is to prevent foreclosures and displacements of eligible homeowners. The program is funded by the American Rescue Plan Act. Applications are on-line at massmortgagehelp.org. Assistance with applications is available through the Lawrence Communityworks, 978-685-3115 or Neighborhood Assistance Corp of America – Lawrence, 978-687-3993.



Building Better Caregivers: Are you taking care of a family member or friend who is living with long lasting physical and/or mental health conditions? Do you spend at least 10 hours per week helping your loved one with things like finances, emotional support, legal issues, physical care, or activities of daily living?

If you answered “yes”, sign up today for a building Better Caregiver workshop. This six-week workshop can help you deal with the challenges of being a caregiver.

You’ll learn how to reduce stress, manage difficult behaviors, take better of your own health, get the help you need, and communicate with family, friends, and health care teams. Ongoing schedule of Classes. Contact Lyn Brennan at lbrennan@agespan.org.

LGBTQ+ Elders in an Ever-Changing World Virtual Conference June 15

The 12th Annual Conference for LGBTQ+ Elders in an Ever-Changing World will be held virtually on Thursday June 15, 9 a.m. -3 p.m. Guest speaker for the conference will be Dr. Imani Woody, founder and CEO of Mary’s House for Older Adults in Washington, DC. A virtual one-day event, the conference focuses on interdisciplinary practice and community engagement for people working with lesbian, gay, bisexual, transgender, queer/questioning + older adults and caregivers. LGBTQ+ people interested in their individual aging or caregiving are also invited to attend. Cost is \$25 for seniors. The conference is a collaboration effort of AgeSpan, Good Shepherd Community Care, LGBTQIA+Aging Project Fenway Health, Over the Rainbow Social Group and Salem State University. More information can be found at <https://lgbtqeldersconference.org>

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**earth **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

June Fun Time

BUZZWORD! By Ann Richmond Fisher/2009 word-game-world.com

The shaded "R" in this puzzle and the 6 letters surrounding it spell WRITTEN, which matches one of the clues below.

Try to find 7-letter words for the remaining clues. Circle or mark the center letter of each word and unscramble the 7 letters to find the BUZZWORD.

Clues:

A noisy laugh _____ *chortle* **R**

Ring-tailed mammal _____

Animated film _____

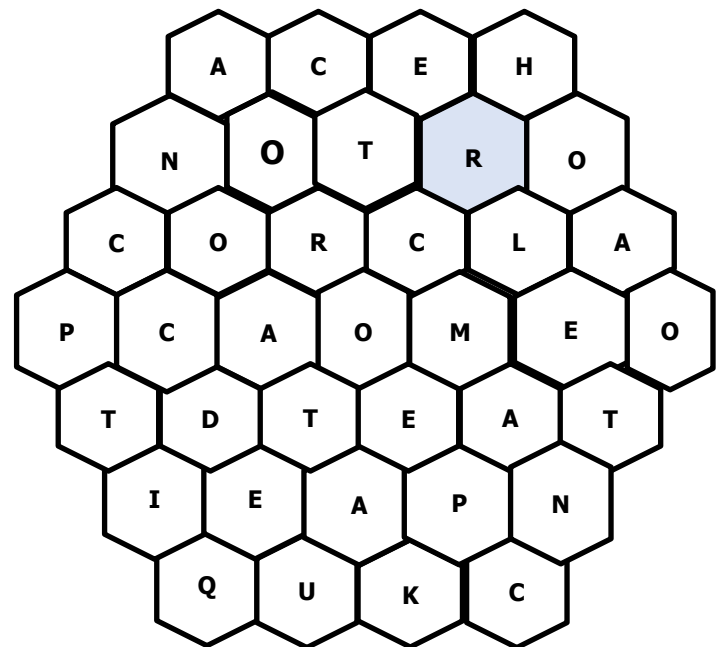
Flapjack _____

Accurate _____

Control _____

Porridge _____

Buzzword Clue: Underwater weapon:



Answers: 1) chortle-R, 2) raccoon-O, 3) cartoon-O, 4) pancake-P, 5) correct-T, 6) dictate-D, 7) oatmeal-E
Buzzword: Torpedo



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JUNE CALENDAR 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
 June 14: A holiday to honor our flag. The holiday commemorates the date in 1777 when the United States approved the design for its first national flag.			1 9:30 Van: Plaistow 8:30 Walking Club 9:30 Tai Chi 9:30 Men's Breakfast 10:30 Vet. Agent Office Hours 10:45 Exercise with Leah
5 9:00 Yoga 10:30 Strength Training	6 9:30 Van: Brown Bag/Riverside 8:30 Walking Club 8:30 Pickle Ball 12:00 Quilting Group	7 No BP Clinic Today (June BPC was held 5/31) 8:30 Beginner's Pickleball 10:30 Yoga 12:30 Mah Jong 1:00 Decluttering & Downsizing Program	8 9:30 Van: Plaistow 8:30 Walking Club 9:30 Tai Chi 9:30 Knitting Club 10:45 Exercise with Leah 1:00 Stamp Club
12 SHINE/appt. only 9:00 Yoga 10:30 Strength Training 12:30 Bingo	13 9:30 Van: Westgate/Riverside 8:30 Walking Club 8:30 Pickle Ball 10:00 Seed Craft 12:00 Quilting Group 1:00 Friends of COA	14 8:30 Beginner's Pickleball 10:30 Yoga 12:30 Mah Jong	15 9:30 Van: Plaistow 8:30 Walking Club 9:30 Tai Chi
19 <div style="border: 1px solid black; padding: 2px; width: fit-content;">CLOSED: Juneteenth</div>	20 9:30 Van: Westgate/Riverside 8:30 Walking Club 8:30 Pickle Ball 10:30 Constituent Services 12:00 Quilting Group 12:00 Traveling Chef 1:00 Roger Tinknell Irish music 1:00 US Rep. Moulton Off. Hrs. 1:00 Friends of COA	21 8:30 Beginner's Pickleball 10:30 Yoga 12:30 Mah Jong	22 9:30 Van: Plaistow 8:30 Walking Club 9:30 Tai Chi 9:30 Knitting Club 1:00 Stamp Club
26 9:00 Yoga 10:30 Strength Training 12:30 Bingo	27 9:30 Van: Westgate/Riverside 8:30 Walking Club 8:30 Pickle Ball 12:00 Strawberry Shortcake 12:00 Quilting Group 12:45 COA Board meeting	28 8:30 Beginner's Pickleball 10:30 Yoga 12:30 Mah Jong	29 9:30 Van: Plaistow 8:30 Walking Club 9:30 Tai Chi
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)

June 20 at noon.

The menu will feature **Chicken or Beef Kabobs, Rice Pilaf, Ratatouille, Berry Parfait w/Lemon Pudding & Pita bread.** Please RSVP as soon as possible by calling the COA at 978-352-5726.

June Grab & Go Lunch Menu

Monday

5 Sausage/peppers/onions
12 Breaded chicken w/gravy
19 No Meal: Juneteenth
26 Mac & Cheese
****** Chicken salad, Quinoa salad, Spinach salad

Tuesday

6 Grilled chicken Piccata
13 Stuffed shells marinara
20 *Traveling Chef*
27 Gen. Tso Breaded chicken bites

Wednesday

7 Turkey w/gravy
14 Taco Salad
21 Meatloaf/Gravy
28 L.S. Hot dog/bun

Thursday

1 Salmon Teriyaki
8 Cold Salads: egg, butternut, garden
15 **Special:** BBQ Steak Tips
22 **Birthday:** Cold Plate**
29 Chicken meatballs stroganoff

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

Georgetown Council on Aging
51 North Street
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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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June 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
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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 27, 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

Douglas Dawes, Select Board, Chair

Robert Hoover, Select Board

Rachel Bancroft, 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 AgeSpan Lunch Programs are closed, there will be no home delivered meals or lunches served at the Georgetown Senior Community Center.