



Living Well Together

A Newsletter of the Georgetown Council on Aging

March is
Nat'l Soft
Pretzel
Month

Volume 21/Issue 8

Email: cfiorello@georgetownma.gov

March 2020

Website: www.georgetownma.gov

Director's Notes: Although these early spring days still look more like winter than spring, there is enough spring in the air to give us hope that better days will soon be here! On warmer days, there is an earthy scent to the air & the sound of birds gathered at the feeder or shrubs. Along the warm foundations of our homes, green shoots are pushing up out of the soil, testing the air to see if it will soon be time to show off their spring blooms. In our neighborhood, my friend's snowbells are often the first of the bulbs to push through the snow by the side of her house. The day that they suddenly bloom in an early spring thaw is a day to celebrate! Growing up in Ottawa, we were very fortunate to have the Canadian Tulip Festival welcome spring after a long, cold Canadian winter. The festival began in 1945 when the Dutch Royal Family sent 100,000 tulip bulbs as a thank you to the city for sheltering Queen Juliana & her family for three years during World War II. Following the birth of Princess Margriet in Ottawa, Queen Juliana sent 20,500 more tulip bulbs & continued the gift each year with an additional 10,000 bulbs. The tulip bulbs, along with other spring bulbs, were planted in the parkways that wind through the city along the Rideau Canal. Masses of bright color fill the parks as tulips, daffodils & crocus seem to bloom overnight. Thousands of people stroll along the walkways enjoying the joyful displays. In 1967, the country celebrated the 100th anniversary of Canada's confederation with celebrations across the country. I can remember Queen Juliana's visit to the city to join in the celebrations. With the fondest memories of the Tulip Festival, I keep planting bulbs hoping to have masses of spring color in the yard to look forward to each year. The squirrels that live in our trees clearly have other plans for our gardens. As soon as I would plant the fifty bulbs that I had carefully arranged throughout my flower borders, I would find the bulbs dug up, & tossed into the yard. I have even spotted squirrels running across the yard with bulbs dangling from their mouths. Lately, I have concentrated my efforts on daffodils. For some reason, daffodil bulbs don't seem to have quite the same appeal to our bushy tailed friends but the bright yellow & white trumpets are just as cheerful as they greet spring sunshine! Here's hoping spring will soon arrive & we will March forward into sunshine & warmer days. There should soon be a row of daffodils in bloom to greet us in front of the Senior Center – if the squirrels have left us a few bulbs!



Grief Support for Living with Loss **Group Begins Tuesday, March 10**

Merrimack Valley Hospice will offer a grief support group for seniors living with loss on the **second Tuesday of each month, 1:30-3 p.m.** at the Georgetown Senior Community Center. This group is facilitated by Lois Marra, a licensed counselor trained specifically in grief and bereavement. Lois helps participants create a space of solace, comfort, and encouragement for themselves and others. Participants have the opportunity to engage at their own pace in learning about grief, sharing their stories, and accessing support. For further information, please call the COA at 978-352-5726.



A Special Valentine Thank You

Penn Brook School 2nd & 6th grade classes creatively "gave their hearts" to local seniors in the form of handmade Valentine cards. **Whittier Vo-Tech** prepared and served a delicious feast to elders at the COA annual Valentine Party.

March Activities

ALL ACTIVITIES ARE HELD AT GEORGETOWN SENIOR COMMUNITY CENTER UNLESS OTHERWISE NOTED.

CALL US AT 978-352-5726.



M A R C H V A N S C H E D U L E 2 0 2 0



Shopping Date	Location	Recreation Date	Location
March 3	NO SHOPPING VAN – Brown Bag	March 5 9:30	Super Walmart/Salem, NH
March 10 9:30	Riverside/Haverhill	March 12 10:30	Plaistow, NH
March 17 9:30	Seabrook, NH	March 19 10:30	Rowley
March 24 9:30	Newburyport	March 26 10:30	Westgate/Haverhill
March 31 9:30	Riverside/Haverhill	April 2 9:30	Super Walmart/Salem, NH

JOIN US MONDAY – THURSDAY MORNINGS from 8:30 - 11 a.m. for cribbage and card games! Puzzles, coloring materials & a pool table (call for availability) are also available for drop-in use. Hot coffee and snacks are a great way to meet-up with friends! **Tuesday (9:30-11 a.m.) is Homemade Muffin Day!**

PUBLIC HEALTH NURSE: Wed. March 4 9:30 a.m. Public Health Nurse **Pam Lara** provides blood pressure checks, heart assessments, & medication information & discusses any medical concerns seniors have.

MEN'S BREAKFAST: Thurs. March 5 9:30 a.m. **Paul Zambella** will speak on **Forensic Science**. With great appreciation, the COA thanks Crosby's Markets for their sponsorship. **To reserve a seat, call 978-352-5726.**

Next breakfast: April 2 Speaker: Rep. Lenny Mirra

KAREN TYLER, DIR. VET. SERVICES OFF. HOURS: Thurs. March 5 10:30 a.m. – 11:30 a.m.

SHINE OFFICE HOURS: Mon. March 16 9 a.m.-12 p.m. **SHINE Counselor Nancy Aberman** will be here to answer health insurance questions. **APPOINTMENTS MUST BE SCHEDULED THROUGH THE COA OFFICE.** 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.

Local Legislators' Office Hours

State Rep. Lenny Mirra & Senator Bruce Tarr, or their representatives, will be on hand at the **Georgetown Senior Community Center** to meet with constituents to answer questions, hear comments or provide assistance. The next scheduled office hours for both will be:

Tues. March 17, 11 a.m. – noon

The public is welcome. No appointment necessary. If you cannot come to the Center, both legislators can be contacted through the email addresses below.

Rep. Lenny Mirra: Leonard.Mirra@MAhouse.gov

Sen. Bruce Tarr: Bruce.Tarr@masenate.gov

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

UNDERSTANDING VARIOUS FORMS OF DEMENTIA

Tues. March 10, 10:30 a.m. (See page 3.)

GRIEF SUPPORT FOR LIVING WITH LOSS

Tues. March 10, 1:30-3 p.m. (See page 1.)

WOMEN'S BREAKFAST

Thurs. March 12, 9:30 a.m. (See page 6.)

TOE-TAPPIN' DANCE CLASS

Wed. March 18, 10 a.m. (See page 6.)

ST. PAT'S LUNCH:

Thurs. March 19, 12 p.m. (See page 3.)

LUNCH & LEARN:

Tues. March 31, 11:45 a.m. (See page 3.)

Friends of the GCOA Spring Schedule

Next Meeting: Tue. March 10, 1 p.m.

BOOK CLUB: Tues. March 24, 2 p.m.

"The Muralist" by B. A. Shapiro

MARCH BIRTHDAY LUNCH: Wed. March 25, 12 p.m.

Help us as we send best wishes to our friends who were born in March. Birthday celebrants will receive a free lunch (everyone else is \$2). Lunch reservations are required. **RSVP before 3/18/2020.** To make reservations, call the COA office at (978) 352-5726.

Free Legal Help offered by Atty. Elaine Dalton

Tues. March 24, 10 a.m.

Assistance available for: *Health Care Proxies, *Durable Power of Attorney, *Elder Law Issues
*15 min. appts. available by calling COA at 978-352-5726



➡➡➡➡➡Attention Seasonal Travelers!

With winter travel plans in place, please notify the COA of the dates you plan to be away. We will temporarily remove you from the mailing list and put you back on the mailing list when **you notify us** of your return.

Health & Wellness Classes

All classes are held at Georgetown Senior Community Center.

Newcomers & beginners welcome.

There is a SUGGESTED DONATION of \$3.00 per class.

Class	Meets on	Time
Yoga (Bring a mat or towel)	Monday	9:30 a.m.
NOTE: New Time on Monday	Wednesday	11:00 a.m.
Strength Training Welcome Layla, Emotional Support Dog	Tuesday	9:30 a.m.
Hybrid Exercise Class	Thursday	10:30 a.m.
Tai Chi	Thursday	12:30 p.m.
Fitness Room	Mon. – Thurs.	Call for equip. Availability

Walking Program

Meets Rain or Shine

Tues. & Thurs. 8:30 a.m.

Participants will meet at the GSCC & will embark on one of several pre-determined routes.

Walking Club is free of charge.

Understanding Various Forms of Dementia

Presented by Bridges at Andover

Kim O'Connell, MSW LCSW, Sr. Advisor

Tues. March 10 at 10:30 a.m.

Topics include

- Learning different symptoms & behaviors
- Recommended care techniques
- Common forms of dementia including:
Lewy Body, Alzheimer's, Vascular & Parkinson's
- Help you better understand & meet your loved one's unique needs.

For more info or to sign-up, call the COA at 978-352-5726.

In honor of Nat'l Judicial Outreach Month:

Lunch & Learn

Tues. March 31

11:45 a.m.

Appetizers precede lunch and dessert.

Cost: \$2

Lunch reservations required by Wed.
March 25.

↑ Come for Lunch. Stay for the Program. ↓



SPECIAL ST. PAT'S LUNCH

Thurs. March 19, 12:00 p.m.

Provided by ESMV Traveling Chef Program

- **Special St. Pat's Day Menu**
Corned Beef, Carrots, Boiled Potato, Snowflake Roll, Cookie
- \$2 suggested donation
- Reservations are required by
Wed. Mar. 7

Please call the COA office at
978-352-5726.



12:15 p.m.

Georgetown COA
is pleased to present:

Kathleen McCarthy

Justice of the Superior Court/Boston

This is a unique opportunity to learn
about the work of the courts on a daily
basis.

To sign-up please contact the COA at 978-352-5726.



Women's Breakfast

Sponsored by the Friends of the COA

Thurs. March 12 at 9:30 a.m.

Entertainment provided by **The Ukululus**.
Six singing, ukulele-playing women bring you an interactive sing-along of classic favorites & more.

R.S.V.P by Thurs. March 5.

Call the COA at 978-352-5726.



Toe-Tapping, Knee Slapping Dance Class

Instructor: Joyce Sartorelli

Wed. March 18, 10:00 a.m.



Join us for 45 minutes of fun & instruction

No charge. ~ All skill levels welcome.

To sign-up, call the COA at 978-352-5726



Home Instead Respite Grants

Respite care grants for those who are providing care for loved ones living with Alzheimer's disease or other dementias are available through Home Instead Senior Care network. The goal of the **Recharge Respite Grant and the Extended Relief Respite Grant** is to provide both exceptional home care to families affected by Alzheimer's disease and other dementias as well as to provide families and care providers with support and rest. The grants are not income-based and are for respite hours of care provided by local Home Instead Senior Care. Family caregivers can apply at: <https://www.helpforalzheimersfamilies.com/get-help/hilarity-for-charity>. For more information, please call 781-349-7592.

Ongoing & Monthly Activities

**For more info on any activities call the COA
978-352-5726**



COA Marketplace: Nonperishable items are located at GSCC. No income restrictions apply. Appointments are required by calling 978-352-5726.

BINGO: Mon. at 12:30 p.m. \$1 per card covers all games.

WINTHROP STAMP CLUB: 2nd & 4th Thurs., 1-4 p.m.

General meeting followed by stamp auction (open to public).

Knitting Group: 2nd & 4th Thurs., 9:30-11:30

Drop-ins welcome.

Quilting 101: 2nd & 4th Tues., 2-3 p.m.

Free. Fabric/batting provided. Drop-ins/beginners welcome.

Mah Jong Group: Wed. at 12:30 p.m.

Book Club: 4th Tuesday of each month, 2 p.m.

AARP Tax Prep Assistance Available

Open to: Elders and other moderate-income individuals

Where: Georgetown Sr. Community Center

51 North Street ~ Georgetown

When: Thursday mornings March 5 - April 9

Appointments are required.

**To schedule an appointment, call the COA office at
(978) 352-5726**

Things to bring with you to your appointment:

- ★ Copies of 2018 Federal & State tax returns
- ★ Anything received in the mail marked "Important Tax Return Document Enclosed" including W-2 forms,
- ★ SSA-1099 (Social Security), 1099-R (pension/IRA), 1099-INT (interest), 1099-B/1099-DIV (stocks & mutual funds).
- ★ Some form of Personal Identification
- ★ To determine Circuit Breaker Tax Credit, bring 2019 Property Tax bills & Water Bills.

Information regarding tax preparation and the criteria for Massachusetts Circuit Breaker tax program is also available at the Council on Aging office.



Circuit Breaker Tax Credit

The Mass. Circuit Breaker Tax Credit (CB) is a state income tax credit for certain Mass. residents age 65 years or older who paid rent or real estate taxes during the tax year & who meet income limits & other criteria. Based on local property taxes, the tax credit is funded by the state government. Homeowners are eligible for the credit if they paid more than 10% of their total income for real estate taxes, including water charges. Renters can count 25% of their rent as real estate tax payments. For eligibility information, contact the COA at 978-352-5726.



Durable Medical Equipment Needed:

Transfer Bench for the Bath

One of the services we offer at the COA is the lending of durable medical equipment for the benefit of resident seniors. Currently our need is for transfer benches. Please contact the COA for details at 978-352-5726.

DON'T



FORGET!

Presidential Primary

Tues. March 3 ~ 8 a.m. to 8 p.m.

Penn Brook School

Council on Aging Services

For information on any of the following services, contact the COA at (978) 352-5726.

TRANSPORTATION/SHOPPING:

The Van is available Tuesdays & Thursdays for door-to-door shopping and errands. Reservations should be made at least two days in advance by calling the COA office at (978) 352-5726. Monthly Van Schedules are printed in the Newsletter. A small 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. If the office is closed, please leave a message (and remember that the COA is not open on Fridays). After the ride is arranged, the **DRIVER** will call you the day before the ride. 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. Please remember: Reservations must be made through the COA office. Clients should not call the drivers directly.

RING & RIDE: Medical, Shopping & General-Purpose Transportation & Medi-Ride

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 and shopping in Amesbury, Boxford, Georgetown, Haverhill, Groveland, Newburyport, Lawrence, Methuen, Newbury/Byfield, North Andover, West Newbury, & Rowley Train Station & Market Basket. MVRTA also provides Medi-Ride to Boston area hospitals. For brochures, 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.

Congregate Meals

The COA Meal Site offers nutritious lunches Monday-Wednesday at 12:00 p.m. Please make reservations by the previous Wed. by calling the COA or in person at the Georgetown Sr. Comm. Ctr.

FOOD AND HEAT RESOURCES

For information & assistance w/state & local resources, contact the COA office at (978) 352-5726.

Board of Health Nurse

On the first Wednesday of each month, from 9:30 - 11 AM, Pam Lara, RN is available at the Georgetown Sr. Community Center to perform blood pressure checks, etc.

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 counselors Jerry Goldberg & Nancy Aberman @ Georgetown Sr. Community Center. See newsletter for specific dates.

EQUIPMENT LENDING PROGRAM

COA has medical equipment (Walkers, Canes, Wheelchairs, Bath Seats, etc.) for long- or short-term lending.

FILE OF LIFE & YELLOW DOT PROGRAMS

Both programs provide a health history document to be used by emergency personnel in case of illness or injury. One is for your home, the other for your car.

HEALTH CARE PROXIES

COA has fact sheets and 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 1/15/19

Georgetown Council on Aging
51 North Street
Georgetown, MA 01833

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Georgetown Council on Aging
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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 March 24, 2020

Georgetown Council on Aging:

Director: Colleen Ranshaw-Fiorello

Office: Julie Pasquale, Newsletter

Kirsten Klueber, Outreach

Dave Hall, Van Driver

Meal Site Coordinator: Carol Westhaver

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: Carol Westhaver, Martha

Lucius

Town of Georgetown:

Michael Farrell, Town Administrator

Joe Bonavita, Board of Selectmen, Chair

Douglas Dawes, Board of Selectmen, Clerk

Charles Durney, Board of Selectmen

Gary Fowler, Board of Selectmen

David Twiss, Board of Selectmen

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.

March Menu - Lunch reservations must be made by the previous Wednesday. Call (978) 352-5726.

Lunch is served Monday through Wednesday at the Georgetown Sr. Community Center at 12 p.m. Cost is \$2.00.

Congregate meals are made possible in part by funding from the Older Americans Act as granted by Elder Services of the M. Valley
Nutritional information regarding meals is available upon request by calling the COA office at (978) 352-5726.

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>
2 Mac n' Cheese, Peas, WW Roll, Yogurt, (No Milk), Juice	3 Aloha Chicken, Corn/Black Beans, Broccoli, Mixed Fruit, Oat Bread	4 Minestrone Soup, Cheeseburger/Bun, Roast Potatoes, Chef's Veg, Fresh Fruit
9 Meatball Stroganoff, Pasta, Zucchini, WW Roll, Pears	10 Hot Dog/Bun, Baked Beans, Beets, Mandarins	11 Corn Chowder, Beef Steak/Peppers/Onions/Sub Roll, Potato Chips, Green Beans, Fresh Fruit
16 Orange Chix, White Rice, Asian Veg, WW Bread, Pineapple	17 St. Pat's Special: - Corned Beef Au Jus, Cabbage & Carrots, Potato, WW Roll, Pistachio Pudding	18 Cheesy Potato Soup, Egg n' Cheese, Sausage, Baked Peaches, Fruit Loaf, Fresh Fruit
23 Meatloaf/Gravy, Mashed Pot, Brussels Sprouts, WW Bread, Chef's Dessert	24 Eggplant Parm, Pasta/Sauce, Capri Blend Veg, Garlic Roll, Brownie	25 Chicken Noodle Soup, Breaded Chix/Honey Mustard Sauce, Veg Rice, Broccoli, Fresh Fruit, Oat Bread *Birthday Cake & Ice Cream*
30 BBQ Chix, Butternut, Corn on the Cob, Chocolate Pudding, MG Bread	31 Lunch & Learn: Appetizers, Lasagna/Meat Sauce, Peas, Garlic Roll, Pears, <u>Special Dessert</u>	

Monday Yoga Class Change

As of Monday, March 2, Yoga class will begin at 9:30 a.m. instead of 10:30 a.m. with the exception of two classes in the spring. Watch your newsletters for details.

MARCH VAN & ACTIVITIES CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
2 9:30 Dolls 9:30 Yoga: Note Time Change 12:00 Lunch 12:30 Bingo	3 No Shopping Van—Brown Bag 8:30 Walking Club 9:30 Strength Training 12:00 Lunch	4 9:30 BOH Clinic 11:00 Yoga 12:00 Lunch 12:30 Mah Jong	5 *Tax Assistance by Appt.* 8:30 Walking Club 9:30 Van: Super Walmart 9:30 Men's Breakfast 10:30 Veterans' Agent Hours 10:30 Hybrid Exercise Class 12:30 Tai Chi
9 9:30 Dolls 9:30 Yoga: Note Time Change 12:00 Lunch 12:30 Bingo	10 9:30 Van: Riverside/Hav'Il 8:30 Walking Club 9:30 Strength Training 10:30 Forms of Dementia Prog. 12:00 Lunch 1:00 Friends of GCOA 1:30 Grief Support 2:00-4:00 Quilting 101	11 11:00 Yoga 12:00 Lunch 12:30 Mah Jong	12 *Tax Assistance by Appt.* 10:30 Van: Plaistow, NH 8:30 Walking Club 9:30 Women's Breakfast 9:30 Knitting Group 10:30 Hybrid Exercise Class 12:30 Tai Chi 1:00 Stamp Club
16 Shine Appointments 9:30 Dolls 9:30 Yoga: Note Time Change 12:00 Lunch 12:30 Bingo	17 9:30 Van: Seabrook, NH 8:30 Walking Club 9:30 Strength Training 11:00 Sen. Tarr/Rep. Mirra Off. Hrs 12:00 Lunch	18 10:00 Toe-Tappin' Dance Class 11:00 Yoga 12:00 Lunch 12:30 Mah Jong	19 *Tax Assistance by Appt.* 10:30 Van: Rowley 8:30 Walking Club 10:30 Hybrid Exercise Class 12:00 St. Pat's Lunch 12:30 Tai Chi
23 9:30 Dolls 9:30 Yoga: Note Time Change 12:00 Lunch 12:30 Bingo	24 9:30 Van: Newburyport 8:30 Walking Club 9:30 Strength Training 10:00 Legal Assistance 12:00 Lunch 12:45 COA Board Mtg. 2:00 Book Club 2:00-4:00 Quilting 101	25 11:00 Yoga 12:00 Birthday Lunch 12:30 Mah Jong	26 *Tax Assistance by Appt.* 10:30 Van: Westgate/Hav'Il 8:30 Walking Club 9:30 Knitting Group 10:30 Hybrid Exercise Class 12:30 Tai Chi 1:00 Stamp Club
30 9:30 Dolls 9:30 Yoga: Note Time Change 12:00 Lunch 12:30 Bingo	31 9:30 Van: Riverside/Hav'Il 8:30 Walking Club 9:30 Strength Training 11:45 Lunch & Learn Nat'l Judicial Outreach Month	April 1 9:30 BOH Clinic 11:00 Yoga 12:00 Lunch 12:30 Mah Jong	April 2 *Tax Assistance by Appt.* 8:30 Walking Club 9:30 Men's Breakfast 9:30 Van: Super Walmart 10:30 Veterans' Agent Hours 10:30 Hybrid Exercise Class 12:30 Tai Chi

Van Trips: The cost is \$2.00 roundtrip which includes door-to-door service from your home. The pick-up time for Tuesday shopping trips, as well as the monthly Thursday trip to Super Walmart in Salem, NH, is 9:30 a.m. The pick-up time for all other Thurs. trips is 10:30 a.m., unless otherwise noted. Please confirm pick-up times when you call. Make reservations by calling the COA at (978) 352-5726.