



# Living Well Together

A Newsletter of the Georgetown Council on Aging

March is  
Nat'l Soft  
Pretzel  
Month



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Website: [www.georgetownma.gov](http://www.georgetownma.gov)

**Director's Notes:** After one of the most difficult winters in recent history, the arrival of spring will be true cause for celebration in New England this year. Although several feet of snow remain on the ground (and more in the snow banks that line our driveways), there are already signs that spring is poised to soon arrive. glorious late afternoon sunsets shining across snow covered fields. Woodland brooks are breaking free of the long winter's ice and filling the rivers and wetlands that surround us. Woodpeckers have been heard in the neighborhood and with a bit of thaw in the air, the sap will soon run in backyard sugar bushes. As I closed up our garden last fall, I found that two pots of green beans were still doing well in the garden. Not being one to waste any extra garden produce, I brought the pots of the green beans into the house and lined them up in front of an upstairs bedroom window. At the same time, I brought in two pots of leaf lettuce. All winter, I have been able to pick pieces of leaf lettuce for our salads. Not a lot but enough to make a meal a bit more fun! The beans continued to produce until this week when I picked the last green bean! With the official arrival of spring later this month, I'll be on the outlook for more seeds. It may still be winter in New England, but each week brings a bit of spring to all of us. Spring and hope are finally in the air! With warm hearts and sunny smiles, any remaining ice and snow will soon melt and spring will not be hard to find!



Photo Courtesy of Kathleen Sachs

## COVID-19 Vaccine Update

- The state **Vaccine Scheduling Resource Line** is now available for individuals 75 years & older who are unable to schedule an appointment by using the Internet. To schedule an appt. by phone, call **211** Mon – Fri. 8:30 a.m. – 5 p.m.
- Vaccine distribution in Massachusetts is occurring in a phased approach. Individuals with more than two comorbidities &/or 75 years & older as well as adults 65 years & older & individuals with one comorbidity are eligible for the vaccine Phase Two, Feb. – Apr. Although more vaccine, vaccine sites & appointments are available each week, vaccine supply is very limited & it may take time to schedule an appointment. Vaccination location sites are listed at <https://www.maimmunizations.org/> Information is available at <https://www.mass.gov/info-details/when-can-i-get-the-covid-19-vaccine>.
- Patients of the **Veterans Affairs (VA)** hospital system who are **50 years & older** are eligible to receive the COVID-19 vaccine by scheduling with the VA hospitals. To schedule a vaccine appointment, eligible veterans can call the VA COVID-19 vaccine scheduling telephone lines. The Bedford VA vaccine scheduling telephone line is 781-687-4000.
- To gather a potential head count of older adults in Georgetown interested in receiving the COVID-19 vaccine, Georgetown older adults can call the Georgetown COA at 978-352-5726.

## AARP Tax Prep Assistance

Open to older adults and other moderate-income individuals, an AARP Income Tax Preparation Program is underway at the Georgetown Council on Aging through April 15. Due to the pandemic, this year's program will include scheduled telephone intake appointments followed by scheduled same-day appointments to drop off and pick-up documents and completed tax returns. The drop off and pick up of income tax documents will take place in the parking lot of the Georgetown Senior Community Center. The criteria for Massachusetts Circuit Breaker tax credit program are available at the COA office. To schedule income tax preparation appointments, please call the COA at 978-352-5726 Mon – Thurs, 8 a.m. – 4 p.m.

**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 for special, COA-sponsored musical programs.**

### **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 Now Offers a Recumbent Bike:** The equipment offerings at the COA Fitness Center have expanded. In addition to the two stationary bikes, two treadmills, weights & stair-climber, we have received a donation of a brand-new stationary recumbent bike. To make an appointment, please call the COA.

**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. Call the COA for appointments (978-352-5726).

### **COA Marketplace**

COA Marketplace offers Easy Mac/Cheese (2 flavors), fruit cups, canned tuna/meats, a variety of soups & fun snacks. We also offer a variety of products including nonperishable food, toiletries, personal care items, paper & dish/laundry detergent. We are now also able to provide some fresh foods (eggs, milk, fruit/vegetables...) & Market Basket 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:** At the time of printing, **The Traveling Chef** lunch for March details were not available. The lunch will be scheduled in March. For details, please call the COA at 978-352-5726.

### **March Grab & Go Lunch Menu**

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>
1 Pork/Apples	2 BBQ Chicken	3 American Chop Suey	4 Turkey/Gravy
8 Pot Roast/Gravy	9 Ravioli/Marinara Sauce	10 Chicken/Gravy	11 Hot Dog/Bun
15 Pulled Pork	16 Breaded Chix/Honey Mustard	17 * <i>ST. PAT'S SPECIAL</i> *	18 * <i>BIRTHDAY LUNCH</i> */Stuffed Shells
22 Chix Piccata	23 Beef Stew/Veg/Potato	24 Turkey/Bean Chili	25 BBQ RIBEQUE/Roll
29 Sweet/Sour Meatballs	30 Veg Lasagna/Alfredo	31 Chix Marsala	

### **RMV Offers Senior Hours through March**

The RMV will designate Wednesdays in March at 17 RMV Service Centers, including Danvers and Lawrence, to serve customers age 75 & older. These service centers will be dedicated to processing all Registry transactions for older customers. A reservation is required. Providing older adults with a designated RMV service center will result in a safer space for customers to visit. For appointments, call the RMV at 857-368-8005.

### **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.

### **Reading Glasses**

The COA has received a donation of brand-new reading glasses (3.5 strength). If you are interested, please call the Georgetown COA at 978-352-5726.

## **March & April 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. ***Eight Steps to a Healthier Heart*** will be presented on Tuesday March 2, 10-10:30 a.m. Register at [bcbsma.info/March2](http://bcbsma.info/March2). Discover simple tactics for preventing & treating heart disease. ***Boost Your Health with Better Sleep*** will be presented on Tuesday March 23, 10-10:30 a.m. Register at [bcbsma.info/March23](http://bcbsma.info/March23). Learn strategies to get a good night's sleep & discover stress-relieving breathing exercises to help you fall asleep or fall back to sleep faster. Discover how to feel calmer during the day & sleep more soundly at night. ***Food for Thought: Superfoods to Boost Memory, Mood & Mental Functioning*** will be presented on Thursday April 15, 10-10:30 a.m. Register at [bcbsma.info/April15](http://bcbsma.info/April15). Learn the tools of nutritional success for enhancing your brain power, increasing your energy & improving your mood.

## **Join us to Walk with Ease!**



The Arthritis Foundation's Walk with Ease Program is a self-directed physical activity & health promotion program. While walking is the central activity, Walk with Ease also includes health education, stretching & strengthening exercises, & motivational strategies. You can walk at your own pace, any days & times that work for you. You can walk indoors or outdoors, even in place! You will be provided a Walk with Ease Guidebook to complete the six-week program on his/her own & can also participate in a weekly call with a program leader & others to help keep you motivated.

During the six-week program, participants will:

- Understand the basics about arthritis & the relationship between exercise, & easing pain.
- Exercise safely & comfortably.
- Use methods to make walking fun.
- Make a personal walking plan with realistic goals for improved fitness.
- Learn tips & resources to help them overcome barriers & continue to be physically active.
- Learn about other programs & resources that can help them maintain their walking & try other physical activity.

For more information or to register: [hlice@ESMV.org](mailto:hlice@ESMV.org) or 978-946-1211.



## **Heating Assistance Program**

Households that did not apply for the program last year, can apply for the program by calling Community Action at (978) 373-1971. Maximum gross income is **\$39,105** for one-person or **\$51,137** for a two-person household. Applications are available, & can be completed, at the Georgetown Senior Community Center. For more information & assistance, call the COA at (978) 352-5726.

## **Trustees of the Perley School to Offer Limited Fuel Assistance**

Recognizing the difficulties of home heating costs, the Trustees of the Perley Free School offer a **limited** fuel assistance program to local residents who are experiencing financial hardships with energy costs. In addition to the money that is used to fund scholarships for Georgetown graduates & alumni, the Trustees oversee a small endowment to aid Georgetown residents facing financial hardships. Individuals who may need assistance with heating costs, including oil, gas or firewood, can call the COA at (978) 352-5726 for information & referral.

## **Winter Shoveling Available**



As part of community service, some GMHS students may shovel **stairs & sidewalks (only)** this winter. If possible, student volunteers will respond to elder requests for snow removal. The COA will refer requests to the Georgetown High School. **Elders should call the COA** (978-352-5726) as early as possible as last-minute requests are hard to accommodate.

*Thank you to*

*Charles & Darcy Norton*

*for their generous donation of  
a recumbent bike for the  
GSCC Fitness Center*

## **Property Tax Incentive Program Still Has One Opening**

**The Property Tax Incentive Program** is available to Georgetown residents 60 years & older. The program runs January 1-October 31, 2021. The program currently permits elders to reduce their property taxes by \$500 per calendar year in exchange for 42 hours of volunteer service to the town. For further information, please call the COA office at 978-352-5726.

## **ESMV to host Virtual Memory Café**

Elder Services of Merrimack Valley will host a virtual Memory Café on **Tuesdays March 2: TBA** (possible drumming) Call for details.) & **March 16:** Music by Howie Newman, **1 p.m. - 2 p.m.** The Memory Cafés offer online activity & social engagement for those living with memory loss & their caregivers. For further information & to register, please call Lyn Brennan, 978-273-2501 or email [LBrennan@esmv.org](mailto: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](http://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](http://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](http://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.



### ***Thank you to Healthy Gift Bags Supporters***

Many thanks to the supporters of last month's COA Healthy Gift Bag distribution. Although we were unable to hold a Health Fair this year, the Healthy Gift Bags provided our consumers with information and resources regarding local wellness and health

care opportunities as well as some fun and healthy items. Many thanks to Partners in Rehab, Georgetown Family Dentistry and Elder Services of the Merrimack Valley. To receive a bag, please call the COA. It was a fun and healthy way to brighten the day for recipients!

### **It's March—Happy New Year, ancient Romans!**

Welcome to the third month of the year—or, if you were born before 150 B.C., the first! According to the oldest Roman calendars, one year was ten months long, beginning in March & ending in December. It may sound crazy, but you can still see traces of this old system in our modern calendar: because December was the tenth month, it was named for the number ten in Latin (*decem*), just like September was named for seven (*septem*). So, what about January & February? They were just two nameless months called "winter," proving that winter is literally so awful it doesn't even deserve a spot on the calendar. (Reader's Digest, online)

### **Virtual Grief Support Groups:**

[HopeHealthCo.org/GriefSupportGroups](http://HopeHealthCo.org/GriefSupportGroups)

### **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](http://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.



# 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.

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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 4<sup>th</sup> Tuesday of each month at **Georgetown Sr. Community Center 51 North Street, Georgetown**

**NEXT BOARD MEETING:**  
**Tuesday March 23, 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, Board of Selectmen, Chair

Douglas Dawes, Board of Selectmen, Clerk

Charles Durney, Board of Selectmen

Gary Fowler, Board of Selectmen

Peter J. Kershaw, Board of Selectmen

**Georgetown COA Webpage** is located on the town's official website [www.georgetownma.gov](http://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 Fun Page

## National Waffle Day ~ March 25

Whether you like your waffles frozen or fresh, celebrate Waffle Day with a special topping or better yet have a waffle buffet!

- Ice Cream (Add hot fudge/whip cream for a sundae)
- Fresh Fruit or compote
- Honey
- Cinnamon Sugar & Butter
- Various Types of Butter (Apple, Maple, Almond)
- Pie Filling
- Lemon Curd or Jams/Jellies
- Fruit Salsa
- S'mores (Graham crumbs, melted chocolate & fluff)
- Hummus
- Goat Cheese/Dried Cranberries w/drizzle of olive oil
- Avocado

<b>MILONELION</b>	
<b>back</b>	<b>funny funny word word word word</b>
One in a million Back on one's feet Too funny for words	

## St. Patrick's Day Trivia

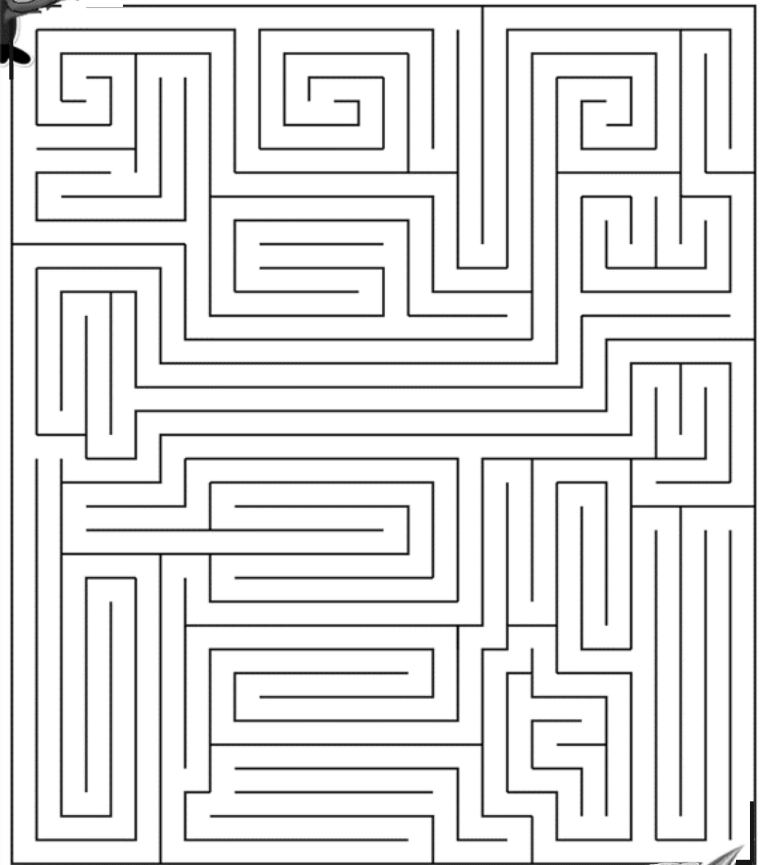
- ♣ Saint Patrick was not born in Ireland.
- ♣ The first Saint Patrick's Day parade was not in Ireland, but in Boston.
- ♣ Chicago dyes their main river green to celebrate the holiday.
- ♣ Saint Patrick's real name is Maewyn Succat.

### Boredom 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.

## St. Patrick's Day Maze



Help Lucky Leprechaun find his pot of gold.

## Note-Writing Project

There is nothing like a hand-written note to brighten your day! Join us for a note-writing project this winter & 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 is sure to bring a bit of sunshine to both the recipient and the sender! For information, please call the COA at 978-352-5726.