

Living Well Together

A Newsletter of the Georgetown Council on Aging



National Soft Pretzel Month

Volume 23/Issue 9 Email: <u>cfiorello@georgetownma.gov</u> March 2022 Website: www.georgetownma.gov

Director's Notes: Although early spring days often look more like winter than spring, spring is in the air and we know that better days will soon be here! Recently, I heard from some childhood friends who reminded me that we never minded the cold and wet weather that we experienced as kids. With the exception of kids who were bussed from nearby farms, there were no school busses in our village. We walked to and from school, including a walk home for lunch! Only the farm kids ate lunch at school. We thought that was very exotic and fun because they could buy chocolate milk to go with their bagged lunches! As walkers, we loved walking across the tops of snow banks in the winter! Actual paths were tramped across the snow banks and the higher the better for climbing and sliding down! As the snow melted in March, the roadside drainage ditches became tempting ponds to explore. How deep could you go before the icy water poured over the top of your boot and down into your shoes? We all wore galoshes that pulled over our shoes. Winter galoshes were brown with faux-fir trim inside the top of the boot. Perhaps the intent was to seal the boot from snow and cold but when you waded through two feet of snow just to reach the school door, plenty of snow cascaded into your boot. Spring galoshes were usually red or blue but some girls had bright white galoshes. No matter the color, the boots often sprung leaks. We all could remember wearing plastic bread wrappers over our shoes inside our boots to prevent a "soaker." Of course, as the snow melted in the school yard, wonderful slush puddles formed. Using your feet, wedges of slush could be pushed together and then stomped to see how high the slush could fly! It's a wonder that any of us arrived at school with dry feet! There was a reason that we left dry shoes or slippers in our cubbies at school. As winter started to melt away, I remember rebelliously unzipping my jacket and stuffing my wool "touque" and

mittens into my pockets just to enjoy a bit of the early spring air on the walk home. Everything went back on before I walked up the driveway and into the house – as if my mother wasn't watching from the kitchen window! Although we are no longer marching off to school, March brings the promise that spring will soon arrive and we will march forward into sunshine and warmer days. No need to test the puddles along the way!





Rep. Lenny Mirra (center) & Sen. Bruce Tarr (right) welcomed new Town Administrator, Orlando Pacheco (left), at the February Men's Breakfast.

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 now through April 13. Due to the pandemic, this year's program will include telephone intake appointments scheduled 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.

<u>B P CLINIC:</u> Wed., March 2, 9:30-10:40 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 Please note there will be a date change for **April only**. BP Clinic will be held on **Tues. April 5**.



Men's Breakfast:

Thurs. March 3, 10:00 a.m. (Please note time change in March & April due to Tax Appointment scheduling.). Join Chief D. Cudmore & members of the

GPD for a discussion and Q &A session. 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.

VETERAN'S SERVICES OFFICE HOURS: Thurs. March 3, 10:30 - 11:30 a.m. Director Karen Tyler will be available to discuss issues and questions. Due to COVID 19 precautions & local mandates, face coverings are required during your visit.

Please contact the COA if you plan to attend. 978-352-5726

<u>Bingo!</u> Join us on **Mons. March 14 & 28, 12:30 p.m.** Bingo is played twice a month on Mondays. **Cost: \$1 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 **Tuesday**, **March 15, 10:30-11:30 a.m.** Call for appointments.



<u>March Book Club</u>

Join GPL Librarian Sarah Cognata **Tues. March**

22 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.



Very special thanks to the students at **Penn Brook School & Perley Pre-School** who brightened all of our days with their thoughtful and creative Valentines. The Valentines were delivered to our lunch participants. Their sweet wishes brightened all of our days! **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 are on hiatus until spring.

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.

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Pot O' Herbs St. Patrick's Day Craft



Tues. March 8 at 10 a.m.

Join us as we

- Decorate a themed flower pot
- Plant herbs for your home cooking

Class is limited to 15 participants. Reserve your seat as soon as possible. Call the COA at 978-352-5726.

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St. Patrick's Day/Spring Coffee Social

with members of the First Congregational Church Missions Team



Tues. March 22 at 10 a.m.

Enjoy a morning of coffee, refreshments & conversation.

Reservations limited to 25. (Call the 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. *Active Aging Nutrition Insights* will be presented on Thursday March 17, 10-10:30 a.m. Register at bcbsma.info/Mar17. Discover nutrition & wellness tips that will help you live a longer, healthier & happier life. *Calming Anxiety* will be presented on Tuesday March 9, 10-10:30 a.m. Register at bcbsma.info/March29. Learn simple techniques to break the cycle of anxious thoughts & lessen anxiety including breathing exercises that promote relaxation. *Food & Its Healing Effects* will be presented on Monday April 11, 2-2:30 p.m. Register at bcbsma.info/April11. Food & nutrition strategies to help prevent major & other chronic health issues. See why food is truly medicine & how eating strategically may help keep the doctor & medicine away. *Eight Happiness Boosting Strategies* will be presented on Wednesday April 27, 10-10:30 a.m. Register at bcbsma.info/April27. Explore the science behind what makes people happy. Learn eight simple happiness boosting strategies you can apply in your life.

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.

Alzheimer's Association New England Family Conference March 4-5, 2022

A FREE virtual conference for individuals living with dementia & family caregivers

To register, visit alzfamilyconference.org or call the 24/7 Helpline at 800-272-3900.

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. The teacher requests masks be worn during class.

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! Each household in the U.S. can now receive four free COVID-19 at-home test kits shipped directly to their home at no cost. Visit <u>www.COVID19tests.gov</u> 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@esmv.org 1st Wed. of the month, 11 a.m.-12 p.m. 3rd Wed. of the month, 7-8 p.m. Contact Kathy Parrella: kperrella@nselder.org Savvy (Dementia) Caregiver Healthy Living Center of Excellence ongoing schedule of classes. Contact Crystal Polizzotti: cpolizzotti@esmv.org Grandparents Raising Grandchildren 1st Thurs. of the month, 11 a.m.-12 p.m. Contact Cindy Hession-Richard: chession@esmv.org

General Caregiver Support

1st Thurs. of the month, 1-2 p.m. in coordination with St. Michael's, North Andover
3rd Thurs. of the month, 1-2 p.m. Contact Lyn Brennan: Ibrennan@esmv.org

<u>Heating Assistance Program</u>

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 **\$40,951** for one-person or **\$53,551** for a two-person household. This year applications are available, and 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 <u>Limited Fuel Assistance</u>

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.

Corned Beef is a staple of St. Patty's Day celebrations, but what do you do with the left-over corned beef?

Baked Rueben Egg Rolls

Ingredients: 2 c chopped leftover cooked corned beef ~ 1 c strained, chopped sauerkraut ~ 2 c shredded Swiss cheese ~ 1 pkg egg roll wraps (total of 18) ~ 2 T high heat oil (veg., canola, peanut) ~ Thousand Island or Russian dressing

Instructions: Preheat oven to 400°.

1) Combine corned beef, sauerkraut, & Swiss cheese in a medium mixing bowl. Be sure to trim any excess fat off of the corned beef.

2) To fill the egg rolls: add ¼ c of filling to the center of the roll, fold in one corner, lightly wet it by dipping your finger in water and fold over a second and third corner. Lightly wet the folded corners again & then roll the egg roll towards the fourth corner to form a roll.

3) Place each spring roll on a lightly greased baking sheet and lightly brush each one with veg. oil. Bake in a 400° oven for 10-12 minutes, or until golden brown.

4) Best served immediately with Russian or Thousand Island dressing.



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(Easy) Jigsaw Sudokus

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

The rules of **Jigsaw Sudoku** are similar to standard Sudoku, since you must place each of the numbers 1 to 9 (or whatever configuration is used, i.e., 8 or 6) into each of the rows and columns. However, whereas standard Sudoku also has rectangular boxes that must each contain every number, in **Jigsaw Sudoku** these boxes are replaced by different bold-lined shapes that must each contain every number instead.

(Solutions: available at the COA office.)

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

<u>COA Marketplace</u> (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

<u>S.H.I.N.E.</u>

<u>Serving Health Information Needs of Everyone will help you</u> 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

Georgetown Council on Aging 51 North Street Georgetown, MA 01833

Return Service Requested

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.

We strive to keep our mailing list up-todate. Please let us know if you would prefer not to receive the newsletter or if the addressee is no longer at this address.





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 March 22, 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 David Twiss, 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.

MARCH CALENDAR 2022								
Monday	TUESDAY	WEDNESDAY	THURSDAY					
MONDAT	1 No Shopping Van- Brown Bag 8:00 Pickle Ball 8:30 Walking Club	2 Blood Pressure Clinic/Appt. only 10:30 Yoga 12:30 Mah Jong	3 9:30 Van: Plaistow 8:30 Walking Club 9:30 Tai Chi 10:00 Men's Breakfast (Note time change March/April only 10:30 Vet. Agent Office Hrs. 11:15 Exercise with Leah					
7 9:00 Yoga 10:30 Strength Training	8 9:30 Van: Riverside 8:00 Pickle Ball 8:30 Walking Club 10:00 St. Pat's Craft 12:00 Quilting Group	9 10:30 Yoga 12:30 Mah Jong	10 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					
14 9:00 Yoga 10:30 Strength Training 12:30 Bingo	15 9:30 Van: Riverside 8:00 Pickle Ball 8:30 Walking Club 10:30 Constituent Services	16 10:30 Yoga 12:30 Mah Jong	17 9:30 Van: Plaistow 8:30 Walking Club 9:30 Tai Chi 11:15 Exercise with Leah					
21 9:00 Yoga 10:30 Strength Training	22 9:30 Van: Riverside 8:00 Pickle Ball 8:30 Walking Club 10:00 Coffee Social 12:00 Quilting Group 12:45 COA Board Meeting 2:00 Book Club	23 10:30 Yoga 12:30 Mah Jong	24 Traveling Chef 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					
28 9:00 Yoga 10:30 Strength Training 12:30 Bingo	29 8:00 Pickle Ball 8:30 Walking Club	30 10:30 Yoga 12:30 Mah Jong	31 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 Thurs. March 24. Please RSVP as soon as possible. The menu will feature Vegetarian Lasagna, Marinara Sauce, Zucchini & Summer Squash, Dinner Roll, Brownie Cookie. To reserve a lunch, please call the COA at 978-352-5726.

<u>March Grab & Go Lunch Menu</u>									
<u>Monday</u>	Tuesday	Wednesday	<u>Thursday</u>						
	1 American Chop Suey	2 Potato Pollack/Bun	3 Honey Rosemary Pork						
7 Pot Roast/Gravy	8 Chicken Piccata	9 Turkey/Stuffing Sandwich	10 Meatloaf/Gravy						
14 Chicken/Mediterranean	Sauce 15 Apple Glazed Pork Loin	16 Sweet/Sour Chix Poppers	17 Corned Beef Au Jus Dinner						
21 Salisbury Steak/Gravy	22 Balsamic Glazed Chix	23 Beef Stuffed Pepper Casserole	24 * TRAVELING CHEF* - see above						
28 Roast Turkey/Gravy	29 Mac & Cheese	30 Pepper Steak/Onions/Peppers/Roll	31 LS Hot Dog/Bun						

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

What is the Georgetown Youth Community Center?

The GYCC is a safe and inclusive place where youth are empowered to express themselves, have fun and make new connections among peers and the community. The mission of the GYCC is to empower youth to use their voice and to make safe and healthy decisions. Our goal is to do this by creating engaging, relevant, student-led programming and supports that are sustained through community partnerships. Studies show that the more assets youth are exposed to, the less risky behaviors they pursue. Our trusted regional partner, ECAB Network, funded by the Tower Grant, has just released results from the survey of Georgetown youth. The results show that we, as a community can do more to empower our young people and make them feel valued.

Community Coalition

GYCC is launching a Community Roundtable

As they create opportunities for our youth to be vibrant, contributing members of Georgetown, GYCC needs all hands on deck! This village will help provide a safe nurturing environment that will send strong leaders into the world.

All are welcome!

For more information

contact GEORGETOWNYOUTH.ORG