



Living Well Together



Learn About
Butterflies
Day
March 14

A Newsletter of the Georgetown Council on Aging

Volume 25/Issue 9

Email: kcrockett@georgetownma.gov

March 2024

Website: www.georgetownma.gov

Kristin's With the arrival of March, we can look forward to longer days, fluctuating temperatures, and hints of greenery starting to peek through the thawing ground. Despite my Irish heritage, I've never really been a fan of the traditional boiled dinner. I am however looking forward to Irish soda bread, hot cross buns, Celtic music and dyed green flowers. In recent years, March has seemed more like an extension of winter, but this year Punxsutawney Phil, the groundhog, says we may see an early spring. I hope he's right! Regardless of what the groundhog predicts, March brings a sense of anticipation and renewal.

R Here at the Georgetown Council on Aging there's excitement in the air. There are new programs and activities on the horizon. In this month's newsletter you'll learn more about our new Computer Room and Game Room. Through a donation from the Aulson Company and Goats to Go, we now have high-visibility, reflective vests available for you to borrow as you hit the pavement in warmer weather. Coming in April, participants can enjoy a new chair yoga class, cooking class, some local trips and more!

Don't miss out! Follow us on our new Facebook page for regular updates, and make sure we have your current contact information!



Senior Circuit Breaker Program

Presented by
Brian Lynch, Mass. Dept. Revenue
Wed. March 6 at 1:30-2:30 p.m.

Topics will include

- **eligibility and qualifying criteria,**
- **how to calculate one's CB Credit amount,**
- **how to file and receive the refundable credit**
- **updated Circuit Breaker Tax Relief handouts**
- **question and answer period**

Contact the COA to sign-up or for more information. 978-352-5726

Free AARP Tax Prep Assistance **Now through Mid-April at the** **Georgetown Senior Community Center**

Open to older adults and other moderate-income individuals, the AARP Income Tax Preparation Program will prepare & electronically file Federal & Mass. state returns. This year's program will include scheduled telephone intake appointments followed by scheduled same-day appointments to drop off documents and pick-up completed tax returns. You will receive a confirmation letter, specifying the time of your appointment & explaining what tax documents to bring with you. You do not need to wait until receiving all your documents before calling. For information pertaining to the Massachusetts Circuit Breaker tax credit program see page 3 of this newsletter. To schedule income tax preparation appointments, please call the COA at 978-352-5726 Mon – Thurs. See inside for information on the Circuit Breaker Tax Credit.

B P CLINIC: Wed. March 6 @ 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 March 7 at 9:30 a.m.

Join us as we welcome **Andrew Walker** as he speaks on **Fall Prevention**. Continued thanks to Crosby's for their support of this program.

VETERAN'S SERVICES OFFICE HOURS:

Thurs. March 7, 10:30-11:30 a.m.

Director Steve Bohn will be available to discuss issues and questions. Please contact the COA if you plan to attend. 978-352-5726. Questions any time can be directed to the local Veteran's Office at 978-356-6699 or e.essex.vets@verizon.net.

SHINE OFFICE HOURS: Monday, March 11

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. Please note: SHINE appointments will now be held on the **2nd Monday of each month** unless noted otherwise.

BINGO: Join us on **Mons. March 11 & 25, 12:30 p.m.** Bingo is usually played twice a month.

Cost: \$2 per 10-game package.

For more information, call 978-352-5726.

CONSTITUENT SERVICES: Representatives from the offices of Senator Bruce Tarr, Rep. Kristin Kassner & will hold office hours on **Tuesday, March 19th 12 – 1.** Congressman Seth Moulton's representative cannot be here, but is always available by email at Danielle.Leahy@mail.house.gov.



Join GPL Librarian Sarah Cognata on **Wed. March**

20 at 2 p.m. This month's selection is

"The Editor" by Steven Rowley. While the Library intends to use these selected book choices, there may be unforeseen circumstances that requires having to change the book choice. Please contact the library if you have any questions.



Fall Risk Assessments Open to All

Thurs. March 7 at 10:45 a.m.

Presented by

Andrew Walker

Gordon College Ctr. for Balance/Mobility/Wellness

Sign-ups are appreciated, but not required.

978-352-5726



Actual Project may differ slightly.

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

March Craft

Upcycled Tin Can Wall Hanging

**Wed. March 13
10:00 a.m.**

Fun & Games are here to stay!

All Manner of Games

Tuesdays at 9:30 a.m.

Board Games, Yahtzee, & more!



Drop-in Cards

Wednesdays at 11:30 a.m.

COFFEE WITH KRISTIN



100 Cups of Coffee

Set up a coffee date with our new director! Help her reach her goal of 100 cups of coffee in 2024!

6 down, 94 to go!

Call the Senior Center to schedule.



Coffee Hour

Open Coffee Hour Meet and Greet

Wednesday, March 27
11:00 AM – 12:00 PM

RSVPs encouraged, but not required

Free Legal Help

offered by Atty. Elaine Dalton

Tues. March 5 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**

Good News for Seniors!

**Mass. Circuit Breaker Credit
has more than doubled for 2023.**

This refundable credit may be as much as \$2,590 for qualified renters or property owners age 65 and over. In anticipation, be sure you have copies of your property tax bills/payments for all 4 quarters of CALENDAR 2023, and any water or sewer bills. Renters should calculate the total rent paid for 2023 and have the name and address of the landlord. You may be eligible for this credit even if you are not otherwise required to file a tax return. The COA office has more information on the Mass. Circuit Breaker Credit. Call us at 978-352-5726.

Medicare Advantage Plans & Costs Saving Program

Open to **Medicare Advantage Plan** participants. As of January 1 through March 31 2024, you can make a change to your coverage due to the Medicare Advantage Open Enrollment Period.

You can change your plan to a different Medicare Advantage Plan, or you can change to Original Medicare with a supplement and a Part D drug plan. There are differences with Medicare Advantage Plans and Original Medicare, and you want to be sure you're in the plan that best fits your health care needs and your budget. The changes you make become effective the first day of the following month.

This enrollment period is **only for people who already have a Medicare Advantage Plan**. However, if you find yourself with any Medicare plan that is not beneficial for you, call SHINE any time during the year to determine what your options are. If you are considering a change or considering review of your plan, your local SHINE counselor will review your plan with you while focusing on your best interest.

Medicare Cost Savings Programs (MSP) eligibility guidelines are expected to change in March. You may not have been eligible prior, so check in with a SHINE counselor to help determine if you are now eligible.

Call **Georgetown COA @ 978-352-5726** for an appointment with a certified SHINE Counselor. SHINE is a federally funded program helping you navigate Medicare.

Insurance Fitness Reimbursement Forms

If your insurance company offers reimbursement for exercise classes, see Kirsten in the office for a copy of your participation information. Please note that copies will be made in a timely manner, not necessarily on demand.

Georgetown Peabody Library news

Attention Grandparents!

Kids Clothing Swap Event

Georgetown Peabody Library

Saturday, March 2 from 10AM to 1PM

Sizes newborn through 12. If you have any questions about this event, please call 978-352-5728 ext. 3 or email cdewitt@georgetownpl.org

Friends of the Library Spring Book Sale

Thursday, March 14 from 10 AM to 5 PM

Friday, March 15 from 10 AM to 5 PM

Saturday, March 16 from 9 AM to 1 PM

Sunday, March 17 from 1 PM to 4 PM

– Bag Sale! \$5 to fill a bag

For more information, call the library or email the Friends at friends@georgetownpl.org



Upcoming Town News

Dog Owners! Now is the time to renew licenses. Dog Licenses are required for all dogs 6 months and older. A Rabies Certificate and a spay/neuter certificate (if applicable) must be presented when applying for license. All Dog Licenses expire March 31st of each year.

Presidential Preference Primary will be held March 5 at Penn Brook School from 7 a.m. to 8 p.m.

→→Temporarily Away?←←

If you will be away for an extended period of time, please notify the COA of the dates. We will temporarily remove you from the mailing list. When **you notify us of your return**, you will be added back on the mailing list. Contact the COA at 978-352-5726.



The Georgetown COA would like to thank Awesome Georgetown for its recent award to help fund our new game room at the Senior Center.

Your group IS “Awesome”!

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/CROCHET GROUP: The Knitting/Crochet 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.**

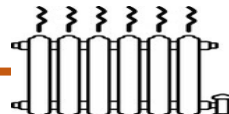
Friends of Council on Aging: FCOA now meets on the **3rd Wednesday of each month at 1 p.m.**

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...) No income restrictions apply. Home deliveries available. **Appointments are required by calling 978-352-5726.**

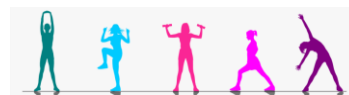
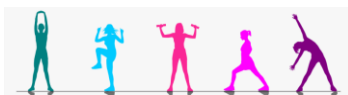
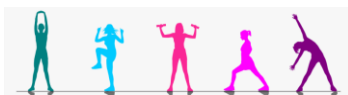
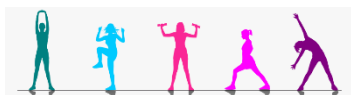
Trustees of the Perley School to Offer Limited Fuel Assistance

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.



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 **\$45,392** for one-person or **\$59,359** for a two-person household. This year applications will be available, and can be completed, at the Georgetown Senior Community Center. For more information & assistance, call the COA at (978) 352-5726.



Ongoing Exercise Groups

\$3 suggested donation for each class

Held at the Georgetown Senior Community Center ~ Call 978-352-5726 to register

Yoga & Strength Training Classes

Yoga meets on Mondays at 9 a.m. and Wednesdays at 10:30 a.m. (Donna Bonin)

Strength Training meets on Mondays at 10:30 a.m. (Leah Miller)

Tai Chi Class with Val LaBelle

Thursdays at 9:30 a.m. *Class limit: 10.

Exercise with Leah Miller

Thursdays at 10:45 a.m.

Walking Club

Tuesdays & Thursdays, 8:30 a.m.

COA Fitness Center

The Fitness Center at the Georgetown Senior Community Center is open for individual exercise. Reservations can be made in advance or you can drop in and use what is available. Equipment includes: two stationary bikes, two treadmills, weights, stair-climber & a stationary recumbent bike. Call the COA for appointments (978-352-5726).

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 45 cents per mile is suggested to help support the program, but no one is turned down due to inability to pay.

TRANSPORTATION/GENERAL-PURPOSE

Mini-MeVA 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 Health Information Needs of Everyone 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

New at the Senior Center

Computer Room

If you need to come into the technology of the 21st century and don't have a computer, we can help. We have designated a room at the Center as a computer lab including several laptops and I-pads. Drop ins welcome. **Hours of Operation: M-W 9 a.m. to 3 p.m.** Contact the COA at 978-352-5726 for more information or to sign-up.

Game Room

Thanks to an award from Awesome Georgetown, we have been able to move forward with our plans for a Game Room. Currently available are pool & table tennis, corn hole, board games, cards, shuffleboard & more. **Hours of Operation: M-W-Th 11:45 a.m. to 3:30 p.m., Tu open at 9 a.m.** Contact the COA at 978-352-5726 for more information or to sign-up.



Bingo Callers Needed

Do you like to have fun and have a couple of hours per month to share?

We need YOU! Bingo meets on the 2nd & 4th Mondays of each month. Callers commit to both days for one month and the months are rotated. Ideally, your commitment would be once every few months. If you are interested, please call Julie at the COA. 978-352-5726

"Georgetown Council On Aging"



thank you!

The Georgetown Council On Aging would like to express their gratitude to the Pickle Ball Group for their donation of a Ping Pong table for our new Game Room.



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ACTIVITY CALENDAR & GRAB-GO MENU

MARCH 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
4 9:00 Yoga 10:30 Strength Training American Chop Suey	5 9:30 Van: Brown Bag/Riverside Van 8:30 Walking Club 9:30 Fun & Games 10:00 Elder Law Appointments 12:00 Quilting Group Baked Cod/Crumb Topping	6 Blood Pressure Clinic by Appt. 10:30 Yoga 11:30 Drop In Cards 12:30 Mah Jong 1:30 Circuit Breaker Program Chicken/Honey Garlic Sauce	7 9:30 Van: Plaistow 8:30 Walking Club 9:30 Tai Chi 9:30 Men's Breakfast 10:30 Veteran's Agent Hours 10:45 Risk Assessments 10:45 Exercise with Leah Turkey/Gravy
11 SHINE Appointments 9:00 Yoga 10:30 Strength Training 12:30 Bingo Sweet/Sour Chicken Meatballs	12 9:30 Van: Westgate/Riverside 8:30 Walking Club 9:30 Fun & Games 12:00 Quilting Group Breaded Chicken/Country Gravy	13 10:00 Craft 10:30 Yoga 11:30 Drop In Cards 12:30 Mah Jong Special: Corned Beef Dinner	14 9:30 Van: Plaistow 8:30 Walking Club 9:30 Tai Chi 9:30 Knitting 10:45 Exercise with Leah 1:00 Stamps BBQ Pulled Pork/Bun
18 9:00 Yoga 10:30 Strength Training Breaded Chicken/Country Gravy	19 Traveling Chef 9:30 Van: Westgate/Riverside 8:30 Walking Club 9:30 Fun & Games 12:00 Quilting Group 12:00 Constituent Services Breaded Chicken/Country Gravy	20 10:30 Yoga 11:30 Drop In Cards 12:30 Mah Jong 1:00 Friends of COA 2:00 Book Club Roast Pork/Brown Sugar Glaze Deadline to sign-up for April Traveling Chef	21 9:30 Van: Plaistow 8:30 Walking Club 9:30 Tai Chi 10:45 Exercise with Leah Salisbury Steak/Mushroom Gravy
25 9:00 Yoga 10:30 Strength Training 12:30 Bingo Yankee Pot Roast Au Jus	26 9:30 Van: Westgate/Riverside 8:30 Walking Club 9:30 Fun & Games 12:00 Quilting Group 12:45 COA Board Meeting LS Hot Dog/Bun	27 10:30 Yoga 11:00-noon Coffee with Kristin 11:30 Drop In Cards 12:30 Mah Jong Cold Plate: Cobb Salad, Green Salad/Drsg, Corn Salad	28 9:30 Van: Plaistow 8:30 Walking Club 9:30 Tai Chi 9:30 Knitting 10:45 Exercise with Leah 1:00 Stamps Birthday: Chicken Pot Pie

Fitness Center, COA Library, Pool table, Game Room & Computer Room are available daily. Grab & Go Lunch by reservation Monday through Thursday.



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.***

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

AgeSpan presents:

The Traveling Chef

A congregate dining experience (no take-out/delivery)

Mon. April 23, 2024 at noon.



The menu will feature Taco Bar:

Tomato Soup, Ground Beef/Chicken Strips, lettuce, tomato, salsa, shredded cheese, tortilla shells, Tres Leche Cake.

Deadline: Wed. March 20. Please RSVP as soon as possible by calling the COA at 978-352-5726.

Traveling Chef Upcoming Deadlines

Lunch

Apr. 23 Taco Bar
 May 14 Carving Station
 Jun. 11 Parmesan

Deadline

Mar. 20
 Apr. 23
 May 22

(Menus subject to change.)

"People who love to eat are always the best people."

~Julia Child

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Help us to serve you better

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.

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 in-formation is for internal use only and will not be shared.



March 2024

Georgetown Council on Aging

**Georgetown
Senior Community Center**

**51 North Street
Georgetown, MA 01833
(978) 352-5726**

Open:
Monday – Thursday 8:30 am – 4 p.m.

Georgetown COA Webpage is
located on the town's official website
www.georgetownma.gov.

Georgetown Council on Aging:

Director: Kristin Crockett

Office: Julie Pasquale, Adm. Asst./Newsletter
Kirsten Klueber, Outreach
Deborah DiGiulio, Program/Activities Assist.
Dave Hall, Van Driver

Meal Site Coordinator: Michelle Muise

Assistant: Esther Palardy

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Alternates: Jill Benas



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Robert Hoover, Select Board, Clerk
Rachel Bancroft, Select Board
Douglas Dawes, Select Board
Daryle Lamonica, Select Board

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 26, 2024**

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: When the Georgetown Schools are closed the Senior Center will be closed and activities are canceled. When the schools are delayed opening the Senior Center follows the delay plus one-half hour and any activities during the delay are canceled.