



Living Well Together



A Newsletter of the Georgetown Council on Aging

Volume 22/Issue 11

May 2021

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Director's Notes: As a young person, I was fortunate to live in the same community as my maternal grandparents. We were able to spend time together not just at the holidays but on a weekly basis. Lots of time spent in the garden & kitchen with my grandmother & lots of time in the yard or in the downstairs workshop with my grandfather. As we worked on projects or sat around the dining room table, they would often reflect on what life was like during the Great Depression & the years that surrounded World War II. They talked about different ways that the family coped during those difficult years. Making quilts out of worn clothes, crocheting potholders out of string that had been tied around packages, growing Victory gardens wherever they lived & putting up all sorts of produce for the winter, that was shared with family & neighbors. They also talked about how the communities in their small towns worked together through the Red Cross, community scrap metal collections for the war effort & church groups that would gather food baskets of produce & preserved items for families living with need. The years around the Great Depression & World War II were pivotal with personal loss, sacrifice & change for many. Filled with defining moments, those years built strength & resilience for both individuals & their communities. Never before have I understood how pivotal a period of time can be & the impact to the individual & society until this year. As we saw during other historically difficult years, our communities have come together to support each other through food programs, telephone calls, note cards, assistance with shopping & now volunteer efforts with the roll-out of the Covid-19 vaccine. Once again, we see people building strength & resilience & bringing joy to others during difficult times. Acknowledging the contributions that older Americans make to our society, the federal Administration on Aging (AoA) has selected "**Communities of Strength**" as the theme of this year's **Older Americans Month**. In selecting the theme, the AoA recognizes & validates the strength of older adults, "with special emphasis on the power of connection & engagement in building strong communities." In Georgetown, it is clear that older adults are committed to community life. Despite the on-going pandemic, you still serve in town government & local groups that serve community life. You connect with others & offer to drive friends & neighbors to medical appointments or to grocery stores. You deliver food, write notes & sometimes just sit & listen when friendship is the only answer to what is needed in that moment. Last year, 100 of you gave 3,000 hours of time to support the Council on Aging & the 2,062 elders that we serve together. The role that you play in our community is vital and significant. Although we can't celebrate Older Americans Month in person, we honor you all with this month's Sunshine Bags. To receive a bag filled with good wishes & some special treats, please call the COA at 978-352-5726.

COVID-19 Vaccine Update

- Local vaccination clinics through the **Lower Merrimack Valley Regional Collaborative** are now available. For information & assistance in scheduling, please call the Georgetown COA at 978-352-5726.
- The state **Vaccine Scheduling Resource Line** is available for individuals 16 years & older who are unable to schedule an appointment through the Internet. To schedule an appt. by phone, call **2-1-1** Mon – Fri. 8:30 a.m. – 5 p.m.
- Vaccine distribution in Massachusetts:** Preregister at VaccineSignUp.mass.gov to be notified when it's your turn to schedule an appointment at one of 7 mass vaccination locations. Use VaxFinder.mass.gov to search for appointments at pharmacies, health care providers, & other community locations
- The following **veterans** are now eligible to receive the COVID-19 vaccine by scheduling with the VA hospitals. Patients of the **Veterans Affairs** (VA) hospital system, Reserve, Guard, Public Health officers, NOAA, Coast Guard, Academy cadets. Spouses of Veterans (this includes a widow or widower of a Veteran) & Caregivers of Veterans. To schedule a vaccine appointment, eligible veterans can call the VA COVID-19 vaccine scheduling telephone lines at **781-687-4000**. Individuals must pre-register here: <https://www.va.gov/health-care/covid-19-vaccine/stay-informed>.

Thank you to the Carleton Fund



With deep appreciation, the Georgetown Council on Aging thanks the Trustees of the George H. Carleton Fund for their generous grant to the Georgetown Senior Community Center. Continuing Mr. Carleton's work and commitment to elders in the community, the grant is very meaningful to the Council on Aging and will be used to provide additional furnishings, outdoor seating and planting areas. Previously, the COA used the gift money to purchase the furniture for the reception area, the outdoor furniture, pool table and accessories along with plants, planters and food pantry items. We are very thankful for this wonderful gift.

Holiday Office Hours The COA office and all activities will be closed on Mon. May 31 (Memorial Day).

COA Thankful for Spring Donations

As a sweet bouquet of gratitude, the COA is thankful to Cub Scout Pack 50 Bear Den for their spring cards and origami that accompanied spring lunches. We also thank Nunan Florist & Greenhouses for their donation of seed packets for spring Sunshine Bags and First Congregational Church and individuals in the community for donations to the COA Marketplace and COA Donation Account.



Walking Club Resumes The Georgetown COA Walking Club will resume **Tuesdays & Thursdays, 8:30 a.m. starting May 4 and May 6.** Participants will meet outside the Georgetown Senior Community Center and choose a local walking route. Participants will wear masks, practice social distancing & bring their own water bottles. For information and to register, please contact the COA at 978-352-5726.

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 "All Things Aging" to learn about the NEET program.**

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 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. Available equipment includes: two stationary bikes, two treadmills, weights, stair-climber & a stationary recumbent bike. Call the COA for appointments (978-352-5726).

COA Marketplace

COA Marketplace offers V8 Juice, Easy Mac/Cheese (2 flavors), fruit cups, cereal, canned tuna/meats, a wide variety of soups & fun snacks. We also offer a variety of products including nonperishable food, toiletries, personal care items, paper items & dish/laundry detergent. We are now also able to provide some fresh foods (eggs, milk, fruit/vegetables...) & Market Basket or Crosby's Marketplace 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 The Traveling Chef meal is planned for **Wed. May 26.** We need to have a final count **before May 12** so **please RSVP as soon as possible.** The menu will feature Cobb Salad (Lettuce, Tomato, Cucumber, Chicken, Egg, Bacon), Pita, Strawberry Shortcake. To reserve a lunch, please call the COA at 978-352-5726.

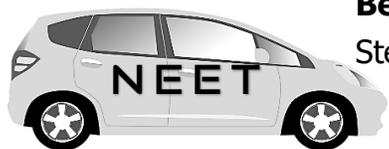
May Grab & Go Lunch Menu

Monday	Tuesday	Wednesday	Thursday
3 Chicken Piccata	4 Salisbury Steak	5 Beef Fajita	6 *MOTHERS' DAY SPECIAL*/Parmesan Chix
10 Eggplant Parmesan	11 Sweet/Sour Meatballs	12 Pot Roast/Gravy	13 Chicken Marsala/Mushrooms
17 Turkey Tetrazzini	18 Meatloaf/Gravy	19 Salmon Pie	20 Chicken Cordon Blue
24 Apple Pork	25 Chicken Pot Pie	26 *TRAVELING CHEF*	27 *BIRTHDAY LUNCH*/Turkey/Gravy
31 NO LUNCH/Holiday			

Do you have questions about your Stimulus Check? Call Customer Service at Massachusetts Dept. of Revenue. 617-887-6367

Meals On Wheels Drivers Wanted

Do you know anyone who would enjoy a rewarding part-time opportunity that changes people's lives? As a Home-Delivered Meals Driver in the Merrimack Valley and North Shore, you can truly make a difference in the lives of seniors in your community. We deliver meals Monday to Friday, 9:30 a.m. to 1:30 p.m. and are flexible to fit most schedules. You'll provide much more than a hot lunch and a ready-made dinner; you'll offer socialization and an informal wellness check. Applicants should have their own vehicle and a valid driver's license. Mileage stipend provided. If interested, please contact (978) 651-3017 or email danderson@esmv.org.



Northern Essex Elder Transport, Inc.
www.driveforneet.org

Be a spot of Brightness for a Senior! Volunteer to Drive.

Steer your Spot of Brightness to lighten the loneliness of homebound seniors.

Can you volunteer to drive 6 to 8 hours a month? Mileage reimbursement and supplemental insurance provided. Call 978-388-7474 to learn more about this flexible volunteer opportunity. Check out our website and review our volunteer driver testimonials.

May & June 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. ***Immunity Boosters & Busters*** will be presented on Wednesday May 5, 2-2:30 p.m. Register at bcbsma.info/May5. Learn which foods /lifestyle practices enhance immunity & which ones decrease your body's ability to fight infection/illness. ***Meditation for Busy Minds*** will be presented on Thursday May 27, 2-2:30 p.m. Register at bcbsma.info/May27. Learn what meditation is & how it works to quiet the mind. Practice simple meditation techniques during the webinar. New & experienced meditators welcome. ***Eight Happiness-Boosting Strategies*** will be presented on Tuesday June 8, 10-10:30 a.m. Register at bcbsma.info/June8. Explore the science behind what makes people happy. Learn eight simple happiness-boosting strategies you can apply in your life.

Downton Abbey Fans! watch this video to learn more about the residents of the Newport Mansions who were the American counterparts of the English elites depicted in Downton Abbey. Find out how and why they lived so extravagantly: <https://www.newportmansions.org/about-us/videos>

Cooking & Nutrition Video Series

The Massachusetts Councils on Aging is offering a free monthly video cooking & nutrition series. Hand-outs and resource lists for each class are available upon request. Contact Tara Hames at 413-926-2160 or email tara@mcoaonline.com. Use the following links to access the current videos.

- Cooking as Self Care-Bowl O' Goodness www.youtube.com/watch?v=UuUfKAPFrOE
- Cooking as Self Care-Fads & Myths www.youtube.com/watch?v=nWdp_ruTqNQ
- Cooking as Self Care-Diversity Eats www.youtube.com/watch?v=4srSrKpwVOc
- Cooking as Self Care-One Pot, One Pan www.youtube.com/watch?v=qAON3CEQpZo

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.

Incontinence Supply Donation: The Georgetown Council on Aging has received unopened packages of Chux, Bed Pads, & male/female incontinence garments. Contact the COA for more information or pick-up. 978-352-5726

ESMV to host Virtual Memory Café

Elder Services of Merrimack Valley will host a virtual Memory Café on **Tuesdays May 4 & May 18, 1 p.m. - 2 p.m.** The Memory Cafés offer online activity & social engagement for those living with memory loss & their caregivers on the 1st & 3rd Tuesdays of each month from 1 -2 p.m. For further information & to register, please call Lyn Brennan, 978-273-2501 or email 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.
- **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 Enjoy Boston Symphony Orchestra & Boston Pops performances from around the world, virtual tours backstage & interviews with musicians.
- **Trustees of Reservations** 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.

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: lbrennan@esmv.org

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) 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.

Sat. (through June 30) 9 a.m. - 1 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.

Presort Standard
U. S. Postage

PAID

PERMIT #39
Haverhill, MA

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

NEXT BOARD MEETING:
Tuesday May 25, 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.

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.

May Fun Page

Brighten-up your next family get-together with

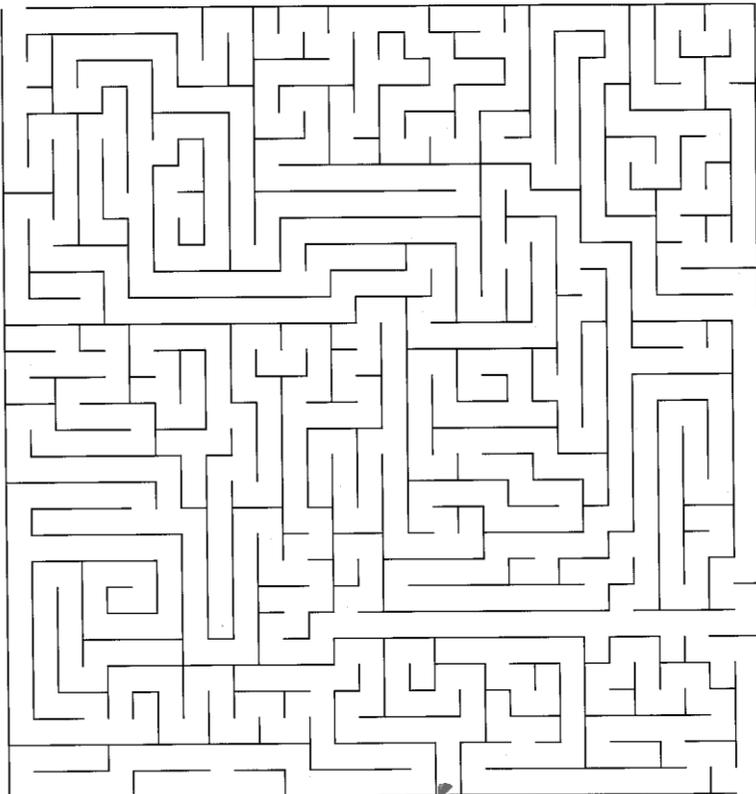
RUBY RASPBERRY SLAW

Ingredients: 2 c. shredded red cabbage ~ 2 c. shredded cabbage ~ 1 c. shredded carrots ~ 1/4 c. prepared raspberry vinaigrette ~ 3 T mayonnaise ~ pepper to taste ~ 1/2 c. fresh raspberries

In a large bowl, combine cabbage and carrots. In a small bowl, whisk vinaigrette, mayonnaise and pepper until blended. Add to cabbage mixture; toss to coat. Refrigerate, covered, 10 minutes. Top with raspberries.



Can you get the flag to the Parade Grounds before it's too late?



©www.BigActivities.com



Memorial Day Word Scramble

Unscramble the letters to find the Memorial Day words from the list below.

m e r m e b r e	_____
l s r w e o f	_____
a l t l y o	_____
e c e s r v i	_____
r c a e m a i	_____
n m m t i o u y c	_____
p a o t i r t	_____
c f i r c s e i a	_____
a r t v n e e	_____
d s e o s r l i	_____
d i l a o h y	_____
c e r e t m y e	_____

Word List

america	holiday	sacrifice
cemetery	loyalty	service
community	patriot	soldiers
flowers	remember	veteran

Note-Writing Project

There is nothing like a hand-written note to brighten your day! Join us for an on-going note-writing project this 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 has brought rays of sunshine & hope to both the recipients and the senders! For information, please call the COA at 978-352-5726.

B O O K B R E A K E R S

- 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.