



Living Well Together



A Newsletter of the Georgetown Council on Aging

Volume 23/Issue 11

Email: cfiorello@georgetownma.gov

May 2022

Website: www.georgetownma.gov

Director's Notes: As we celebrate the vital role that elders play in our communities during Older Americans Month, we will also celebrate the 57th anniversary of the Older Americans Act. Signed into law by President Johnson in July 1965, the Older Americans Act established our nationwide aging services network which funds services such as home-delivered and congregate meals, caregiver advice and support, community-based assistance programs, preventative health services and elder abuse prevention. The theme of this year's Older Americans Month – "Age My Way" recognizes the positive impact older adults have on our communities as they remain involved and connected while aging in place. By remaining active and engaged with others, all age groups are strengthened by the contributions of diverse ages and benefit from an age-friendly community. How we age in place is unique to the individual but the resources funded by the Older Americans Act and implemented by the aging services network support older adults in achieving the goal of living with maximum independence. My grandmother in Ontario set the model for me of how to "Age My Way." After my grandfather passed, she made the decision to sell their home but chose to remain in the town where she had been raised and that they had returned to in retirement. She selected a small apartment building that was located near the downtown area, church, family and grocery store. It also had an outdoor swimming pool and she swam as often as she could! She walked daily, attended church and participated in women's programs. The drive to her brother's farm was not far and those were some fun conversations to listen to! She planned her moves, kept engaged and connected with others and always remained strong in her faith. All that I could hope for her! In Georgetown, elders could be the model for others to "Age My Way." In Georgetown, it is clear that older adults are well-connected, offer creativity and contribute to this vital community which will continue to benefit the many generations to come. The contributions by older adults to life in Georgetown is evident in all aspects of town life as individuals serve on town boards and committees, in church and community groups, and maintain town properties. At the Senior Center, the contributions by many are seen as people volunteer as medical drivers, fold newsletters, volunteer in the office and help to organize programs and activities. Last year, 839 of you joined us 9,183 times for fitness classes, health screenings, health and community education, recreation, transportation or wellness programs. At the same time 42 of you gave the Georgetown COA more than 2,800 hours of volunteer service. Through that model, you have graciously showed us all the importance of social connection and contribution to community as each "Age My Way."



Older Americans' Month Celebration

Tuesday May 10 at 9:30 a.m.

GMHS Chorus

under the direction of Anne Grant provides a variety of musical styles and highlights the talents of our local students.

Light refreshments will be served.

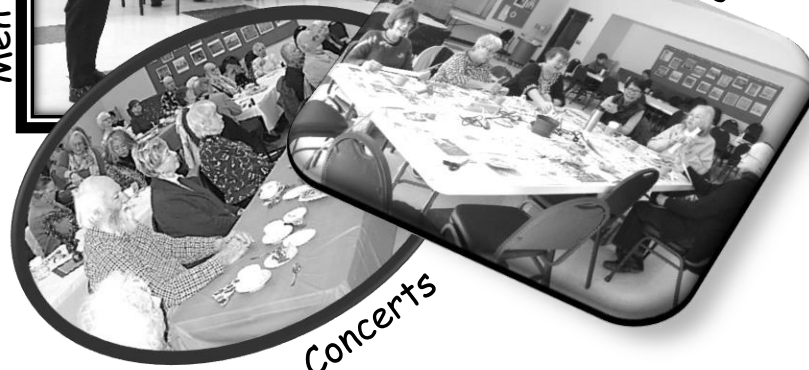
Seating is limited. Please make your reservations a.s.a.p. by calling the COA at 978-352-5726

Older Americans Month

Men's Breakfast



Crafts



Concerts

HOLIDAY HOURS: The COA office, Sr. Ctr. & all activities will be closed on Mon. May 30 (Memorial Day).

B P CLINIC: Wed. May 4, 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



MEN'S BREAKFAST:

Thurs. May 5, 9:30 a.m.

(Returns to regular time.) Join

GFD members for a discussion & 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. May 5, 10:30-11:30 a.m. Director Karen Tyler will be available to discuss issues and questions. Please contact the COA if you plan to attend. 978-352-5726

BINGO! Join us on **Mons. May 9 & 23, 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.

SHINE OFFICE HOURS: **Mon. May 16, 9 a.m.-noon**
SHINE Counselor Nancy Aberman will be here to answer health insurance questions. **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 make your appointment. If you cannot come to the scheduled hours, the COA can contact our SHINE counselor to make other arrangements for you. To schedule an appointment, call (978) 352-5726.

CONSTITUENT SERVICES: Representatives from the offices of Senator Bruce Tarr and Representative Lenny Mirra will hold monthly office hours on **Tues. May 17, 10:30-11:30 a.m.** Call for appointments.



APRIL BOOK CLUB

Join GPL Librarian Sarah Cognata **Tues. May 24**

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.

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 will meet on Monday May 23 at 1 p.m.

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.



**Spring Craft
Handprint Tulip Bouquet
Tue. May 17, 10 A.M.**

April showers bring May flowers. Join us as we create mini bouquets of paper Handprint Tulips.

Class size is limited. Please reserve your seat as soon as possible. 978-352-5726



Annual Town Meeting

**Monday, May 2, 2022
7 p.m. at GMHS**



Annual Town Election

**Monday, May 9, 2022
8 a.m. - 8 p.m.
Penn Brook School**



Spring is Here! Volunteer!

Become a volunteer driver and help seniors in your community.

You decide when and where to drive.
Mileage reimbursement provided.

Call NEET at 978-388-7474 or visit
www.driveforneet.org/volunteer to learn more.



Northern Essex Elder Transport, Inc.

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. Blue Cross Blue Shield membership is not required. ***Grub & Guts: Eating well for a Healthier Microbiome*** will be presented on Wed. May 11, 10-10:30 a.m. Register at bcbsma.info/May11. Learn about eating well for optimal intestinal health & a healthier microbiome. What is the microbiome? What foods support it or can be toxic for it? What is the link between fiber & colorectal health? Acquire strategies that can enhance your digestive health. ***Meditation for Busy Minds*** will be presented on Thurs. May 26, 2-2:30 p.m. Register at bcbsma.info/May26. Join us to learn what meditation is & how it works to quiet the mind. Practice simple meditation techniques during the webinar & discover free apps for creating an at-home practice. New & experienced meditators welcome. ***Nutrition Boosters & Busters for Longevity*** will be presented on Tues. June 7, 2-2:30 p.m. Register at bcbsma.info/Jun7. Learn which dietary practices lead to a long life of vitality & optimum health across the world, and which practices work against long-term health. ***Yoga Chair stretches & Guided Relaxation Practice*** will be presented on Wed. June 22, 10-10:30 a.m. Register at bcbsma.info/Jun22. Join us to practice stress-relieving yoga chair stretches to ease tight muscles in your neck, shoulders & back, followed by a 10-minute guided meditation. No previous experience is necessary.

Supplemental Nutrition Assistance Program (SNAP) Update

Beginning in March 2022, approximately 200,000 households received an increase in their monthly SNAP benefits to reflect increased consumer costs this winter. The Commonwealth received federal approval to adjust the average state utility costs used to calculate SNAP benefit amounts, which will result in an average increase of \$8 in SNAP households' monthly benefits. The adjustment is expected to bring an estimated \$1.4 million into the state, supporting families and the local economy. For further information on SNAP & food resources, call the COA at 978-352-5726.

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 & Leah Miller

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.

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! Donated by AgeSpan, the Georgetown COA has free test COVID-19 test kits available to share with local elder households. Each household can also receive four free COVID-19 at-home test kits shipped directly to their home at no cost. Visit www.COVID19tests.gov 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](https://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@agespan.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@agespan.org

Savvy (Dementia) Caregiver

Healthy Living Center of Excellence ongoing schedule of classes.

Contact Crystal Polizzotti: cpolizzotti@agespan.org

Grandparents Raising Grandchildren

1st Thurs. of the month, 11 a.m.-12 p.m.

Contact Cindy Hession-Richard: chession@agespan.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@agespan.org



Georgetown Senior Community Center Recipe Collection

We need your help!

A cookbook is only as good as the recipes it contains...and we know that they're out there!

Everyone is welcome to participate in the recipe round-up. Tell your friends & family.

- Recipes will be professionally bound into a book.
- There is no limit to the number of submissions.
- (Anyone submitting a recipe will receive a discount on the purchase of a cookbook.)
- Recipes will be collected up until July 31, 2022.
- Pricing is to be determined at a later time.
- Tentative release date: Late fall (Oct./Nov.)

Submit clearly printed/typed recipes (forms available) to Darcy Norton, c/o GCOA or email tbirddarcy@gmail.com

National Hamburger Day ~ May 28



Go Wild! Give one of these combos a try.

California Burger: Sliced Avocado + Pico de Gallo

Nacho Burger: Guacamole + Pico de Gallo + Tortilla Chips

Reuben Burger: Sauerkraut + Russian Dressing

Fiesta Burger: Guacamole + Queso Dip

Buffalo Burger: Buffalo Wing Sauce + Crumbled Blue Cheese

Mango Mania: Mango Salsa

Steakhouse Burger: Caramelized Onion + Swiss + Potato Sticks

Spicy Corn Burger: Mayo + Hot Sauce + Grilled Corn

Cheese Lover's: Mac & Cheese + Cheetos + Cheddar

Breakfast Burger: Fried Egg + Bacon + Hash Browns

Caesar Burger: Romaine + Parmesan + Caesar Dressing

Greek Burger: Grilled Eggplant + Tzatziki Sauce

Thai Mango Burger: Peanut Sauce + Mango + Cilantro

Rome Burger: Tomato + Artichoke Hearts + Fresh Basil

Hummus Burger: Hummus + Grilled Peppers

Other topping suggestions:

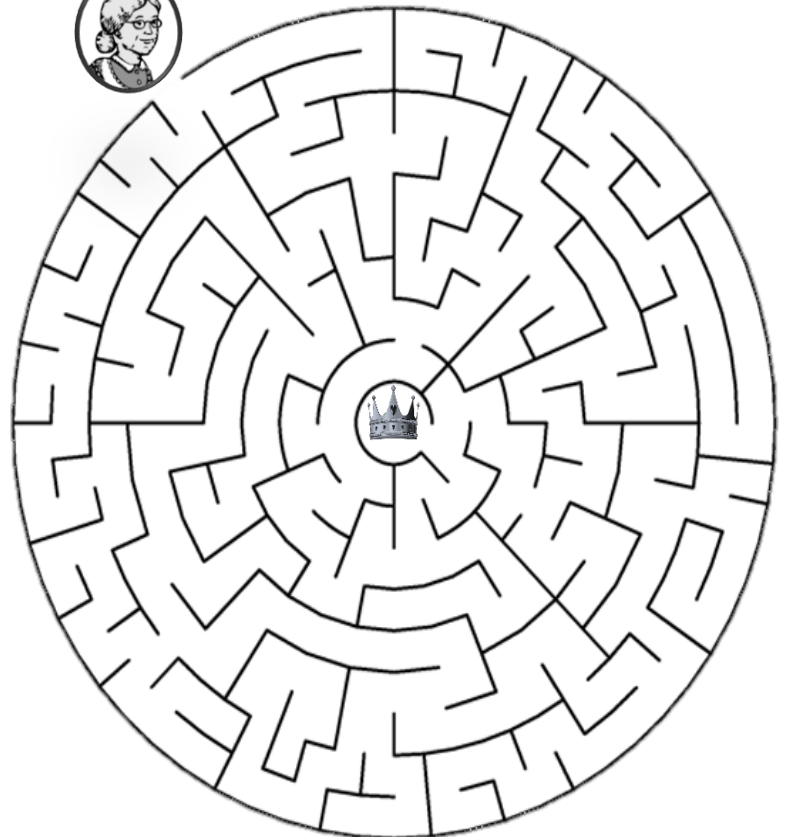
Brie & Sliced Apples ~ Brie & Apricot Jam ~ Mango Salsa ~

Caramelized Onions & Mushrooms ~ Fresh Herbs ~ Cheese

Combos ~ Doritos ~ Fritos ~ Crushed Red Pepper Flakes

May Fun Time

Mom deserves to be treated like royalty. Help her get through the maze of daily life to find her golden crown.



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 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

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

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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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 24, 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.

MAY CALENDAR 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
2 9:00 Yoga 10:30 Strength Training	3 No Shopping Van—Brown Bag 8:00 Pickle Ball 8:30 Walking Club	4 Blood Pressure Clinic/Appt. only 10:30 Yoga 12:30 Mah Jong	5 9:30 Van: Plaistow 8:30 Walking Club 9:30 Tai Chi 9:30 Men's Breakfast 9:30 Vet. Agent Office Hrs. 11:15 Exercise with Leah
9 9:00 Yoga 10:30 Strength Training 12:30 Bingo	10 9:30 Van: Riverside 8:00 Pickle Ball 8:30 Walking Club 10:00 GMHS Concert 12:00 Quilting Group	11 10:30 Yoga 12:30 Mah Jong	12 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
16 SHINE/appt. only 9:00 Yoga 10:30 Strength Training	17 9:30 Van: Riverside 8:00 Pickle Ball 8:30 Walking Club 10:00 Handprint Lily Craft 10:30 Constituent Services	18 Traveling Chef 10:30 Yoga 12:30 Mah Jong	19 9:30 Van: Plaistow 8:30 Walking Club 9:30 Tai Chi 11:15 Exercise with Leah
23 9:00 Yoga 10:30 Strength Training 12:30 Bingo 1:00 Friends of COA meeting	24 9:30 Van: Riverside 8:00 Pickle Ball 8:30 Walking Club 12:00 Quilting Group 12:45 COA Board Meeting 2:00 Book Club	25 10:30 Yoga 12:30 Mah Jong	26 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
30 <div>CLOSED: Memorial Day</div>	31 9:30 Van: Riverside 8:00 Pickle Ball 8:30 Walking Club	June 1 10:30 Yoga 12:30 Mah Jong	June 2 9:30 Van: Plaistow 8:30 Walking Club 9:30 Tai Chi 9:30 Men's Breakfast 9:30 Vet. Agent Office Hrs. 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 Wed. May18. Please RSVP as soon as possible. The menu will feature **Chicken Fajitas (Chicken-Peppers-Onions), Tortilla, Spanish Rice, Corn-Black Beans-Red Onions Salsa, Tres Leches Cake.** To reserve a lunch, please call the COA at 978-352-5726.

May Grab & Go Lunch Menu

Monday	Tuesday	Wednesday	Thursday
2 Salisbury Steak/Gravy 9 Chix/Broccoli Alfredo 16 Pulled BBQ Pork/Bun 23 Grilled Chix/Marsala 30 NO LUNCH/Mem. Day	3 Chix Strips/Balsamic Glaze 10 Roast Turkey/Gravy 17 Honey Mustard Chix Bites 24 Salmon Pie 31 LS Hot Dog/Bun	4 Cheese Ravioli/Marinara 11 Pepper Steak Sub 18 *TRAVELING CHEF* - see above 25 Turkey Gobbler Sandwich	5* SPECIAL* Asparagus/Tom./Broccoli Frittata 12 Fish Fillet/Bun 19 *BIRTHDAY* Beef Stew 26 American Chop Suey

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

•Ad page filler

Why do I need Prescription Advantage?

“Why do I need Prescription Advantage?” This question is often asked. Many say, “I don’t need it. I already have a Medicare Part D plan” or “I have coverage from my former employer.” Even with Part D or other coverage, **there are many reasons to join Prescription Advantage, including:**

- **It does not replace your existing coverage, it supplements it;**
- **It can lower your co-pays if you reach that coverage gap, also known as the “donut hole”;**
- **It allows you to change your Medicare plan outside of Medicare’s open enrollment;**
- **At certain income levels it’s FREE!**

Prescription Advantage also provides benefits for individuals age 65 and older who are not eligible for Medicare, as well as those under age 65 with a qualified disability.

Find out how Prescription Advantage can help you by **calling 1-800-243-4636** or visiting www.prescriptionadvantagemma.org

Prescription Advantage is administered by the Commonwealth of Massachusetts Executive Office of Elder Affairs.