



# Living Well Together



A Newsletter of the Georgetown Council on Aging

Volume 24/Issue 11

Email: [cfiorello@georgetownma.gov](mailto:cfiorello@georgetownma.gov)

May 2023

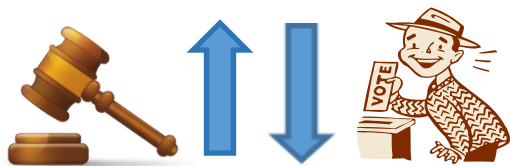
Website: [www.georgetownma.gov](http://www.georgetownma.gov)

**Director's Notes:** I am fortunate to have cousins who are now in their 90s but leading remarkable & independent lives in their communities in Canada. They remain connected to family & friends & are still committed community activities often through their church. Faith is central to their lives & they continue to participate in community meals, church fairs & other community organizations. One of my cousins is very involved in historical activities in their town including the portrayal of local historical characters. He recently led extensive work to reopen a historic railroad tunnel in town which is now an important component of tourism in the city. He also grows tree saplings that he donates & plants as shade trees in local cemeteries. On my husband's side of our family, our dear sister-in-law is in her 90s & living independently in a New Jersey community where she is actively engaged in community-wide activities. During two family weddings this winter, she was the center of attention on the dance floor! My family members exemplify the benefits of remaining engaged, independent & inclusive in their lives. They have shaped my thinking about aging & provided me with goals for how I hope to age. Acknowledging the contributions that older Americans make to our society, the federal Administration on Aging (AoA) has selected **"Aging Unbound"** as the theme of this year's **Older Americans Month**. In selecting this year's theme, the AoA recognizes & validates the strength of older adults, "offering an opportunity to explore diverse aging experiences & discuss how communities can combat stereotypes." In Georgetown, it is clear that older adults are committed to their role in community life. Choosing to remain engaged, independent & connected to others, older adults in Georgetown serve in town government & local community groups. 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. You travel, exercise together, attend well-being programs & participate in programs designed to encourage independence. Last year, 52 of you gave 2,225 hours of time at a value of \$34,527 to support the Council on Aging & the 2,303 older adults that we serve together. The role that you play in our community is vital & significant. Along with our typical activities, we celebrate Older Americans Month with a special Memory Café, Elder Law Program, Protective Service Presentation & a special Music Bingo. You inspire, support & encourage us on a daily basis & we honor the contributions that you provide us all.

## Annual Town Meeting

Monday, May 1, 2023

7 p.m. at GMHS



## Annual Town Election

Monday, May 8, 2023

8 a.m. - 8 p.m.

Penn Brook School

## AgeSpan to Sponsor Traveling Memory Café

Tues. May 2 ~ 10:30 a.m. to 12 p.m.

Planned for individuals living with memory disorder and their care partners, AgeSpan will provide a special **Memory Café Tuesday May 2, 10:30 a.m.- 12 p.m.** at the Georgetown Senior Community Center. In honor of Mothers' Day, the Memory Café will feature a program on TV Moms presented by musician Mike Pascarella.

Memory Cafes are a welcoming, judgment-free zone for individuals with Alzheimer's disease, forms of dementia, or other brain disorders. The Café includes the participation of the care partner as well, for a shared experience. Contact Lyn Brennan, Family Caregiver Support Program Specialist, at 978-946-1368 or [lbrennan@agespan.org](mailto:lbrennan@agespan.org) to register.

**HOLIDAY HOURS:** The COA office, Sr. Ctr. & all activities will be closed Mon. May 29 (Memorial Day).

**B P CLINIC:** Wed. May 3, 9:30-10:40 a.m. & Wed. May 31, 9:30 will replace the June clinic.

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 4 at 9:30 a.m.**  
**Selectmen Gary Fowler & Doug Dawes** will be on hand to discuss

town projects, issues, Q &A.

Continued thanks to Crosby's for their support of this program.

**VETERAN'S SERVICES OFFICE HOURS:**

**Thurs. May 4, 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 8 & 22, 12:30 p.m.** Bingo is usually played twice a month. **Cost: \$2 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 Rep. Kristen Kassner will hold monthly office hours on **Tuesday, May 16, 10:30--11:30 a.m.** **Ruby Murphy** from U.S. Rep. Seth Moulton's office will be here **Tues. May 16 at 1 p.m.** Call for appointments.

**SHINE OFFICE HOURS:** Mon. April 24

**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 schedule your appointment. To schedule an appointment, call (978) 352-5726.



Join GPL Librarian Sarah  
Cognata Tuesday,

**May 23, 2023. "The Forest of Vanishing Stars"**  
**by Kristin Harmel.** 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.



## May Craft Postage Stamp Bookmarks

**Tues. May 9 - 10:00 a.m.**

Space is limited. Reserve your seat as soon as possible.

978-352-5726

\*Actual craft may differ slightly.



### Keller Williams sponsors Day of Service

Keller Williams will sponsor **Red Day** as their annual day of service on **Thursday May 11.** This year, the local real estate group has offered to provide local older adults with free yard work and assistance with spring planting. To register, please call the COA at 978-352-5726.



## May Lunch & Learn Tues. May 16

Lunch @12 p.m. Program @ 1 p.m.

*Join  
us!*

For AgeSpan's  
**Traveling Chef Luncheon**  
(See menu on page 7.)

Followed by an important program on

## Scams & Fraud

**GPD Det. Sgt. Matt Carapeallucci &  
Det. Heather Lefebvre**

will present important information regarding fraud prevention and staying safe from scams that often target older adults.

**Seats are limited and reservations must  
be made before Wed. May 3.**

**978-352-5726**

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**Atty. Jason Ebacher presents an  
Elder Law Program  
Wed. May 17 1 p.m.**

Topics include:

- \*Durable Power of Attorney
- \*Health Proxies
- \*Estate planning

For more info or to sign-up, call the COA at  
978-352-5726.

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**Music Bingo scheduled May 30**



Join us for an afternoon of fun when the Friends of the Georgetown Council on Aging present a free **Music Bingo Tuesday May 30, 1 p.m.** at the Georgetown Senior

Community Center. The interactive program will feature music, bingo, prizes and refreshments. To register for the program, please call the COA at 978-352-5726.



**QUILTING GROUP:** Terry Palardy facilitates the group which meets on the 2<sup>nd</sup> and 4<sup>th</sup> 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 **2<sup>nd</sup> and 4<sup>th</sup> Thursdays of the month at 9:30 a.m.** For more information, contact the COA at 978-352-5726.

**STAMP CLUB:** 2<sup>nd</sup> & 4<sup>th</sup> 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 3<sup>rd</sup> Tuesday of each month at 1 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.

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**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 10:45 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 the Massachusetts Department of Public Health, the Georgetown COA has free test COVID-19 test kits available to share with local households. For information, please call 978-352-5726.



## 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](http://www.driveforneet.org/volunteer) to learn more.



Northern Essex Elder Transport, Inc.

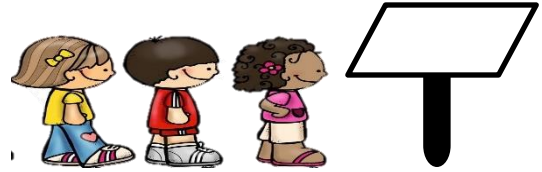
### **COA Marketplace**

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...) & 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.**



### **Community Behavioral Health Centers**

As a Community Behavioral Health Center (CBHC), Eliot's CBHC serves residents in 25 North Shore communities including Georgetown at their location at 10 Harbor Street in Danvers. CBHC serve as a single entry point for timely high-quality, mental health and substance use disorder for youth, families and adults 24 hours per day/seven days per week. People with Mass Health are eligible to receive all CBHC services. Children, adults and families with other health insurance or no health insurance can receive urgent and emergency care. CBHC services include urgent and emergency behavioral health services, crisis stabilization, care coordination with primary care, individual and family therapy services, group therapy, Medication Assisted Therapy and psychopharmacology. For further information, call Eliot-CBHC at 888-769-5201.



### ***StoryWalk® Grand Opening*** **Georgetown Peabody Library** **Celebration Planned**

Celebrate the opening of the permanent **StoryWalk®** at the Georgetown Peabody Library **on Sat. May 6, 10 a.m.** with a ribbon cutting, refreshments, children's author talks, and the opportunity to travel the new StoryWalk® path. Thanks to all those who helped the Friends of the Library to fund this great resource!

### **Support Groups Available**

**Virtual Caregivers Caring for those with Memory Loss:** Tuesdays (1<sup>st</sup> and 3<sup>rd</sup> of the month), 5:30 – 7:30 p.m. Contact: Cindy Hession Richard ([chession@agespan.org](mailto:chession@agespan.org)) 1-800-892-0890

**In-Person Support Group:** Thursdays (3<sup>rd</sup> of the month) at The Linden at Danvers, 220 Conant St. Danvers, MA, 5-6:30 p.m. Contact: Crystal Polizzotti ([cpolizzotti@agespan.org](mailto:cpolizzotti@agespan.org)) 1-800-892-0890

**Virtual General Caregiver Support:** Thursdays (3<sup>rd</sup> of the month) 1-2 p.m. Contact: Lyn Brennan ([lbrennan@agespan.org](mailto:lbrennan@agespan.org)) 1-800-892-0890

**Memory Cafes:** 1<sup>st</sup> Tuesday of the Month. Contact: Lyn Brennan ([lbrennan@agespan.org](mailto:lbrennan@agespan.org)). Join on your computer or mobile device. A Memory Café is a welcoming judgment free zone for individuals with Alzheimer's Disease or other forms of dementia or other brain disorders. Memory Cafes are designed to include the care partner as well for a shared experience. 1-800-892-0890



## 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 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



## Sudoku

|   |   |   |  |   |   |   |   |   |
|---|---|---|--|---|---|---|---|---|
| 1 |   |   |  | 7 | 2 | 8 |   |   |
|   |   | 4 |  |   | 1 |   |   |   |
|   |   |   |  | 4 |   |   | 5 | 7 |
|   | 2 |   |  |   | 4 |   |   |   |
| 4 |   | 3 |  | 1 |   |   |   | 8 |
| 5 |   | 6 |  |   | 8 | 7 |   | 4 |
|   |   |   |  |   | 3 | 6 |   |   |
| 3 | 8 |   |  |   | 5 |   |   |   |
| 7 |   | 2 |  |   |   |   |   |   |

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Northern Essex Elder Transport, Inc.

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# MAY CALENDAR 2023

| MONDAY                                                             | TUESDAY                                                                                                                                                                                                                                               | WEDNESDAY                                                                                                          | THURSDAY                                                                                                                                                                           |
|--------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>1</b><br>9:00 Yoga<br>10:30 Strength Training                   | <b>2 Van: 9:30 Brown Bag 12:00 Riverside</b><br>8:30 Walking Club<br>8:30 Pickle Ball<br>10:30-12 pm Memory Cafe                                                                                                                                      | <b>3 BP Clinic</b><br>8:30 Beginner's Pickleball<br>10:30 Yoga<br>12:30 Mah Jong                                   | <b>4</b><br><b>9:30 Van: Plaistow</b><br>8:30 Walking Club<br>9:30 Tai Chi<br><b>9:30 Men's Breakfast</b><br><b>10:30 Vet. Agent Office Hours</b><br>10:45 Exercise with Leah      |
| <b>8</b><br>9:00 Yoga<br>10:30 Strength Training<br>12:30 Bingo    | <b>9</b><br><b>9:30 Van: Westgate/Riverside</b><br>8:30 Walking Club<br>8:30 Pickle Ball<br><b>10:00 Postage Stamp Bookmrk</b><br>12:00 Quilting Group                                                                                                | <b>10</b><br>8:30 Beginner's Pickleball<br>10:30 Yoga<br>12:30 Mah Jong                                            | <b>11</b><br><b>9:30 Van: Plaistow</b><br>8:30 Walking Club<br>9:30 Tai Chi<br>9:30 Knitting Club<br>10:45 Exercise with Leah<br>1:00 Stamp Club                                   |
| <b>15 SHINE/appt. only</b><br>9:00 Yoga<br>10:30 Strength Training | <b>16 Traveling Chef</b><br><b>9:30 Van: Westgate/Riverside</b><br>8:30 Walking Club<br>8:30 Pickle Ball<br><b>10:30 Constituent Services</b><br><b>1:00 Fraud/Scams Program</b><br><b>1:00 US Rep. S. Moulton Office Hrs.</b><br>1:00 Friends of COA | <b>17</b><br>8:30 Beginner's Pickleball<br>10:30 Yoga<br>12:30 Mah Jong<br><b>1:00 Elder Law Program</b>           | <b>18</b><br><b>9:30 Van: Plaistow</b><br>8:30 Walking Club<br>9:30 Tai Chi<br>10:45 Exercise with Leah                                                                            |
| <b>22</b><br>9:00 Yoga<br>10:30 Strength Training<br>12:30 Bingo   | <b>23</b><br><b>9:30 Van: Westgate/Riverside</b><br>8:30 Walking Club<br>8:30 Pickle Ball<br>12:00 Quilting Group<br><b>12:45 COA Board meeting</b><br><b>2:00 Book Club</b>                                                                          | <b>24</b><br>8:30 Beginner's Pickleball<br>10:30 Yoga<br>12:30 Mah Jong                                            | <b>25</b><br><b>9:30 Van: Plaistow</b><br>8:30 Walking Club<br>9:30 Tai Chi<br>9:30 Knitting Club<br>10:45 Exercise with Leah<br>1:00 Stamp Club                                   |
| <b>29</b><br><b>CLOSED: Memorial Day</b>                           | <b>30</b><br><b>9:30 Van: Westgate/Riverside</b><br>8:30 Walking Club<br>8:30 Pickle Ball<br>12:00 Quilting Group<br><b>1:00 Music Bingo</b>                                                                                                          | <b>31 BP Clinic</b><br><b>(Replaces June Clinic)</b><br>8:30 Beginner's Pickleball<br>10:30 Yoga<br>12:30 Mah Jong | <b>June 1</b><br><b>9:30 Van: Plaistow</b><br>8:30 Walking Club<br>9:30 Tai Chi<br><b>9:30 Men's Breakfast</b><br><b>10:30 Vet. Agent Office Hours</b><br>10:45 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.



**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.\***



AgeSpan presents:  
**The Traveling Chef**  
 A congregate dining experience  
 (no take-out/delivery)

**Tues. May 16 at noon.**

The menu will feature **Roast Turkey & Roast Beef, potatoes, vegetables, Chocolate Mousse & snowflake roll.** Please RSVP as soon as possible by calling the COA at 978-352-5726.

## May Grab & Go Lunch Menu

| Monday                          | Tuesday                             | Wednesday          | Thursday                               |
|---------------------------------|-------------------------------------|--------------------|----------------------------------------|
| 1 Stuffed Shells/Marinara sauce | 2 Grilled Chicken/Bourbon sauce     | 3 Beef stew        | 4 Cobb Salad                           |
| 8 Pepper Steak/sub roll         | 9 Salmon/Teriyaki sauce             | 10 BBQ Pork Riblet | 11 <b>Special:</b> Chicken Cordon Bleu |
| 15 Chicken Meatballs/Marinara   | 16 <b>Traveling Chef: See Above</b> | 17 Frittata        | 18 Roast Turkey                        |
| 22 Pork Roast                   | 23 Ravioli/Vodka Sauce              | 24 Cold Plate ***  | 25 <b>Birthday:</b> Meatloaf           |
| 29 <b>No Meal: Memorial Day</b> | 30 Lemon Chicken Pasta              | 31 L.S. Hot dog    |                                        |

\*\*\* (Chicken Salad, Garden Salad/Dressing, Orzo Salad)

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



Georgetown Council on Aging  
51 North Street  
Georgetown, MA 01833

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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## Return Service Requested

**May 2023**

### Help us to serve you better

In order to make our records more complete & to assist in client contact, the COA is asking people to **send us your email addresses.** This information is for internal use only and will not be shared.



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

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

**Georgetown**  
**Senior Community Center**  
**51 North Street**  
**Georgetown, MA 01833**

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

### **PUBLIC NOTICE**

C.O.A. board meetings are open to the public. They are held at **12:45 p.m.** on the 4<sup>th</sup> Tuesday of each month at **Georgetown Sr. Community Center 51 North Street, Georgetown**

**NEXT BOARD MEETING:**  
**Tuesday May 23, 2023**

### **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, Martha Lucius

Esther Palardy, Jean Perley,

Diane Prescott, Jeanne Robertson

**Alternates:** Susan Gardiner

### **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

Daryle Lamonica, Select Board

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

**Council on Aging Mission Statement:** The main objectives of the Georgetown Council on Aging are to advocate on behalf of older adults, to identify their needs, to develop and implement services to meet their health, economic, social and cultural needs, to encourage maximum independence and to improve their quality of life.

**Inclement Weather Policy:** The Georgetown Council on Aging and Senior Center will be open for business in inclement weather unless all Georgetown town offices are closed. If the Georgetown Public Schools are closed, there will be no van rides or NEET rides, and all COA activities/programs will be cancelled. If the AgeSpan Lunch Programs are closed, there will be no home delivered meals or lunches served at the Georgetown Senior Community Center.