



A FEW GRAY HAIRS



A Newsletter of the Georgetown Council on Aging

Vol. 19/Iss. 5

November 2017

Email: cfiorello@georgetownma.gov

Website: www.georgetownma.gov

Director's Notes... Growing up, holidays were spent at my grandparents in Ontario or at home with my parents here in the states. In both settings, holiday meals were a lovely event that featured beautifully set dining room tables with carefully browned turkeys at Thanksgiving, roast beef at Christmas and ham (with the bone in for pea soup later) at Easter. Mashed potatoes accompanied the turkey, roast potatoes went along with the roast beef and no ham could be served without scalloped potatoes. Apple, pumpkin and mince meat pies appeared at all of the holiday meals but plates of buttery shortbread cookies were always part of Christmas dinner. All of the dishes, including the dinner plates, arrived hot to the dining room table. Although there were no dishwashers in either kitchen for many years, there were no stacks of dirty dishes in the sink or on the counter. As a child, it seemed like magic. All we had to do was play quietly while the house filled with wonderful scents and then arrive at the table in good clothes and with clean hands! After our children were born, I decided that I should really know how to do a few of these things. I bought a turkey on sale after Thanksgiving and decided that we would have a second Thanksgiving at home. The turkey took several days to defrost which gave me time to check with my father about how to make the stuffing and ask my grandmother for her pie crust recipe. That morning, I started the turkey before breakfast and sat down for a bowl of oatmeal feeling very pleased with myself. "What is that smell?" my husband asked as he came into the kitchen. "Turkey!" I happily responded. "Did you take out the giblets?" he asked as he pulled the prize bird out of the stove. Indeed, I had taken out the neck but had not removed the giblets from the turkey's cavity! The offensive giblets were removed and the turkey began to produce a far more acceptable aroma. Vegetables were cooked, pies warmed and children dressed in clean clothes. There were a few dishes left in the sink and the children didn't play all that quietly but there was plenty to eat and our family was gathered. Perfect way to spend a second Thanksgiving! Wishing all of you a happy Thanksgiving with more than one day of celebration!



Georgetown COA to host

Open Enrollment Event

Join us on

Tuesday Nov. 14, 9 a.m. – 2 p.m.

Georgetown Senior Community Center

SHINE counselors will be on hand to provide clients with 2018 Medicare information in order to compare the new information with their current plans. **Please bring your Medicare card, current insurance cards & current list of medications.** Call early to make your appointment and to receive a pre-enrollment form.

For further information, please call 978-352-5726.



Annual Flu Shot Clinic

Wed. Nov. 1 9:30 - 11 a.m.

Georgetown Senior Community Ctr.

- Pre-registration **IS NOT** required for the clinic.
- **Priority is given** to individuals 50 years & older & those with medical conditions that may put them at risk for complications of the flu.
- Individuals over 19 years may come to the clinic at 10:30 a.m.
- **Please bring your health insurance cards to the clinic.** The COA can photocopy health insurance cards in advance of the clinic.
- **Please wear a sleeveless or loose fitting short-sleeved shirt.**
- The Quadrivalent (4 strain) flu vaccine is provided by the Georgetown Board of Health.
- The Flu Clinic is sponsored by the COA & the Georgetown Board of Health.
- For further information, please call the COA at (978) 352-5726.

The COA and all activities will be closed on Thursday, November 23 for Thanksgiving Day.

"A Few Gray Hairs" Newsletter is made possible by a grant from the Massachusetts Executive Office of Elder Affairs.

November Activities

ALL ACTIVITIES ARE HELD AT GEORGETOWN SENIOR COMMUNITY CENTER UNLESS OTHERWISE NOTED.



CALL US AT 978-352-5726.



N O V E M B E R V A N S C H E D U L E 2 0 1 7

Shopping Date	Location	Recreation Date	Location
Nov. 7	NO VAN – Brown Bag Only	Nov. 2 9:30	Super Walmart/Salem, NH
Nov. 14 9:30	Rowley	Nov. 9 10:30	Plaistow, NH
Nov. 21 9:30	Seabrook, NH	Nov. 16 10:30	North Shore Mall/Peabody
Nov. 28 9:30	Plaistow, NH	Nov. 23 10:30	NO VAN – Thanksgiving Day
		Nov. 30 10:30	Westgate/Haverhill

JOIN US MONDAY – THURSDAY MORNINGS from 8:30-11 a.m. for cards and cribbage games! Puzzles, coloring materials & a pool table (call for availability) are also available for drop-in use. Hot coffee and snacks are a great way to meet-up with friends!

PUBLIC HEALTH NURSE: Due to the scheduled Nov. 1 Flu Shot Clinic, Public Health Nurse Pam Lara will **NOT** be available this month to provide regular monthly health check-ups. Barbara Muse, R.N., a visiting nurse, is also available for Trestle Way residents in their Community Building on the first Wednesday of each month from 12 - 2 p.m.

MEN'S BREAKFAST: Thurs. Nov. 2, 9:30 a.m.
Join Karen Tyler, Dir. Veterans' Services for a discussion of current veteran issues. With great appreciation, the COA thanks Crosby's Markets for their sponsorship. To make reservations, call 978-352-5726. Next breakfast: Dec. 7. Speaker: Rev. Dr. Bill Boylan

SHINE OFFICE HOURS: Mon. Nov. 6, 9-11 a.m.
(Note: Day change for November only.)
SHINE Counselor Jerry Goldberg will be here to answer health insurance questions. **APPOINTMENTS MUST BE SCHEDULED THROUGH THE COA OFFICE.** 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.

Local Legislators' Office Hours

State Rep. Lenny Mirra & Senator Bruce Tarr, or their representatives, will be on hand at the **Georgetown Senior Community Center** to meet with constituents to answer questions, hear comments or provide assistance. The next scheduled office hours for both will be:

Tues. November 14
11 a.m. - noon

The public is welcome. No appointment necessary. If you cannot come to the Center, both legislators can be contacted through the email addresses below.

Rep. Lenny Mirra: Leonard.Mirra@MAhouse.gov
Sen. Bruce Tarr: Bruce.Tarr@masenate.gov

For more information, contact the COA at 978-352-5726.

SIMONS & GOODWIN CONCERT:

Tues. Nov. 7, 10 a.m. (See page 3.)

OPEN ENROLLMENT EVENT:

Tues. Nov. 14, 10 a.m. (See page 1.)

ESMV SR. MEDICARE PATROL PROGRAM:

Thurs. Nov. 16, 10 a.m. (See page 6.)

RUSS MCQUEEN CONCERT:

Wed. Nov. 29, 10 a.m. (See page 3.)



NOVEMBER BIRTHDAY: Wed. Nov. 29, 12:00 p.m.

Help us as we send best wishes to our friends who were born in November. Birthday celebrants will receive a free lunch (everyone else is \$2). Lunch reservations are required. **RSVP before 11/22/17 to assist with planning.** To make reservations, please call the COA office at (978) 352-5726. *****Come early (10 a.m.) to see Russ McQueen in concert!*****

FRIENDS OF THE GEORGETOWN COA meetings...

Friends will meet at **2 p.m.** at Georgetown Senior Community Center **on Tues. Nov. 14.** The public is welcome.

Free Legal Help offered by Atty. Elaine Dalton

Tues. Nov. 28, 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

Health & Wellness Classes

All classes are held at Georgetown Senior Community Center
unless otherwise noted.

Newcomers & beginners welcome.

There is a SUGGESTED DONATION of \$3.00 per class.

Class	Meets on	Time
Yoga (Bring a mat or towel)	Mondays	10:30 a.m.
	Wednesdays	9:30 a.m.
Strength Training	Tuesdays	8:45 a.m.
Tai Chi	Thursday	12:30 p.m.
Fitness Room	Mon. – Thurs.	Call for equip. Availability



B	I	N	G	O
12	21	38	49	63
Georgetown Senior Center		40	Trestle Way Community Room	
Every Monday at 12:30 p.m.	Cost: \$1.00/card covers up to 9 Games	Free Space	1st & 3rd Wednesdays each month at 1:00 p.m.	Cost: 50¢ & 75¢ per game.
For more info, call (978) 352-5726		33	Contact: GHA (978) 352-6331	
2	29	45	50	72



Russ McQueen In Concert

Wed. Nov. 29, 10 a.m.

An annual favorite ~ A concert of Timeless Favorites

For more information or to sign-up,
contact COA at (978) 352-5726.

But, wait! There's more!

Make a morning of it and join us for the
November birthday lunch at noon!
(See details on page 2.)



This program is supported in part by a grant from the Georgetown Cultural Council, a local agency which is supported by the Massachusetts Cultural Council, a state agency.

Bob Simons & Renee Goodwin

Folk Concert

Tues. Nov. 7, 10 a.m.

♪Folk Duo ♪Harmonies ♪Finger-style Guitar

♪Featuring Seasonal Music

Light refreshments will be served

To assist with planning, please call the COA at
(978) 352-5726.



This program is supported in part by a grant from the Georgetown Cultural Council, a local agency which is supported by the Massachusetts Cultural Council, a state agency.

It's that time of year again! Come and enjoy the
Annual Kiwanis Thanksgiving Dinner

Sat. November 18, 2 p.m.

Penn Brook School



A delicious Thanksgiving Dinner with all the fixings.

For information or requests for home-delivered meals,
call the COA before Nov. 16th. (978) 352-5726

GMHS Annual Holiday Concert/Breakfast



Fri. December 8

Georgetown Middle/High School
Breakfast @ 8:15 a.m., Concert @ 9:00 a.m.



*Listen to the sounds of the season presented by the
Concert Band, Chorale & Chorus.*

*Come early and enjoy breakfast provided by the school
food service. The breakfast & concert are free of charge.*

RSVP to COA by Dec. 1 to the COA at (978)352-5726.

Becky Bushey of ClearCaptions presents

Caption Phones

Wed. December 27, 11:30 a.m.

- Never any cost for those with hearing loss
- Phone conversations are captioned on the screen (like tv)
- Service made possible by the Americans with Disabilities Act



Plan a day of it: Stay for the Birthday Lunch/New Year's Toast.

Senior Medicare Patrol Program **Protect Yourself From Medicare Fraud!**

Sponsored by the Georgetown Council on Aging, the
Massachusetts Senior Medicare Patrol Program
with Elder Services of Merrimack Valley

Thurs. Nov. 16, 10 a.m.

Georgetown Senior Center

Presented by

**Patricia McMillen, a representative of the
Massachusetts Senior Medicare Patrol Program
(MA SMP)**

Tips and strategies to keep health, finances and medical identity safe and avoid Medicare fraud.

- \$60 to \$90 billion of our tax dollars are lost to Medicare fraud each year
- participate in a discussion on how to prevent, detect, report healthcare errors, fraud and abuse.
- We all can have an active role in protecting Medicare for ourselves and future generations.
- This **free** information workshop will provide you with the tools to become a more informed and engaged health care consumer.

**For more information and to reserve your seat
please contact the COA at 978-352-5726.**

If you cannot attend this workshop but have questions about your healthcare bills, Medicare Summary Notices, or other health insurance explanation of benefits statements, please call the MA SMP Program office at 800-892-0890.

The Massachusetts Senior Medicare Patrol Program is funded in part by grant number 90-MP 0226-03-01 from the U.S. Department of Health and Human Services' Administration for Community Living, Washington, DC 20201.



Ongoing & Monthly Activities

**For more info on any activities call the COA
978-352-5726**



COA Food Pantry: Located at GSCC.
No income restrictions apply. Appointments
are required by calling 978-352-5726.

WINTHROP STAMP CLUB: 2nd & 4th Thurs., 1-4 p.m.
General meeting followed by stamp auction (open to public).

Knitting Group: 2nd & 4th Thurs., 9:30-11:30
Drop-ins welcome.

Emergency Quilts for Comfort: 2nd & 4th Tues., 12- 2 p.m.
Free. Fabric/batting provided. Drop-ins/beginners welcome.

Beginner's Quilting Class: 2nd & 4th Tues., 2 – 3 p.m.
Free. Fabric/batting provided.

Mah Jong Group: Wed. at 12:30 p.m.

Book Club: 4th Tuesday of each month, 2 p.m.

Perley/Penn Brook Pal Readers Program to Resume

The COA & Georgetown School Department plan to continue the **Perley/Penn Brook Pal Readers Program** this fall. The intergenerational guest reader program links Georgetown elders with pre-school classrooms at the Perley School and early elementary classrooms at the Penn Brook School. The program brings joy to both the volunteers and the students, who report the volunteers to be "the best in the whole wide world." In the past, interested elders were asked to donate approximately ½ hour each month to read. Although details are not finalized, interested volunteers are asked to call the COA at 978-352-5726. Watch for more details!



New Medicare Cards Will Become a Reality

New Medicare cards will be mailed to Medicare participants **between April 2018 & April 2019**. Social Security numbers will be removed from Medicare cards & each person will receive a new card. This will help keep your information more secure & help protect your identity. Participants will receive a new Medicare Number that's unique to the individual, & it will only be used for the individual's Medicare coverage. The new card won't change your coverage or benefits. You'll get more information from Medicare when your new card is mailed.

Here's how you can get ready:

- Make sure your mailing address is up to date. If your address needs to be corrected, contact Social Security at ssa.gov/myaccount or 1-800-772-1213. TTY users can call 1-800-325-0778.
- Beware of anyone who contacts you about your new Medicare card. We'll never ask you to give us personal or private information to get your new Medicare Number and card.
- Understand that mailing everyone a new card will take some time. Your card might arrive at a different time than your friend's or neighbor's.



Home Improvement Applicants Sought



Rebuilding Together is now accepting applications for no-cost home repair assistance on the Annual Rebuilding Day on Saturday, April 28, 2018.

The application **deadline is Sunday, Dec. 31, 2017.**

Applicant eligibility:

- Own and occupy your home for at least 2 years
- Live in the Greater Haverhill area (Haverhill, Groveland, Georgetown, Boxford, Merrimac, West Newbury, and Plaistow, NH)
- Meet Federal HUD low-income guidelines (Call for info)
- Are elderly, disabled, veteran or a family with young children
- Priority is given to homes that need safety and accessibility modifications. Other restrictions may apply.

For an application, please call: 978-469-0800 or
email RTHaverhill@outlook.com

Council on Aging Services

For information on any of the following services, contact the COA at (978) 352-5726.

TRANSPORTATION/SHOPPING:

The Van is available Tuesdays & Thursdays for door-to-door for shopping and errands. Reservations should be made at least two days in advance by calling the COA office at (978) 352-5726. Monthly Van Schedules are printed in the Newsletter. A small 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. If the office is closed, please leave a message (and remember that the COA is not open on Fridays). After the ride is arranged, the **DRIVER** will call you the day before the ride. 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. Please remember: Reservations must be made through the COA office. Clients should not call the drivers directly.

RING & RIDE: Medical, Shopping & General Purpose

Transportation & Medi-Ride

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 and shopping in Amesbury, Boxford, Georgetown, Haverhill, Groveland, Newburyport, Lawrence, Methuen, Newbury/Byfield, North Andover, West Newbury, & Rowley Train Station & Market Basket. MVRTA also provides Medi-Ride to Boston area hospitals. For brochures, 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.

Congregate Meals

The COA Meal Site offers nutritious lunches Monday-Wednesday at 12:00 p.m. Please make reservations by the previous Wed. by calling the COA or in person at the Georgetown Sr. Comm. Ctr.

FOOD AND HEAT RESOURCES

For information & assistance w/state & local resources, contact the COA office at (978) 352-5726.

Visiting Nurse

On the first Wednesday of each month, from 9:30 - 10:30 AM, Pam Lara, RN is available at the Georgetown Sr. Community Center to perform blood pressure checks, etc. The nurse is also available for Trestle Way residents in the Community Building on the first Wednesday of each month @ 12:30 p.m. for blood pressure, weight & diabetic checks.

S.H.I.N.E.

Serving **H**ealth **I**nformation **N**eeds of **E**veryone will help you understand your health insurance concerns. Appointments can be scheduled with SHINE counselor Jerry Goldberg @ Georgetown Sr. Community Center on the first Tuesday of each month.

EQUIPMENT LENDING PROGRAM

COA has medical equipment (Walkers, Canes, Wheelchairs, Bath Seats, etc.) for long- or short-term lending.

FILE OF LIFE & YELLOW DOT PROGRAMS

Both programs provide a health history document to be used by emergency personnel in case of illness or injury. One is for your home, the other for your car.

HEALTH CARE PROXIES

COA has fact sheets and 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 5/23/17

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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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 **12:30 p.m.** on the 4th Tuesday of each month at **Georgetown Sr. Community Center**
51 North Street, Georgetown

NEXT BOARD MEETING:
Tuesday Nov. 28, 2017

Georgetown Council on Aging:

Director: Colleen Ranshaw-Fiorello

Office: Julie Pasquale, Newsletter

Kirsten Klueber, Outreach

Dave Hall, Van Driver

Meal Site Coordinator: Mickie Locke

Board Members:

Esther Palardy, Chair

Sue Clay, Vice Chair

Caroline Sheehan, Treasurer

Jean Perley, Secretary/Clerk

Jill Benas, Corona Magner, Diane

Prescott, Nancy Thompson, Ann

Stewart **Alternates:** Darcy Norton,

Diane Klibansky

Town of Georgetown:

Michael Farrell, Town Administrator

Joe Bonavita, Board of Selectmen, Chair

Steven Sadler, Board of Selectmen, Clerk

Douglas Dawes, Board of Selectmen

Gary Fowler, Board of Selectmen

David Surface, 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 lunches served at the COA Meal Site located at the Georgetown Senior Community Center.

November Menu - Lunch reservations must be made by the previous Wednesday. Call (978) 352-5726.

Lunch is served Monday through Wednesday at the Georgetown Sr. Community Center at 12 p.m. Cost is \$2.00.

Congregate meals are made possible in part by funding from the Older Americans Act as granted by Elder Services of the M. Valley
Nutritional information regarding meals is available upon request by calling the COA office at (978) 352-5726.

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>
6 Pulled Pork/BBQ Sauce/Bun, Sweet Pot, Corn & Peas, Peaches	7 Stuffed Shells/Meat Sauce, Zucchini, Italian Bread, Brownie/Lorna Doones	1 Butternut Squash Soup, BBQ Chix Bites/Sauce, Mashed Pot, Green Beans, Fruit, WW Bread
13 Meatballs/Sweet-Sour Sauce, Rice, Asian Blend Veg, WW Bread, Pudding	14 Sausage Al Forno, Pasta, Broccoli, Italian Bread, Mixed Fruit	8 Tomato Soup, Lemon Pepper Chix Drumstick, Roast Pot, Carrots, Oat Bread, Mixed Fruit
20 Chix Jardiniere, Rice Pilaf, Butternut Squash, Dinner Roll, Cookie	21 Hot Dog/Roll, Pork Baked Beans, Pot Chips, Pineapple	15 Tortellini Soup, Hamburger/Cheese/Roll, Roast Pot, Mixed Veg, Raisins
27 Greek Chix, Pasta, Broccoli, Roll, Dessert	28 Sloppy Joes/Bun, Mashed Pot, Cole Slaw, Apple Crisp	22 Corn Chowder, Potato Fish, Mashed Pot, Peas & Carrots, Multigrain Bread, Fruit
		29 Chix Orzo Soup, Juice, Veg Frittata, Roast Pot, Beets, Oat Bread, Yogurt, Birthday Cake/Ice Cream

Strength Training Update

As of Tuesday October 17, 2017

Strength Training Classes are now held on **Tuesdays at 8:45 a.m.** at the Georgetown Senior Community Center.

NOVEMBER VAN & ACTIVITIES CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
		1 9:30-11 Flu Shot Clinic (No Pub. Hlth. RN in Nov.) 9:30 Yoga 12:00 Lunch 12:30 Mah Jong	2 9:30 Mens' Breakfast 9:30 Van: Walmart/Salem, NH 10:00 Matter of Balance 12:30 Tai Chi
6 SHINE Appts. available 9:30 Dolls 10:30 Yoga 12:00 Lunch 12:30 Bingo	7 No Shopping Van-- Brown Bag 8:45 Strength Training 10:00 Simons & Goodwin 12:00 Lunch	8 9:30 Yoga 12:00 Lunch 12:30 Mah Jong	9 10:30 Van: Plaistow, NH 9:30 Knitting Club 12:30 Tai Chi 1:00-4:00 Stamp Club
13 9:30 Dolls 10:30 Yoga 12:00 Lunch 12:30 Bingo	14 9:30 Van: Rowley 8:45 Strength Training 9-2 Open Enrollment Event 11-12 Sen. Tarr Office Hrs. 11-12 Rep. Mirra Office Hrs. 12:00 Lunch 12:00 EMS Quilts for Comfort 2:00-3:00 Beginners' Quilting 2:00 COA Friends Meeting	15 9:30 Yoga 12:00 Lunch 12:30 Mah Jong	16 10:30 Van: North Shore Mall 10:00 Sr. Medicare Patrol Prog. 12:30 Tai Chi Sat. 10/18 2:00 p.m. Kiwanis Thanksgiving Dinner
20 9:30 Dolls 10:30 Yoga 12:00 Lunch 12:30 Bingo	21 9:30 Van: Seabrook, NH 8:45 Strength Training 12:00 Lunch 2:00 Book Club	22 9:30 Yoga 12:00 Lunch 12:30 Mah Jong	23 CLOSED: Thanksgiving Day
27 9:30 Dolls 10:30 Yoga 12:00 Lunch 12:30 Bingo	28 9:30 Van: Plaistow, NH 8:45 Strength Training 10:00 Legal Assistance Appts. 12:00 Lunch 12:00 EMS Quilts for Comfort 12:30 COA Board Meeting 2:00-3:00 Beginners' Quilting	29 9:30 Yoga 10:00 Russ McQueen Concert 12:00 Halloween/B'day Lunch 12:30 Mah Jong	30 10:30 Van: Westgate/Haverhill 12:30 Tai Chi

Van Trips: The cost is \$2.00 roundtrip. The pick-up time for Tuesday shopping trips, as well as the monthly Thursday trip to Super Walmart in Salem, NH, is 9:30 a.m. The pick-up time for all other Thurs. trips is 10:30 a.m., unless otherwise noted. Please confirm pick-up times when you call. Make your reservations ASAP by calling the COA at (978) 352-5726.