



# Living Well Together



A Newsletter of the Georgetown Council on Aging

Volume 22/Issue 5

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November 2020

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

**Director's Notes:** When we were first married, we lived in a very small house in Rowley. The galley kitchen could only house an apartment-sized stove. I can still remember juggling pots & pans on the stove top as I cooked those early dinners. There was only space for two pots at a time. Oven space was limited to a large casserole at the most or one tray of cookies. I did roast chicken but never had the space for a turkey. Imagine my delight when we moved to Merrimac & I suddenly had a stove that could manage four pots at a time & an oven large enough for a full-sized turkey. Although we still enjoyed our holiday meals at my parents' home, I was so excited to finally be able to plan a Thanksgiving meal at our house. Of course, I needed to borrow a roasting pan from my mother & consulted with my father about the stuffing (or dressing as Canadians refer to it). It appears that his secret ingredient was butter & lots of it! Eventually, holiday meals found their way to our house. Happily, the dinner always met with my father's approval. As our family grew, holiday meals expanded to include new family members, visiting family & friends who are truly family. An additional table has often been needed to seat everyone. This year, the holidays will be different for all of us. The on-going pandemic will affect our ability to travel or to have people travel to visit with us. Our gatherings with family & friends will be very limited. It is going to be a challenge to find different ways of being together & celebrating the holidays. I know that we're not going to need an extra table this year! As hard as it has been to be separated from family & friends, I am grateful for the alternative ways that we've been able to keep connected. Our phones & computers have offered virtual ways to "see" each other across the miles. Phone calls just to check in have brightened lots of days & the arrival of mail with drawings or cards from the grandchildren is like opening a treasure chest. Outdoor visits with carefully distanced seating & face masks have been lots of fun during the good weather & might be able to continue if we add a few more layers of clothes! I think that outdoor heaters are soon going to be as popular for our backyards as swimming pools are in the summer. I'm continually impressed with the creativity, faith & resilience that so many people have shown during this crisis. We know that our efforts & alternative plans are needed to keep ourselves & loved ones safe & healthy & that things will improve with time. There is still much to be grateful for & I am grateful to share these days with all of you. Perhaps this year more than any other year that I can recall, I am wishing all of you a very safe, healthy & happy Thanksgiving!



## **NEET Program Resumes Medical Appointment Rides**

Disrupted in March due to the COVID-19 pandemic, the Northern Essex Elder Transport, Inc. (NEET) has resumed. The NEET program provides rides for elders to medical appointments. Additional protocol and guidelines are in place to ensure driver and passenger safety. To allow time to complete a new registration form and review guidelines, reservations 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.

## **SHINE 2021 Medicare Plan Review**

If you are enrolled in a Medicare Prescription Drug Plan or a Medicare Advantage Plan (HMO/ PPO), it is time to review your options for 2021 during **Medicare Annual Open Enrollment: now through December 7**. Even though you may have the **best** plan this year, SHINE encourages you to review all of your options because premiums, deductibles, co-pays, and the drugs covered by your plan can change significantly each year. The Georgetown COA SHINE Counselor offers confidential counseling on all aspects of Medicare and related health insurance programs at no cost and may help find cost savings for you. This year, telephone appointments will be scheduled for all health insurance counseling appointments. To schedule a SHINE appointment, please call the Georgetown COA at 978-352-5726.

For more information, call **1-800-243-4636** (press 3 for SHINE) or visit [www.medicare.gov](http://www.medicare.gov).

**The COA and all activities will be closed on Wed., Nov. 11/Veterans' Day & Thurs. Nov. 26/Thanksgiving.**

"Living Well Together" Newsletter is made possible by a grant from the Massachusetts Executive Office of Elder Affairs.

➤➤➤ **Transportation to the Polls:** On Tuesday Nov. 3 afternoon, the COA will offer van rides to the polls. The van will be available after Brown Bag deliveries are completed. Contact the COA office to reserve a seat.

### **Yoga & Strength Training Classes 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)**

**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. Call the COA for appointments (978-352-5726).



## **COA Marketplace**

COA Marketplace offers a variety of products including nonperishable food, personal care items, paper products. We are now also able to provide some fresh foods (eggs, milk, fruit/vegetables...) upon request. No income restrictions apply. The COA will provide individual home deliveries & the COA van will provide deliveries on 3<sup>rd</sup> Tuesday of each month. **Appointments are required by calling 978-352-5726.**



### **Grab and 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 mostly hot meals similar to those 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 and 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.

### **November Grab & Go Lunch Menu**

<b><u>Monday</u></b>	<b><u>Tuesday</u></b>	<b><u>Wednesday</u></b>	<b><u>Thursday</u></b>
2 Pulled Pork/LS Sauce	3 Breaded Fish	4 Chix Broccoli	5 Colby Jack Omelet/English Muffin
9 Meatloaf/Gravy	10 Breaded Chix	11 Closed/Veteran's Day	12 Stuffed Shells/Marinara
16 Sloppy Joes/Bun	17 Cumin Chix/Tomatoes	18 Mac 'N' Cheese	19 Thanksgiving Turkey & Fixings
23 Asian Chix Poppers	24 Frittata/Turkey Sausage/Cheese	25 Breaded Fish	26 Closed/Thanksgiving
30 Beef Steak/Peppers/Onions			

### **Face Masks Donated to Georgetown Senior Community Center**

Coordinated and facilitated by state Rep. Lenny Mirra, the Georgetown Senior Community Center has received a supply of disposable paper masks for older adults in the community as part of a large donation to several Senior Centers across the state from the Taipei Economic and Cultural Office in Boston. 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.

### **Donated Telephone for People with Hearing Issues**

The COA has received a donation of a **Clarity JV35W Amplified Telephone with Talk Back Numbers**. This telephone is not mobile. It has a handset attached by a cord. The console features large push buttons and a sound boost button. For more information or if you are interested, please call the COA at 978-352-5726.



**Meals on Wheels needs volunteers like you!** A Meals on Wheels volunteer driver may be the only person a home-bound senior sees in a day, or sometimes a week. Volunteers offer a daily dose of human connection and a nutritious meal that helps keep seniors happy and healthy. Become a volunteer driver today. Contact Elder Services of the Merrimack Valley and North Shore at [nutrition@esmv.org](mailto:nutrition@esmv.org) or call 978-686-1422

### **Heating Assistance Program**

Households that did not apply for the program last year, can apply for the program by calling Community Action at (978) 373-1971. Maximum gross income is **\$39,105** for one-person or **\$51,137** for a two-person household. Applications are available, and can be completed, at the Georgetown Senior Community Center. For more information & assistance, call the COA at (978) 352-5726.



### **Property Tax Incentive Program**

**The Property Tax Incentive Program** will be available to Georgetown residents 60 years & older again this year. **Application forms & guidelines will be available AFTER December 1 at the Council on Aging.** The program will run January 1-October 31, 2021. The program currently permits elders to reduce their property taxes by \$500 per calendar year in exchange for 42 hours of volunteer service to the town. **Applications must be returned to the COA office by Wednesday December 30, 2020.** For further information, please call the COA office at 978-352-5726.

### **Annual Rebuilding Day April 24, 2021** (Depending on COVID-19 regulations)

**Rebuilding Together: Greater Haverhill** is accepting applications for no-cost home repair assistance **until January 31**. Work will take place Sat. April 24, 2021 depending on COVID-19 regulations.

**Applicant eligibility:** (1) Own and occupy your home for at least 2 years; (2) Live in the Greater Haverhill area (Haverhill, Groveland, Georgetown, Boxford, Merrimac, West Newbury, and Plaistow, NH); (3) Meet Federal HUD low-income guidelines (Call for info). Priority is given to homes that need safety and accessibility modifications. Other restrictions may apply. The program provides help with home repairs, modifications (i.e., grab bars or ramp) & energy efficiency. **For an application please call: 978-469-0800/email [RTHaverhill@outlook.com](mailto:RTHaverhill@outlook.com).** Website: [www.rebuildingtogetherhaverhill.org](http://www.rebuildingtogetherhaverhill.org)

## **V e t e r a n s**

**Thank you to our veterans for your service. Veterans' Day Nov. 11**

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### **Veterans' Services Benefits Virtual Presentation**

Director of Veterans Services Karen Tyler ([kytler@e.essex.vets.com](mailto:kytler@e.essex.vets.com)) will hold a Zoom meeting to provide a discussion of Veterans Services **on Tuesday, November 10, 11 a.m.-12:30 p.m.** The presentation will include information regarding the role of a Veterans Services Officer, Chapter 115, VA Healthcare, Service-Connected Disability, Hearing aids, Aid and Attendance, Agent Orange, Burial Benefits, Annuities, Welcome Home Bonus along with questions and answers.

#### **To Join the Zoom Meeting:**

**<https://zoom.us/j/99721481884?pwd=V3k3am1CKzhRUHRqZ3FqMWJkZ0hndz09>**

**Meeting ID: 997 2148 1884; Passcode: 104214.** The meeting can also be accessed by telephone. To access by phone, call 1-646-876-9923 and enter the meeting ID followed by the Passcode.



### **Attention Veterans!**

If you are currently dealing with food insecurity issues, **Veterans Northeast Outreach Center, Inc.** can help. Assistance is available at the **Veterans' Weekly Food Pantry at 10 Reed Street, Haverhill, MA 01832 on Tuesdays or Thursdays from 10 a.m. to 2 p.m.** To register or for more information, please call the VNEOC at 978-372-3646 or visit their webpage at [VNEOC.org](http://VNEOC.org). **\*\*ID and DD-214 is required for registration\*\*.** Co-sponsored by Merrimack Valley Food Bank, Inc., Fantini Bakery, The Accidental Food Bank & Massachusetts Military Support Foundation.

## **November & December 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. ***Nutrition Dos and Don'ts During Uncertain Times*** will be presented on Thursday Nov. 5, 2-2:30 p.m. Register at [bcbsma.info/Nov5](http://bcbsma.info/Nov5). The webinar will include information about healthy alternatives to comfort foods along with mindful strategies to manage food and optimize nutrition. ***Nutrition and Sleep: Fascinating Connections*** will be presented on Wednesday Nov. 18, 10-10:30 a.m. Register at [bcbsma.info/Nov18](http://bcbsma.info/Nov18). Learn how sleeping well can help to control your weight and revitalize your mind and body. Discover which foods, herbs, teas, and minerals can make you feel sleepier, or interfere with your sleep. ***Taming Your Mind with Mindfulness Techniques*** will be presented on Tuesday Dec. 8, 2-2:30 p.m. Register at [bcbsma.info/Dec8](http://bcbsma.info/Dec8). When stress levels rise, our minds can become filled with worried, anxious thoughts. Mindfulness, the practice of focusing on the present moment, can quiet your mind and help you feel calmer. Join us to practice a mindful breathing exercise and a five-minute sitting meditation. Discover ways to be more mindful throughout your day. We'll share resources for free mindfulness meditations.

## **On-Line Resources for Physical Exercise and Activities**

**YMCA360.org** offers free Health & Fitness videos for active older adults.

If you are looking for a change in your routine, [ymca360.org](http://ymca360.org) offers videos focusing on cardio dance, chair yoga, strength training, fall prevention and core & balance. All you need to do is access the [ymca360.org](http://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 and other On-Line Activities**

- **Peabody Essex Museum** in Salem by visiting [pem.org](http://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 and other activities.
- **The Memorial Hall Library** ([mhl.org](http://mhl.org)) in Andover offers links through websites to comic strips, film and TV comedies, joke collections, laughter yoga and strange stories on NPR.
- **Boston Symphony Orchestra At Home** [bso.org](http://bso.org) Enjoy Boston Symphony Orchestra and Boston Pops performances from around the world, virtual tours backstage and interviews with musicians.
- **Trustees of Reservations** [www.thetrustees.org](http://www.thetrustees.org). Plenty of virtual fun for all ages including virtual tours of historic homes/properties, selected readings, art, garden tours and garden information.

## **Georgetown Library Phase Three Services**

Patrons can now visit the library by appointment for computer use/printing or reference/readers' advisory help. Appointments can be scheduled online at the GPL website ([www.georgetownpl.org](http://www.georgetownpl.org)) or by calling 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:**

Monday 2pm – 6pm  
Wednesday 2pm – 6pm  
Friday 10am – 5pm

### **Curbside Pick Up Hours:**

Monday 2pm – 6pm  
Tuesday 10am – 5pm  
Wednesday 2pm – 6pm  
Friday 10am – 5pm

## **Boredom Breakers**

If staying at home is getting the better of you, we can help! The COA has a variety of books, magazines, games and puzzles to lend. There is also a supply of yarn available for knitting/crocheting. If you are into crafts, let us know what you might need and we can check the cabinets. We may just have it! Call the COA at 978-352-5726 to arrange pick-up or delivery. **Browsing opportunities are available by appointment.**

***Yarn Donations Needed.*** Please call the COA office to arrange drop-off.

# 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**

## **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 and 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 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 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 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 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.

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**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 November 24, 2020**

**Georgetown Council on Aging:**

**Director:** Colleen Ranshaw-Fiorello

**Office:** Julie Pasquale, Newsletter

Kirsten Klueber, Outreach

Dave Hall, Van Driver

**Meal Site Coordinator:** Carol Westhaver

**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:** 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](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 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.

# November Fun Page

## SUDOKU

Sudoku is easy to play and the rules are simple. Fill in the blanks so that each row, each column, and each of the nine 3x3 grids contain one instance of each of the numbers 1 through 9. (The sum of all the numbers in any row or column adds up to 45.)

		6				9		8
		4		9			1	6
						2	3	
8					3			7
		1	4		2		5	
		7			1			
	8		3					2
					8		7	
6	1			4				

## “ZOOM-esque” Celebration

Join us in celebrating the New Year; sending out the old & cheering in the new (& hopefully better) year.

It's been a tough nine months & we are all yearning to visit with friends. We have come up with an idea. Though not a perfect substitute, let's get together “photographically.” Similar to a ZOOM meeting on-line, photograph squares will be lined up in a grid interspersed with short comments as space allows.

Send us a digital photograph of yourself & an email with a quick note. You can be dressed up for a holiday party, drinking a glass of champagne to toast the new year, wearing your favorite ugly sweater or just wearing your best smile (clothed of course!). We will display all of the pictures & as many comments as we can in the January newsletter.

If you are not technically savvy, have someone help you. We really would like to “say hello” to as many of you as possible.

Pictures/emails **must be received by December 3, 2020** for us to make our deadline. Please send your entries to Julie at [jpasquale@georgetownma.gov](mailto:jpasquale@georgetownma.gov).

## Coconut Cranberry Yummies

A delicious addition to your Thanksgiving dessert table

### Ingredients:

- 1 can (14 oz.) sweetened condensed milk
- 1 package (14 oz.) sweetened shredded coconut
- 1 c. white baking chips
- ¼ c. ground almonds
- 1 tsp. almond extract
- 1 c. chopped fresh or frozen cranberries

### Directions:

- In a large bowl, combine the first five ingredients; mix well. Stir in cranberries.
- Drop by tablespoonfuls onto parchment-lined baking sheets; gently shape into mounds.
- Bake at 325° until edges are lightly browned, 10-12 mins. Cool for 3 minutes before removing from pans to wire racks to cool completely.



### Sudoku Resolution

1	5	6	2	3	7	9	4	8
2	3	4	8	9	5	7	1	6
9	7	8	1	6	4	2	3	5
8	4	9	6	5	3	1	2	7
3	6	1	4	7	2	8	5	9
5	2	7	9	8	1	3	6	4
7	8	5	3	1	6	4	9	2
4	9	3	5	2	8	6	7	1
6	1	2	7	4	9	5	8	3

## Turkeys are (kind of) named after the country.

No, the bird turkey does not really hail from the country Turkey. During the reign of the Ottoman Empire, a bird called the guinea fowl — which bears a striking resemblance to the American turkey — was imported to Europe from its native North Africa. Because the birds came from Turkish lands, Europeans called them the **turkey-cock** and **turkey-hen**. When settlers in the Americas began sending similar-looking birds back to Europe, the name had already stuck.

~ “25 Best Thanksgiving Trivia Facts to Impress Your Friends This Holiday”, Taylor Murphy, Good Housekeeping (on-line), Jul 22, 2020