



Living Well Together



A Newsletter of the Georgetown Council on Aging

Volume 24/Issue 5

Email: cfiorello@georgetownma.gov

November 2022

Website: www.georgetownma.gov

Director's Notes: As a day filled with good food, family gatherings, the Macy's Thanksgiving Day Parade & high school football games, Thanksgiving Day is a favorite holiday for our family. Growing up in Canada, Thanksgiving is celebrated in October. We spent many years traveling back to Ontario to share Thanksgiving with my grandparents & family. We were a small family but we were glad to travel those miles together, talking about what my grandmother would have planned for dinner & hoping for those special pies, homemade preserves & pickles that we knew would be in her pantry. Our family also began to celebrate American Thanksgiving, establishing new traditions together. As a special tradition, & example of her generous heart, my mother always included friends & even business acquaintances who would have otherwise been alone for the holidays. After my mother passed away & my father remarried, our blended family grew & evolved as grandchildren were born. Between us, there were often ten adults & nine children at the dinner table. Those were fun & slightly raucous days with children kicking soccer balls in the back yard & climbing trees in the front yard while the adults put dinner on the table. Very good times. When it became my turn to take the lead in planning holiday meals, I can remember my dad saying to my step-mother that I had done a good job on the turkey. High praise indeed & never forgotten. We were very fortunate to spend several Thanksgivings with my husband's brother & family. Those dinners always included special Italian dishes & we were in our glory with homemade pasta & wonderful antipasto salads. The year that we brined & barbecued the turkey was hysterical. Thank goodness for the hand-made gnocchi & home-made pies for dessert! No matter where we have Thanksgiving or how many of us are gathered, we always say grace together as a family. We join hands & I give the family blessing that I grew up with at my grandmother's table. It is perhaps the one quiet moment of the day & at that moment all the years of Thanksgivings spent in either Canada or the United States are one moment of singular gratitude for a lifetime of grace-filled Thanksgivings shared across the years & welcoming the future.



2023 Medicare Plan Review with SHINE

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 2023 during **Medicare Annual Open Enrollment: now through December 7**. SHINE encourages you to review all of your options because premiums, deductibles, co-pays, & the drugs covered by your plan can change significantly each year. Georgetown COA SHINE Counselor Nancy Aberman offers confidential counseling on Medicare & related health insurance programs at no cost & may help find cost savings for you. **This year, 30-minute appointments will be scheduled on Mondays Nov. 14, 21 & Wed. Dec. 7, from 9 a.m.-1 p.m. for those already enrolled in supplemental health insurance plans.** Appointments for people who are new to Medicare will be scheduled separately. 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.



Annual Flu Shot Clinic

Wed. Nov. 2 9:30 – 11:30 a.m.
Georgetown Senior Community Ctr.

- **Pre-registration IS required.**
- Appointments will be planned during 4 half-hour sessions with 12 people per session.
- **Masks & hand sanitizing will be required.**
- Please bring your health insurance cards to 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.
- High dose senior vaccine is not available at this clinic
- The Flu Clinic is sponsored by the COA & the Georgetown Board of Health.
- For further information, please call the COA at (978) 352-5726.

→→→→→Attention Seasonal Travelers!

With winter travel plans in place, please notify the COA of the dates you plan to be away. We will temporarily remove you from the mailing list and put you back on the mailing list when **you notify us** of your return.

HOLIDAY HOURS: The COA office, Sr. Ctr. & all activities will be closed Thurs. Nov. 24 (Thanksgiving). Thurs. Nov. 10 schedules TBA.

B P CLINIC: There is no Blood Pressure clinic this month due to the Flu Shot Clinic.



MEN'S BREAKFAST:

Thurs. November 3 at 9:30 a.m.

Speaker: Karen Tyler, Director of Veterans Affairs. Continued thanks to Crosby's for their support of this program.

VETERAN'S SERVICES OFFICE HOURS:

Thursday Nov. 3, 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. November 14 & 28,**

12:30 p.m. Bingo is played twice a month on

Mondays. 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 Representative Lenny Mirra will hold monthly office hours on **Tues. November 15th, 10:30-11:30 a.m.** Call for appointments.

SHINE OFFICE HOURS: Open enrollment appointments for those already enrolled in supplemental health insurance plans: **Mondays Nov. 14 & 21, 9 a.m.-1 p.m.** 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 by calling (978) 352-5726.



Join GPL Librarian Sarah Cognata Tuesday,

November 22 at 2PM to discuss *"The Book Woman's Daughter"* by Kim Michele Richardson.

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.

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.**

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 now a noontime Riverside shopping run on the first Tues. of each month after Brown Bag deliveries.**



Holiday Light Safety Program

Sponsored by Georgetown Light Dept.

Tues. Nov. 8, 10 a.m.

Georgetown Light Dept. will share tips & information on staying safe during this busy holiday season.

Refreshments will be served.

Please call the COA, if you plan to attend. (978) 352-5726



November Lunch and Concert

Wed. November 9

Lunch @ 12 p.m. ~ Concert @ 1 p.m.

Join us for AgeSpan's

Traveling Chef Luncheon

Followed by

Rich Araldi on Vibraphone
"Songs & Their Stories".

Lunch reservations should be made by October 26 or as soon as possible! 978-352-5726
See menu on page 7.



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



AgeSpan's Long-Term Care Ombudsman Program

Tues. November 15 at 1 p.m.

The speaker will bring awareness of AgeSpan's program which provides advocates for people residing in nursing and rest homes.

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

★Don't Forget To Vote! ★

Tues. November 8, 2022

7 a.m. to 8 p.m.

Penn Brook School

Special Van Service:

1 P.M. Ride to the Polls

To make reservations, call (978) 352-5726

Management of Osteoarthritis

Kristen Caggiano, PT, DPT, CFSC

Clinical Manager | Bay State Physical Therapy

Tuesday, November 29th at 1pm

Topics include:

- general definition of physical therapy
- conservative methods of managing arthritis
- help individuals improve or maintain their quality of life



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

Lunch & Learn

Wed. November 30

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

REAL ID Workshop

Presented by Michele Ellicks/Mass. RMV

Topics include:

- What is the difference between "Standard ID" and "Real ID" driver's licenses and ID cards;
- How to renew a Massachusetts Driver's License or Massachusetts Identification (ID) Card; and
- What are the new federal and state requirements for renewing a Driver's License or ID card

Join us to learn more and decide if REAL ID is right for you!

Lunch reservations should be made by Wed. November 23. See menu on page 7.
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 10:45 a.m.

Walking Club

Tuesdays & Thursdays, 8:30 a.m.

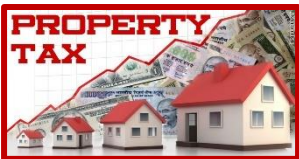
COA Offers Fitness Center Appointments

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 AgeSpan & the Georgetown Board of Health, the Georgetown COA has free test COVID-19 test kits available to share with local elder households. For information, please call 978-352-5726.

COVID-19 Vaccine Update

- **Vaccine distribution in Massachusetts:** **Vaccine boosters** are available at local pharmacies & clinics. Use **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>.



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, 2023. The program currently permits elders to reduce their property taxes by \$500 per calendar year in exchange for **35 hours** of volunteer service to the town. **Applications must be returned to the COA office by Thursday December 29, 2022.** For further information, please call the COA office at 978-352-5726.

It's that time of year again! Come and enjoy the
Annual Kiwanis Thanksgiving Dinner
Sat. November 19 ~ 2 p.m.

Penn Brook School

For information or requests for home-delivered meals, call the COA before Nov. 15th. (978) 352-5726

GMHS Annual Holiday Concert/Breakfast

Fri. December 2

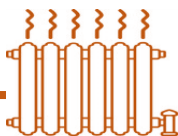
Georgetown Middle/High School

Breakfast @ 8:45 a.m., Concert @ 9:15 a.m.

RSVP to COA by Thurs. Nov. 17 (978-352-5726)

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

The breakfast & concert are free of charge.



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 **\$42,412** for one-person or **\$55,462** for a two-person household. This year applications are available, and can be completed, at the Georgetown Senior Community Center. For more information & assistance, call the COA at (978) 352-5726.



November Craft

Handmade Greeting Cards

Do you need a special holiday card, birthday card or all occasion card?

Join us for this DIY class led by volunteer Sue Clay.

Wed. November 16
11:30 a.m.



Call the COA office to reserve your seat. 978-352-5726



"Murder A La Carte" – an interactive play presented by Delvena Theater in September.

Volunteer to Drive Seniors

Make a difference in the life of a senior and reap the benefits of helping others!



Drive when and where you want.

Mileage reimbursement and supplemental liability insurance is provided.



Northern Essex Elder Transport, Inc.

Call 978-388-7474 or find us online at www.driveforneet.org/volunteer

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



Greek Tomato Orzo Soup

Ingredients: 2 T olive oil ~ 1 med. onion, chopped ~ 1-1/4 c uncooked orzo pasta ~ 2 (14-1/2 oz.) cans whole tomatoes, undrained, coarsely chopped ~ 3 c reduced-sodium chicken broth ~ 2 tsp dried oregano ~ 1/4 tsp salt ~ 1/4 tsp pepper
Optional: Crumbled feta cheese and minced fresh basil

Directions: In a large saucepan, heat oil over med. heat; sauté onion until tender, 3-5 minutes. Add orzo; cook & stir until lightly toasted. Stir in tomatoes, broth and seasonings; bring to a boil. Reduce heat; simmer, covered, until orzo is tender, 15-20 minutes, stirring occasionally. If desired, top with feta and basil.

It's Soup Season in the Northeast. Enjoy these quick and easy recipes anytime you need a dose of warmth to banish the autumn chill.

Spicy Pumpkin & Corn Soup

Ingredients: 1 can (15 oz.) pumpkin ~ 1 can (15 oz.) black beans, rinsed and drained ~ 1-1/2 c. frozen corn ~ 1 can (10 oz.) diced tomatoes & green chiles ~ 2 cans (14-1/2 oz. each) reduced-sodium chicken broth ~ 1/4 tsp pepper


Directions: In a large saucepan, mix all ingredients. Bring to a boil. Reduce heat; simmer, uncovered, 10-15 minutes or until slightly thickened, stirring occasionally.

Tortellini Primavera Soup

Ingredients: 2 cartons (32 oz. each) reduced-sodium chicken broth ~ 1 pkg. (10 oz.) julienned carrots ~ 1 pkg. (9 oz.) refrigerated cheese tortellini ~ 1 c frozen peas (about 4 oz.) ~ 1/4 tsp pepper ~ thinly sliced fresh basil leaves

Directions: In a large saucepan, bring broth to a boil. Add carrots, tortellini, peas and pepper; return to a boil. Cook, uncovered, 7-9 minutes or until pasta is tender. Top servings with basil.

NOVEMBER CALENDAR 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
Coming Friday December 2: GMHS Annual Holiday Breakfast/Concert 8:45 a.m. Breakfast 9:15 a.m. Concert	1 Van: 9:30 Brown Bag 12:00 Riverside 8:30 Walking Club	2 Annual Flu Shot Clinic By appointment 8:15 Beginner's Pickle Ball 10:30 Yoga 12:30 Mah Jong	3 9:30 Van: Plaistow 8:30 Walking Club 9:30 Tai Chi 9:30 Knitting (Nov. Only) 9:30 Men's Breakfast 10:30 Vet. Agent Office Hours 10:45 Exercise with Leah 1:00 Stamp Club (Nov. only)
7 9:00 Yoga 10:30 Strength Training	8 9:30 Van: Riverside 8:30 Walking Club 10:00 Holiday Light Safety 12:00 Quilting Group 1:00 Ride to Polls	9 8:15 Beginner's Pickle Ball 10:30 Yoga 12:30 Mah Jong 12:00 Traveling Chef 1:00 Rich Araldi Concert	10 Schedule to be announced.
14 SHINE/appt. only 9:00 Yoga 10:30 Strength Training 12:30 Bingo 1:00 Friends of GCOA	15 9:30 Van: Westgate/Riverside 8:30 Walking Club 10:30 Constituent Services 1:00 Ombudsman Program	16 8:15 Beginner's Pickle Ball 10:30 Yoga 11:30 Card Craft 12:30 Mah Jong	17 9:30 Van: Plaistow 8:30 Walking Club 9:30 Tai Chi 9:30 Knitting (Nov. Only) 10:45 Exercise with Leah 1:00 Stamp Club (Date Change Nov. Only)
21 SHINE/appt. only 9:00 Yoga 10:30 Strength Training	22 9:30 Van: Westgate/Riverside 8:30 Walking Club 12:00 Quilting Group 12:45 COA Board meeting 2:00 Book Club	23 8:15 Beginner's Pickle Ball 10:30 Yoga 12:30 Mah Jong	24 COA CLOSED: Thanksgiving 
28 9:00 Yoga 10:30 Strength Training 12:30 Bingo	29 9:30 Van: Westgate/Riverside 8:30 Walking Club 1:00 Arthritis Management	30 8:15 Beginner's Pickle Ball 10:30 Yoga 12:30 Mah Jong 12:00 Lunch (and Learn) 1:00 D.O.T. Program	Dec. 1 9:30 Van: Plaistow 8:30 Walking Club 9:30 Tai Chi 9:30 Men's Breakfast 10:30 Vet. Agent Office Hours 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.			

COA Marketplace

COA Marketplace offers a wide variety of 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.**

AgeSpan Traveling Chef The Traveling Chef meal (no take-out/delivery): **Tues. Nov. 9.** The menu will feature **Tomato Soup, Grilled Cheese Panini, Garden Salad/Dressing, Gingerbread Cake.** Please RSVP as soon as possible by calling the COA at 978-352-5726.



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.***

November Grab & Go Lunch Menu

Monday	Tuesday	Wednesday	Thursday
7 American Chop Suey	1 Lasagna/Marinara	2 Teriyaki Pork	3 Turkey/Veg/Black Beans
14 Grilled Chix/Apricot Sauce	8 Mediterranean Salmon	9 *TRAVELING CHEF* - see above	10 Schedule to Be Announced
21 Hawaiian (Chix) Meatballs	15 Beef Stew	16 BBQ Pork Riblet/Bun	17 *SPECIAL* Turkey & Fixings
28 Chicken/Mediterranean Sauce	22 *BIRTHDAY* Ravioli/Rosa Sauce	23 LS Hot Dog/Bun	24 NO LUNCH/Thanksgiving
(tomatoes, chickpeas, olives, feta)	29 Fish/Piccata Sauce	30 Meatloaf/Gravy	

****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.

Presort Standard
U. S. Postage

PAID

PERMIT #39
Haverhill, MA

Return Service Requested

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.

November 2022

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 November 22, 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, 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.

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.

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