



Living Well Together

A Newsletter of the Georgetown Council on Aging



Happy
Thanks
-giving

Volume 26/Issue 5

Email: cfiorello@georgetownma.gov

November 2023

Website: www.georgetownma.gov

Director's Notes: The day that we moved from our house in Ontario to our new home in Massachusetts, I walked through the empty rooms trying to understand how our house could one day be the home that I had known for so many years & then become an empty house waiting for a new family to fill it with their lives the next day. Since we had two cars, we set off for Massachusetts separately. My mother, sister & a friend who had grown up in the Boston area drove off in one car, my father, my dog Trixie & I drove off in the other car. Somehow our moving van with all of its contents drove off to Montreal! My mother & her friend arrived ahead of us at her friends' family home in Boston. My father & I hit a snow storm in upstate New York & somehow managed to turn into a snow-covered farm lane versus the county road we thought we were following. "All roads lead somewhere," my Dad reassured me. I have been thinking of that move & that phrase for the last few months. After 17 years, I will retire from this position in November. This work, community & all of you have meant so much to me. You have all enriched my life & have brought so much joy to all aspects of this work. When I first began my work in Georgetown, we served 1,296 older adults, approximately 16 percent of the population. Our office was located at Town Hall & we rented space at the First Congregational Church & used the Community Room at Trestle Way for programs & activities. We carried boxes with materials & supplies for programs to our different locations on a daily basis. With support from all of you, our programs & services grew & expanded until we were able to move forward with building the Georgetown Senior Community Center in 2017. Now, we serve 2,307 older adults which is 30 percent of the town's population. It has truly been a privilege & an honor to serve all of you & the town. You have all been so warm & welcoming & we have accomplished so much together. I know that programs & services will continue to grow at our wonderful Senior Center. Similar to walking through the empty rooms of our home in Canada, I know that these rooms will soon be filled with new people & much laughter & warm feelings. I'm looking forward to spending more time with my family but I will carry you with me in my heart no matter where we all go. All roads lead somewhere & I am so thankful that we have travelled this road together!



COA Director Retires

After 17 years, Colleen Ranshaw-Fiorello is retiring in November 2023.

It has been exciting to watch the changes that have taken shape over the season of Colleen's tenure. First and foremost was the birth of a senior center. With a new center came expanded programming and services. Colleen's warmth and concern for elders fuel her dedication to assist in matters of independent living, social services and safety as well as socialization, education, and entertainment. Colleen leaves big shoes to fill, but we wish her well in her future endeavors.



Annual Flu Shot Clinic

Wed. Nov. 1 9:30 – 11:00 a.m.
Georgetown Senior Community Ctr.

- **Pre-registration IS** required before **Thurs. Oct. 28**.
- Appointments will be planned during 3 half-hour sessions with 10 people per session.
- 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.

HOLIDAY HOURS: The COA office, Sr. Ctr. & all activities will be closed Thurs. Nov. 23 (Thanksgiving Day).

B P CLINIC: There will be NO blood pressure clinic this month due to the Nov. 1 Flu Shot Clinic.



MEN'S BREAKFAST:

Thurs. Nov. 2 at 9:30 a.m.

Selectman Doug Dawes joins us to speak on veteran's issues. Continued thanks to Crosby's for their support of this program.

VETERAN'S SERVICES:

Due to Karen Tyler's new position in another district, office hours are on hiatus at this time. If you need assistance, contact the local Veteran's Office at 978-356-6699 or e.essex.vets@verizon.net.

SHINE OFFICE HOURS: See Open Enrollment Schedule on page 3. Regular SHINE hours resume Monday, December 18.

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.

BINGO: Join us on **Mons. Nov. 13 & 27, 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. Kristin Kassner will hold monthly office hours on **Tuesday, Nov. 14th from 12:00--1:00 p.m.**



Join GPL Librarian Sarah Cognata **Wed., Nov. 15, 2023 at 2 p.m.** *The Christie Affair* by Nina de Gramont. 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.

Free Legal Help offered by Atty. Elaine Dalton
Tues. Nov. 7, 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



Holiday Light Safety Program

Sponsored by Georgetown Light Dept.

Tues. Nov. 14, 10 a.m.

Georgetown Light Dept. will share tips & information on staying safe this holiday season. Market Basket gift certificates will be raffled-off along and Table Talk pies for everyone. Refreshments will be served.



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

November Concert

Join us on

Wed., Nov. 15, 1 p.m.

For

**Rich Araldi on Vibraphone
"Songs & Their Stories"**



For more information, call 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 and the Friends of the Council on Aging.

Community Action Program

Tues. Nov. 21, 10 a.m.

See page 4 for details.

November Craft

**3-D Hanging
Holiday Tree**



**Tues. Nov. 28
10:00 a.m.**

Space is limited. Reserve your seat as soon as possible. 978-352-5726

Open Enrollment: Now through December 7

Certified SHINE (Serving Health Insurance Needs of Everyone) counselors offer free, unbiased, confidential counseling on all aspects of health insurance to anyone on or eligible for Medicare. SHINE counselors will also assist to help you understand Medicare and your options. You may also benefit from cost-saving programs that a SHINE counselor will explain to you. SHINE counselors will review your coverage and help determine what you can expect from your current plan in 2024 or if there is another plan that is more cost effective. Appointments are required. Contact the COA at 978-352-5726

Open Enrollment SHINE Appointment Dates

Appointments are available 9 a.m. to 12

**New to Medicare only -1 hr. appts.
November 13**

**Open Enrollment only – ½ hr. appts.
(i.e., people checking plans for next year)
November 20, November 27, December 4**

QUILTING GROUP: Terry Palardy facilitates the group which meets on each Tuesday of the month from 12 p.m. to 3 p.m. 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 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 3rd Tuesday of each month at 1 p.m.

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.**

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

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.

De-Light A Day Poetry Series

Elizabeth Rose, a local poet and psychotherapist, will lead a **four-week creative writing program Mondays Nov. 13, 20, 27, Dec. 11, 2 – 3:30 p.m. at the Georgetown Senior Community Center.** Each of the De-Light A Day Series will begin with a poem, followed by an opportunity to write your own delights in the form of a short story, essay or poem. No writing talent or experience is necessary. Poetry or bibliotherapy is the application of language, symbol and story for growth, healing and community building. A Georgetown resident, Elizabeth Rose is a published writer, adult writing teacher and a local psychotherapist.

Seats are limited. Please contact the COA at 978-352-5726 if you are interested.



Return of an Old Favorite!

Annual Kiwanis Thanksgiving Dinner **Sat. November 18, 2 p.m.** **Penn Brook School**

COA is registering individuals for home delivered meals only. To order home meals or for information updates, call the office at 978-352-5726.

GMHS Annual Holiday Concert/Breakfast

Fri. December 1

Georgetown Middle/High School
Breakfast @ 8:45 a.m., Concert @ 9:30 a.m.



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

The breakfast & concert are free of charge.



RSVP to COA by Nov. 22 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, 2024. 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 28, 2023.** For further information, please call the COA office at 978-352-5726.

Heating Assistance Program

Join us on Tues. November 21 at 10 a.m.

Community Action Representatives will speak on the Heating Assistance Program. **Applications will be available for eligible clients.** Maximum gross income is **\$45,392** for one-person or **\$59,359** for a two-person household.

Pre-registration is required and you must bring copies of the following documents:

- ✓ Picture ID
- ✓ Social Security card
- ✓ National Grid bill
- ✓ Social security award letter
- ✓ SSI statement
- ✓ SSP statement
- ✓ Veterans benefit income
- ✓ Pensions income check stub
- ✓ Interest/dividends income (1099 tax statement)
- ✓ Lease/rental contract
- ✓ Mortgage, property taxes, homeowner's insurance
- ✓ Electric & Water bills (recent)

For those who cannot attend, applications are available, and can be completed, at the Georgetown Senior Community Center. **For more information & assistance, call the COA at (978) 352-5726**

Trustees of the Perley School to Offer Limited Fuel Assistance

Recognizing the difficulties of home heating costs, the Trustees of the Perley Free School offer a **limited** fuel assistance program to local residents who are experiencing financial hardships with energy costs. In addition to the money that is used to fund scholarships for Georgetown graduates & alumni, the Trustees oversee a small endowment to aid Georgetown residents facing financial hardships. Individuals who may need assistance with heating costs, including oil, gas or firewood, can call the COA at (978) 352-5726 for information & referral.

Free COVID test kits available.

The government is offering 4 free COVID test kits per household as long as supplies last. Tests are usable through the end of 2023. To receive your kits, register at COVIDTests.gov. If you need assistance, contact the COA at 978-352-5726.

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 45 cents per mile is suggested to help support the program, but no one is turned down due to inability to pay.

TRANSPORTATION/GENERAL-PURPOSE

Mini-MeVA 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

November Fun Page



Thanksgiving Dinner

Try to unscramble these Thanksgiving dinner words.

YRTEKU _____

RVAYG _____

TOEPATOS _____

MUKPPNI _____

NORC _____

SUOROMHMS _____

ASQSUH _____

EPI _____

NERCRBYAR _____

PALESP _____

BIOWNESH _____

REDBA _____

Answers: turkey, gravy, potatoes, pumpkin, corn, mushrooms, squash, pie, cranberry, apples, wishbone, bread

Traveling Chef Makes Changes To Program

We have been informed by AgeSpan that the deadline for ordering Traveling Chef lunches has changed. People will be responsible for signing-up for a month's lunch by the first of that month. We will keep a list of lunches and their actual deadlines in the newsletter each month. Please take note and contact us before the deadline. Thank you.

The deadline for December's lunch is Wed. November 22. Lunch will be Carved Roast Beef or Ham, Potatoes Au Gratin, Butternut Squash, Green Beans, Roll, Gingerbread, milk.



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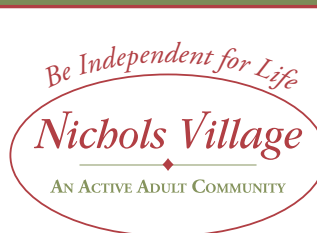
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NOVEMBER CALENDAR 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
		1 Traveling Chef Flu Shot Clinic by Appt. 10:30 Yoga 12:30 Mah Jong	2 9:30 Van: Plaistow 8:30 Walking Club 9:30 Tai Chi 9:30 Men's Breakfast 10:45 Exercise with Leah
6 9:00 Yoga 10:30 Strength Training	7 9:30 Van: Brown Bag/Riverside 8:30 Walking Club 10:00 Elder Law Appointments 12:00 Quilting Group	8 10:30 Yoga 12:30 Mah Jong	9 9:30 Van: Plaistow 8:30 Walking Club 9:30 Tai Chi 9:30 Knitting Club 10:45 Exercise with Leah 1:00 Stamp Club
13 SHINE/appt. only 9:00 Yoga 10:30 Strength Training 12:30 Bingo 2:00 Poetry Group	14 9:30 Van: Westgate/Riverside 8:30 Walking Club 10:00 Holiday Light Safety 12:00 Quilting Group 12:00 Constituent Services	15 10:30 Yoga 12:30 Mah Jong 1:00 Rich Araldi Concert 2:00 Book Club	16 9:30 Van: Plaistow 8:30 Walking Club 9:30 Tai Chi 10:45 Exercise with Leah Sat. Nov. 18 2 p.m. Penn Brook Sc. Kiwanis Dinner
20 SHINE/appt. only 9:00 Yoga 10:30 Strength Training 2:00 Poetry Group	21 9:30 Van: Westgate/Riverside 8:30 Walking Club 10:00 Comm. Action Program 12:00 Quilting Group 1:00 Friends of COA	22 10:30 Yoga 12:30 Mah Jong	23 NO LUNCH: Thanksgiving
27 SHINE/appt. only 9:00 Yoga 10:30 Strength Training 12:30 Bingo 2:00 Poetry Group	28 9:30 Van: Westgate/Riverside 8:30 Walking Club 10:00 Craft 12:00 Quilting Group 12:45 COA Board	29 10:30 Yoga 12:30 Mah Jong	30 9:30 Van: Plaistow 8:30 Walking Club 9:30 Tai Chi 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. Dec. 12 at noon.

The menu will feature *Roast Beef or Ham, Gravy, Potatoes Au Gratin, Butternut Squash, Green beans, Gingerbread, Roll, Milk.* **Deadline: Tues. Nov. 22.** Please RSVP as soon as possible by calling the COA at 978-352-5726.

November Grab & Go Lunch Menu

Monday

6 Beef/Broccoli/ Ginger Garlic Sauce
13 LS Hot Dog/Roll
20 Beef/Bean Chili
27 Mac & Cheese
**Egg Salad, Garden Salad, Three Bean Salad

Tuesday

7 Grilled Chix/Apricots
14 Rigatoni/Marinara
21 Salmon/Rosemary Cream
28 Meatloaf/Gravy

Wednesday

1 Traveling Chef
8 Spinach Alfredo Lasagna
15 *Special* Roast Turkey/Stuffing
22 Swedish Meatballs
29 *Birthday* Grilled Chix Scampi

Thursday

2 Pasta Fagioli
9 Fish Sandwich
16 Cold Plate**
23 NO Lunch/Thanksgiving
30 Egg/Broccoli/Cheese Bake

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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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 2023

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 28, 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:

Darcy Norton, Chair
Diane Klibansky, Vice-Chair
Susan Gardiner, Secretary/Clerk
Sue Clay, Martha Lucius
Esther Palardy, Jean Perley,
Diane Prescott, Jeanne Robertson

Alternates: Jill Benas

Town of Georgetown:

Town Administrator, Orlando Pacheco
Amy Smith, Select Board, Chair
Robert Hoover, Select Board, Clerk
Rachel Bancroft, Select Board
Douglas Dawes, 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.