



# Living Well Together

A Newsletter of the Georgetown Council on Aging



World  
Pasta  
Day  
10-25

Volume 22/Issue 4

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

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

**Director's Notes:** With the leaves already starting to turn color & a decided crispness to the air, we know that summer has come to an end & autumn will soon arrive. Fall decorations are going up in homes around us. Scarecrows lean against lamp posts & brightly colored chrysanthemums decorate porches & front doors. Apples are ready to be picked & pumpkins will soon follow! Growing up in Ontario, I loved the arrival of fall. Cooler days meant I could wear my favorite red sweater with the beautiful black horse knit into it on my walk to school. My friends & I all carried new plaid book bags with fresh packs of colored pencils, paste pots & boxes of tissues for our desks. Agricultural fairs with exciting midways would soon open & of course we already had Christmas lists underway. It was a very exciting time for kids. Living outside of Ottawa, our neighborhood was filled with young families. October was a fun month with our Thanksgiving taking place at the beginning of the month & Halloween at the end of the month. The weather could change pretty quickly in October. At the beginning of the month, Thanksgiving might be warm & sunny, perfect for family gatherings & worship services that included fresh corn stalks & vegetable & fruit filled cornucopias to share with the community. At the end of the month, Halloween would often be dark, cold & sometimes snowy. That certainly didn't damage our spirits or enthusiasm for the day. We just got creative with our costumes. Cowboy & gypsy costumes were often worn over parkas or layers of sweaters. One year, it had snowed ahead of Halloween. My sister was not going to be able to wear her planned fairy costume. I decided to make her a dice costume that she could wear over her parka & boots. I took a cardboard box, cut the flaps off & attached two lengths of rope as suspenders. I used my tempera paints to paint each side of the box with different colors. For my costume, I dressed as an artist, wearing my father's paint spotted sweater over my parka & carrying his paint palette & brushes. I think walking with the box around her waist was a little cumbersome for my sister but we still had a good time & came home with plenty of candy to share. This year, fall is certainly going to be different for ourselves & our families. We will not be able to visit agricultural fairs & children will not be Trick or Treating throughout our neighborhoods. We may see some inventive masks, though! It will still be important to hang some fall decorations & brighten our doorways for ourselves & our neighbors. I will definitely find a pumpkin to carve & let him sit on the porch with a wide grin & a bright light to shine into the darkness!



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## Flu Shot Home Visits Planned in October

Due to the COVID-19 pandemic, the Georgetown COA & Board of Health will not hold the annual Flu Shot Clinic this fall at the Senior Center. In partnership with Action Ambulance Services, Inc., the BOH and the COA will plan **limited** home visits to provide flu shots this month.

- Individuals must be 60+ years or living with disabilities
- Limited to Georgetown residents who cannot safely travel to pharmacies or other health care providers in order to receive a flu shot
- Quadrivalent (4-strain) Regular Flu Vaccine
- Administered by paramedics (Action Ambulance Services, Inc.)
- Appointments to be scheduled by the COA

For further information and to schedule a flu shot home visit, please call the Georgetown COA at 978-352-5726.

## Time for 2021 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 2021 during **Medicare Annual Open Enrollment: October 15 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. Georgetown COA SHINE Counselor Nancy Aberman 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)**.

➤➤➤ **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.

**COA Offers Fitness Center Appointments:** Beginning in October, the Fitness Center at the Georgetown Senior Community Center will be open for individual exercise by appointment. Masks MUST be worn the entire time you are in the building. Call the COA for appointments (978-352-5726).



### **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. **\*\*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

### **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.**

### **Elder Brown Bag Guidelines Streamlined during COVID-19**

Under the Emergency Food Assistance Program during the COVID-19 Pandemic, the Elder Brown Bag application has been streamlined and income requirements have been increased to 250% of the federal poverty levels. The increase in allowable income will allow more individuals to become eligible for the program. In partnership with Elders Services of the Merrimack Valley and North Shore, Inc. and the Greater Boston Food Bank, the Georgetown COA offers the program for income eligible residents 60 years and older and disabled adults that live in elder housing. People who qualify for the program will receive a free bag of groceries once per month. The monthly bags are delivered by the COA on the first Tuesday of most months. To receive a Brown Bag, participants must self-declare their income eligibility, which now establishes that individuals can earn a maximum of \$31,900 per year and couples may earn a maximum of \$43,100 per year, by indicating they meet income guidelines or participate in a means tested program such as Mass Health, SNAP, Fuel Assistance or similar programs. At this time, applicant signatures have been waived but may be collected post-COVID.



### **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.

### **October Grab & Go Lunch Menu**

| <b><u>Monday</u></b>       | <b><u>Tuesday</u></b>   | <b><u>Wednesday</u></b> | <b><u>Thursday</u></b>            |
|----------------------------|-------------------------|-------------------------|-----------------------------------|
| 5 Egg 'n Cheese/Yogurt     | 6 Chix Pot Pie          | 7 Breaded Fish/Bun      | 1 Bratwurst/Bun                   |
| 12 CLOSED/Columbus Day     | 13 LS Hot Dog/Bun       | 14 Veg Lasagna/Alfredo  | 8 Turkey/Pumpkin/White Bean Chili |
| 19 Chix Parm               | 20 Lemon Fish           | 21 Pot Roast            | 15 Chix Marsala                   |
| 26 Stuffed Shells Marinara | 27 Open Turkey Sandwich | 28 Cheeseburger/Bun     | 22 Frittata, Baked Beans          |
|                            |                         |                         | 29 Sausage/Onions/Peppers         |

### **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.

## **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. 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.

## **Health Agent Deb Rogers and Police Chief Cudmore remind residents of health guidelines**

Following an increase in COVID-19 cases in August, Health Agent Deb Rogers and Police Chief and Emergency Management Director Donald Cudmore reminded residents of health guidelines recommended by the Massachusetts Department of Health (DPH) and the Centers for Disease Control and Prevention (CDC). They urge residents to continue good public health practices in order to further to reduce the spread of the coronavirus, including social distancing, wearing a cloth face covering and frequent hand washing. Free testing is available through the state's Stop the Spread testing initiative. If you are in need of a reusable fabric mask or a disposable paper face mask, please call the Georgetown COA at 978-352-5726.



## **Beware of COVID-19 Scams**

The U.S. Department of Health & Human Services (HHS) Office of Inspector General has alerted the public about fraud schemes related to the novel coronavirus (COVID-19). Scammers are offering COVID-19 tests to Medicare beneficiaries in exchange for personal details, including Medicare information. **The offered services are unapproved & illegitimate.** Fraudsters target Medicare beneficiaries in a number of ways, including telemarketing calls, text messages, social media platforms, & door-to-door visits. The personal information collected by the scammers can be used to fraudulently bill Federal health care programs & commit medical identity theft. If Medicare or Medicaid denies the claim for an unapproved test, the beneficiary could be responsible for the cost. Tips to protect yourself from these scams include:

- Beneficiaries should be cautious of unsolicited requests for their Medicare or Medicaid numbers.
- Be suspicious of any unexpected calls or visitors offering COVID-19 tests or supplies. If your personal information is compromised, it may be used in other fraud schemes.
- Do not respond to, or open hyperlinks in, text messages about COVID-19 from unknown individuals.
- Ignore offers or advertisements for COVID-19 testing or treatments on social media sites.
- A physician or other trusted healthcare provider should assess your condition & approve any requests for COVID-19 testing.
- Do not give your personal or financial information to anyone claiming to offer HHS grants related to COVID-19.
- Be aware of scammers pretending to be COVID-19 contact tracers. Legitimate contact tracers will never ask for your Medicare number or financial information.
- If you suspect COVID-19 health care fraud, please call 800-HHS-TIPS (800-447-8477).

## **COVID-19 Contact Tracing Information**

If you've been in close contact with someone who tested positive for COVID-19, you may be contacted by a contact tracer or public health worker from your state or local health department in an effort to help slow the spread of the disease. **Here's what to know if you receive a call:**

- **A contact tracer may call** to let you know you may have been exposed to someone with COVID-19. All information you share with a contact tracer, such as who you've been in contact with & your recent whereabouts, is confidential.
- **You may be asked to self-quarantine for 14 days.** This means staying home, monitoring your health, & maintaining social distance from others at all times.
- **You may be asked to monitor your health & watch for symptoms of COVID-19.** Notify your doctor if you develop symptoms, & seek medical care if your symptoms worsen or become severe.
- **Be aware of scammers pretending to be COVID-19 contact tracers.** Legitimate contact tracers will never ask for your Medicare Number or financial information. If someone calls & asks for personal information, such as your Medicare Number, **hang up & report it to the Georgetown Police Department as well as 1-800-MEDICARE.**



## **October and November 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. ***Calming Anxiety in Times of Uncertainty*** will be presented on Monday Oct. 5, 10:30 -11 a.m. Simple techniques and breathing exercises will be included to break the cycle of anxious thoughts and lessen anxiety. Register at [bcbsma.info/Oct5](http://bcbsma.info/Oct5). ***Yoga Chair Stretches and Guided Relaxation*** will be featured on Tuesday Oct. 20, 11 – 11:30 a.m. The webinar will include stress relieving yoga chair stretches and a 10-minute guided meditation. Register at [bcbsma.info/Oct20](http://bcbsma.info/Oct20). ***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.

## **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 Begins Phase Three Services**

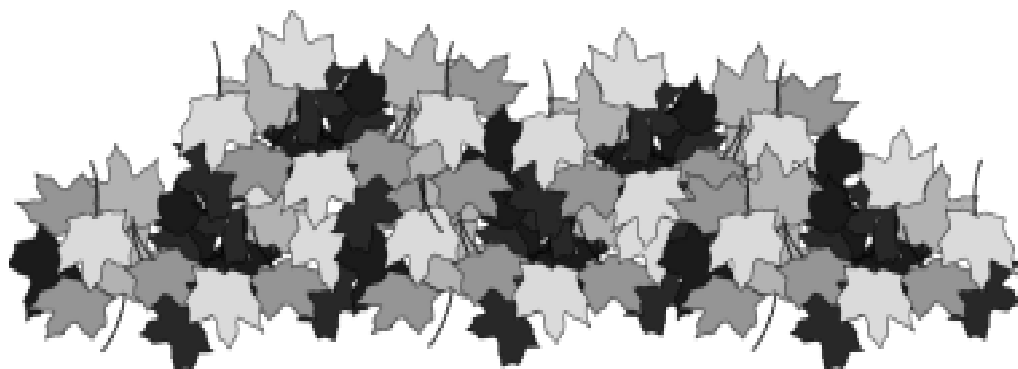
As of Monday, September 28, patrons can visit the library by appointment for computer use/printing or reference/readers' advisory help. Appointments can be scheduled online at the GPL website ([www.georgetownpl.org](http://www.georgetownpl.org)) or by calling the Library at 978-352-5728. Masks covering nose and mouth MUST be worn the entire time you are in the building. Curbside pickup of items will continue with additional hours added on.

### **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



# 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 October 27, 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:** Carol Westhaver, 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.

# Georgetown Senior Community Center *Quilt Raffle*

| B  | I  | N   | G  | O   |
|--|--|---|--|---|
| <b>List 3 things:</b><br>You love about your favorite TV show or movie               | <b>Complete:</b><br>10 arm curls<br>10 knee lifts<br>10 ankle rolls                              | <b>Spend some time outdoors.</b><br><br><b>How many varieties of birds do you see?</b>                      | <b>Take 3 deep breaths!</b><br><ul style="list-style-type: none"> <li>In through your nose: count 1-2-3</li> <li>Hold: count 1-2-3</li> <li>Out through your mouth: count 1-2-3</li> </ul> | <b>Clean out your junk drawer!</b><br><br>Throw away garbage, wash the drawer & share the weird items you find with us. |
| <b>List 3 things:</b><br><br>That you are grateful for today!                        | <b>Call:</b><br><br>A senior center friend or a family member                                    | <b>Clean out your pantry/cupboards.</b><br><br>How many expired items do you have?                          | <b>Share:</b><br><br>A short and easy recipe to be considered for publication in the monthly newsletter.   | <b>Name all 50 States!</b><br><br>NO CHEATING!  |
| <b>Drink 64 oz. of water in one day!</b><br><br>Daily Suggestion Source: Webmd.com   | <b>Stimulate your mind:</b><br><br>Complete one crossword, word search, Sudoku or another puzzle |                           | <b>Reminisce!</b><br><br>Look through old photos & label people/places.  | <b>Listen to music that makes you happy!</b><br><br><b>Clap your hands. Tap your toes.</b>                              |
| Take a nature walk:<br><br>Collect 5 items to bring the outdoors in for a rainy day. | <b>Write about:</b><br><br>A positive, memorable time in your life.                              | How many words can you come up with in five minutes using the letters from:<br><br><b>POSITIVE ATTITUDE</b> | <b>Mail:</b><br><br>A friend or family member a letter or note.  | <b>Play a Card Game!</b>  |
| <b>Make something creative</b><br><br>(Ex. Cooking, drawing, craft, etc.)            | <b>Pay it forward!</b><br><br>Give someone a compliment.   | <b>List 3 things:</b><br><br>You love about Georgetown Senior Community Center!                             | <b>Write down:</b><br><br>A piece of advice you would share with others  | <b>Share a cup of tea:</b><br><br>Plan a telephone date with a friend that includes cookies and a cup of tea.           |

## HOW TO PLAY:

Complete a row vertically, horizontally or diagonally. Put an "X" through the items you complete. Mail the Bingo Card AND a list of completed activities to **Georgetown COA, 51 North St., Georgetown MA 01833**. We will enter one ticket into our raffle with your name on it. We will contact you on October 29 if you win.

**FIVE BINGO MAXIMUM = 5 RAFFLE TICKET MAXIMUM**

(This game was shared by the Wood County Committee on Aging, Bowling Green, OH.)

## October Fun Page



"And the sun took a step back,  
The leaves lulled themselves to sleep  
And Autumn was awakened."

~Albert Camus  
*Keep Me Wild, 2016*

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