



# Living Well Together



Nat'l Farmer's Day  
October 12

A Newsletter of the Georgetown Council on Aging

**October 2021**

Volume 23/Issue 4

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**Director's Notes:** As the days shorten & cooler nights arrive, we will soon have the pleasure of fall in New England. Mornings might be clear & crisp but the afternoon's sun is still warm. Time to put away the swimming gear & beach towels, but time for foliage, football games & apple picking. Doorways & gardens are blooming with colorful displays of pumpkins, chrysanthemums & scare crows. Apples are ready to be picked & pumpkins will soon follow! October also brings Halloween with children planning costumes & hope for candy! While at the hardware store this weekend, I spotted a little boy who had bought a candy cane costume with his father! Multiple holiday fun! Growing up in Ontario, Halloween was big doings. The neighborhood was filled with young families & we enjoyed trick or treating house to house with groups of friends. The cool, dark evenings could be a little spooky with shadows creeping across the yards. At that time, the night sky would be filled with stars & in certain areas of the province, you might spot a shooting star or the Northern Lights. I have cousins who live along the St. Lawrence River. Although they were south & east of us, the area is very rural & open. One year, we visited close to Halloween. As our parents enjoyed coffee & dessert, we came up with a spooky plan. I had read a legend about spirits of passed family members remaining separate from us but able to communicate through the Northern Lights. I had read that if we held a sheet up & flapped it under the Northern Lights, that we could capture & communicate with the spirits. The five of us slid out of the back door with a bed sheet & climbed a hill near their home. The sky opened around us & as we flapped our sheet, the Northern Lights suddenly danced completely around us! Shrieking, we tumbled over one another as we ran down the hill, the sheet flying around us. It was the perfect Halloween fright with no harm to anyone but the sheet! This year, fall is a bit different for ourselves & our families. We may see some inventive masks and costumes, though! It is still important to hang some fall decorations and brighten our doorways for ourselves and our neighbors. I will definitely keep watch for shooting stars and far away dancing lights!

## **Time for 2022 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 2022 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)**.



## **Annual Flu Shot Clinic**

**Wed. Nov. 3 9:30 – 11:30 a.m.**  
**Georgetown Senior Community Ctr.**

- **Pre-registration IS** required before **Thurs. Oct. 28**.
- 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.

**Holiday Office Hours:** The COA offices and all activities will be closed on Mon. Oct. 11 (Columbus Day).

**Bingo! Resumes:** Join us on **Mons. Oct. 4 & Oct. 18, 12:30 p.m.** Bingo will be played twice a month on Mondays. See calendar for dates. **Cost: \$1 per 10-game package.** Attendance is limited to 14 people.

For more information, call 978-352-5726.

**Bingo Callers Needed!** Do you have 1-2 hours to spare once a month? The COA is in need of Bingo callers in order to expand our playing time. If interested or for more info, contact the COA at 978-352-5726.



**Men's Breakfast Returns:**  
**Thurs. October 7 9:30 a.m.**

The COA welcomes **Rep. Lenny Mirra** as our kick-off speaker. Attendance will be limited to 15 people. Masks must be worn in all common areas. To reserve a seat, call the COA at 978-352-5726.

**VETERAN'S SERVICES OFFICE HOURS:**

**Thurs. October 7 10:30 a.m. – 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

**New Tai Chi Class with Val LaBelle**

**Thursdays at 9:30 a.m. starting Oct. 7.** The class is limited to 10 people. The teacher requests that masks be worn during class. A \$3 donation is suggested for each class. To make reservations, call the COA at 978-352-5726.



As the Oldest Citizen of Georgetown,  
**Margaret Taddeo** was the honored recipient of the Boston Post Cane last month. Margaret also received citations from the G'town Select Board, Rep. Mirra, Senator Tarr and the Georgetown Council on Aging.

**COA Van Availability:** Local essential shopping is available **by appointment only** on Tuesdays and Thursdays at 9:30 a.m. Along w/grocery shopping, trips to the post office, banks, pharmacies & Walmart can be planned. A \$2.00 (round trip) donation is suggested.

**Yoga & Strength Training Classes**

In-person Yoga & Strength Training classes w/COA Instructor Donna Bonin have returned to the Georgetown Senior Center. A \$3 donation is suggested for each class. To register, call the COA at 978-352-5726.



**Walking Club** The Georgetown COA Walking Club meets **Tuesdays & Thursdays, 8:30 a.m.** For information and to register, please contact the COA at 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. Available equipment includes: two stationary bikes, two treadmills, weights, stair-climber & a stationary recumbent bike. Call the COA for appointments (978-352-5726).

**Morning Coffee:** Join us on the first Wednesday of each month and subsequent Tuesday mornings from 9 a.m. to 10 a.m. for coffee & snacks. A variety of cards & games are available or just sit back and relax with friends. Please register with the COA at 978-352-5726.

**Knitting Group:** The Knitting Group has returned. They will meet on the 2<sup>nd</sup> and 4<sup>th</sup> Thursdays of the month at 9:30 a.m. For more information, contact the COA at 978-352-5726.

**Quilting Group:** Terry Palardy facilitates the group which meets on the 2<sup>nd</sup> and 4<sup>th</sup> 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.

**Constituent Services:** Representatives from the offices of Senator Bruce Tarr and Representative Lenny Mirra will begin to hold monthly office hours on **Tuesday, October 19, 10:30-11:30 a.m.** Call for appointments.

## COVID-19 Vaccine Update

- **Vaccine distribution in Massachusetts:** Use **VaxFinder.mass.gov** to search for appointments at pharmacies, health care providers, & other community locations
- **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>.



October Fun Page



### October is National Dessert Month

Pick up some fresh Maple Syrup & indulge in this decadent dessert. Makes 4 servings.

### Maple Ricotta Mousse w/Candied Pecans

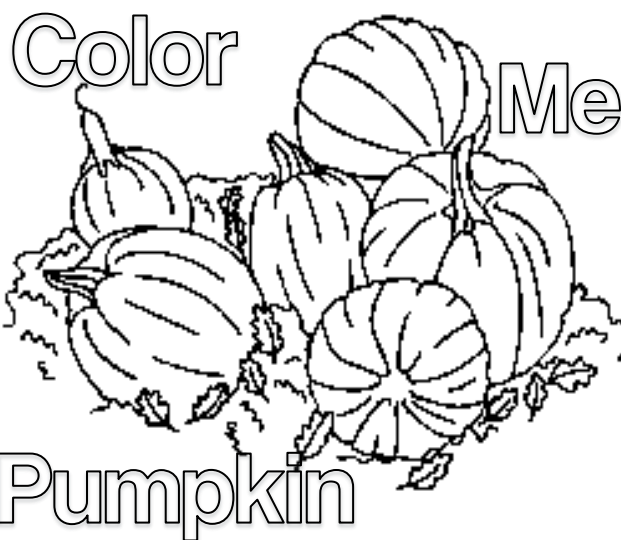
**Ingredients:** 2/3 c maple syrup ~ 1/4 c chopped pecans ~ 1/2 c heavy whipping cream ~ 1-1/4 c whole-milk ricotta cheese ~ 1/2 c mascarpone cheese

#### Directions:

1. Place syrup in a small saucepan; bring to a boil. Reduce heat; simmer, uncovered, 5 mins.
2. In a small, heavy skillet, cook & stir pecans over medium heat, about 3 mins. Drizzle with 1 Tbsp. cooked syrup; cook & stir 1 min. longer. Spread on foil to cool.
3. In a small bowl, beat cream until soft peaks form. In a large bowl, beat ricotta & mascarpone cheeses until light & fluffy. Gradually beat in 1/2-cup cooled syrup; gently fold in whipped cream.
4. To serve, spoon mousse into dessert dishes. Drizzle with remaining cooled syrup; top with candied pecans.

## SUDOKU

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## Senior Center Recreation Opportunities

- BOOKS, MAGAZINES, GAMES & PUZZLES, DVDs TO LEND
- YARN FOR KNITTING/CROCHETING PROJECTS
- LIMITED NUMBER OF CRAFT KITS & CRAFT SUPPLIES
- POOL TABLE

• **COME BROWSE** OR CALL THE COA AT 978-352-5726  
TO ARRANGE PICK-UP OR DELIVERY.

### **Virtual Grief Support Groups:**

- HopeHealthCo.org/GriefSupportGroups
- Merrimack Valley Hospice Zoom Groups  
Call 978-552-4510 for information.

### **Family Caregiver Support Programs:**

#### **Caregivers Caring for those with Memory Loss**

1<sup>st</sup> & 3<sup>rd</sup> Tues. of the month, 5:30 p.m.

Contact Cindy Hession-Richard: [chession@esmv.org](mailto:chession@esmv.org)

1<sup>st</sup> Wed. of the month, 11 a.m.-12 p.m.

3<sup>rd</sup> Wed. of the month, 7-8 p.m.

Contact Kathy Parrella: [kperrella@nselder.org](mailto:kperrella@nselder.org)

#### **Savvy (Dementia) Caregiver**

Healthy Living Center of Excellence ongoing schedule of classes.

Contact Crystal Polizzotti: [cpolizzotti@esmv.org](mailto:cpolizzotti@esmv.org)

#### **Grandparents Raising Grandchildren**

1<sup>st</sup> Thurs. of the month, 11 a.m.-12 p.m.

Contact Cindy Hession-Richard: [chession@esmv.org](mailto:chession@esmv.org)

#### **General Caregiver Support**

1<sup>st</sup> Thurs. of the month, 1-2 p.m.

in coordination with St. Michael's, North Andover

3<sup>rd</sup> Thurs. of the month, 1-2 p.m.

Contact Lyn Brennan: [lbrennan@esmv.org](mailto:lbrennan@esmv.org)

#### **Caring for the Caregiver Monthly Webinar Series**

A monthly webinar series for family caregivers sponsored by the EOEA, Mass Home Care and the Massachusetts Technology Collaborative. The webinars are designed to provide information, support, resources tools and tips.

**Register for the webinars at [bit.ly/3tJbNpa](https://bit.ly/3tJbNpa).**

### **G'town Library Resumes Regular Hours**

#### **Library Hours:**



Monday	2 p.m. - 8 p.m.
Tuesday	10 a.m. - 8 p.m.
Wednesday	2 p.m. - 8 p.m.
Thursday	CLOSED
Friday	10 a.m. - 5 p.m.
Saturday	9 a.m. - 1 p.m.

- Masks covering nose & mouth **MUST** be worn the entire time you are in the building.



### **Learn & Lunch: Tues. October 19, 11 a.m.**

**Robin Putnam**, Manager of Community Outreach & Events/Office of Consumer Affairs & Business Regulation will address **Holiday Fraud Protection**. Topics will include: Black Friday shopping tips, return policies, defective merchandise, warranties, lost or stolen packages, gift certificates, credit card skimming devices and how to spot them, & identity theft & fraud prevention. **Space is limited to 15 people. Lunch will follow with the same restriction for inside dining.** Lunches can also be taken home. **Lunches must be ordered by Wed. October 13.** Please R.S.V.P. to 978-352-5726.

### **November Preview**

**Tuesday, Nov. 16, 11 a.m.**

#### **Holiday Light Safety Program**

Raffle: (4) \$50 Market Basket Gift Certificates. Table Talk Pies for everyone. For more information, call 978-352-5726.

**Thursday, Nov. 18, 1 p.m.**

#### **"Elvis to the Everly Brothers"**

#### **50 Music Concert w/Roger Tincknell**

Classic rock, Pop and Country

Space is limited to 15 people. Masks must be worn in the common areas of the Center. For more information, call 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 **\$40,951** for one-person or **\$53,551** 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.

### **Georgetown School Department Seeks Paraprofessionals & Receptionist For the Pre-School Program.**



**Interested applicants can contact the  
School Department at  
978-352-5776.**

# **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.**

**S**erving **H**ealth **I**nformation **N**eeds of **E**veryone 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

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 26, 2021**

**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, Esther Palardy,

Jean Perley, Diane Prescott, Jeanne

Robertson

**Alternates:** Marie Collins, Martha Lucius

**Town of Georgetown:**

Michael Farrell, Town Administrator

Douglas Dawes, Select Board, Chair

Peter J. Kershaw, Select Board, Clerk

Gary Fowler, Select Board

Amy Smith, Select Board

David Twiss, Select Board

**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.

# OCTOBER CALENDAR 2021

MEDICARE OPEN ENROLLMENT: OCTOBER 15 – DECEMBER 7

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
<b>4</b> 9:00 Yoga 10:30 Strength Training <b>12:30 Bingo</b>	<b>5 No Shopping Van– Brown Bag</b> 8:30 Walking Club	<b>6</b> 9:00 Morning Coffee 10:30 Yoga 12:30 Mah Jong	<b>7 9:30 Van: Walmart, Plaistow</b> <b>9:30 Men's Breakfast</b> 8:30 Walking Club <b>9:30 Tai Chi</b> <b>10:30 Vet. Agent Office Hrs.</b>
<b>11</b> <div style="border: 1px solid black; padding: 2px; width: fit-content;">COA CLOSED: Columbus Day</div>	<b>12 9:30 Van: Riverside</b> 8:30 Walking Club 9:00 Morning Coffee 12:00 Quilting Group	<b>13</b> 10:30 Yoga 12:30 Mah Jong	<b>14 9:30 Van: Walmart, Plaistow</b> 8:30 Walking Club <b>9:30 Tai Chi</b> 9:30 Knitting Group 1:00 Stamp Club
<b>18</b> 9:00 Yoga 10:30 Strength Training <b>12:30 Bingo</b>	<b>19 9:30 Van: Riverside</b> 8:30 Walking Club 9:00 Morning Coffee 10:30 Constituent Services <b>11:00 Learn/Lunch: Holiday Fraud</b>	<b>20</b> 10:30 Yoga 12:30 Mah Jong	<b>21 9:30 Van: Walmart, Plaistow</b> 8:30 Walking Club <b>9:30 Tai Chi</b>
<b>25</b> 9:00 Yoga 10:30 Strength Training	<b>26 9:30 Van: Riverside</b> 8:30 Walking Club 9:00 Morning Coffee 12:00 Quilting Group 12:45 COA Board Meeting	<b>27</b> 10:30 Yoga 12:30 Mah Jong	<b>28 Traveling</b> <b>9:30 Van: Walmart, Plaistow</b> 8:30 Walking Club <b>9:30 Tai Chi</b> 9:30 Knitting Group 1:00 Stamp Club
<b>Fitness Center, COA Library, Pool table are available daily by appointment. Grab &amp; Go Lunch by reservation Monday through Thursday. The van is currently limited to 3 riders for each trip.</b>			

## COA Marketplace

COA Marketplace offers V8 Juice, Easy Mac/Cheese (2 flavors), fruit cups, cereal, canned tuna/meats, a wide variety of soups & fun snacks. We also offer a variety of products including nonperishable food, toiletries, personal care items, paper items & dish/laundry detergent. We are now also able to provide some fresh foods (eggs, milk, fruit/vegetables...) & Market Basket or Crosby's Marketplace gift cards upon request. No income restrictions apply. The COA will provide individual home deliveries. **Appointments are required by calling 978-352-5726.**



## Grab & 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 similar to those meals 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 & 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. **\*Watch for special meal offerings.\***

**ESMV Traveling Chef** The Traveling Chef meal is planned for Wed. Oct. 28. Please RSVP as soon as possible. The menu will feature Bratwurst/Sub Roll, German Potato Salad, Sauerkraut, & Apple Strudel. To reserve a lunch, please call the COA at 978-352-5726.

## October Grab & Go Lunch Menu

Monday	Tuesday	Wednesday	Thursday
<b>4</b> Swedish (Chix) Meatballs	<b>5</b> Yankee Pot Roast	<b>6</b> Braised Pork/Apples	<b>7</b> Chicken Pot Pie
<b>11</b> No Lunch (Holiday)	<b>12</b> Curry Chicken	<b>13</b> Salmon/Lemon Dill Sauce	<b>14</b> Rigatoni/Sage Pumpkin Sauce
<b>18</b> Beef Stew	<b>19</b> Spinach/Cheese Frittata	<b>20</b> Sliced Turkey/Gravy	<b>21</b> LS Hot Dog/Bun
<b>25</b> Grilled Chix/BBQ Sauce	<b>26</b> * <i>BIRTHDAY LUNCH*</i> Sloppy Joe/Bun	<b>27</b> Lasagna or Ravioli/Marinara	<b>28</b> * <i>TRAVELING CHEF*</i> Bratwurst/Sub Roll

**Full lunch menus are available at the Council on Aging office.**

## **Warning on Internet Equipment Swap Out Scam**

If you receive a call from an individual who says they are representing a telephone, cable or internet service provider informing you that you need to update or replace equipment and because you are a senior you are eligible for a discount HANG-UP!

The MA Senior Medicare Patrol (SMP) Program has received reports that consumers are being called with offers of deep discounts on equipment if they pay immediately over the phone. Don't fall for this scam!

If you receive such a call or if you believe you are eligible for new equipment, call your provider using a trusted phone number.

Never give out sensitive bank information, your credit card number, or your Medicare number to anyone you don't know and trust. Report suspicious calls to the MA SMP Program's Report-A-Scam phone line, 978-946-1243 or at [ReportAScam@MASMP.org](mailto:ReportAScam@MASMP.org).