



Living Well Together



Nat'l Farmer's Day
October 12

A Newsletter of the Georgetown Council on Aging

October 2022

Volume 24/Issue 4

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Director's Notes: As these late summer days shorten & cooler nights arrive, we know that soon we will have the pleasure of fall in New England. The day may start with a clear crisp morning but the afternoon sun is still warm. It may be time to put away the swimming gear & beach towels, but it will soon be time for fairs, football games & apple picking. Doorways & gardens have begun to bloom with colorful displays of pumpkins, chrysanthemums & scare crows. Garden spades may be hung up for the season but not the leaf rake! Although the poor garden was not very bountiful with this dry summer, the number of trees on our property ensures that we will have an extensive harvest of leaves to rake. Our cottage along the Ottawa River was just outside the town where I was born. They still have a wonderful agricultural fair each fall. I remember the excitement of heading up to the cottage for the fair weekend. School had started & the days were definitely cooler. Docks had been pulled out of the river & boats turned over & tarped for the winter but the sun was still warm for play. The wood stove in the kitchen warmed the cottage & easily heated bowls of oatmeal or soup. Sunlight through the colored leaves around the cottage would fill our bedroom & the sky would fill with Canada geese flying out over the river. The arrival of the Fair weekend was much anticipated & a full day would be planned to visit the barns & exhibits at the beautiful old fair grounds. There were barns filled with cattle & wooly sheep, draft horses & an oxen pull along with booths featuring church luncheons or "Bacon on a Bun". Giant pumpkins & other prize-winning vegetables along with horticultural displays, quilting & hand-crafted items filled other exhibit halls. Most thrilling of all was the Midway – especially as the lights came on in the evening. The Scrambler, roller coasters & a Ferris Wheel were all kid favorites. I was envious that my friends had a day off from school for Fair Day, but so many were involved in 4-H & other local agricultural activities that not many would have attended school that day. Heading home with a helium balloon or stuffed animal from the fair, it was a little bittersweet to think of summer's end, but our spirits would pick up when we realized Christmas was just around the corner! As fall arrives, join us for this month's special Living Well Together Health Fair, one of our daily exercise classes, or our special Autumn Lunch with The Classics or just for a cup of coffee & a visit – no raking or rides on Ferris Wheels required!



Time for 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: 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, & 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 & related health insurance programs at no cost & may help find cost savings for you. **This year, 30-minute appointments will be scheduled on Mondays Oct. 24, 31, Nov. 14, 21 & 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.

Living Well Together Health Fair **Wed. Oct. 5 ~ 11:30 a.m. – 1 p.m.**

Join us for a community provider health care fair Wed. Oct. 5, 9:30 a.m. – 1 p.m. at the Georgetown Senior Community Center. Showcasing the wide resources available in our community, the Living Well Together Health Fair will provide participants & consumers with an opportunity to meet & share information. The health fair will include Public Health Nurse Pamela Lara, Partners in Rehab, Georgetown Massage, Nutritionist Leigh Hartwell AgeSpan, the AgeSpan Benefits Outreach Team, Northern Essex Elder Transport (NEET); representatives from Wingate Residences @ Haverhill & Director of Veterans' Services Karen Tyler. Healthy refreshments will be served during the event & before lunch. For further information, please call the Georgetown COA at 978-352-5726.

HOLIDAY HOURS: The COA office, Sr. Ctr. & all activities will be closed Mon. Oct. 10 (Columbus Day).

B P CLINIC: Next blood pressure clinic will be **Wed. October 5, 11:30 a.m. - 1 p.m.** as part of the October Health Fair. Walk-ins welcome.



MEN'S BREAKFAST:

Thurs. October 6 at 9:30 a.m.

Essex County Sheriff Kevin

Coppinger will speak. Continued thanks to Crosby's for their support of this program.

VETERAN'S SERVICES OFFICE HOURS:

Thursday Oct. 6, 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! Due to the Columbus Day holiday, there is a slight change in the schedule. Join us on **Mons. October 24 & 31, 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.



**Halloween
Bingo**

Mon. October 31 at 12:30 p.m. Come in costume! Special treats.

CONSTITUENT SERVICES: Representatives from the offices of Senator Bruce Tarr and Representative Lenny Mirra will hold monthly office hours on **Tues. October 18, 10:30-11:30 a.m.** Call for appointments.

SHINE OFFICE HOURS: Open enrollment appointments for those already enrolled in supplemental health insurance plans: **Oct. 24 & 31, 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. To schedule an appointment, call (978) 352-5726.



Join GPL Librarian Sarah Cognata **Tues. Oct. 25**

at 2 p.m. "The Keeper of Lost Things" by Ruth Hogan. 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.**



October Craft



Pumpkin Wall Décor
Wed. October 12
11:30 a.m.

Call as soon as possible to reserve a seat.
978-352-5726



Autumn Lunch and a Concert

Tues. October 25

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

Join us for AgeSpan's
Traveling Chef Luncheon
Followed by
the entertaining sounds of
"The Classics".



Lunch reservations should be made before
Wed. October 19, but the sooner the better!
See menu on page 7.

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](https://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>.

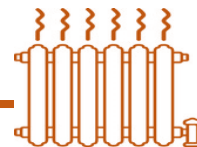


Annual Flu Shot Clinic

Wed. Nov. 2 9:30 – 11:30 a.m.

Georgetown Senior Community Ctr.

- **Pre-registration IS** required before **Thurs. Oct. 27**.
- 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.



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.

Veterinary Care Program

Funded by Meals on Wheels America and PetSmart, AgeSpan offers people 65 and over help with pet care bills through our Veterinary Care Program.

ELIGIBILITY CRITERIA:

- People who receive AgeSpan services
- People 65 and over, not using our services, but reside in one of the 28 cities/towns we serve.

PROGRAM DETAILS:

- Up to \$300 in one-time veterinary care for pets of those in need, once per year.
- If you already have a vet, AgeSpan will pay your vet directly, up to \$300.
- If you do not have a vet, AgeSpan will help coordinate services with an approved vet.

SERVICES INCLUDE:

- Rabies shots
- Spaying/neutering expenses
- A variety of inoculations
- Flea/tick care
- Annual checkups
- Nail trimming
- Other routine care



MORE INFORMATION

If you receive AgeSpan services, contact your AgeSpan Care Manager at 800-892-0890. If you do not receive our services, please contact Sandy Jennings at 978-946-1222.

First Cong. Church Knitting Outreach



The First Congregational Church of Georgetown invites any knitters, or those who would like to learn how to knit, to come to the church every other Thursday evening at 7:00 p.m. beginning October 6 and 20. All are welcome in fellowship to knit scarves, hats, mittens and other warm items for those in need. All supplies, needles, yarn and instruction, will be provided. Ruth Soper will provide instruction to those who are new to knitting. All are welcome; no experience necessary. The Knitting group is designed as a way to meet new friends while helping others.

Thank You! And welcome back to Monica Chouinard who graciously provided a variety of tasty treats for refreshments at the Delvena Theater presentation of "Murder a la Carte" in September.



IMPORTANT NOTICE

Traveling Chef Update

As of October, 2022, AgeSpan will implement in-person meals at the Senior Center for the monthly Traveling Chef lunches **ONLY** in Oct., Nov. and Dec. Traveling Chef will not be available for Grab and Go or home delivery in Oct. Nov. and Dec. Reservations are required for the in-person Traveling Chef lunches during these three months. Space is limited to 45 seats. Regular daily meals will continue to be Grab & Go/Delivery with meal reservations being called in one week in advance. The only change is to the Traveling Chef program during the holiday months.

BUZZWORD: HORIZON

Unscramble letters: R, I, O, H, O, Z, N

7. Section (N)

4. Hotline (H), 5. Fraction (O), 6. Realize (Z)

1. Written (R), 2. Winkle (I), 3. Hostess (O)

Answers to Buzzword puzzle:

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

October Fun Time

BUZZWORD! By Ann Richmond Fisher/2009 word-game-world.com

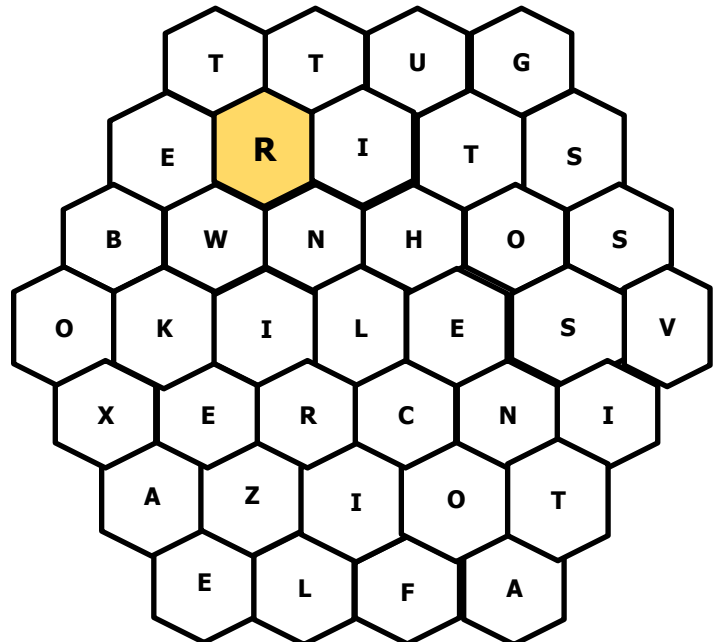
The shaded "R" in this puzzle and the 6 letters surrounding it spell WRITTEN, which matches one of the clues below.

Try to find 7-letter words for the remaining clues. Circle or mark the center letter of each word and unscramble the 7 letters to find the BUZZWORD.

Clues:




- Noted on paper _____ Written _____ R
- A crease or fold _____
- Woman greeter _____
- Emergency phone link _____
- Dissenting minority _____
- Understand _____
- Distinct part _____

Buzzword Clue: Where earth meets sky



Answers on page 4.

OCTOBER CALENDAR 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
3 9:00 Yoga 10:30 Strength Training	4 Van: 9:30 Brown Bag 12:00 Riverside 8:30 Walking Club 9:00 Pickle Ball @ Am. Legion Park 10:00 Matter of Balance	5 Annual Health Fair & Blood Pressure Clinic 11:30 a.m. – 1 p.m. 10:30 Yoga 12:30 Mah Jong	6 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
10 <div>COA CLOSED: COLUMBUS DAY</div>	11 9:30 Van: Westgate/Riverside 8:30 Walking Club 9:00 Pickle Ball @ Am. Legion Park 10:00 Matter of Balance 12:00 Quilting Group	12 10:30 Yoga 11:30 October craft 12:30 Mah Jong	13 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
17 9:00 Yoga 10:30 Strength Training	18 9:30 Van: Westgate/Riverside 8:30 Walking Club 9:00 Pickle Ball @ Am. Legion Park 10:00 Matter of Balance 10:30 Constituent Services	19 10:30 Yoga 12:30 Mah Jong	20 9:30 Van: Plaistow 8:30 Walking Club 9:30 Tai Chi 10:45 Exercise with Leah
24 SHINE/appt. only 9:00 Yoga 10:30 Strength Training 12:30 Bingo	25 9:30 Van: Westgate/Riverside 8:30 Walking Club 9:00 Pickle Ball @ Am. Legion Park 10:00 Matter of Balance 12:00 Quilting Group 12:00 Traveling Chef 12:45 COA Board meeting 1:00 Music with The Classics 2:00 Book Club	26 10:30 Yoga 12:30 Mah Jong	27 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
31 SHINE/appt. only 9:00 Yoga 10:30 Strength Training 12:30 Halloween Bingo	<div></div>		
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 soups, 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. October 25.** The menu will feature **Meat Pie, German Potato Salad, Apple Strudel, Dinner Roll.** Please RSVP as soon as possible by calling the COA at 978-352-5726.



Grab & Go Lunches Due to pandemic restrictions, the COA is working with AgeSpan (formerly Elder Services of Merrimack Valley) 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.***

October Grab & Go Lunch Menu

Monday	Tuesday	Wednesday	Thursday
3 Chix/Mushroom Sauce	4 American Chop Suey	5 Cold Plate Tuna Salad, Garden Salad	6 Turkey/White Bean/chick Pea Chili
10 NO LUNCH/Columbus Day	11 Swedish Meatballs/Pasta	12 Beef Stew	13 Chix Cordon Bleu/Supreme Sauce
17 Salisbury Steak/Mushroom Gravy	18 Mac & Cheese	19 Basil Salmon	20 *SPECIAL* Sausage/Peppers/Onions/Sub
24 Ravioli/Butternut Sage Cream Sauce	25 *TRAVELING CHEF* - see above	26 Chix Parmesan	27 *BIRTHDAY* Meatloaf/Gravy
31 Boneless Chix/Maple Sauce			

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

Georgetown Council on Aging
51 North Street
Georgetown, MA 01833

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.

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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October 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 October 25, 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:

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.

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.

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