



Living Well Together

September
is
Happy
Cat Month



A Newsletter of the Georgetown Council on Aging

Volume 22/Issue 3

Email: cfiorello@georgetownma.gov

September 2020

Website: www.georgetownma.gov

Director's Notes: The other day family in Canada sent us a photo of red leaf from one of the maple trees in the yard at their cottage. We laughed saying they have two seasons in Ontario: July & winter. When the leaves start to turn, we joke about ice on the river & time to take out the docks. Even as children we knew that fall was not far away & that it would soon be time for local fairs, the start of school & all of the activities that typically take place in the fall. What a different year this is for everyone. The community events that we enjoy cannot be held. Weddings, graduations & other celebrations have either been postponed or scaled back. We were unable to travel to Canada to visit family, but we have found other ways to stay in touch with each other. Looking ahead to fall, we know that it is important to remain vigilant in staying safe & creative in maintaining our connections with each other. Although this is a very different year, we will still celebrate National Senior Center Month in September. This year's theme is **Senior Centers: Delivering Vital Connections**. As the COVID-19 pandemic led to the closing of Senior Centers across the country in March, Senior Centers remained committed to providing essential services & resources to older adults in the community. Never before has it been so important to maintain connections with others in the community. The methods of serving are different but the mission is the same. In planning the celebration, the National Institute of Senior Centers notes the key words of **Mind, Body, Spirit & Community**. The four key words summarize our approach to services even now. We miss planning the programs that we all enjoyed at the Senior Center, but we continue to learn of virtual or remote programs that can enhance wellbeing. Virtual museum & gallery tours or resources available through the Georgetown Peabody Library's Curbside Pick-up engage our **Minds**. By tuning into the Town's Cable Access station, we can care for our **Bodies** as we practice yoga, follow a strength training class or an ESMV Nutrition Class. Our **Spirits** stay strong as we continue to be grateful for health, family, friends & give thanks for our lives. The strength of our **Community** is always apparent. Volunteers continue to call & offer support. Donations have filled the shelves of the COA Marketplace. It is a different way of living, learning & working but we will continue to be strong, resilient & creative in finding ways to live safely. Reopening more of our state & communities will take time but we're hopeful that we will soon be able to resume some small group activities. Until then, we will continue to provide programs & services in every safe way possible. We miss your company & look forward to keeping in touch. Please continue to be safe & well!



Georgetown COA Services Provided during COVID-19

The Georgetown Council on Aging and staff at the Georgetown Senior Community Center remain committed to serving older adults and their families in Georgetown during the current COVID-19 pandemic. The staff is back in the office, but the Senior Center is still closed to the public.

We are able to continue many services such as reassurance calls, provide deliveries from the COA food pantry, essential shopping assistance (groceries, pharmacies, etc.), Grab & Go lunches, lend durable medical equipment, coordinate telephone appointments with the SHINE (Serving Health Insurance Needs of Everyone) Counselor as well as provide information, resources and referrals. If you have questions or need assistance, please feel free to call us at 978-352-5726.

Healthy Living: Tai Chi classes are available on ZOOM. Yoga, & Strength Training w/COA Instructor Donna Bonin & ESMV Nutrition classes w/Leigh Hartwell are available for viewing on Cable Access 43 Verizon/9 Comcast. Check online for airtimes or call COA for schedule information.

COA Marketplace: Fresh & nonperishable food, personal care items and paper products are available at GSCC. No income restrictions apply. The COA will provide home deliveries when necessary. **Appointments are required by calling 978-352-5726.**

COA Van Availability: Local essential shopping is available **by appointment only** on Tuesdays and Thursdays. Along w/grocery shopping, trips to the post office, banks, pharmacies & Walmart can be planned.

Email Addresses

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.

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 3rd Tuesday of each month. **Appointments are required by calling 978-352-5726.**

Using a Face Covering Effectively

Use anything that covers your nose and mouth (i.e. mask, bandana, scarf, gator). Masks should fit snugly, be secured with ties or ear straps, & not restrict breathing. Face coverings should be multiple layers. Your mask or face covering should be able to be machine washed and dried. Only touch the ties or ear strings not the front and wash your hands after handling.


Georgetown COA has Fabric Masks Available

Thanks to a donation from S.T.A.R.S. Covid-19 Relief Fund, a student initiative at Governor's Academy in Byfield, the Georgetown COA has some handmade reusable fabric masks available for older adults in the community. For information, please call the Georgetown COA at 978-352-5726.

On-Line Resources for Physical Exercise and Activities

Physical exercise and activity are an important part of aging. Although we're unable to visit local gyms or take group classes at the Senior Center due to the current COVID-19 pandemic, there are some good on-line resources and strategies for remaining physically active on line through the National Institute on Aging (NIA). Including tips for fitting exercise into daily life, the NIA site includes photographs and written outlines regarding exercises to maintain endurance, balance, strength and flexibility. Safety tips are also included. For information visit

<https://www.nia.nih.gov/health/exercise-physical-activity>



Online Classes
Online Virtual Tours
Unlimited things to

Virtual Museum/Gallery Tours and other On-Line Activities

- Peabody Essex Museum in Salem by visiting 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) in Andover offers links through websites to comic strips, film and TV comedies, joke collections, laughter yoga and strange stories on NPR.

Health & Wellness Guide: Special Coronavirus Edition

Elder Services of Merrimack Valley & North Shore Elder Services have provided us with a supply of ***Health & Wellness Guides: Special Coronavirus Edition***. The booklet provides important information to help you deal with the coronavirus crisis now and in the coming months. It is divided into two sections. First, *STAYING HEALTHY* features information from sources such as the CDC & leading non-profit health organizations. Topics include Coronavirus Symptoms, Ways to Protect Yourself, Staying Healthy at Home & Tips to Spot Health Scams & False Information. Secondly, *MY HEALTH RECORD* includes pages to record personal health notes & checklists to review if you are at home for extended periods. Topics in this section include Healthcare Team Contact Information, Recent Tests, Screenings & Immunizations, Medication List, Family & Community Resources and Stay-at-Home Checklist. To receive a copy of this booklet please call the COA at 978-352-5726.



Food & Mood: The Link between Nutrition & Mental Health

Join Registered Dietitian, Leigh Hartwell, from ESMV for a phone presentation on *Food & Mood*. Research suggests what we eat may affect not just our physical health, but also our mental health & wellbeing. This discussion will cover how nutrients help your brain, nutritional deficiencies associated with mental disorders, the connection between the mind & our digestive systems and the best/worst foods for your mental health. **Join the conversation on Tues. Sept. 15 from 11 a.m. – 11:45 a.m. by dialing 720-835-5909 (no access code required).** Contact 978-681-3023 or lhartwell@esmv.org to RSVP (not required) or request lesson materials.



Grab and Go Lunches Launched

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.

September Grab & Go Lunches

Monday	Tuesday	Wednesday	Thursday
7 Labor Day	1 Orange Chicken	2 Frittata	3 Open Turkey Sandwich
14 Chicken Pot Pie	8 Breaded Chicken/Bun	9 Eggplant Parm/Pasta	10 Beef Stroganoff
21 LS Hot Dog/Bun	15 Beef/Peppers/Onion/Tortilla	16 Baked Fish	17 Meatballs/Marinara/Pasta
28 Macaroni/Cheese	22 Chicken Piccata	23 Cheese Ravioli/Marinara	24 Cold Plate (Salad Variety)
	29 Breaded Fish	30 Cheeseburger/bun	

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.

Georgetown Peabody Library offers Contactless Curbside Pickup.

Place items on hold with your library card and they will call you to schedule a pickup time.

Guidelines:

1. Place your holds online at www.georgetownpl.org, call 978-352-5728, or email.
2. The library will collect your requests pending their availability on GPL shelves or Inter-library Loan. Inter-library loan may take a little longer than usual.
3. When the items are ready, you will be notified by the method you indicated on your account (email, text, phone). You may then come to the library anytime during curbside hours.
4. Curbside availability: Mondays 2-6 p.m. and Wednesdays and Fridays 12-4 p.m.
5. When you get to the library, park near the front entrance and call 978-352-5728 to alert staff of your arrival. If you don't have a cell phone, call the library before leaving your house and your bag will be ready for you.
6. A staff member (masked & gloved) will check out your items & place your order on the designated table just outside our entrance. Your items will be in a labeled bag. Please verify your name when picking up your order.
7. Please practice all social distancing protocol while picking up your items! We appreciate you wearing a mask to keep everyone safe.



Georgetown Peabody Library offers Expanded Curbside Services.

The library is hoping to keep expanding and adding new features to their Curbside Service until the day they are able to open the building and offer the full range of library services/programs. For more information, use the library website at www.georgetownpl.org.

1. **Reference Services:** You can now request printing through the library website. Each person may request up to ten pages of free printing per day. Complete the printing request on the website and you will be notified when your order is ready for pick up. Questions? Call the library at 978-352-5728 & ask to speak to the Reference Desk or email Michele at maugeri@georgetownpl.org.
2. **Personal Book List Service:** Fill out the Personal Book Lists form on the website and they will send you a list of books they think you would enjoy. There is a different application for adults, kids & teens.
3. **Statewide Delivery is Back:** Inter-library Loan is back! Requests can be placed from other libraries. Please keep in mind that fulfillment/transit might take a little longer than usual.
4. **Summer Reading:** The Summer Reading Program has gone viral this year and runs from June 19 through August 28. Register on our Beanstack site or down load the Beanstack tracer app from Google Play store or Apple App store. For more information about registration, contact the library.
5. **Online resources:** The library website has an extensive collection of resources available 24/7/365 on their website.
6. **Library Cards:** Georgetown residents who do not have a library card or whose card is no longer in the system can apply for a card via a form on the website.

2020 Hurricane Season Key Messages



1. Hurricane Risk

- Peak of hurricane season is August and September; above normal hurricane season is predicted
- Entire state is at risk; storm surge threat in coastal areas and high winds, heavy rainfall, and inland flooding possible across entire state
- Threat of tropical cyclones and other natural hazards continue during COVID-19 pandemic

2. How Residents Can Prepare

➤ Know Your Evacuation Zone

- Learn if you live or work in a hurricane evacuation zone: www.mass.gov/knowyourzone

➤ Make an Emergency Plan

- Develop a plan with the members of your household to prepare for what to do in a tropical cyclone including an evacuation plan, a plan for individuals with access and functional needs, and any extra considerations during COVID-19 pandemic including how you might evacuate and where you might evacuate to. If you are in a high-risk population, the safest option may be to evacuate to a location without the general public such as a hotel, relatives' home or other destination. <https://www.mass.gov/info-details/make-a-family-emergency-plan>

➤ Build an Emergency Kit

- Include items that you and your family will need if isolated for three to five days without power or unable to go to a store and customize for your family's needs. During the COVID-19 pandemic, include face coverings, masks, hand sanitizer and other cleaning supplies that you may need. <https://www.mass.gov/info-details/build-an-emergency-kit>.

➤ Stay Informed

- Every family should have multiple methods for receiving emergency alerts. Different types of alerting and information tools include the Emergency Alert System, Wireless Emergency Alerts, NOAA Weather Radio, Social Media & Traditional Media, 2-1-1 Hotline, Local Notification Systems: <https://www.mass.gov/info-details/be-informed-and-receive-emergency-alerts>.

3. What Government is Doing to Prepare

- MEMA and the Department of Public Health have developed guidance for the state and municipalities to provide shelters and conduct evacuations during COVID-19, which will be used to adjust the Commonwealth's mass care and evacuation
- State agencies are adjusting plans:
 - Re-evaluating capacities of state-initiated regional shelter sites; preparing for the need for additional evacuation transportation vehicles; adding screening, sanitization, disinfection, and general public health protocols to existing mass care plans; and planning for and preparing to provide sheltering in non-congregate settings such as hotels.



Microsoft Scams Are Circulating

It's like the proverbial bad penny, there is always a scam lurking in the shadows waiting for unsuspecting victims. Recently, two scams have surfaced locally involving Microsoft products. Georgetown Police Dept. Sgt. Kevin DeFeo has provided the following advice.

• **Scam 1:** The victim receives a phone call and is told their license has expired. The victim will be asked to go to a web page, usually **logmein123**. The scammer will provide a code which does not work. The scammer will then ask for a payment to activate the license via credit card or gift cards.

• **Scam 2:** The victim receives a phone call telling them that they were over charged for a Microsoft product. The scammer will ask the victim to allow the scammer to take control of their computer. The scammer will then go through the victim's computer and ask them to log onto their bank account so they can rebate the victim the money. Once logged into the bank account, the scammer will transfer money to his bank account. Due to wire transfer, it's extremely hard to get your money back.

• **In addition:** Phone calls to lower your credit card interest rates are all scams.

• **What to know:** Company's do not call customers and demand a payment by gift cards, green dot cards or wire transfers. They **NEVER** ask the customer to send cash or agree to send someone to your house to pick up cash payment. On Caller ID, the phone numbers will appear to be local numbers. There is no need to block the phone number as they are spoofed or fake.

• **What to do:** If you are ever in doubt, reach out to the Georgetown Police Department.

Sgt Kevin DeFeo, can be reached at kdefeo@georgetownma.gov.

Council on Aging Services

For information on any of the following services, contact the COA at (978) 352-5726.

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. Monthly Van Schedules are printed in the Newsletter. A small 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. If the office is closed, please leave a message (and remember that the COA is not open on Fridays). After the ride is arranged, the **DRIVER** will call you the day before the ride. 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. Please remember: Reservations must be made through the COA office. Clients should not call the drivers directly.

RING & RIDE: Medical, Shopping & General-Purpose Transportation & Medi-Ride

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 Medi-Ride to Boston area hospitals. For brochures, 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.

Congregate Meals

The COA Meal Site offers nutritious lunches Monday-Wednesday at 12:00 p.m. Please make reservations by the previous Wed. by calling the COA or in person at the Georgetown Sr. Comm. Ctr.

FOOD AND HEAT RESOURCES

For information & assistance w/state & local resources, contact the COA office at (978) 352-5726.

Board of Health Nurse

On the first Wednesday of each month, from 9:30 - 11 AM, Pam Lara, RN is available at the Georgetown Sr. Community Center to perform blood pressure checks, etc.

S.H.I.N.E.

Serving **H**ealth **I**nformation **N**eeds of **E**veryone will help you understand your health insurance concerns. Appointments can be scheduled with SHINE counselors Jerry Goldberg & Nancy Aberman @ Georgetown Sr. Community Center. See newsletter for specific dates.

EQUIPMENT LENDING PROGRAM

COA has medical equipment (Walkers, Canes, Wheelchairs, Bath Seats, etc.) 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 6/10/2020

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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Georgetown Council on Aging
51 North Street
Georgetown, MA 01833
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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 September 22, 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.

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.

September

Hidden Message Word Search.

Find the words from the list on the right and enter them into the correct spot at the bottom. The words will complete a (edited) quote.

Created by [Puzzlemaker](#) at [DiscoveryEducation.com](#)

S E P T E S M B E R T H E E D
O O R W A E Y T O T H E S H E
A S O N T P H A T A W A K T E
N S T H E T D O O R W A Y S O
U L E F H E S V F S W H B I K
O C U K K M H N O L C M N I Y
Y Q T L I B Z U E P P C E U E
H E B K J E L U B K T A H T D
H A M T B R B Q S E A S O N W
G G G W W L L A Q T Z W M H A
V Y D H Y D C V F A V X A S U
Y L I J Z H M G W K A F K M Q
T P V K K B I J M G V S Z K U
Z W W B O O Y U M K R C M X W
J D V U E N N K J W V Q L R X

AWAKENS
DOORWAY
SEASON
SEPTEMBER
SOUL
THAT
THE (2)
TO

Author Unknown

5 Minute Healthy Apple Crisp for 1 or 2

Ingredients: 3 T coconut oil ~ ¼ c quick oats ~ 2 T chopped pecans ~ 2 ½ T whole wheat flour (divided) ~ 2 ½ T brown sugar (divided) ~ ½ tsp cinnamon* (divided) ~ 1/8 tsp salt ~ 2-3 apples (about 2 c chopped) ~ honey for drizzling

Directions: Melt the coconut oil in the microwave. Stir in the oats, pecans, 2 T whole wheat flour, 2 T sugar, ¼ tsp cinnamon*, and salt. Mix until well combined. Toss the apples with ½ T whole wheat flour, ½ T sugar, & ¼ tsp cinnamon*. Layer a little spoonful of the oat mixture in the bottom of two 9-ounce ramekins or mugs. Top with about 1 c of the chopped apples and heap the remaining oat mixture over the top. Microwave for 3 min. 30 seconds –the apples should be bubbling & the whole thing will reduce in size. Remove and let stand until cool enough to eat. **CAUTION:** It will be very hot at first! Also, the texture improves as it rests/cool. Drizzle with honey if desired.

Note: You can make both at the same time; save one to reheat later. It can be covered & left up to 12 hrs. on the counter otherwise refrigerate.

*Apple Pie or Pumpkin Pie Spice can be substituted for cinnamon.

*There are flowers
enough in the
summertime,
More flowers than
I can remember—
But none with the
purple, gold, & red
That dye the flowers
of September!*

—Mary Howitt (1799-1888)

Old farmer's Almanac
(8/22/19) online