



# Living Well Together



A Newsletter of the Georgetown Council on Aging

Volume 23/Issue 3

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**Director's Notes:** During the years that my mother was an elementary school classroom or nursery school teacher, she kept a small black bell on her desk. In the classroom, the bell provided a verbal cue for children to switch activities or move on to different subject areas. When she had recess duty, the bell announced the end of outdoor play & time to return to class. Photos of her sitting at different classroom desks show her books, pens & calendars neatly laid out across the desk. The bell was always at the front & to the right of her desk blotter. The bell was a cowbell from her grandparents' farm in Ontario, where she had lived as a child. At one point, she had made one of their Holstein calves a pet. Dorothy, the calf, sported a blue hair ribbon tied round her tail & always came to my mother's call even when she was an adult cow. I'm not sure whether or not the bell was actually



Dorothy's bell but it was a sweet reminder of her family & farm roots. The bell now sits on my bedside table. It is a reminder of my mother & our family. I ring it sometimes just to hear that resonating sound & think about my mother, the children she taught & the cows on that farm! I wish that I could ring that bell & bring back the peace & comfort of those times. What a different world this continues to be! It's been good to see people enjoy some community events & family celebrations this summer – even with safety measures in place. There is so much that we will never take for granted again from simple handshakes to hugs & time spent together.

We have found creative ways to stay in touch with each other & have proven again that faith, strength & resilience will carry us through difficult times. Looking ahead to the fall, we know that we need 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 this month. Rather than choosing a theme for all, the National Council on Aging encourages communities to choose a theme that speaks to their individual community or Senior Center. Certainly faith, creativity & strength all speak as a theme for the Georgetown Senior Community Center. We have continued to engage our minds in a variety of creative ways. We have worked hard at staying physically & emotionally well. Our spirits have stayed strong as we continue to be grateful for health, family, friends & for lives well lived. Always, the strength of our community continues to be apparent. Volunteers continue to call & offer support. Donations have filled the shelves of the COA Marketplace. This year is still different, but we will continue to be strong, resilient & creative. We are so glad to have resumed much of our in-person programs & activities & are looking forward to more opportunities together. Better days will come & we will be glad to ring all of our bells & cheer!

## New COVID 19 Mask Advisory

The Department of Public Health has issued a new mask advisory in light of the Centers for Disease Control and Prevention's updated guidance. Fully vaccinated individuals are advised to wear a mask or face covering when indoors, if you have a weakened immune system, or if you are at increased risk for severe disease because of your age or an underlying medical condition, or if someone in your household has a weakened immune system, is at increased risk for severe disease, or is an unvaccinated adult. Masks are still mandatory for all individuals on public and private transportation systems, in healthcare facilities and in other settings hosting vulnerable populations, such as congregate care settings. The Council on Aging is asking all visitors to the Georgetown Senior Community Center to wear masks in the common areas of the building and to sanitize their hands as they arrive to the Senior Center. Thank you for your understanding and support.



**Yoga & Strength Training Classes have resumed.**

**Holiday Office Hours:** The COA offices and all activities will be closed on Mon. Sept. 6 (Labor Day).

### **End of Season Ice Cream Celebration:**



As summer comes to a close, bid farewell to the sweet treats of the season. The Georgetown COA invites you to enjoy a variety of Ice Cream Truck novelties (i.e., ice cream sandwiches, ice cream bars, sundae cups) on **Wednesday Sept. 8 at 1 p.m.** Inside seating at the Georgetown Senior Community Center will be limited to 15, but there is also a pick-up option available. Please call the COA at 978-352-5726 to make your reservations.

**Identity Theft Workshop:** Join us for an educational workshop on **Identity Theft on Thursday Sept. 16, 1 p.m.** presented by local resident and Modern Woodmen representative Joe Soucy. Joe will discuss different types of identity theft and fraud, and signs of common scams. He will review laws that protect consumers and strategies to protect yourself. Due to COVID-19 precautions & state/local recommendations, the program will be limited to 15 participants. Masks are recommended during the program. Please call the COA at 978-352-5726 for reservations.



### **Delvena Theater presents "Bon Appetit, Julia!"**

**A Performance and Tea  
Thurs. September 23, 1 p.m.  
Georgetown Senior Community Center**  
Join us for a spot of tea & an entertaining follow-up to the well-received *Meet Julia Child!*

**Due to COVID 19 precautions & state/local recommendations, seating will be limited to 35 and masks are recommended for the duration of the program. For reservations, please call the COA at (978) 352-5726 BEFORE 9/16/21.**

The Delvena Theatre Company has been entertaining audiences for over twenty-five years & has become an annual favorite in the Georgetown older adult community. Tea & refreshments will be provided by the Friends of the Georgetown COA.

This program is supported in part by a grant from the Georgetown Cultural Council, a local agency which supported by the Massachusetts Cultural Council, a state agency.

### **Annual Flu Shot Clinic Planned:**

**Wednesday, Nov. 3, 2021** Check the October 2021 newsletter for full details.

**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 1/2 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, September 14, 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
- **Homebound COVID Vaccine Program:** Any individual who has trouble getting to a vaccine site is now eligible for the homebound 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>.



### September is National Honey Month



#### Honey Peanut Butter Yogurt Dip

Quick...Easy...Healthy!

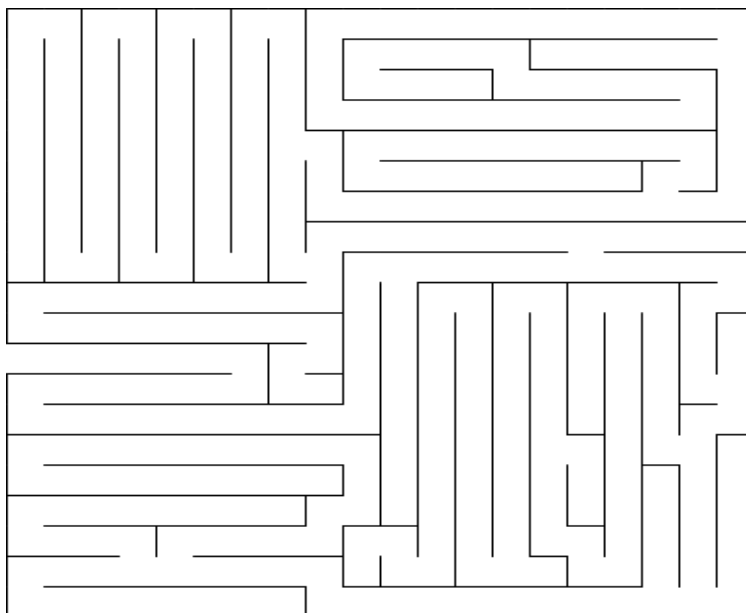
Try this delicious dip for a snack or even as a dessert.

**Ingredients:** 2 T quality honey ~ 1/4 c plain Greek yogurt ~ 1/4 c peanut butter

**Directions:** Combine honey, peanut butter and yogurt in a small bowl. Stir until all ingredients are combined & smooth. Serve with fruit, pretzels or any other food that you think tastes best with this dip!

### Farm to Table Maze

Can you get the apples to the baker for pies?



### Fill in the missing numbers

The missing values are the whole numbers between 1 and 9. Each is only used once.

\*Each row is a math equation.

\*Each column is a math equation.

3	+		+		11
+		+		-	
	+		-	7	2
-		+		-	
	+		-		2
-1		7		-9	

"Laughter  
Is by  
Definition

**HEALTHY."**

~Doris Lessing

Fill-In Answers: Left to right, starting with top row: 2,6,5,4,9,1,8

September Fun Page



### 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.



## **Annual Flu Shot Clinic Planned: Wednesday, Nov. 3, 2021** Check the October 2021 newsletter for full details.

### **Virtual Memory Café Sept. 7 & 21**

offers online activity & social engagement for those living with memory loss & their caregivers.

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

Contact Lynn Brennan: 978-273-52501 or  
lbrennan@esmv.org

### **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 Open for Browsing**

#### **Library Hours for Browsing & Curbside Pick-up:**

Mon./Wed. 2 p.m. - 6 p.m.

Tues./Fri. 10 a.m. - 5 p.m.

Thurs. CLOSED

Fri. 10 a.m. - 5 p.m.



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

**Veterans' Affairs Program:** Veteran Service Officer, Karen Tyler, will present a program on **Local, State, and Federal Benefits** on **Wednesday, September 1<sup>st</sup> at 10:30 a.m.** at the Byfield Center for the Community Arts Building. A VA representative will also discuss VA Healthcare Enrollment. Bring your DD214 form with you. For information, call Karen Tyler at (978)356-6699 or email [kt Tyler@eessexvets.com](mailto:kt Tyler@eessexvets.com).



**You are Invited:** The Women's Guild of the First Congregational Church of Georgetown will hold a **Guest Social** on **Tuesday, Sept. 21, 2:00-4:00 p.m.**

on the Church green. Tea, coffee & refreshments will be served. The Ukululus will entertain. There is no charge, but please call Joan Chatterton at (978) 352-8033 if you are planning to attend.

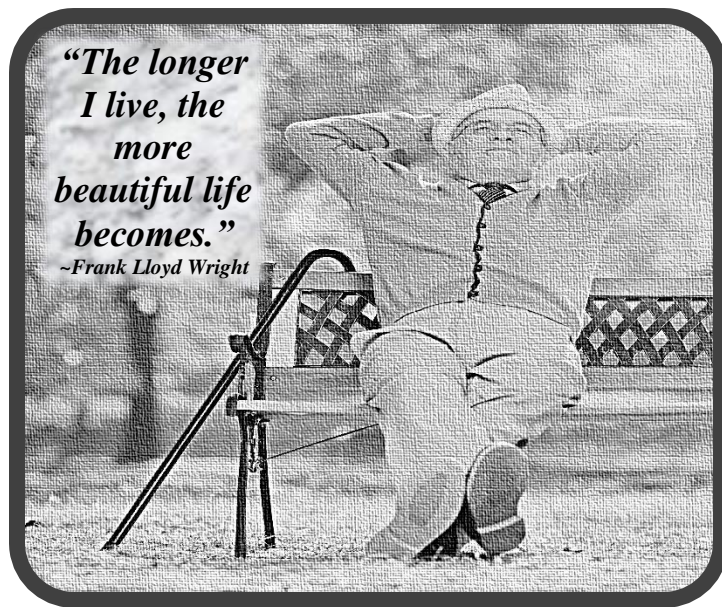
**Northern Essex Elder Transport** Can you volunteer to drive 6 to 8 hours a month? Mileage reimbursement and supplemental insurance provided. Call 978-388-7474 to learn more about this flexible volunteer opportunity.

### **Walk Massachusetts Challenge**

Sponsored by the MCOA, this year's Walk Massachusetts Challenge began last month. With several goals tied to walking options and prizes, the first 500 people who participate will receive a reflective wrist band and sports pack. Prizes include Visa, Amazon and Dunkin' Donuts gift cards. For each person who completes the challenge, COAs are entered into a drawing to win \$1,000 for future programming. Individuals are able to register at [www.coaonline.com/walkma](http://www.coaonline.com/walkma). The program runs May 1 through September 30 & includes different challenges along with an online tracking form or printable walking journal. For information and assistance with registration, call the COA at 978-352-5726.

*"The longer  
I live, the  
more  
beautiful life  
becomes."*

~Frank Lloyd Wright



# **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 September 28, 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.



# SEPTEMBER CALENDAR 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
		<b>1</b> 10:30 Yoga 12:30 Mah Jong	<b>2 9:30 Van: Walmart, Plaistow</b> 8:30 Walking Club <b>10:30 Vet. Agent Office Hrs.</b>
<b>6</b> <b>COA CLOSED: Labor Day</b>	<b>7 No Shopping Van—Brown Bag</b> 8:30 Walking Club	<b>8</b> 9:00 Morning Coffee 10:30 Yoga 12:30 Mah Jong 1:00 Ice Cream Social	<b>9 9:30 Van: Walmart, Plaistow</b> 8:30 Walking Club 9:30 Knitting Group 1:00 Stamp Club
<b>13</b> 9:00 Yoga 10:30 Strength Training	<b>14 9:30 Van: Riverside</b> 8:30 Walking Club 9:00 Morning Coffee 10:30 Constituent Services 12:00 Quilting Group	<b>15</b> 10:30 Yoga 12:30 Mah Jong	<b>16 9:30 Van: Walmart, Plaistow</b> 8:30 Walking Club <b>1:00 Identity Theft Workshop</b>
<b>20</b> 9:00 Yoga 10:30 Strength Training	<b>21 9:30 Van: Riverside</b> 8:30 Walking Club 9:00 Morning Coffee	<b>22</b> 10:30 Yoga 12:30 Mah Jong	<b>23 9:30 Van: Walmart, Plaistow</b> 8:30 Walking Club 9:30 Knitting Group 1:00 Stamp Club <b>1:00 "Bon Appetit, Julia!"</b>
<b>27</b> 9:00 Yoga 10:30 Strength Training	<b>28 9:30 Van: Riverside</b> 8:30 Walking Club 9:00 Morning Coffee 12:00 Quilting Group <b>12:45 COA Board Meeting</b>	<b>29 Traveling Chef Lunch</b> 10:30 Yoga 12:30 Mah Jong	<b>30</b> <b>9:30 Van: Walmart, Plaistow</b> 8:30 Walking 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. Sept. 29. Please RSVP as soon as possible.** The menu will feature Black Bean Veggie Burger/WW Bun, Roasted Veggies, Orzo Pilaf, Apple Crisp. To reserve a lunch, please call the COA at 978-352-5726.

## September Grab & Go Lunch Menu

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>
<b>6 No Lunch (Holiday)</b>	<b>7 Shepherd's Pie</b>	<b>1 Lemon Citrus Chicken</b>	<b>2 Pulled Pork/Mustard BBQ Sauce</b>
<b>13 Salmon/Calypso Sauce</b>	<b>14 Tarragon Chix Salad/roll</b>	<b>8 BBQ Boneless Pork</b>	<b>9 Hawaiian BBQ Chicken</b>
<b>20 Chicken Cordon Bleu</b>	<b>21 American Chop Suey</b>	<b>15 Salisbury Steak/Gravy</b>	<b>16 Thai Chicken</b>
<b>27 *BIRTHDAY LUNCH*</b>	<b>22 Chicken Parmesan/Pasta</b>	<b>22 Colby Cheese Omelet</b>	<b>23 Hot Dog/Bun</b>
<b>Sweet/Sour Pork</b>		<b>29 *TRAVELING CHEF*</b>	<b>30 Cold Salad Plate</b>
		<b>Black Bean Veg Burger</b>	<b>Turkey, Beet, &amp; Potato Salads</b>

***Volunteers Needed for  
Rheumatoid Arthritis Research Study***

The University of Massachusetts Amherst College of Nursing is seeking volunteers for a research study on Rheumatoid Arthritis or Osteoarthritis related fatigue. The College of Nursing is conducting a contactless tablet-based fatigue management group education study to encourage a simple walking activity for patients who are living with rheumatoid arthritis or osteoarthritis related fatigue. The study is seeking to know how the tablet-based fatigue management tool helps individuals manage walking and fatigue.

The study invites participants to take part in seven meetings. During meetings 1 and 2, individuals complete three short surveys regarding fatigue level, cognition and background information (age, sex, race, etc.); learn how to use a tablet and a step counter and then individuals will take the devices home for 8 weeks of use. In meetings 3-6, individuals will receive weekly instruction of how to improve walking and alleviate fatigue through video communications (no travel is involved); provide information about fatigue level, quality of life, self-confidence and the experience of using the two devices. In meeting 7, individuals will provide information about fatigue level, quality of life, self-confidence and the experience of using the two devices.

Individuals will receive a \$20 gift card at the end of meetings 2, 3, 6 and 7 for a total of \$80. Interested individuals are asked to call or email Sarah Fiske at the University of Massachusetts Amherst College of Nursing, 413-222-5939; [smleonard@umass.edu](mailto:smleonard@umass.edu).