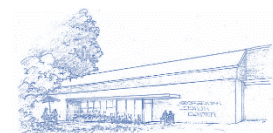




Living Well Together



National Senior
Center Month

A Newsletter of the Georgetown Council on Aging

Volume 26/Issue 3

Email: cfiorello@georgetownma.gov

September 2023

Website: www.georgetownma.gov

Director's Notes: Fifty-three years ago the first Georgetown Council on Aging (COA) board was appointed & began to serve the public with a hot lunch program planned one day per week at the former V.F. W. Post. Along with some social events during the year, the group began to look at the need for transportation & information & referral resources for older adults. Since that time, the Council on Aging has continued to evolve & develop the strong programs that led to the completion of the Georgetown Senior Community Center six years ago as a town facility for older adults & their families. As Senior Centers across the country commemorate National Senior Center Month, the success of the Georgetown Senior Community Center fully illustrates this year's theme of "*Discover Yours.*" Providing a wide variety of health, economic, social, educational & cultural activities, Senior Centers have a significant impact on both individual lives as well as the communities that they serve. As Senior Centers continue to evolve, the mission to connect older adults to programs, services & different opportunities for positive aging remains the same. As a result of the vision of the first COA in 1970, partnerships & support from all town departments & community resources came together to support the building of the Senior Center & continue to support the current & future needs for healthy aging in the community. Daily fitness classes, wellness programs, community education, nutrition & social activities are all cornerstones of the COA's program. The Senior Center continues to be a resource for individuals seeking information about complex subjects such as health insurance, legal questions, financial assistance, home care, housing & transportation options. As we celebrate National Senior Center Month, join us at the Georgetown Senior Community Center & "*Discover Yours*" whether it is new or favorite activities, personal growth or a deepened connection to the community. Reflecting the theme of "*Discover Yours*," the line-up of September activities includes the return of Delvena Theater on Sept. 12 with a special tea & lively performance of *Nun of This, Nun of That*. Also funded by the Georgetown Council on Aging, the Classics will return on Wed. Sept. 13, 1 p.m. with an afternoon of music & fun. Featuring several local community health partners, the COA will hold a Health Fair on Wed. Oct. 4. As another glorious summer comes to an end & fall begins, there is much to look forward to as we continue to *discover* all of the activities, interests, resources & community connections that support positive aging at the Georgetown Senior Community Center. We look forward to enjoying the fall with all of you!

Living Well Together Health Fair

Wed. Oct. 4 ~ 11:30 a.m. – 1 p.m.

Join us for a community provider health care fair **Wed. Oct. 5, 11:30 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. Public Health Nurse, Pam Lara, will be available for blood pressure checks by appointment. Representatives from AgeSpan, nutritionist Leigh Hartwell and the Northern Essex Elder Transport (NEET) Inc. Program will all be available. Healthy refreshments will be served during the event and before lunch. For further information, please call the Georgetown COA at 978-352-5726.

It will be here before you know it!

Open Enrollment: October 15 – December 7

Certified SHINE (Serving Health Insurance Needs of Everyone) counselors offer free, unbiased, confidential counseling on all aspects of health insurance **to anyone on or eligible for Medicare**. SHINE counselors will also assist to help you understand Medicare and your options. Or, if you find yourself enrolled in a plan that is not in your best interest, a SHINE counselor will review your coverage and help to determine if you are qualified to make a change at this time of year. Mark your calendar to review your Medicare plan (even if you have the BEST plan right now) during **Open Enrollment: October 15 – December 7**. SHINE will help if you'd like. To schedule a SHINE appointment, call the Georgetown COA at 978-352-5726.

HOLIDAY HOURS: The COA office, Sr. Ctr. & all activities will be closed Mon. Sept. 4 (Labor Day).

B P CLINIC: Wed. Sept. 6 @ 9:30 a.m.

Pam Lara, Public Health Nurse will provide blood pressure checks. Appointments are required and limited to 8 people per day. Please call the office to reserve your space. 978-352-5726.



MEN'S BREAKFAST:

Thurs. Sept. 7 at 9:30 a.m.

Dick Boucher will share his **Model Engineering Hobby**. Continued

thanks to Crosby's for their support of this program.

VETERAN'S SERVICES:

Due to Karen Tyler's new position in another district, office hours are on hiatus at this time. If you need assistance, contact the local Veteran's Office at 978-356-6699 or e.essex.vets@verizon.net.

SHINE OFFICE HOURS: Mon. Sept. 18, 9 a.m. – noon. **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.

CONSTITUENT SERVICES: Representatives from the offices of Senator Bruce Tarr and Rep. Kristin Kassner will hold monthly office hours on

Tuesday, Sept. 19 from 12:00--1:00 p.m.

and

Ruby Murphy from Rep. Seth Moulton's office will be here on **Tues. Sept. 19 at 12 p.m.**

BINGO IS BACK! Join us on **Mons. Sept. 11 & 25, 12:30 p.m.** Bingo is usually played twice a month. **Cost: \$2 per 10-game package.** Attendance is limited to 20 people. For more information, call 978-352-5726.



Book Club is scheduled to resume on Tuesday, October 24 at 2 p.m. Watch for more details.

Exercise classes resume.

Strength Training: Mon. September 25 at 10:30 a.m.

Exercise w/Leah: Thurs. September 28 at 10:45 a.m.



Delvena Theater presents

"Nun of This & Nun of That"

Wed. September 12 at 1 p.m.

A Tea will be served.

An interactive comedy that follows the nuns at a parochial school as they prepare for the class of 1957's 50th reunion. The audience members are the reunion attendees. A good time will be had by all reminiscing about the old days and catching up with everyone.

Reserve your seat. Call the COA. 978-352-5726.

This program is supported, in part, by a grant from the Georgetown Cultural Council, a local agency, which is supported by the Massachusetts Cultural Council, a state agency. The event is also co-sponsored by the Friends of the Council on Aging.

September Lunch & Learn

Wed. Sept. 13

Lunch @12 p.m. Program @ 1 p.m.



Join us as we turn back time on the wings of a song. We welcome back the sounds of

The Classics.

The performance will follow AgeSpan's **Traveling Chef** lunch which will feature shrimp in a garlic wine sauce. (Full menu see page 7.)

To reserve a lunch, please call the COA at 978-352-5726 by Wed. Sept. 6.

This music program is supported, in part, by a grant from the Georgetown Cultural Council, a local agency, which is supported by the Massachusetts Cultural Council, a state agency. The event is also co-sponsored by the Friends of the Council on Aging.

September Craft

Tucked Fabric Pumpkins



**Tues. Sept. 26
10:00 a.m.**

Space is limited. Reserve your seat as soon as possible. 978-352-5726



Looking Ahead to...

Wed. Oct. 4, 11:30 a.m. – 1 p.m. – Health Fair
 Tues. Oct. 25, 2 p.m. –
 Book Club resumes
 Tues. Oct. 31, 9:30 a.m. –
 FCOA Women's Harvest Breakfast
 Wed. Nov. 1, 9:30 -11 a.m. – Flu Clinic
 Tues. Nov. 14, 10 a.m. – Georgetown Light
 Dept. Holiday Safety
 Wed. Nov. 15, 1 p.m. – Rich Araldi concert

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Rep. Kristin Kassner addresses participants at the August Men's Breakfast.

QUILTING GROUP: Terry Palardy facilitates the group which meets on each Tuesday of the month from 12 p.m. to 3 p.m. 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 a noontime Riverside shopping run on the first Tues. of each month after Brown Bag deliveries.**

Friends of Council on Aging: FCOA now meets on the 3rd Tuesday of each month at 1 p.m.

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, incontinence supplies, 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.**

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

Yoga meets on Mondays at 9 a.m. and Wednesdays at 10:30 a.m.

Strength Training meets on Mondays at 10:15 a.m.

As of Mon. Sept. 25, time changes back to 10:30 when Leah Miller returns.

Tai Chi Class with Val LaBelle

Thursdays at 9:30 a.m. *Class limit: 10.

Exercise with Leah Miller

Classes resume on Thursday, September 28 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 the Massachusetts Department of Public Health, the Georgetown COA has free test COVID-19 test kits available to share with local households. For information, please call 978-352-5726.

Apple Spinach Salad

Recipe serves 8

For individual servings, use ingredients to taste.

Ingredients:

$\frac{3}{4}$ c pecans, toasted

8 slices bacon, cooked, chopped

10 oz baby spinach

2 apples, cored, diced

2 small avocados, peeled, diced

$\frac{3}{4}$ c dried cranberries

$\frac{1}{2}$ c feta cheese, crumbled

Poppy Seed Dressing



Toss all ingredients in a large salad/mixing bowl. Serve immediately.

Falls Prevention Awareness Week Sept. 18-22

The state Executive Office of Elder Affairs (EOEA) Home Care Team would like to invite you to raise awareness on falls prevention by joining the 5th annual Step Challenge! We set a statewide goal to collectively achieve **50 million Steps!** Here's how it works - throughout the month of September simply take a walk (or a run) in the name of falls prevention. You can use your own step counter or count each mile as 2,500 steps. Log your total steps using the link below. You can log your steps as many times as you would like or submit the grand total at the end of September. Family, friends & pets are welcome to join! Check out #MAsteps2preventfalls to follow along & share your photos! Remember to wear yellow! For questions please contact: Melissa.A.Enos@mass.gov



Beware of Screen Overlay Scams

Screen Overlay Scams are scams where your computer receives pop-ups appearing to come from the operating system of your device. These pop-ups warn of computer issues that can be resolved by calling a certain phone number. After contacting the phone number, the consumer is given prompts from a "customer service representative" to input specific details, including bank account information, to bypass the device takeover.

How can you avoid the screen overlay scams?

- Do not call phone numbers that you are not able to verify. Especially if the phone numbers come from unauthorized websites or internet pop-ups. If you receive a prompt asking you to call a phone number, verify that phone number first using a different device.
- Consider contacting tech support for the device you are using if it becomes disabled by screen overlay pop-ups.
- Legitimate customer support will not request payment via gift card, bitcoin, or wire transfer. These forms of payment are difficult to trade and often demanded by fraudsters.
- Attempt to shut down your device immediately should an unidentified website or software appear on the screen.

If you or someone you know is a victim of a screen overlay scam, report it to the **Federal Trade Commission** at www.reportfraud.gov. If you provided personal information to a scammer, visit the Office of Consumer Affairs' identity theft checklist for assistance dealing with the crime. For more information or questions, contact the **Office of Consumer Affairs' Consumer Hotline** at 617-973-8787, Monday – Friday from 9 am to 4:30 pm.



Northern Essex Elder Transport, Inc.

Fall into a Wonderful Volunteer Opportunity

Your time will be well spent helping local older adults with transportation. You decide when and where to drive.

Call 978-388-7474 or visit www.driveformeet.org/volunteer to learn more and start helping today!



They are NOT "grey hairs"! They are my WISDOM HIGHLIGHTS!! I just happen to be extremely WISE!

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

Mini-MeVA is a free shared van service available to Georgetown residents. It requires 24-hour notice w/reservations made through MEVA (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 AgeSpan 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 **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

September Fun

Sudoku Puzzle (medium)

	4		1	6			8	7
		7	8				2	
3	8		7					
1								
	6	3	2					4
8								
2		5	4			3		
6				7		5		1
	3				8		6	



Apple Trivia



The science of apple growing is called pomology.

Apples are a member of the rose family.

25% of an apple's volume is air, that's why they float!

Pilgrims planted the first apple trees in Mass Bay Colony.

Archeologists have found evidence that humans have been enjoying apples since 6500 BC.

Apples are fat-free, sodium-free & cholesterol-free & an excellent source of fiber.

So, take delight in a cool September day and visit a local apple farm. There are plenty of ways to enjoy your treasures. Try the recipe on page 4 to get you started.



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The town of Georgetown & Georgetown COA does not endorse or sponsor any of the advertisements.

SEPTEMBER CALENDAR 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
4 NO LUNCH: Labor Day	5 9:30 Van: Brown Bag/Riverside 8:30 Walking Club 9:00 Beginner/Inter Pickleball (ALP) 12:00 Quilting Group	6 Blood Pressure Clinic By appointment 9:00 Beginner/Inter Pickleball (ALP) 10:30 Yoga 12:30 Mah Jong	7 9:30 Van: Plaistow 8:30 Walking Club 9:30 Tai Chi 9:30 Men's Breakfast (No Veteran's Agent)
11 9:00 Yoga 10:15 Strength Training 12:30 Bingo	12 9:30 Van: Westgate/Riverside 8:30 Walking Club 9:00 Beginner/Inter Pickleball (ALP) 12:00 Quilting Group 1:00 Delvena Theater Show	13 Lunch & Learn 9:00 Beginner/Inter Pickleball (ALP) 10:30 Yoga 12:00 Traveling Chef 12:30 Mah Jong 1:00 The Classics-concert	14 9:30 Van: Plaistow 8:30 Walking Club 9:30 Tai Chi 9:30 Knitting Club 1:00 Stamp Club
18 SHINE/appt. only 9:00 Yoga 10:15 Strength Training	19 9:30 Van: Westgate/Riverside 8:30 Walking Club 9:00 Beginner/Inter Pickleball (ALP) 12:00 Quilting Group 12:00 Constituent Services 1:00 Friends of COA	20 9:00 Beginner/Inter Pickleball (ALP) 10:30 Yoga 12:30 Mah Jong	21 9:30 Van: Plaistow 8:30 Walking Club 9:30 Tai Chi
25 9:00 Yoga 10:30 Strength Training 12:30 Bingo	26 9:30 Van: Westgate/Riverside 8:30 Walking Club 9:00 Beginner/Inter Pickleball (ALP) 10:00 Craft 12:00 Quilting Group 12:45 COA Board	27 9:00 Beginner/Inter Pickleball (ALP) 10:30 Yoga 12:30 Mah Jong	28 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
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.			



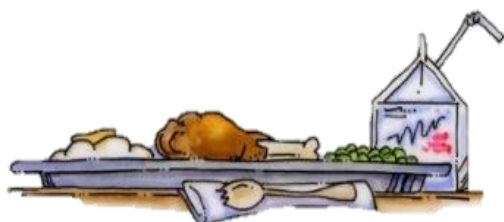
Grab & Go Lunches The COA is working with AgeSpan to offer **GRAB-and-GO** take-out lunches. To participate, please call the COA (978-352-5726) the Wednesday before the desired meals. Meals can be picked-up or delivered & there is no charge at this time. ***Watch for special meal offerings.***



AgeSpan presents:
The Traveling Chef
 A congregate dining experience
 (no take-out/delivery)

September 13 at noon.

The menu will feature **Shrimp/Garlic Wine Sauce, Mushroom Parmesan Risotto, Garden Salad, Garlic Roll, & Milk.** Please RSVP as soon as possible by calling the COA at 978-352-5726.



September Grab & Go Lunch Menu

Monday
4 NO Lunch/Labor Day
11 LS Hot Dog/Bun
18 American Chop Suey
25 Chicken Alfredo/Pasta

Tuesday
5 Sausage/Pepper/Onion/Bun
12 Lasagna/Marinara
19 Breaded Chix/Garlic Cream
26 Turkey/White Bean Chili

Wednesday
6 Chicken Pot Pie
13 Traveling Chef
20 Sliced Turkey/Gravy
27 Veal Chop/Rosemary Butter

Thursday
7 Teriyaki Salmon
14 Steak Salad & Pesto Pasta Salad
21 *Birthday* Pork Marsala
28 Baked Cod/Crumb Topping

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

Georgetown Council on Aging
51 North Street
Georgetown, MA 01833

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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September 2023

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 4th Tuesday of each month at **Georgetown Sr. Community Center 51 North Street, Georgetown**

NEXT BOARD MEETING
Tuesday September 26, 2023

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:

Darcy Norton, Chair
Diane Klibansky, Vice-Chair
Susan Gardiner, Secretary/Clerk
Sue Clay, Martha Lucius
Esther Palardy, Jean Perley,
Diane Prescott, Jeanne Robertson

Alternates: Jill Benas

Town of Georgetown:

Town Administrator, Orlando Pacheco
Amy Smith, Select Board, Chair
Robert Hoover, Select Board, Clerk
Rachel Bancroft, Select Board
Douglas Dawes, Select Board
Daryle Lamonica, Select Board

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 AgeSpan Lunch Programs are closed, there will be no home delivered meals or lunches served at the Georgetown Senior Community Center.