



Living Well Together

May is
Older American Month
"Anyone who keeps the ability to
see beauty never grows old."
~Franz Kafka

A Newsletter of the Georgetown Council on Aging

Volume 25/Issue 11

Email: kcrockett@georgetownma.gov

May 2024

Website: www.georgetownma.gov

Kristin's O R N E R As we approach the halfway mark of my first year here in Georgetown, I find myself reflecting on the incredible journey we've undertaken together over the past six months. Since stepping into the role of Director, I have been continuously impressed by the dedication, passion, & hard work of our staff & volunteers, as well as that of former director, Colleen Ranshaw-Fiorello. Their commitment to serving Georgetown seniors with care & enthusiasm has laid a remarkable foundation upon which we can build & grow.

With strong foundation in place, I am excited as I plan the next several months. I hope you've taken advantage of computer room and our game room—complete with a pool table, table tennis & numerous games. We've added in some new programming & have some great things lined-up for the summer & fall. For those of you who simply enjoy the company of friends over a cup of coffee or a game of cards, our doors are always open for daily drop-ins. The camaraderie & warmth shared in these moments are truly special & cherished by all.



Attention Diabetics!

**Diabetic Shoe Clinic to be held on
Monday, June 17**

Appointments start at 1:30 p.m. and run consecutively.

There are forms that must be completed before your appointment including a signed form from your doctor.

To sign-up or for more info, call the COA. 978-352-5726

*The Georgetown Council on Aging would like to thank
The George H. Carleton Fund
For their generous donation.*



As of March 1, 2024

NO ASSET LIMIT FOR MEDICARE SAVINGS PLAN ELIGIBILITY

The Medicare Savings Plan, Also Known as MassHealth Buy-In, is a Cost-savings program for Medicare Enrollees that eliminates the need to pay the monthly Medicare Part B Premium (\$172.70 per month) & Provides premium-free access to prescription drug plans as well as other benefits.



GROSS MONTHLY INCOME LIMITS

Individual/\$2824 per month
Married/\$3833 per month

For more information, contact the COA at 978-352-5726.

HOLIDAY HOURS: The COA office, Sr. Ctr. & all activities will be closed Mon. May 27 (Memorial Day).

B P CLINIC: No clinic in May.

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 May 2 at 9:30 a.m.

Tom Spitalere/Buttonwood Museum joins us to present **"The Great Fires of Haverhill"**. Continued thanks to Crosby's for their support of this program.

VETERAN'S SERVICES OFFICE HOURS:

Thurs. May 2, 10:30-11:30 a.m.

Director Steve Bohn will be available to discuss issues and questions. Please contact the COA if you plan to attend. 978-352-5726. Questions any time can be directed to the local Veteran's Office at 978-356-6699 or e.essex.vets@verizon.net.

SHINE OFFICE HOURS: Monday, May 13

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. Please note: SHINE appointments will now be held on the **2nd Monday of each month** unless noted otherwise.

BINGO: WE ARE HAVING A SPECIAL BINGO PARTY IN May. See the box on this page for details.

For more information, call 978-352-5726.

CONSTITUENT SERVICES: Representatives from the offices of Senator Bruce Tarr & Rep. Kristin Kassner will hold office hours on **Tues. May 21, 12-1:00 pm.** Congressman Seth Moulton's Aide Danielle Leary can be reached at Danielle.Leary@mail.house.gov



Join GPL Librarian Sarah Cognata on **Wed. May 15**

at 2 p.m. This month's selection is "Horse" by Geraldine Brooks. 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.

May Crafts



Decoupage Shell Craft
Wed. May 8 @ 1:00 p.m.



Bead Bracelets
Wed. May 22 @ 1:00 p.m.

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

Note: Actual Projects may differ slightly from photos.

Movie Candy Bingo

A multi-generational event
Sponsored by Friends of the GCOA

Mon. May 13 at 12:30 p.m.

Come with or without the grandkids!
Join us for some fun, refreshments & **CANDY.**

Cost: \$2/card

RSVP by Mon. May 6
Call the COA at 978-352-5726



First **Women's Breakfast** of 2024
Sponsored by the Friends of GCOA

Wed. May 29 at 9:30 a.m.

Join us for Bacon Cheese Strata,
Asparagus/Ham Casserole, & more followed by

Pound Auction

No charge.

Please RSVP by Wed. May 22. 978-352-5726



Free Legal Help

offered by **Atty. Elaine Dalton**

Tues. May 7 10 a.m.



Assistance available for Elder Law Issues
15 min. appts. available by calling COA at 978-352-5726

Annual Town Meeting

Monday, May 6, 2024

7 p.m. at GMHS



Annual Town Election

Monday, May 13, 2024

8 a.m. - 8 p.m.

Penn Brook School

Rides to the polls are available.



Understanding The Town Warrant

Presented by Orlando Pacheco

Town Administrator

Wed. May 1 at 11:30 a.m.

The goal of this presentation is to help explain articles in the May 2024 Town Warrant prior to town meeting.

For more information or to sign-up, please contact the COA at 978-352-5726.

Monday



Movies

Mon. May 6 @

12:30 p.m.

Academy Award Winner

“Everything,

Everywhere, All @

Once”

Join us for some popcorn and refreshments.

RSVP requested, not required.

Call 978-352-5726

Mon. May 20 @

12:30 p.m.

“Gran Torino”

Coffee With Kristin

100 Cups of Coffee

Set up a coffee date with Kristin.

Call the Senior Center to schedule.

Coffee Hour

4th Wed. each month

Wed. May 22

11 a.m. - 12 p.m.

RSVPs encouraged, but not required.



The Poet's Inn

at Whittier Reg. Voc. Tech. H.S.

Join us for lunch on
Thursday, May 2
11:00 seating

Seats are limited. Van service is available for those who need it. Pay on your own.

RSVP as soon as possible. 978-352-5726.

Join Us!



On Tues. May 14

For Lunch and Music

12:00 p.m.

AgeSpan's

Traveling Chef Luncheon

(See menu on page 7.)

1:00 p.m.

Enjoy the Musical offerings of **Liam**

Foley. Liam is a true troubadour. He offers versatile music through song, guitar and harmonica, as well as storytelling and humor.

Please RSVP to the COA.

978-352-5726



Meet & Greet with the Goats from Goats To Go

Join us on **Tues. May 7 at 11:30 a.m.** to mingle with, pet and learn about goats. This event will be held outside in front of the Senior Center. For more information or to sign-up, contact the COA at 978-352-5726.

Baby Goat Mingle

Monday, June 17, 11 a.m.

A 40-minute session at Goats to Go/201 Pond St./G-town
Cost: To Be Determined

Please bring a towel to sit on or mats can be rented for \$5. Accommodations can be made for special needs.
Contact the COA to sign-up. 978-352-5726

QUILTING GROUP: Terry Palardy facilitates the group which meets on **2nd & 4th 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/CROCHET GROUP: The Knitting/Crochet 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.** Tuesdays are grocery shopping, trips to the post office, banks, pharmacies and Thursdays include 2 trips to Walmart, 1 special trip & 1 outing. **There is a noontime Riverside shopping run on the first Tues. of each month after Brown Bag deliveries. Pick-ups start at 9:30 a.m. unless noted.**

Friends of Council on Aging: FCOA now meets on the **3rd Wednesday of each month at 1:30 p.m.**

Let's Have Some Fun!

Game Day: Tuesdays at 9:30 a.m.

COA Marketplace

Open Market: Thurs. May 16, 10 a.m.-1p.m.

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...) No income restrictions apply. Home deliveries available. As always, contact us anytime if you need marketplace items.

Chair Yoga for Seniors



Taught by Maggie Bresnihan, Yoga to Farm
Hosted by the Georgetown COA

**Tuesdays 10:30 a.m.
Through May 28**

Free to All Georgetown Seniors!

**Please contact the COA to reserve your seat.
978-352-5726**

Computer Room

Drop ins welcome.

Hours of Operation: M-W 9 a.m. to 3 p.m. Contact the COA at 978-352-5726 for more information or to sign-up.

Device/Technical Assistance

Jaqui Chicheleiro Mondays from 11 a.m. to noon

Game Room

Currently available are pool & table tennis, corn hole, board games, cards, shuffleboard & more.

Hours of Operation: M-W-Th 11:45 a.m. to 3:30 p.m., Tu open at 9 a.m. Contact the COA at 978-352-5726 for more information.



Ongoing Exercise Groups

\$3 suggested donation for each class

Held at the Georgetown Senior Community Center ~ Call 978-352-5726 to register

Yoga: (Donna Bonin)

Mondays, 9 a.m. & Wed., 10:30 a.m.

Strength Training: (Leah Miller)

Mondays, 10:30 a.m.

Tai Chi Class: (Val LaBelle)

Thursdays, 9:30 a.m.

COA Fitness Center

The Fitness Center at the Georgetown Senior Community Center is open for individual exercise. Reservations can be made in advance or you can drop in and use what is available. Equipment includes: two stationary bikes, two treadmills, weights, stair-climber & a stationary recumbent bike. Call the COA for appointments (978-352-5726).

Exercise with Leah Miller

Thursdays at 10:45 a.m.

Walking Club

Tuesdays & Thursdays, 8:30 a.m.

Council on Aging Services

TRANSPORTATION/SHOPPING

The Van is available Tuesdays & Thursdays for door-to-door shopping & errands. The 1st Tuesday each month, after Brown Bag, the van will go to Rowley. 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 45 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 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 3/11/24



COA is now on Facebook.
(Georgetown Council on Aging)



The Friends of the COA are sponsoring a

Pet Photo Contest

(also available for non-fb folks.)

There are two ways to enter

- **Facebook:** "Like" our FB page & post a picture of your pet(s). A copy of your photo will also be posted on the COA bulletin board.
- **Non-FB users** can submit a picture of their pet(s) to the COA. We will download your photo to FB.

Other information:

- **Submissions accepted May 1-23 at noon**
- **You may submit** one picture for each of your pets/"grand-pets".
- **Voting:** "Like" your favorite pets on FB or vote at the Senior Center. The three (3) pets with the most "likes" win.
- **Winner** will be announced on May 30 both on FB and posted at the Senior Center.
- **Prizes:** PetCo gift certificates (\$30/\$20/ \$10)
Prizes sponsored by the Friends of the GCOA.

For more information,
contact the COA (978-352-5726)



Beginner Pickle Ball Starts May 1, 2024.

Come try out the latest sports craze.

- Beginner lessons at American Legion Park
- Wednesday Mornings 9-11 a.m.
- Weather Permitting
- Paddles and Balls will be provided.
- Cost: \$1.00

For more information, contact Jill Benas at 978-767-6532

New Van Schedule

As of May 1, the van will be expanding its offerings with the following schedule:

1st Tuesday each month after Brown Bag deliveries the van will make a trip to Rowley Market Basket.

Remaining Tuesdays: the van goes to Riverside & Westgate in Haverhill.

Thursday vans will include 1 outing, 1 special activity & 2 trips to Walmart/Plaistow.

Check the monthly calendar for offerings. For more information or to reserve a seat on the van, contact the COA at 978-35-5726.



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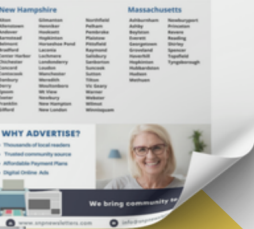


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ACTIVITY CALENDAR & GRAB-GO MENU

MAY 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
<div style="border: 1px solid black; padding: 10px; width: fit-content; margin: auto;"> <p>Full lunch menus are available at the Council on Aging office. (Menus subject to change.)</p> </div>		<p>1 NO Blood Pressure Clinic 10:30 Yoga 11:30 Town Warrant Program 12:30 Mah Jong</p> <p>Sloppy Joes</p>	<p>2 9:30 Van: Poet's Inn 8:30 Walking Club 9:30 Men's Breakfast 9:30 Tai Chi 10:30 Veteran's Agent 10:45 Exercise with Leah Fish Sandwich</p>
<p>6 9:00 Yoga 10:30 Strength Training 11:00 Technical & Device Support 12:30 Movie Monday "Everything, Everywhere, All at Once"</p> <p>Chicken Meatballs/Apricot Glaze</p>	<p>7 9:30 Van: Brown Bag/ Rowley M. B. 8:30 Walking Club 9:30 Fun & Games 10:00 Elder Law Appointments 10:30 Chair Yoga 11:30 Goats Mingle @ GSCC</p> <p>Ravioli/Marinara Sauce</p>	<p>8 10:30 Yoga 12:30 Mah Jong 1:00 Shell Craft</p> <p>Cold Plate: Chicken Salad, Spinach Salad/Dressing, Tabouli</p>	<p>9 9:30 Van: Walmart/Plaiستow 8:30 Walking Club 9:30 Tai Chi 9:30 Knitting 10:45 Exercise with Leah 1:00 Stamps Crustless Asparagus/Cheese Quiche</p>
<p>13 SHINE Appointments 9:00 Yoga 10:30 Strength Training 11:00 Technical & Device Support 12:30 Movie Candy Bingo (intergenerational, bring the kids!)</p> <p>Steak Fajitas</p>	<p>14 9:30 Van: Westgate/Riverside 8:30 Walking Club 9:30 Fun & Games 10:30 Chair Yoga 12:00 Traveling Chef 12:00 Quilting Group 1:00 Liam Foley Concert</p>	<p>15 10:30 Yoga 12:30 Mah Jong 1:30 Friends of COA 2:00 Book Club</p> <p>Chicken Parm/Marinara Sauce</p>	<p>16 9:30 Van: NEW! N. Shore Mall 8:30 Walking Club 9:30 Tai Chi 10-1 Open Market 10:45 Exercise with Leah</p> <p>BBQ Pulled Pork/Bun</p>
<p>20 9:00 Yoga 10:30 Strength Training 11:00 Technical & Device Support 12:30 Bingo 12:30 Movie Monday "Gran Torino"</p> <p>Chix Strips/Soy,Garlic,Sesame Sauce</p>	<p>21 9:30 Van: Westgate/Riverside 8:30 Walking Club 9:30 Fun & Games 10:30 Chair Yoga 12:00 Constituent Services</p> <p>(No Grab & Go Lunch Today)</p>	<p>22 10:30 Yoga 11:00-noon Coffee with Kristin 12:30 Mah Jong 1:00 Beaded Bracelet Craft</p> <p>Hot Dog/Bun</p> <p>Deadline to sign-up for June Traveling Chef</p>	<p>23 9:30 Van: Walmart/Plaiستow 8:30 Walking Club 9:30 Tai Chi 9:30 Knitting 10:45 Exercise with Leah 1:00 Stamps</p> <p>B-day cold plate: Egg Salad, Pasta Salad, Garden Salad/Drsg Birthday cake</p>
<p>27</p> <p style="text-align: center; border: 1px solid black; padding: 5px;">CLOSED: Memorial Day</p>	<p>28 9:30 Van: Westgate/Riverside 8:30 Walking Club 9:30 Fun & Games 10:30 Chair Yoga 12:00 Quilting Group 12:45 COA Board Meeting Stuffed Shells/Marinara Sauce</p>	<p>29 9:30 Women's Breakfast 10:30 Yoga 12:30 Mah Jong</p> <p>Chicken Kiev</p>	<p>30 9:30 Van: Walmart/Plaiستow 8:30 Walking Club 9:30 Men's Breakfast 9:30 Tai Chi 10:45 Exercise with Leah</p> <p>Bateman Meatloaf/Gravy</p>
<p>Fitness Center, COA Library, Pool table, Game Room & Computer Room are available daily. Grab & Go Lunch by reservation Monday through Thursday.</p>			



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)

Tues. June 11, 2024 at noon.



The menu will feature Chicken Parm, Penne, Marinara Sauce, Garden Salad/Dressing, Tiramisu, Garlic Bread.

Deadline: Wed. May 22. Please RSVP as soon as possible by calling the COA at 978-352-5726.

Eat well,
live well

Georgetown Council on Aging
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Georgetown, MA 01833

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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.

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.

May 2024



Georgetown Council on Aging

Georgetown
Senior Community Center

51 North Street
Georgetown, MA 01833
(978) 352-5726

Open:
Monday – Thursday 8:30 am – 4 p.m.

Georgetown COA Webpage is
located on the town's official website
georgetownma.gov/council-aging

Georgetown Council on Aging:

Director: Kristin Crockett
Office: Julie Pasquale, Adm. Asst./Newsletter
Kirsten Klueber, Outreach
Deborah DiGiulio, Program/Activities Assist.
Dave Hall, Van Driver

Meal Site Coordinator: Michelle Muise
Assistant: Jackie Birarelli

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Sue Clay, Martha Lucius
Esther Palardy, Jean Perley,
Diane Prescott, Jeanne Robertson

Alternates: Jill Benas



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Amy Smith, Select Board, Chair
Robert Hoover, Select Board, Clerk
Rachel Bancroft, Select Board
Douglas Dawes, Select Board
Daryle Lamonica, Select Board

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 May 28, 2024

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: When the Georgetown Schools are closed the Senior Center will be closed and activities are canceled. When the schools are delayed opening the Senior Center follows the delay plus one-half hour and any activities during the delay are canceled.