

Essex Senior Echo

APRIL 2024

Spring has sprung, Easter is coming, and the COA is hopping! We have all our regular programs back in action - exercise, games, computer help, grab and go meals, arts and crafts, bowling, movies,

Essex Eats, mystery rides, and a multitude of social services available for you. In addition, we are offering several special events this month which we hope you find appealing and interesting. We're particularly excited about our upcoming "Gentle Walking" program and the Graduation Gallery (get your photos in!). Many require advanced registration and are limited to 10-12 people so please give us a call to reserve your spot for all the fun! There is also important information about changes to eligibility requirements for Mass Health and the Medicare Savings Plan. You now may be eligible for benefits due to these changes so please check out Page 7 or contact me to review.

Happy Spring~ please come by and see what's happening at your Senior Center!! ~ Tess



Intergenerational Conversation Starter:

What are your favorite things to do outside as the weather gets nicer?

COMMUNITY SUPPORT:

Senior Care, Inc: 978-281-1750 seniorcareinc.org
Offers Information and referral services, Meals on Wheels, Home-based Services, Money Management, and other services designed to help people stay in their home.

Essex Housing Authority: 978-768-6821

Veteran's Services: 978-356-3915

Protective Services: 800-922-2275 Call 24 Hours/day to report abuse or neglect

Energy Assistance: 978-256-6650

Used Medical Equipment: Masonic Hall, Ipswich 978-356-9716
Essex COA 978-768-7932

Essex Police (non-emergency) 978-768-6200

Essex Fire (non-emergency) 978-768-6363

Essex Senior Center
17 Pickering St.
Essex MA 01929

978-768-7932

Hours of Operation:

Monday - Thursday
9:00 AM - 3:00 PM

Friday
9:00 AM - 1:00 PM

Board Officers:

Chair - Kay L. Joseph
Vice Chair - Diane Polley
Secretary - Ann Buckley

Board Members at Large

Nancy Frieden
Ralph Hawley
Sue Lufkin
Susan Parady
Curt Siebert
Mary Wilhelm

Council on Aging Staff:

Director:
Tess Leary
tleary@essexma.org

Follow us on Facebook!

Activities and Special Events

NEW



Knitting at Night

Sit and Knit with us on
Wednesday, April 10 from
5:00-7:00 PM

Let us know you're coming!



Arts Group

Tuesdays, 1:00-3:00 pm



Are you artsy? Do you love to paint, knit, crochet, or sew? Do you like creating different projects? Join us with your own project, or help with making items for the Friends Boutique.

Fitness Fun with Gil

Wednesdays, 10:00 a.m.

Start your day with Gil and focus on strength, stamina, and stretching... energize yourself and leave feeling good!



\$5 DONATION SUGGESTED



BOOK CLUB



Join us at 1:00 p.m. for a lively discussion!

Tuesday, April 30 1:00 PM

"The Marriage Portrait" by Maggie O'Farrell

Tuesday, May 28 1:00 PM

"The Lost English Girl" by Julia Kelly

Through the generosity of the Friends, multiple copies of each title are available to borrow!

New members are always welcome!

TECHNOLOGY ASSISTANCE

WEDNESDAYS, 1:00-3:00 PM

Do you have questions about your computer, tablet, phone, or other technology challenges? Our Tech genius can help!



Games



Wednesdays 1:00-3:00 PM

Cribbage, Backgammon, Cards, Board Games and More!

Join us, or make plans with a friend and COME TO PLAY ANY TIME!



Guest Chef



Wednesday, April 17
11:00 a.m. - 1:00 p.m.

Join us as Chris and Kala Campbell will serve up some tasty Italian pasta and sauce!

Samples and recipes will be available.

Free to participants ~ advance registration is required.

Please call the COA to register.



Monday, April 29

11:00 AM - 3:00 PM

Lunch and Shopping at the
Cracker Barrel Restaurant in
Londonderry, NH

Depart Memorial Park 11:00 AM
Registration is required.

Activities and Special Events



Bowling

Knock 'em down, spin
'em around!

Cape Ann Lanes
Wednesday, April 24

11:00 am

Shoe rental is \$3.50 per person
Transportation available via
CATA - departs Memorial Park at
10:45 AM, \$4 Roundtrip fare.

Join us ~ let us know you're
coming ~ and let's go bowling!



SOLAR ECLIPSE SOIREE



APRIL 8 ~ 1:00 PM

Come Celebrate the Solar
Eclipse! We'll have fun
activities and treats while
playing trivia and games
that are out of this world!

RSVP 978-768-7932



MYSTERY RIDE

WEDNESDAY, APRIL 10

JOIN US FOR AN ADVENTURE,
A SCENIC RIDE, AND A SWEET TREAT!

PLEASE ARRIVE AT MEMORIAL PARK
AT 12:15 PM

THE VAN LEAVES AT 12:30 PM

TRANSPORTATION IS PROVIDED BY
CATA ~ \$4 ROUNDTRIP (PAY CATA)

ADVANCE REGISTRATION REQUIRED.



Cape Ann Cinema
and Pizza! \$5.00

Thursday, April 18

"The Purple Movie"

*Award winning 2023 stage musical
adaptation of book about a woman facing
many hardships in her life, but ultimately
finds extraordinary strength and hope in the
unbreakable bonds of sisterhood.*

Movie and pizza start at 11:00 AM
CATA departs Memorial Park 10:30 AM
\$4 Roundtrip fare.

Advance registration is required.



Remember When... Essex

Thursday, April 25

1:00-3:00 PM

Please join us to chat and share stories about the people and places
of Essex. We are excited to continue this special program and can't
wait to hear more reminiscences! Diane Polley will lead the group.



Activities and Special Events

Talk of the Town Friday, April 26 11:00 AM

ONESTOP will be conducting a training session for all to learn about the Naloxboxes around town, including here at the COA, and how best to use them.

Please call the COA to register.

Located at: COA, Town Hall, Public Safety Building, Town Landing, Conomo Point, and the ball fields. .



Village Pancake House Monday, April 8 9:30 am



Grab a friend and meet others for breakfast at the Village Pancake House in Rowley!

Select and pay for breakfast at the restaurant. Drive on your own, with friends, or let us know if you want to reserve a spot on the CATA van. *Advance registration is required.*

Please RSVP

Essex Eats

WOODMAN'S

**LOBSTER ROLL
FRIED CHICKEN
SANDWICH
HAMBURGER**

\$ 15

**TUESDAY, APRIL 23
12:00 PM**

(PAY AT RESTAURANT)



Gentle Walking Tour

"Cox Reservation"

**Wednesday, April 17
10:00-11:30 A.M.**

Join Essex County Greenbelt for a guided walk and introduction to GentleTrails ~ a program for nature enthusiasts who enjoy gentle strolls and lovely views and perhaps a stop to relax along the way.

Advance Registration is required - call the COA to reserve your spot!

Talk of the Town - Zoning Bylaws Q&A April 11 ~ 1:00 PM and April 23 11:00 AM

The COA is hosting Planning Board members for a Q&A about the Zoning Bylaws revision articles being proposed at the upcoming Annual Town Meeting. Please call the COA to let us know you're attending this informative discussion.

Around Town

ESSEX ANNUAL TOWN MEETING

May 6, 2024 at 6:45 PM

Essex Elementary School, 12 Story St

Last Day to Register to Vote before Town Meeting:

April 26, 2024 by 5:00 PM

Town Clerk's Office, 30 Martin Street

FREE COMMUNITY BREAKFAST

SATURDAY, APRIL 13

9:00 - 10:30 A.M.

Pancakes, Sausage, Fresh Fruit

First Congregational Church

FREE, good will donations accepted.

Town Committee Meetings

Planning Board - 4/3, 17 - 7:00 PM

Select Board - 4/8, 22 - 6:00 PM

Board of Health - 4/11, 25 - 7:00 PM

Conservation - 4/2, 23 - 7:15 PM

TOWN OFFICES CLOSED APRIL 15

Nutrition

Food Assistance

Making the first call to a food pantry can be hard.
You are not alone. You qualify. Free & confidential.

No one should feel hunger.

The Open Door 978-283-6776

28 Emerson Avenue, Gloucester

00 Southern Heights, Ipswich

Acord Food Pantry 978-468-7424

68 Willow Street, Hamilton



Mobile Market

On the first and third Fridays of each month, the
COA hosts a Mobile Market for Essex seniors.

These markets are open to all Essex seniors,
regardless of income, and are sponsored by Acord
Food Pantry and The Open Door.

Friday, April 5 10:30-11:30 a.m.

Friday, April 19 10:30-11:30 a.m.

For more information or to register in advance,
please contact Tess Leary at the Essex COA.

Grab and Go Meals

Mondays and Thursdays at 12 Noon, and
must be picked up by 12:30 pm.

Please register 2 business days in
advance.

Mondays

Provided by Open Door

Thursdays

Provided by Senior Care

Breakfast/Brunch

Ladies Brunch:

Tuesday, April 16, 11:00 A.M.

Please RSVP and come enjoy
socializing and some tasty treats!



Men's Coffee and Donuts:
Wednesday, April 10, 9:30 A.M.

Ongoing Activities and Programs

COA FITNESS PROGRAMS

BALANCE IN MOTION: \$5 Donation Requested
Tuesdays 10:00 AM
Fridays 10:00 AM

FITNESS FUN WITH GIL: \$5 Donation Requested
Wednesdays 10:00 AM



CAPE ANN VIRTUAL SENIOR CENTER
Tune into Channel 67 for a number of fitness programs sponsored by the Cape Ann Councils on Aging and the Friends of the Essex Council on Aging

MONDAY GROOVE (Video)
Mondays 9:30 AM Get your dancing shoes on and join this fun, energetic dance class! Video, no Instructor.

WALKING CLUB: FREE, Pass Required*
Mondays, Wednesdays, Fridays 9:30-11:30 AM
Passes available for the Gordon College Bennett Center walking track! *Contact Hamilton Wenham Recreation at 978-468- to register. Transportation is available from CATA (978-.283-7916)

COA ACTIVITIES

Afternoon Games Wednesdays 1:00 - 3:00 PM

Arts Group Tuesdays 1:00 - 3:00 PM

Book Club Tuesday ~ April 30 1:00 PM

Caregiver Support Group ~ April 22 10:30 AM

Games ~ Wednesdays, 1:00-3:00 PM ~ Join the FUN!!

Guest Chef ~ Wednesday, April 17 ~ 11:00 AM

Computer Help ~ Wednesdays, 1:00-3:00 PM Curt will help solve your tech problems!

Elder Law Assistance - Atty. Brian DesRosiers,
Wednesday, ~ 9:30-10:30 AM

Fitness Fun with Gil - Wednesdays, 10:00 AM

Grab & Go Meals Mondays & Thursdays ~ NOON

Knitting at Night ~ Wednesday, April 10 ~ 5:00-7:00 PM

Mobile Market Friday, April 5 and 19 ~ 10:30AM

COA Board Meeting Tuesday, April 2 ~ 6:00 PM

Friends Meeting Tuesday, April 9 ~ 3:00 PM

Ladies Brunch Tuesday, April 16 ~ 11:00AM

Men's Coffee/Donuts Wednesday, April 10 ~ 9:30AM

Monthly Cookie Delivery ~ if you are homebound or in need of a boost, sign up for the cookie delivery!

COA SERVICES

INFORMATION AND REFERRAL SERVICES

Individual assistance with a variety of topics, including, but not limited to SNAP benefits, Caregiver Support, Transportation, Housing, Social Security, etc.

SHINE/Medicare Counseling Individual counseling about Medicare, prescription coverage, supplemental and Medicare Advantage plans, etc.

RMV and Me: The Essex COA is partnered with the RMV to assist Essex residents with various online transactions such as license and registration renewals.

SHREDDING: Stop by and use the Essex COA shredder, an individual machine which shreds 10 pages at a time.

MEDICAL EQUIPMENT LOANS Mon-Fri 9-1 The Senior Center has a variety of medical equipment available at no cost. Please remember to complete the Release Form before taking any equipment.

CONSTITUENT SERVICES: 3rd Thursday, 10:30 Ms. MaryAnn Nay, Assistant to Senator Bruce Tarr, comes to the Senior Center to address any issues you may have. No appointment needed.

VETS SERVICE OFFICE HOURS: 3rd Thursday 12:30 PM, Steve Bohn will be available to meet with you.

SNAP APPLICATIONS: The Essex COA can provide assistance with applying for SNAP/food stamp benefits.

Medicare Savings Programs

Medicare Cost Savings Programs (MSP) eligibility guidelines have changed and the asset requirement has been eliminated. Check in with Tess to help determine if you are now eligible:

How much can I have in income?

If your income is at or below the amounts listed here, you may qualify for help from one of several Medicare Savings Programs.

You are a: single individual and your income is at or below \$2,824/month
a married couple and your income is at or below \$3,833/month.

ASSISTING CARE PARTNERS TO THRIVE by SeniorCare Inc.

All Events are FREE and Intended for Caregivers

ACT Luncheon ~ April 18, 2024, 12:00 pm The Gloucester House

Caregivers are invited to attend with or without care recipients. Seats are limited. Registration is required by Tuesday, April 1.6

Visit the Cape Ann Museum ~ April 23, 2024, 11:00 AM – 12:30 pm

Join us as we tour one or two rooms at the museum. Trained docents will be available to share information with us about the works. Caregivers are invited to come on their own or bring their care recipient. This is a Dementia Friendly event. Registration is required.

Movie at The Cabot ~ April 29, 2024, 1:00 PM

“Singin’ in the Rain”

Join us for refreshments and viewing of Singin’ in the Rain. Caregivers are encouraged to call or email to receive a coupon for free concessions.

To sign up for a program, learn more about what we do, or join our email list, please call or email. carepartners@seniorcareinc.org 978-281-1750 x591

Federal Internet Discount Program Ending

The Affordable Connectivity Program, a broadband internet discount program funded by Congress and administered by the FCC, is discontinuing.

Many Massachusetts residents will know this program as the **LifeLine Program**. The program stopped accepting applications on February 7, 2024, and the estimated last month of discounted service is April.

SOCIAL SERVICE OFFICE HOURS:

Jessie Palm, Regional Social Worker

Eastern Essex Regional Public Health Coalition

Mondays 9:30 AM at the Essex COA

Wednesdays 9 AM - 1 PM T.O.H.P Library

or by appointment

Brian DesRosiers, Esq. LL.M, Elder Law Specialist

Attorney DesRosiers is an Elder Law Specialist who will be at the Essex Senior Center every 3rd Wednesday of the month, from

9:30AM - 10:30AM, to answer your questions.

Appointments are preferred; drop-ins are welcome.

CAREGIVER SUPPORT GROUP

**APRIL 22
10:30 A.M.**



**ESSEX SENIOR
CENTER**

Are you caring for a loved one with a chronic medical condition or dementia?

LICSW Jessie Perrigo Palm hosts this monthly support group at the COA. **The focus will be how to find time for self care while you are caring for your loved one.** Join us and take care of yourself!

Rest • Stop • Ranch®

Respite Retreat Center

Topsfield, MA • rest-stop-ranch.org

*Garden Rx-Open Garden - Tuesdays
and Thursdays 1:00-4:00 pm*

*Memory Cafes - 2nd Saturday of each
month, 10:00am-12:00 pm*

*Group Support - 2nd Thursday of each
month, 7:00-8:00 pm*

*Meet & Eat - 2nd Saturday of each
month, 12:00 - 1:00 pm*

Call 978-887-4202 for more details.



“PLANNING YOUR DEPARTURE” MONDAY, APRIL 22 ~ 6:00 PM

Join us for an informative discussion and Q&A with Douglas Anderson, the Funeral Director at Greeley Funeral Home.

Now is the time to learn about your options, do some planning, think about what you and your family want, and prepare for what is inevitable for all of us! Please register in advance.



Managing stress is an essential component of a healthy lifestyle. Knowing how to manage stress can improve mental and physical well-being as well as minimize exacerbation of health-related issues.

It's critical to recognize what stress and anxiety look like, take steps to build resilience. Here are 7 steps to manage stress and build resilience:

1. **Recognize and counter signs of stress.** Your body sends signals that it's stressed, including difficulty concentrating, headaches, cold hands, tight muscles, a nervous stomach, etc. Deep breathing, stretching, going for a walk, writing down your thoughts and taking quiet time to focus can help induce relaxation and reduce tension.
2. **Take time for yourself.** Make taking care of yourself a daily routine. Start with small changes in your routine to help build resilience to stressful circumstances. Work in time to exercise, eat healthy foods, participate in relaxing activities and sleep.
3. **Plan and prioritize tasks,** additional structure can provide a daily framework that allows you to attune to your body's signals.
4. **Stay connected and make new friends.** Stay in touch with family, friends and groups in your life. Technology can make this easier.
5. **See problems through a different lens.** Experts call changing the way we think about and respond to stress "reframing." Keeping situations in perspective is an important way to boost stress resilience.
6. **Seek help with problems.** Many people experience the same day-to-day strains related to caregiving, relationships, health, work and money. Look to friends and family or other trusted individuals for tips and information.
7. **Talk to a health professional** if stress is affecting your well-being, you feel you cannot manage the stress you're experiencing, or stress has caused you to engage in or increase substance use. Seek appropriate care if stress is harming your relationships or ability to work. If you have suicidal thoughts, call the **National Suicide Prevention Lifeline at 1-800-273-TALK (8255)**. Lifeline chat is a service available to everyone 24 hours a day, 7 days a week. In addition, if you need help locating a mental health provider, the Substance Abuse and Mental Health Services Administration (SAMHSA) offers a site that can assist you at <https://findtreatment.samhsa.gov>.

Friends of the Council on Aging

The Friends of the Essex Council on Aging is a 501(c)3 non-profit organization whose purpose is to financially assist the Essex Council on Aging in providing social services to residents over the age of 60 in Essex, and to do other things that necessarily render a service for the elderly residents of Essex. Please consider joining the Friends or making a donation!

MONTHLY MEETING:
2nd Tuesday of the Month
April 9 ~ 3:00 PM

Dawn Burnham, President
Gil Frieden, Vice President
Ellen Hull, Secretary
Kay Joseph, Treasurer

Essex Trash Bags Available

Tuesday, April 2 ~ 11:30 AM - 12:30 PM

Discounted Trash Bags are available to Essex Residents age 60 and older. Limit of one roll per household per month. Bags are sold on a first come, first-served basis. Small bags ~ \$7 Large bags ~ \$15

Transportation

Transportation for Essex seniors is provided through CATA for \$2.00 fare. Call to schedule your ride by 1:00 pm at least 2 BUSINESS days before your ride.

Please schedule your appointments so you are ready to return home no later than 2:45pm for out-of-town trips and 3:15pm for in-town-trips.

Transportation is available Monday - Friday, to and from the following communities:

*Rockport *Gloucester *Manchester *Essex *Ipswich *Hamilton
*Wenham *Beverly *Peabody *Salem *Danvers *Rowley

Monday appointment, call by 1pm Thursday

Tuesday appointment, call by 1 pm Friday

Wednesday appointment, call by 1 pm Monday

Thursday appointment, call by 1 pm Tuesday

Friday appointment, call by 1pm Wednesday

Participation requires a one time registration. For more info call CATA: 978-283-7916

Transportation to Medical appointments is also provided by volunteers through Senior Care's Medical Transportation Program. To request a ride, call 978-281-1750

VOLUNTEERS NEEDED! Would you be willing to volunteer to drive people to medical appointments? If so, please call Senior Care at 978-281-1750

Just for Fun

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



BIRDS
 BLOSSOM
 BUGS
 BUNNY
 BUTTERFLY

CALF
 CATERPILLAR
 CHICKS
 FLOWERS
 FROG

GARDEN
 GRASS
 HATCH
 INSECTS
 LADYBUG

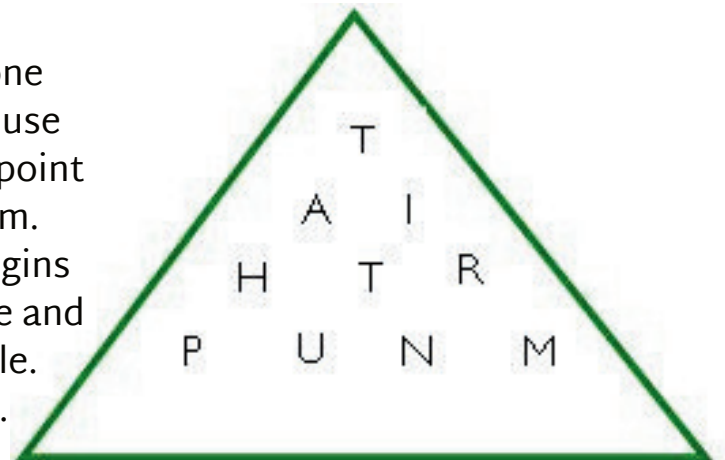
LAMB
 NATURE
 NEST
 RABBIT
 ROBIN

SNAIL
 SPRING
 SPROUT
 TULIP
 WORM



1. TRIANGULAIRS
2. Spell 4-letter words that use one letter from each row. You may use the letters in any order. Score 1 point for each 4-letter word you form.
3. Spell one 10-letter word that begins with the top letter in the triangle and uses every letter in the triangle. Score 5 points for this word.

10 letter solution is: TRIUMPHANT



Council on Aging *Essex*

17 Pickering St
Essex MA 01929

NON PROFIT RATE
U.S.POSTAGE PAID
PERMIT NO.18
ESSEX, MA.

A monthly publication from the Essex Council on Aging and The
Friends of the Essex Council on Aging, supported in part by the
Massachusetts Executive Office of Elder Affairs.

Seeking Yearbook Photos!

We are planning for Graduation season with our 2nd
Annual Graduation Gallery and we want **YOUR** high
school senior photo*!! You can drop off a copy at the
Senior Center or instead you can email a copy of your
graduation photo to: essexseniorphotos@gmail.com.
Please include your name, high school, city/town, and
year of graduation. Photos will be displayed in our
"Graduation Gallery" during May and June as we
celebrate our Seniors and graduation season!

***If you don't have a photo please let us know ~ we may
be able to help you find it!**

