

The Essex Senior Echo

April 2019

Often times I pre-screen my mail and don't even bother opening up what appears to be "Junk mail". Last month however, my kids helped me open up every envelope that showed up in my mailbox. Much to my surprise there was a letter denying my recent application for a credit card, since they couldn't verify it was me. This came on the heels of an unexpected charge on one of our accounts. As you can imagine, this was followed by hours on the phone, and a good deal of panic. Had my social security number been compromised? Where did this unauthorized charge come from? What should I do? After spending hours on the phone, I learned several things I thought would be worthwhile to pass along.

Annual Credit Report:

Everyone is entitled to get a free copy of his/her credit report by contacting each of the three credit reporting agencies.

Fraud Alert:

A fraud alert allows creditors to get a copy of your credit report as long as they take steps to verify your identity. For example, if you provide a telephone number, the business must call you to verify whether you are the person making the credit request. Fraud alerts may be effective at stopping someone from opening new credit accounts in your name, but they may not prevent the misuse of your existing accounts. You still need to monitor all bank, credit card and insurance statements for fraudulent transactions. To place a fraud alert on your credit reports, contact one of the nationwide credit bureaus. A fraud alert is free. The credit bureau you contact must tell the other two, and all three will place an alert on their versions of your report.

Credit Freeze:

Also known as a security freeze, this free tool lets you restrict access to your credit report, which in turn makes it more difficult for identity thieves to open new accounts in your name. A credit freeze does not keep you from opening a new account, applying for a job, renting an apartment, or buying insurance. But if you're doing any of these, you'll need to lift the freeze temporarily, either for a specific time or for a specific party, say, a potential landlord or employer. It does not affect your credit score and is free to lift the freeze and free to place it again when you're done accessing your credit.

It also does not prevent a thief from making charges to your existing accounts. You still need to monitor all bank, credit card and insurance statements for fraudulent transactions. You must call each credit bureau.

Opt-Out

If you would like to reduce the number of pre-screened offers you receive in the mail, you can opt-out for either 5 years or permanently. To opt-out for 5 years, call 1-888-5-OPT-OUT (1-888-567-8688) or register at www.outoutprescreen.com. To opt-out permanently, you must register online at www.optoutprescreen.com, and return the signed form. Assistance with this is available at the Essex Council on Aging.

(Continued, page 2)

Council on Aging Board :

Chairman

Michele French

Vice Chairman

Ralph Hawley

Secretary

Priscilla Doucette

Treasurer

Kay Joseph

Members at Large

Nancy Beattie

Susan Gould-Coviello

Millie Hamlen

Patricia McGrath

Mary Wilhelm

Council on Aging Staff Members:

Director

Kristin Crockett

kcrockett@essexma.org

Outreach Coordinator

Tess Leary

tleary@essexma.org

And a big thank you to our many volunteers!

Senior Center Regular Hours of Operation:

Monday—Thursday

9 AM to 1 PM

Friday

9AM to 12PM

Essex Senior Center

17 Pickering St.

Essex MA 01929

978-768-7932

Social Services

Veteran's Coffee Social

Join other local veteran's of all ages for an informal cup of coffee here at the Essex Senior Center.

Essex—Senior Center

17 Pickering St. Wednesdays 9:00 AM

Beverly - Vittorri-Rocci Post 56

143 Brimbal Ave. Saturdays 8:30AM

Gloucester -Veteran's Services

12 Emerson Ave. Fridays 7:30AM

Rockport -American Legion

32 Beach St. Saturdays 8:00 AM

Front Page, Cont'd

Opt-Out Direct Mail

Consumers can register at the Direct Marketing Association's (DMA) consumer website to reduce unsolicited marketing mail for a period of 10 years: (\$2.00)

www.DMAchoice.org

In addition, DMAchoice online offers registration for DMA's eMail Preference Service (reduce your unsolicited commercial email) If you do not have internet, you may complete a form by mail (\$3.00). Forms and assistance are available at the Essex Council on Aging.

Do Not Call Registry

The federal government's National Do Not Call Registry is a free, easy way to reduce the telemarketing calls you get at home. To register your phone number or to get information about the registry, visit www.donotcall.gov, or call 1-888-382-1222 from the phone number you want to register. You will get fewer telemarketing calls within 31 days of registering your number. Telephone numbers on the registry will only be removed when they are disconnected and reassigned, or when you choose to remove a number from the registry.

As for me, we never figured out who tried to apply for an account in my name, but they were unsuccessful, and there doesn't appear to be any other attempts. The unauthorized charge? Not to worry, it turns out if you use Redbox and forget to return it, they charge your card at 30 days. We are now the owners of 2 new mediocre movies.

~Kristin

To order your free annual Credit Report: annualcreditreport.com, call 1-877-322-8228.

Do not contact the three nationwide credit reporting companies individually. *Only one website is authorized to fill orders for the free annual credit report you are entitled to under law — annualcreditreport.com. Other websites that claim to offer "free credit reports," "free credit scores," or "free credit monitoring" are not part of the legally mandated free annual credit report program. Annualcreditreport.com and the nationwide credit reporting companies will not send you an email asking for your personal information. If you get an email, see a pop-up ad, or get a phone call from someone claiming to be from annualcreditreport.com or any of the three nationwide credit reporting companies, do not reply or click on any link in the message. It's probably a scam.*

Equifax: 1-800-525-6285

Experian: 1-888-397-3742

Transunion: 1-800-680-7289

**What's in your
medicine
cabinet?**

*Maybe it's time for a spring
cleaning!*



Prescription Drug Take- Back Day

The Essex Police and Health Departments will be offering a Prescription Drug Take-Back Day.

Saturday, April 27

Did you know.....

Dawn Burnham is a Notary Public and also the Assistant Town Clerk. If you need notary services and are homebound, she is willing to travel to you.

Call Dawn directly at 978-808-9942

Special Events



Friends of the Council on Aging Italian Luncheon

Monday April 8 \$5.00

The Friends of the Essex Council on Aging are sponsoring a fantastic Italian Luncheon Buffet with delicious food provided by Destino's Restaurant in Gloucester.

12: 00 PM

Limited to 35 attendees

Please RSVP no later than Thursday, April 4th



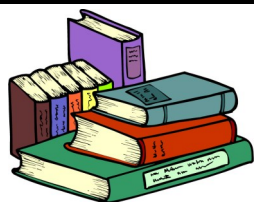
Red Sox Home Opener Lunch and Celebration: Tuesday April 9

Join us as we welcome home our 2018 World Champion Red Sox and watch the Presentation of

World Series Rings to the team. A Ballpark Lunch with all the fixins' will be served, including tasty Soft Pretzels donated by Honeycomb in Hamilton.

Limited to 28 attendees

Please RSVP no later than Thursday, April 4th



BOOK CLUB

Join us for a lively discussion of our Book of the Month and share your passion for reading!

BOOK CLUB – Tuesday, April at 11:00 A.M.

This month's book selection is:

Eleanor Oliphant is Completely Fine

By Gail Honeyman

Essex Senior Club

The Essex Senior Club meets on the 1st and 3rd Monday each month for a business meeting, lunch, and BINGO.

For more information about the club, meetings, or how to become a member, please speak with Martha Thompson, Kay Joseph or Nancy Paone

100 Cups of Coffee

Our new and exciting initiative at the Essex Council on Aging—100 Cups of Coffee—has officially begun. We have already enjoyed coffee and tea with 13 amazing Essex Residents and Businesses. You can come to us and see the center, or we can come to you. Is there someone you think we should reach out to?

Lunch and Learn

The Essex COA will be providing a speaker and lunch at once each month. We are always looking for suggestions, so if you'd like to learn more about something, or would like to present about something, please let us know!

Thursday, April 4 Scams and Fraud presented by the Money Management Program at SeniorCare, Inc.

Lunch 12PM

Presentation: 1PM

Scams are a big problem, and people across the country and here in Essex have been victimized. Come listen to Melinda explain some of the latest scams, and discover ways to protect yourself

May 16, Sea Songs and Stories with Davis Bates: Chanteys, Ballads, Folktales and more! Celebrate New England Maritime Traditions and Folklore. This event is funded in part by a grant from the Essex Cultural Council, a local agency supported by the MA Cultural Council.

Lunch 12PM

Presentation 1 PM

Did you apply for Fuel Assistance? There's still time!

Applications are accepted until April 30th!

Call Action, Inc 978-282-1000

For Your Health

WALK MASSACHUSETTS CHALLENGE



Lace up your sneakers, grab some friends, and join us in the Walk Massachusetts Challenge to help us win money for fitness programs, and you could possibly win a \$50 Visa gift card!

The challenge runs from April 1 to September 30.

In that time, if you and your team of friends complete the challenge, you get entered into a drawing for a \$50 Visa Gift card, and for each team that completes the challenge, our Council on Aging gets entered for \$250 to put toward fitness programming!

Here's how it works:

You and three friends form a team and choose a challenge. Each person in the team has to complete their personal goal to be entered to win.

Say you'd rather walk on your own. We have challenges for that as well!

Join the challenge by talking with Kristin or Tess OR going to www.mcoaonline.com/walkma and signing up! The first 400 people to sign up will receive a water bottle to keep you hydrated on your walks, so sign up today!

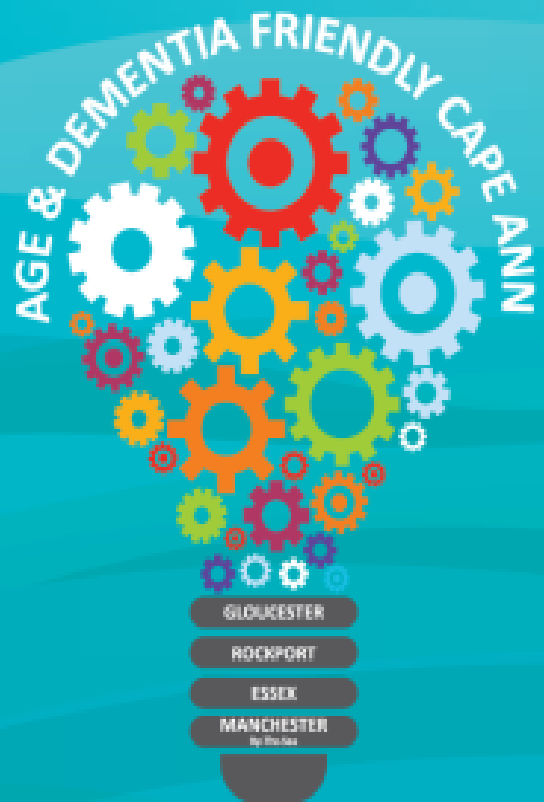
Nutrition Services

The Open Door now offers Nutrition Counseling! Services are provided by Robin Stone, RDN. They work with people on a wide range of issues, from medical nutrition therapy, (a type of therapy in which disease management is the primary purpose) to working with individuals on wellness and prevention. As a community nutrition service, one of the key areas they focus on is helping clients optimize their diets when faced with food budget constraints.

For more information: 978-283-6776

Age & Dementia Friendly Cape Ann presents

Aging Together A Summit to Explore Building A Community for All Ages May 1, 2019 • 10am-2pm The Elks at Bass Rocks Gloucester



Free • Open to the Public
Information/Register:
www.ADFCA.org
978-281-1750

Advance Registration Required



Monday	Tue	Wed	Thu	Fri
1 9:00 Walking Club 10:00 Crafty Kids 10:30 Sweatin' to the Oldies 12:15 Senior Club 5:30 Yoga	2 10:00 Balance Class 1:30 Arts & Crafts 6:00 COA Mtg	3 9:00 U.S. Veteran's Coffee Social 10:00 WALMART with CATA 11:00 Line Dancing	4 10:30 Sweatin' to the Oldies 12:00 SeniorCare Lunch :	5 <u>9:30 Market Basket with CATA</u> 10:30 Balance Class
8 8:30 Mens Bkfst 9:00 Walking Club 10:30 Sweatin' to the Oldies 12:00 Italian Lunch 5:30 Yoga	9 10:00 Balance 12:00 Red Sox Opening Day Lunch 1:30 Arts & Crafts	10 9:00 U.S. Veteran's Coffee Social 10:00 XMAS TREE SHOP with CATA 11:00 Line Dancing	11 10:30 Sweatin' to the Oldies 12:00 SeniorCare Lunch :	12 <u>9:30 Market Basket with CATA</u> 10:00 Open Door Mobile Market 10:30 Balance Class
15 9:00 Walking Club 10:30 Sweatin' to the Oldies 12:15 Senior Club 5:30 Yoga	16 10:00 Balance Class 1:30 Arts & Crafts 6:30 FECOA	17 8:00 Oxford Casino 9:00 U.S. Veteran's Coffee Social 10:00 TRADER JOES with CATA 11:00 Line Dancing	18 10:30 Sweatin' to the Oldies 12:00 SeniorCare Lunch :	19 <u>9:30 Market Basket with CATA</u> 10:30 Balance Class 12:00 Fridays at the Rose-Endicott
22 9:00 Walking Club 10:30 Sweatin' to the Oldies 11:00 Ladies Breakfast 5:30 Yoga	23 10:00 Balance Class 1:30 Arts & Crafts	24 9:00 U.S. Veteran's Coffee Social 10:00 MALLS with CATA 11:00 Line Dancing 11:30 ABBA Event	25 10:30 Sweatin' to the Oldies 12:00 SeniorCare Lunch :	26 <u>9:30 Market Basket with CATA</u> 10:30 Balance Class
29 9:00 Walking Club 10:30 Sweatin' to the Oldies 5:30 Yoga	30 10:00 Balance Class 11:00 Book Club 1:00 Arts & Crafts			Kristin will be away on vacation from April 8 - 23

2019 Trips and Events

We are currently planning our schedule of trips, be sure to check in as new trips will be added throughout the year! All trips will depart from Memorial Park unless otherwise noted.



Red Sox Opening Day:

Tuesday, April 8

FREE

Essex COA

Join us for delicious Sausage Peppers and Onions as we watch the Red Sox World Series Banner and Championship Rings be awarded.

Dancing Dream: An ABBA Tribute

April 24

11:00 AM

Celebrate the music of one of the most commercially successful acts in the history of popular music, topping the charts worldwide from 1974 to 1982 – ABBA. Luncheon at Danversport included.



The Edward Twins

Sunday May 19

\$92.00

Wrentham

Your favorite legendary superstars come alive in An Evening with the Stars - 2 brothers impersonate over 100 stars including Sonny and Cher, Billy Joel, Elton John, Tom Jones, Barbra Streisand, Ray Charles, and more! Price includes Ticket, Brunch, and Transportation.

Essex COA Health and Wellness Fair

Wednesday, May 15

FREE



Redneck Tenors

June 18

\$69.00

Danversport

A new breed in the "tenor genre" – the musical comedy featuring classically trained veteran artists is like Duck Dynasty goes to Carnegie Hall - down home laughs with big city music! Ticket and Luncheon at Danversport is included.



Diamond's and Pearls, Cash and Kings \$69.00

August 28

Wrentham

Experience some of the greatest hits of Neil Diamond in this musical tribute and enjoy some hits of Johnny Cash, Janis Joplin, and Carole King that will have you singing and dancing away!



Atlantic City Boys

September 17

\$69.00

Danversport

Featuring music of The Beach Boys, The Drifters, The Bee Gees, and Frankie Vallie and the Four Seasons, The Atlantic City Boys offer an exciting mix of world class vocals and interactive comedy. Luncheon at Danversport included.



Social Services

Federal Trade Commission Scam Warning

The Federal Trade Commission is getting reports about people pretending to be from the Social Security Administration (SSA) who are trying to get your Social Security number and even your money.

- The SSA will never call and ask for your Social Security number. It will not ask you to pay anything. It won't call to threaten your benefits.
- Your caller ID might show the SSA's real phone number (1-800-772-1213), **but that's not the real SSA calling. Computers make it easy to show any number on caller ID. You cannot trust what you see there.**
- **Never** give your Social Security number to anyone who contacts you in this way. **Do not confirm the last 4 digits.** Do not give a bank account or credit card number – ever – to anybody who contacts you by phone asking for it.

Remember that anyone who tells you to wire money, pay with a gift card, or send cash is always a scammer no matter who they say they are.

3-Step Health Care Planning Guide

Step 1:
EXPLORE

Make Care Choices



Step 2:
PLAN

Write Down Choices



Step 3:
CONNECT

Honor Your Choices



THINK. Take a moment to view the simple step-by-step planning process to make a plan and connect to care:

- **Explore:** Consider up-to-date information to make care choices;
- **Plan:** Write down your choices using 5 MA planning documents;
- **Connect:** Learn how to put your plan into action to get quality care that honors your choices today and everyday!

Prescription Advantage Update

Prescription Advantage announced the new income guidelines, effective April 1, 2019. If your monthly income is below \$3,122 (Single) or \$4,227 (Married), you may be eligible for Prescription Advantage at no cost. If your income is below \$5,204 (Single) or \$7,046 (Married) Prescription Advantage may still help you save money at the pharmacy! Speak to SHINE Councilor Kristin for more information, or call 800-Age-INFO



Everyone is on a health care journey to get the best care. Every journey needs a plan. Every adult, age 18 or older, has the right to direct their own health care choices and write down their choices in a health plan. Your plan is your personal roadmap to get the best possible care at every stage of your health care journey.

Honoring Choices Massachusetts is part of the New England Health Living Collective. They work to ensure that health care planning information is available to all adults in New England. To access forms, such as Health Care Proxy Forms, Personal Directives, Planning Guides, Etc. Please visit:

www.honoringchoicesmass.com

The Essex Council on Aging will also provide information and copies of the following forms:

Health Care Proxy
Durable Power of Attorney
Personal Directive
Five Wishes Booklet

Friends of the COA

The Friends of the Essex Council on Aging is a private non-profit organization whose purpose is to seek donations 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.

Officers:

Mary Wilhelm President
Betty Smith Vice President
Ellen Hull Secretary
Kay Joseph Treasurer

Join the **Friends of the Council on Aging Meeting**

**April 16
6:30 PM**

Please attend our meetings! We discuss new projects, programs, and fundraising.

**YOU DO NOT NEED TO BE A
SENIOR TO HELP!**



On May 1, the Friends of the Council on Aging will be delivering May Baskets to Essex residents over the age of 90, or homebound residents. We are seeking donations of pre-wrapped candy, pre-wrapped baked goods, and other small items etc, Every bit helps, please consider donating some items. Donations may be left at the front desk during regular business hours.

Did you know that in addition to general donations, the Friends of the Council on Aging can accept Memorial Donations? Or donations in honor of someone?

All donations will be acknowledged in the Essex Senior Echo

If you would like to make a Memorial Donation to the Friends of the Essex Council on Aging, please mail in this form:

Mail to: PO Box 112 Essex MA 01984

Choose one: In Honor Of: _____

In Memory of: _____

Person to be notified:

Name: _____

Address: _____

City: _____ State: _____ ZIP: _____

Is this an anonymous gift? Yes (If yes, your name will not be listed in newsletter, if applicable, family will be notified of a donation without giving the name of donor)

No

Thank you for your support of the Friends of the Essex Council on Aging

Around Town

ESSEX BICENTENNIAL CELEBRATION CALENDAR OF EVENTS

Saturday, April 27th, Progressive Dinner

Wear your walking shoes for this event! You will start at the Water Line, Ship Building Museum for appetizers. Your second course will be at the hall in St. John the Baptist Church. The main course will be at the First Congregational Church. The final course of Dessert will be served at the United Universalist Church. Registration will be necessary (details coming). This event is limited to 200 guests.

Saturday, June 22nd, Madame Varney Tea

Stop in to the First Congregational Church for a cup of tea and a tour of the original meeting house in Essex. Learn about Madame Varney, the woman who stood up to the Town of Ipswich to see this building built.

Saturday, July 27, Rededication of Ancient Cemetery

The Daughters of the American Revolution will rededicate the Ancient Cemetery. Come visit and see the historical stones, including the grave of John Wise.

Friday, August 9th, Food Trucks & Fireworks, 5:00-8:00 p.m.

A Family friendly, alcohol-free event at Memorial Park with Food Trucks, Music, followed by fireworks over the Great Marsh at sunset!

Saturday, August 10th, Bicentennial Parade and Oldtimers Baseball Game

The Parade committee welcomes Essex businesses, civic groups and neighborhoods to enter floats for this event. An Oldtimers baseball game will begin immediately following the parade.

Sunday, August 11th, Octogenarian and Nonagenarian Reception , 1:00-4:00 p.m.

This is for our residents who are 80 or older. We will be serving light refreshments and honoring you.

Saturday, September 7th, Old Essex Day

11:00 a.m.— 3:00 p.m.

Food, Games, and Music at Centennial Grove.



“Fridays in the Rose” at Endicott College

FREE

12:00-12:45 pm

Friday, April 19

Faculty/Student Artists showcase their talents in the final performance of the season! “Fridays in the Rose” concerts are designed to give audiences a taste of the sublime in just enough time to listen! Singers, instrumentalists, actors, and dancers collaborate on pieces from various styles and genres. Lunch out in Beverly after the concert. RSVP Tess Leary to request tickets.

Annual Town Meeting and Elections



The Annual Town Meeting will be held on
Monday, May 6 at 7:30 PM
Essex Elementary School.

Annual Town Elections:

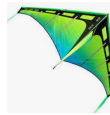
Tuesday, May 7

Essex Fire Department

**If you need transportation to either the town meeting, or to vote, please contact the Essex COA as soon as possible so we can arrange transportation.*

Kite Day

Saturday, April 13 11AM-4PM



Come fly a kite at Cogswell's Grant! Bring your own kite or build one of your own, and watch professional kite flyers from Kites Over New England

Eyes on Owls

Thursday, April 18 3:30—4:30 PM

Join naturalist Marcia Wilson and photographer Mark Wilson at the T.O.H.P. Library in sharing their passion for owls!

All ages welcome

Ongoing Activities

FITNESS PROGRAMS

YOGA: Monday 5:30-6:30 P.M. \$5.00

Modified yoga stretching and exercises designed to develop mind and body. Drop-ins are welcome.

WALKING CLUB: Mondays 9AM Depart from Senior Center. RSVP by Friday to join.

Join the “Walk Massachusetts Challenge”!

**BALANCE IN MOTION: Donation requested
Tuesday 10AM Friday 10:30 AM**

Dianna will get you grooving to fabulous music while you perform a variety of Fall Prevention and Strengthening Exercises. Appropriate for all fitness levels.

LINE DANCING: Wednesday at 12:45 P.M. \$7.00

A fabulous mind-body workout while dancing your way to better health! First class is free - join us!!

SWEATIN’ TO THE OLDIES

Monday 10:00 AM Thursday 10:00 AM

Bring a friend, and get yourself in shape with Richard Simmons!

ACTIVITIES

MOBILE MARKET: 2nd Friday 10:00-11:00 AM

Open Door offers fresh produce and other food to Essex Residents over 60, and residents of Chebacco Terrace.

MEN’S BREAKFAST: 2nd Monday 8:30 AM \$3.00

The breakfast often includes guest speakers on a variety of interesting topics.

LADIES’ BRUNCH: 4th Monday 11AM

Enjoy a delicious meal and some friendly conversation. Please RSVP

VILLAGE PANCAKE HOUSE: 2nd Tuesday 9 AM

Meet us at the Village Pancake House in Rowley for breakfast and great company. Please RSVP by Monday.

DROP-IN GAMES: Mondays at 10:00 A.M.

Choose from a variety of games, or bring your own!

ARTS & CRAFTS: Tuesdays at 1:30 P.M.

Share your creativity, learn some new skills, and join in the lively social scene. Bring your own project or work on items for the Friends Boutique.

ESSEX EAT OUT: Varies, Refer to Calendar

Join a great group for lunch at various locations throughout Essex and Cape Ann.

CLUBS AND MEETINGS

COA MEETING: 1st Tuesday

FRIENDS OF ESSEX COA: The Friends Group supports many programs and activities at the Senior Center. Monthly meetings, 3rd Tuesday of the month at 6:30 P.M.

NEW! BOOK CLUB: 11:00 A.M., last Tuesday of the Month. Join us for a lively discussion!

ESSEX SENIOR CITIZENS CLUB: 1st and 3rd Mon

The “Club” is a private membership organization that gets together for a meeting, light lunch and Bingo or other activity. Dues are \$10 per year.

VETERAN’S COFFEE SOCIAL: Wednesdays, 9AM

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 Counseling

By appointment

Individual counseling regarding Medicare, prescription drug coverage, supplemental plans, Medicare Advantage plans, etc.

RMV and Me:

By appointment

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

SHREDDING:

Mon, Thurs 10AM

Stop by and use the Essex COA shredder. It’s an individual machine that can shred about 10 documents at a time.

MEDICAL EQUIPMENT LOAN Mon– Fri 9-12

The COA has various medical equipment items such as walker, wheelchairs, etc. available to Essex residents.

MRC Well Checks

Through a partnership with Medical Reserve Corps, we offer friendly phone calls to homebound seniors. For more information, please contact Kristin

Transportation

Individual Trips: Provided by Beauport Ambulance Services **978-281-6955**

Monday through Friday 8:00 AM - 4:00 PM in the following communities:

Essex	Ipswich	Rockport	Gloucester	Manchester
Hamilton	Wenham	Beverly	Danvers	Peabody

Destinations in the communities include, but are not limited to: Essex and other Senior Centers, Medical Offices, Pharmacy, Banks, Grocery Stores, Salons, Restaurants, Fitness Facilities, etc. Medical and other appointments outside of the service area may be accommodated on an as-needed, case by case basis. *Please note, these rides are scheduled in conjunction with other scheduled appointments for Essex residents, and residents of other communities. You may have other stops while en-route to your scheduled destination.*

CATA Group Shopping Trips: Provided by Cape Ann Transit Authority (CATA) **978-283-7916**

Friday Morning Market Basket, Rowley \$2.00 Each Way

Pick up is at your home approximately 9:30. You will have 1 hour to shop. Limit: 2 bags

Weekly Wednesday Shopping Trips \$5.00 Roundtrip

Trips depart the Essex Senior Center at 10AM

To schedule a ride call at least 24 hours in advance:

Week 1	Week 2	Week 3	Week 4	Week 5
Walmart Shopping Danvers	Christmas Tree Shop Lynnfield	Trader Joes Peabody	Liberty Tree/North Shore Mall	Ocean State Job Lots Danvers

Beauport 978-281-6955

CATA 978-283-7916

**Or you may call the Senior Center Monday-Friday from 9:00 A.M.-12:00 P.M.
978-768-79632**

Please do not leave a voicemail regarding transportation!

Menus

JOIN US EVERY THURSDAY AT NOON!

\$2.00 Voluntary and Confidential Donation Appreciated (\$3.00 for Traveling Chef Meals)

THURSDAY, APRIL 4 Traveling Chef: Chicken Tacos, Red Beans and Rice, Shredded Cheese, Sour Cream, Pico de Gallo, Guacamole, Lettuce, Tres Leche Cake

THURSDAY, APRIL 11 Spring Celebration Luncheon: SEAFOOD BAKE (FISH, SCALLOP, SHRIMP) Newberg Sauce, Bread Crumbs, Paella Style Rice with Peas & Turmeric, Zucchini & Summer Squash Blend, White Chocolate Mousse & Whipped Topping

THURSDAY, APRIL 18: Roast Turkey with Gravy, Cranberry Sauce, Whipped Potatoes, Butternut Squash Soup, Marble Cake

THURSDAY, APRIL 25: Pot Roast with Gravy, Mashed Potatoes, Barley and Veggie Soup, Lemon Square

Council on Aging Essex

17 Pickering Street
Essex MA 01929

The Essex Senior Echo **April 2019**

In this month's issue:

We have a number of great luncheons this month, including the Annual Friend's of the Essex COA Italian Lunch, and the Red Sox Opening Day!

There has been a significant increase in the number of fraudulent calls reported to area Council on Aging, including the Essex COA. Please read more about identity theft and protecting your credit in this issue. As always, remember that Social Security, Medicare, and the IRS will not call you requesting information! Always hang up if you receive a call like this.

Volunteers Needed!

We are actively seeking volunteers to assist with the following:

Front Desk: Tuesday, Wednesday, and Friday

Newsletters Editor:

Social Media, Press Releases, and Marketing

Do you have the following items lying around, that you won't use? We can put them to good use!

- Board Games (Complete)
- * Puzzles (1000 pieces)
- * K-cups
- * Individually Wrapped Candy