

The Essex Senior Echo

August 2020

Here we find ourselves more than halfway through the summer, and more than halfway through 2020! We've talked plenty about the coronavirus, and there's not much to else to say at this point. (Important information and updates as always can be found inside). So instead we are looking forward to enjoying the rest of the summer, and then onto the fall. We will continue to

offer our twice a week grab and go meals, and twice a month groceries.

This year we have locally grown, fresh produce available for residents over 60! We'll have the first rounds of pick up on August 4th. Please call us and let us know if you plan to participate so we can have enough for everyone! Thanks to so many donations within our community, we are able to provide this to folks regardless of income! It's a great way to support our local growers and our older adults!

As we look ahead to the fall we are planning to have some outdoor events, using some of our town's open space. If you have any suggestions, please let us know. A little further down the road we know that the Medicare Open Enrollment season is coming. For me this is the busiest, but most rewarding time of the year. I'm excited to let you all know that Tess is now participating in SHINE training so you'll have not one, but **TWO** SHINE Counselors at your Senior Center! If you are reading this, have Medicare, and have not touched base with a SHINE Counselor be sure to mark "Open Enrollment" down on your calendar! Stay safe, stay cool, and enjoy the beautiful month of August. We will see you soon!

Remembering Christina (Wright) St. Pierre

Here in Essex we are mourning the loss of Christina (Wright) St. Pierre (35). Christina served the Town of Essex from 2009—2018 as Town Clerk, then moved over to Manchester-by-the-Sea. I'm sure many of you remember her smile, and could see her passion for her job. I know when I first began working at for the Town, Christina was incredibly supportive and helpful — always willing to help or give advice, and always with a smile. She will be missed by all of us, and left a positive mark in this world. She is survived by her husband Jason, son Jacob (5), Lauren Rae (4), stepsons Matthew (19) and Adam (17), as well as her parents Laura and Paul Wright, sisters Ashley and Patricia, and brother David.

Council on Aging Board :

Chairman

Michele French

Vice Chairman

Ralph Hawley

Secretary

vacant

Treasurer

Kay Joseph

Members at Large

Beverly Dolinsky

Richard Denton

Priscilla Doucette

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 all of our many
volunteers!

Hours of Operation:

Monday, Tuesday

Thursday, Friday

9 AM to 1 PM

Wednesday: Closed

*Closed to Public
until further notice;
Available by phone
and email only*

Essex Senior Center

17 Pickering St.

Essex MA 01929

978-768-7932

coa@essexma.org

Follow us on Facebook

Essex Updates

LIBRARY NEWS AND INFORMATION

Book Bundles for all ages are NOW available!

Can't sift through the library catalog, no time to figure out what books or subjects are good for you or your kids? Ask us! We are happy to find books, DVD's, Audiobooks for you and your family! Some ideas: Fireflies, Books about being different, Superheroes, Easy Readers, Back to school, Chickens, Pirates & Water to name a few...Contact us to get a Bundle of Books today!
dfrench@essexpl.org, 978-768-7410 leave message.

Expanded Curbside Hours

We've added Mondays 9am-12noon

New hours are Mon 9am-12, Tues, Thurs and Friday 1-4pm
Call to arrange pick up when your here or before via email
dfrench@essexpl.org

Delivery Available

If you can't get to us we're happy to deliver!

Transfer Station Updates

Dump sticker season is almost here. Stickers are due September 1st. All stickers can be purchased on-line, or through mail-in registrations with a check.

General: \$180 Senior: \$90

Chebacco Lake

As of July 24, 2020, the Massachusetts Dept. of Public Health confirmed the presence of a harmful algal bloom (Cyanobacteria) in Chebacco Lake at Centennial Grove. At this time, the water is -unsafe for people and pets. For questions, call Essex Board of Health at 978-768-7614

Guide to 2020 Fall Elections

September 1st State Primary Election and November 3rd State and Presidential Election

POSTED ON: JULY 21, 2020 - 2:35PM

You have several options to cast your vote in the upcoming fall elections:

- Vote by Mail or
- In-Person Early Voting at Town Hall (**August 22-28** for September 1st election and **October 19-30** for November 3rd election) or
- In-Person Voting on Election Day at Fire Station (Polls open 7:00 am - 8:00 pm)

The MA Elections Division has mailed an "Official Vote by Mail" Application to all voters registered as of June 30th. If you decide you would like to vote by mail, please sign and date the application and return to the Town Clerk's office. If you are an Unenrolled/Independent/No Party voter and you want to vote in the September 1st Primary election, you MUST choose a party ballot type - sample ballots are on my webpage (link is below). Your ballot will be mailed to you as soon as we receive them. If you have already submitted a vote by mail application for these 2 elections, you do not need to submit this form. Please contact the Town Clerk if you have any questions at 978.768.7111 or email townclerk@essexma.org.



Community Meals



MENU FOR COMMUNITY GRAB 'N GO MEALS MONDAYS & THURSDAYS 12PM

*As you drive up Pickering St, we ask that you kindly remember our neighbors
and try to avoid blocking any driveways.*



August 3	Salisbury Steak w/gravy, Whipped Potato, Summer Squash Blend
August 6	BBQ Chicken, Brussel Sprouts, Roasted Sweet Potato
August 10	Chicken Cordon Bleu w/Supreme Sauce, Butternut Squash, Roasted Brussel Sprouts
August 13	Stir Fry Beef w/Asian Vegetables, Fried Rice, Pineapple
August 17	Sweet & Sour Pork over Rice Florentine, Carrot and Cabbage with Ginger, Pineapple
August 20	Turkey Sandwich w/Gravy, Mashed Potato, Country Veggie Blend, Cantaloupe
August 24	Hot Dog with Mustard/Relish, Baked Beans, Carrots, Mandarin Oranges
August 27	Chicken Pot Pie with Peas and Carrots, Red Bliss Potatoes, Yogurt
August 31	Teriyaki Chicken Meatballs, Jasmine Rice, Mandarin Veggie Blend
September 3	Pulled Pork w/Mustard BBQ Sauce, Potato Wedges, Southern Greens

*12:00 p.m. Pick-up at Essex Senior Center
Please call the Senior Center (768-7932) to register in advance!*

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

Can you find Massachusetts' Tiniest Towns?

Alford	Aquinnah
Chilmark	Cummington
Florida	Gosnold
Hancock	Hawley
Heath	Middlefield
Monroe	Montgomery
Mount Washington	New Ashford
Peru	Plainfield
Rowe	Sandisfield
Savoy	Tolland
Tyringham	Warwick
Washington	Wendell
Windsor	

Do you think you could find these towns on a map? How many of these tiny towns are on the Cape? Western Mass? Central Mass?

Fun Fact: Essex is ranked # 262 of with a Population of 3799 according to one demographics-based website.

351

Social Services

IT'S A SNAP TO BE HIP!

If you are a **SNAP** household you will be automatically enrolled in **Healthy Incentives Program (HIP)**. The Healthy Incentives Program provides a 100 percent incentive ~ **a dollar-for-dollar match** ~ for each SNAP dollar spent on fruits and vegetables purchased at farmers markets, farm stands, mobile markets, and Community Supported Agriculture programs statewide. **You will receive \$1 for each dollar you spend on eligible fruits and vegetables, up to a monthly limit (\$40 for 1-2 person household).**

You can use your SNAP benefits to buy fruits and vegetables from a HIP authorized farm or vendor. Look for the HIP logo or ask the vendor if they participate in the program before you pay for your purchase. **There are no limitations on where you can use your HIP incentive dollars. This benefit may be used anywhere SNAP is accepted. You must have a SNAP balance to earn the HIP incentive benefit.**

You can call the EBT customer service line at (800) 997-2555 to find out how much you earned through HIP each month. Available at: **Marini Farm, Ipswich; Marshall's Farmstand, Gloucester; Cape Ann Farmers' Market, Gloucester; Annisquam Farmers Market, Gloucester; The Food Project CSA, Beverly; World Peas CSA, Gloucester.**

Open Door—Gloucester

28 Emerson Avenue, Gloucester
Open Monday–Friday, 10 AM–5 PM

Curbside pick-up only.

Open Door Ipswich

00 Southern Heights, Ipswich
Open Wednesdays/Thursdays, 11 AM–4 PM

Curbside pick-up only.

Acord Food Pantry

69 Willow Street, Hamilton

Saturday 9:00 AM – 11:00 AM

Wednesday 9:30 AM – 11:00 AM

Thursday 9:30 AM – 10:30 AM (Seniors Only)

Thursday 6:30 PM – 7:30 PM

**OFFERING WINDOW SERVICE WITH
INDIVIDUAL CHOICE OF GROCERIES**

FRIDAY GROCERY INFORMATION

Friday Grocery Distribution is now offered twice per month and will be held on:

FRIDAY, AUGUST 7 AND FRIDAY, AUGUST 21

FRIDAY, SEPTEMBER 11 AND FRIDAY, SEPTEMBER 25

Please contact Tess at the Senior Center to be sure you're on the list! Acord and Open Door have regular hours of service to offer you a great selection of meat, dairy, produce, and canned goods.

Please consider going directly to either or both Acord and Open Door during non-delivery weeks.

NORTH SHORE AREA FARMERS' MARKETS

Beverly: Mondays, 3:00-7:00 p.m. Veteran's Park at Rantoul St. & Railroad Ave. open for shoppers and also accepting ONLINE pre-orders but no curbside pick-up available; (beverlyfarmersmarket.org)

Gloucester - Cape Ann: Thursdays, 3:00-6:30 p.m., O'Maley Innovation Middle School 32 Cherry St. Only offering ONLINE pre-ordering with CURBSIDE pick-up ONLY; Order by Wednesday at Noon (capeannfarmersmarket.org)

Gloucester - Magnolia: Sundays, Lexington St. GLOUCESTER only offering ONLINE pre-ordering with CURBSIDE pick-up only; (magnoliacommunityfarmersmarket.com)

Marblehead: Saturdays, 9:00 a.m. - 12:00 p.m., Vine St. MARBLEHEAD - market is open for customers and also offering online ordering (www.marbleheadfm.com)

Transportation



The Cape Ann Regional Transit Authority is now offering Essex Residents transportation to and from 1st and 2nd dialysis shifts Monday through Saturday in Beverly! For more information, please call CATA (978-283-7916) or speak to your dialysis center.

Please note: during the closures caused by the novel coronavirus, the Essex Council on Aging will only be providing transportation to medical appointments and the grocery store.

CATA will still be providing trips to Market Basket on Fridays.

The Manchester Council on Aging will also be offering grocery store rides.

Individual Trips:

Provided by Beauport Ambulance Services

978-281-6955

Mon - Fri 8 AM - 4 PM: *Essex, Ipswich, Rockport, Gloucester, Manchester, Hamilton, Wenham, Beverly, Danvers, Peabody*

CATA Shopping Trips:

Provided by Cape Ann Transit Authority (CATA)

978-283-7916

• **Friday Morning Market Basket, Rowley:** Pick up 9:30 at your home. Limit 2 bags

\$4.00

Senior Care RSVP Medical Transportation:

978-281-1750

Manchester Council on Aging

978-526-7500

The COA is happy to assist, but please do not leave a voicemail regarding transportation!

Social Services

Remember—Medicare, Social Security and the IRS will **NOT** make unsolicited phone calls. If you receive a call claiming to be from one of these agencies, please hang up. Do not give out any information to the caller!

PRODUCE BAGS TUESDAY AUGUST 4

10:30 AM

Please call to reserve your FREE bag of fresh, locally grown produce!



2020 FARMERS MARKET COUPONS

INCOME ELIGIBILITY

GUIDELINES

To be eligible for the USDA program, you must be over the age of 60, and your gross household income (i.e. before the taxes are withheld) must be no more than 185 percent of the U.S. Poverty Income Guidelines. The guidelines for SFMNP are shown here.

(Effective from July 1, 2020 to June 30, 2021)

Household Size	Annual	Monthly
1	\$23,606	\$1,968
2	\$31,894	\$2,658

Discrimination clause:

In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, religion, sex, gender identity (including gender expression), sexual orientation, disability, age, marital status, family/parental status, income derived from a public assistance program, political beliefs, or reprisal or retaliation for prior civil rights activity, in any program or activity conducted or funded by USDA (not all bases apply to all programs). Remedies and complaint filing deadlines vary by program or incident.

Persons with disabilities who require alternative means of communication for program information (e.g., Braille, large print, audiotape, American Sign Language, etc.) should contact the responsible Agency or USDA's TARGET Center at (202) 720-2600 (voice and TTY) or contact USDA through the Federal Relay Service at (800) 877-8339. Additionally, program information may be made available in languages other than English.

To file a program discrimination complaint, complete the USDA Program Discrimination Complaint Form, AD-3027, found online at [How to File a Program Discrimination Complaint](#) and at any USDA office or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter to USDA by: (1) mail: U.S. Department of Agriculture, Office of the Assistant Secretary for Civil Rights, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410; (2) fax: (202) 690-7442; or (3) email: program.intake@usda.gov.

USDA is an equal opportunity provider, employer, and lender.

August

MON	TUE	WED	THU	FRI
3 12:00 Grab and Go Lunch (menu on Page 6)	4 10:30 Balance in Motion Zoom: 396-136-822 PW: 01929 10:30 Farmer's Market Produce Bags 6:00 COA Board MTG via ZOOM ID# 968 706 7633 PW: 01929	5 ECOA Closed	6 12:00 Grab and Go Lunch (menu on Page 10)	7 10:30 Chair Yoga Zoom: 396-136-822 PW: 01929 12:00 Grocery Pick up at Senior Center
10 12:00 Grab and Go Lunch (menu on Page 6)	11 10:30 Balance in Motion Zoom: 396-136-822 PW: 01929	12 ECOA Closed	13 12:00 Grab and Go Lunch (menu on Page 10)	14 10:30 Chair Yoga Zoom: 396-136-822 PW: 01929
17 12:00 Grab and Go Lunch (menu on Page 6) KRISTIN ON VACATION	18 10:30 Balance in Motion Zoom: 396-136-822 PW: 01929 6:30 FRIENDS COA MTG via ZOOM ID# 968 706 7633 PW: 01929 KRISTIN ON VACATION	19 ECOA Closed KRISTIN ON VACATION	20 12:00 Grab and Go Lunch (menu on Page 10) KRISTIN ON VACATION	21 10:30 Chair Yoga Zoom: 396-136-822 PW: 01929 12:00 Grocery Pick up at Senior Center KRISTIN VACATION
24 12:00 Grab and Go Lunch (menu on Page 6)	25 10:30 Balance in Motion Zoom: 396-136-822 PW: 01929	26 ECOA Closed	27 12:00 Grab and Go Lunch (menu on Page 10)	28 10:30 Chair Yoga Zoom: 396-136-822 PW: 01929
31 12:00 Grab and Go Lunch (menu on Page 6)	1 10:30 Balance in Motion Zoom: 396-136-822 PW: 01929	2 ECOA Closed <i>Don't forget to RSVP for groceries and next week's Grab and Go Meals</i>	3 12:00 Grab and Go Lunch (menu on Page 10)	4 10:30 Chair Yoga Zoom: 396-136-822 PW: 01929

How to Access ZOOM events:

By phone: Call 1-929-205-6099 Enter your meeting ID followed by #. You will not have a participant ID so just press #. Enter Password (01929) and press #. You can mute, or unmute yourself by pressing *6.

On a computer or tablet: Go to www.zoom.com Click "Join a Meeting". If you are asked "do you want to allow this page to open 'zoom.us<http://zoom.us>'" Click Yes. Enter the Meeting ID in the box and click "Join". Enter your name and click "Join with Audio" or "use device audio". Click "Join with Video".

Reminders: Be sure the volume is turned all the way up on your device. Be sure the camera on your device is not blocked (small hole at top of computer screen). If you are using an iPhone or iPad, be sure you have downloaded the free ZOOM app. It's definitely an adjustment, but it is worthwhile!

The Friends of the Essex Council on Aging sent out the annual membership appeal - if you are not a member, please consider joining and supporting this vital organization...their sponsorship and support of the Essex COA programs helps make the Senior Center a valuable resource for Essex residents.

For Your Health

Local COVID-19 Testing Sites (as of 7/25/2020)

**For additional testing locations, go to www.mass.gov.*

CVS Ipswich—Minute Clinic (978) 356 9198
Appointment Required, Tests limited to certain patients

AFC Urgent Care—Beverly (978) 922-2171
*Appointment **not** required*

CVS Danvers—Minute Clinic (978) 774-5504
Appointment required, tests limited to certain patients

Lahey Health Urgent Care, Danvers (978) 304-8380
Lahey Clinic Hospital, Peabody (978) 538-4000
Call First, appointments and referrals may be required

CareWell Urgent Care Peabody (800) 659-5411
*Appointment **not** required*

North Shore Medical Center (844) 839-8299
Appointment and referral required

Harvard Vanguard Peabody/Lynnfield (978) 977-4000
Appointment and Referral required, current patients only

COVID-19 Testing Insurance Coverage

Beginning March 18, and through the duration of the public health emergency, all forms of public and private insurance, including self-funded plans, must now cover FDA-Approved COVID19 tests as long as it is deemed medically appropriate and you have signs or symptoms, or a known recent exposure. If you want to get tested and it wouldn't be deemed medically necessary you can pay for testing at some locations, or visit a "Stop the Spread" testing location until August 14.

Stop the Spread Testing Program

Massachusetts has launched a strategic testing program in targeted communities. The program supports testing of asymptomatic individuals at no cost. While all residents of these communities are encouraged to be tested, testing is available to resident in ANY Massachusetts community, including Essex. This program runs through August 14.

The closest testing sites to Essex are located at multiple locations in Lynn and Lawrence. For more information, visit www.mass.gov

COVID 19 Testing Basics

Diagnostic Tests:

These tests are used if you are currently showing symptoms and tell you if you have a current infection. There are two types of diagnostic tests—Molecular and Antigen tests.

- **Molecular Tests:** Sample taken via nasal or throat swap. Results are available up to a week after the test. This test is considered accurate for active cases. It can not tell you if you previously had an infection.
- **Antigen Tests:** This test is also known as a rapid diagnostic test. Samples are also taken through a nasal or throat swab. Results are available in one hour or less. Positive tests are considered accurate, however negative tests may need to be confirmed with a molecular test. This test can not definitively rule out active infection. Antigen tests are more likely to miss an active infection than molecular tests.

Antibody tests

These tests look for antibodies that are made by your immune system. Antibodies can take several days or weeks to develop after an infection and may stay in your blood for several weeks or more after recovery. At this time researchers do not know if the presence of antibodies means that you are immune to the coronavirus in the future. This test uses a blood sample. Results may be available between 1 and 3 days. Antibody tests can show if you've been infected in the past, but can not diagnose active infections. It can not tell you when you had an infection.

www.fda.gov/form#140161



BEAT THE HEAT: Extreme Heat

Heat related deaths are preventable



Wear light-weight, light colored, loose fitting clothes



Stay hydrated with water, avoid sugary beverages



Stay cool in an air conditioned area

Council on Aging Essex

17 Pickering Street
Essex, MA 01929

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

RETURN SERVICE REQUESTED

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

The Essex Senior Echo

August 2020

2020 FARMERS MARKET COUPONS

Essex residents over the age of 60 are invited to participate in the Massachusetts Farmers' Market Coupon Program, hosted by SeniorCare, Inc. and the Essex Council on Aging,. The program is designed to provide an opportunity for older adults to eat more locally grown fresh vegetables and fruits, enjoy the health benefits, and support local farmers.

Due to COVID-19, instead of issuing coupons, bags of fresh produce from local farms will be distributed. Eligible seniors will receive a fresh produce bag twice during the months of July, August, or September with a total value of \$25. Participation is limited and based on a first-come, first-served basis. For more information, please see guidelines on page ____, or contact the Senior Center.

**** We are announce that generous donations from our Essex neighbors and friends enable us to provide produce bags to Essex Seniors who do not meet eligibility requirements for the Farmer's Market Coupons. First come, first serve.**

COVID19 TRAVEL ORDER

Effective August 1, 2020 all visitors and returning residents entering Massachusetts must follow new travel orders.

Unless one qualifies for an exemption, those entering the state, including returning residents are required to:

* Complete the MA Travel Form prior to arrival (arrival from some states excluded)

* Quarantine for 14 days or produce a negative COVID19 test result that has been administered up to 72-hours prior to your arrival in MA

Failure to comply with this order could result in a \$500 fine per day.

Exemptions to this order:

- * Travel from a 'lower risk state'. Currently this means New England States, Hawaii, New York, New Jersey
- * Transitory Travel (ie, just passing through) or those who regularly commute in or out of MA for work or school.
- * Patients seeking or receiving medical treatment from a physician in MA, as well as their support person(s)
- * Military Personnel ordered to enter MA, or federally designated critical infrastructure workers.