

# The Essex Senior Echo

December 2017

*"How wonderful it is that nobody need wait a single moment before starting to improve the world." –Anne Frank*

Without the dedication of so many volunteers, the Essex Senior Center would be a remarkably different place. Each and every one of our volunteers is important to accomplishing the many things we set out to do. We have volunteers who serve on our board, serve meals, organize events, answer the phones, greet guests, proofread the newsletter, arrange transportation, plan trips, and do even more! From the bottom of our hearts, thank you to each and everyone of you.

Each year the Town of Essex awards the "Outstanding Municipal Volunteer of the Year" to one person who serves the Town of Essex who has consistently shown a commitment to improve the town.

This year, Kay Joseph, was the recipient of the award. Kay is someone who is always available to help, no matter how big or small the task. She serves on our Board of Directors, the Friends of the Council on Aging, the Senior Club, and in numerous other organizations throughout Essex and the surrounding communities. Kay organizes most of our trips, our Senior Care Meals, puts together our newsletters, and is always willing to step up when we need a hand.

## INCLEMENT WEATHER POLICY

If Manchester-Essex Schools have a delayed opening, or are closed, the Essex Senior Center and Transportation Services will also be closed.

Additionally, transportation may be cancelled due to weather and safety concerns even if the Senior Center is open. We will contact those who have a previously scheduled ride.

Thank you Kay for all you do to support not only the seniors in Essex, but also for all the support you've given me. Congratulations on this well deserved recognition.

If you are interested in volunteering, please reach out to Kristin or Tess. We are always in need of volunteers, and each volunteer we have improves our world and our community here in Essex! We have a few volunteer opportunities listed in the newsletter, however, if there's something else you'd like to do please let us know!

~Kristin



Reminder: Please remember to use your key tag to sign in each time you come attend an event at the center. If you sign up for a trip or event, please be sure to leave your number. There are times when events need to be cancelled and we would like to notify you. If we don't have your phone number, or have a record of you attending an event/class/program we will be unable to let you know of any changes! If you don't have a key tag, please see Tess or Kristin!

# Programs & Events

INFORMATION ABOUT SOME OF OUR  
SPECIAL PROGRAMS AND EVENTS.  
THE FULL LISTING IS ON THE  
CALENDAR



The Memoir Writing Group has been discontinued. Thank you Bruce for all your work in putting this class together.

**Join the**  
**Friends of the Council on Aging**  
on the 3rd Tuesday of the month at 6:30. At meetings they discuss upcoming programs, projects, and fundraising.

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

## **GAME GROUP**

**12:30 on the 1st and 3rd Thursday Each Month**

Did you know that playing board games has many health benefits? Aside from being fun, medical studies have found playing board games has a positive impact on mental health and hypertension! So come on over, enjoy camaraderie, have fun, and play some games, because de-stressing shouldn't be mundane!

The Northeast Recovery Learning Community  
will be facilitating this group!

## **MANCHESTER ESSEX HOLIDAY CONCERT**

Manchester Essex High School students  
present their annual Senior Citizens  
Holiday Lunch.

December 9, 2017  
MERHS  
11 AM



Please call the Center to RSVP.

## **ESSEX SENIOR CITIZENS' CLUB**

The Essex Senior Citizen's Club is a private membership organization that meets at the Essex Senior Center.



All are welcome to attend the Annual  
Holiday Party.

December 18, 12 Noon  
Essex Senior Center  
Catered Lunch

RSVP with Kay at 978-768-6275

Bring along a wrapped \$5.00 gift for a fun Yankee Swap!

## **Cooking with Dawn**

Will return in the New Year!

Do you have a favorite meatloaf recipe? Now that you are cooking for 1 or 2 you don't make it because you do not want all those left overs. I am here to tell you, you should make it! You can freeze what you do not eat in a few days. Cut the remaining meatloaf in 1-2 inch pieces. Wrap in cling wrap. Put all the pieces in a freezer resealable bag. BE SURE TO WRITE THE DATE ON THE BAG.

Here are ideas for future meals using that meatloaf:

**Stuffed pepper:** Thaw 1 piece of meatloaf. Cut a small pepper in half and clean it out. Cook ½ cup of instant rice. Crumble the meatloaf and add to the rice. Season with Pepper, salt and your favorite spices. Add a little pasta sauce then put the mix in the halved pepper cover with sauce. Cook in toaster oven for 20 minutes on 350 or in microwave until pepper is soft.

**Sandwich:** Thaw 1 piece of meatloaf and make a meatloaf sandwich.

**Pasta sauce:** Thaw a piece of meatloaf. Sauté ½ a small onion, ½ a green pepper and a crushed clove of garlic. Crumble the meatloaf and add to sauce.

**Stuffed squash:** Thaw a piece of meatloaf and crumble it. Cut the top off a small acorn squash. Mix crumbled meatloaf with some grated cheddar, a diced celery stalk, some bread crumbs and a little chopped onion. Bake in toaster oven on 375 for 20 minutes until squash is soft when you stick a fork in it. Or cook in microwave till tender.

**Meatloaf Second time around.** Thaw a piece of meatloaf. Bake a small potato in the microwave 3-5 minutes until fork tender. Heat meatloaf slice in a fry pan 3 minutes on each side with burner on medium.

Do you have a favorite recipe that is too large for you now? Let me help break it down for you or give you suggestions. Let Kristin know, or email me at dawnburnham\_pchef@comcast.net



# Friends of the Essex Council on Aging presents: Annual Holiday Party at the Hart House

**December 7, 2017**

**12 Noon**

**Cost: \$5.00 Per Person**

**Please sign up at the center.**

**There will be Music, Door Prizes, and Favors.**

**The full meal includes Salad, Dinner Rolls, your choice of entrée  
and Dessert**

**Entrée choices include:**

- 1. New England Chicken**
- 2. Baked Haddock**
- 3. Pork Loin Chops**
- 4. Steak Tips**

**Sign up early as this is an event you don't want to miss!**

## WINTER OLYMPICS WORD SEARCH PUZZLE

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

ALPINE SKIING	CEREMONY	ICE HOCKEY	SKI JUMPING
ATHLETES	COMPETE	JUDGES	SNOWBOARD
BIATHLON	CURLING	LAKE PLACID	SPEED SKATING
BOBSLED	FIGURE SKATING	LILLEHAMMER	ST MORITZ
CALGARY	GOLD MEDAL	LUGE	TORCH

## COA Board Meeting



The Essex Council on Aging is a municipal board, and its meetings are open to the public. Please join us and learn more about what's happening at your Senior Center!

**Tuesday, December 5**

**9:30 AM**

**Downstairs**

In accordance with Open Meeting Law, the agenda will be posted online at [www.essexma.org](http://www.essexma.org)

## Men's Breakfast

Have you been to the Men's Breakfast? Join this great group of gentlemen for a hot breakfast, great company, and interesting speakers!

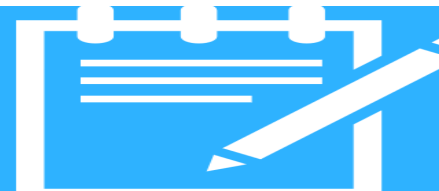
**December 11, 8:30 AM**

## Women's Breakfast

Due to the timing of Christmas, we will hold our next Women's Breakfast in January! Happy Holidays!

# Social Services

FOR MORE INFORMATION,  
PLEASE CALL AND SPEAK  
TO KRISTIN OR TESS  
978-768-7932



## FUEL ASSISTANCE

Did you know that as many as 1 in 3 families living in Cape Ann may be eligible for fuel assistance? Action Inc.'s Fuel Assistance program is designed to help you pay your energy bills. This free, no-cost program is available to anyone who meets eligibility guidelines. All you have to do is apply.

Eligibility guidelines for a single person household are an income less than \$34,380, or for a 2 person household less than \$44,958.

To apply, please call Action at [978-281-3900](tel:978-281-3900)

If you participate in the Fuel Assistance program, you may also qualify for the Energy Efficiency program. This program helps you save money by making your home more energy efficient and lowering your overall energy expenses. Action will visit your home to provide free home energy assessments, weatherization (including insulation and weather-stripping), heating system repairs and replacements, and refrigerator and lighting replacements.

This program is available year-round.



The Town of Essex has recently switched from Code Red to a new emergency alert system. Register at [www.essexma.org](http://www.essexma.org) Click on "Essex Regional Alerts". If you don't have internet access, or email, speak with Town Administrator, Brendhan Zubricki. 978-768-6531

## **Medicare Open Enrollment ends Dec 7!**

Don't wait! Go to [www.medicare.gov/find-a-plan](http://www.medicare.gov/find-a-plan) to make changes

## 2018 Medicare Part B Premiums

The new Medicare Premiums, Deductibles, and Copayments have been released. The Part B premium for 2018 will be \$134. Many beneficiaries were paying less than this amount in 2017 due to the "Hold Harmless" provision. Over 70% of beneficiaries will pay \$134 next year. Some people will pay less than this if their Cost of Living increase does not cover the increase to Medicare Part B! Social Security will inform you of your benefits and premiums.

If your yearly income in 2016 (for what you pay in 2018) was			You pay each month (in 2018)
File individual tax return	File joint tax return	File married & separate tax return	
\$85,000 or less	\$170,000 or less	\$85,000 or less	\$134
above \$85,000 up to \$107,000	above \$170,000 up to \$214,000	Not applicable	\$187.50
above \$107,000 up to \$160,000	above \$214,000 up to \$320,000	Not applicable	\$267.90

### Part A Costs:

Hospital Deductible:  
\$1,340/benefit period

(Covers Days 1-60)

Hospital Days 61-90

\$329.00 per day

Hospital Days 91-150

\$658.00 per day (*Lifetime Reserve Days*)

Skilled Nursing Coinsurance: Not release at time of printing

### Part B Costs:

\$183 Annual Deductible

## KNOX Boxes Available for Purchase

For residential property owners, at-risk residential occupants, and persons responsible for at risk occupants who need the ability to grant emergency services access to a residential property in an emergency without property damage, Knox® HomeBox™ is the most secure, residential-grade, key safe that is trusted and supported by your local fire department. Knox HomeBox is a high security, weather-resistant key safe that can only be accessed by your fire department 24 hours a day, 7 days a week to provide peace of mind and safety to your property, loved ones, and pets. residential property owners, at-risk residential occupants, and persons responsible for at risk occupants.

Www.knoxhomebox.com or for any questions, please contact the Fire Chief at 978-768-6363 Ext 15 or email him at [ddoucette@essexma.org](mailto:ddoucette@essexma.org)

# Transportation

TO SCHEDULE A RIDE FOR A MEDICAL  
OR OTHER APPOINTMENT, PLEASE CALL  
978-347-8115  
FOR A GROUP TRIP, CALL 978-768-7932



Essex Council on Aging offers transportation services to all Essex residents over the age of 60, as well as disabled Essex residents under the age of 60. In addition, we provide transportation to the Rowley Market Basket every Friday. The van also provides transportation for shopping excursions, and other social events including the Casino in Oxford ME! In order to use our transportation services, you must be registered with the Senior Center!

To register for a Medical Appointment please call and leave a message at

**978-347-8115**

If you would like to sign up for a group trip, please contact us at the Center during regular business hours.

**978-768-7932**

**\*\*\*\* All Van Trips are limited to a maximum of 12 ambulatory passengers,  
plus 2 additional seats for those in a Wheel Chair \*\*\***

**SIGN UP FOR ALL EVENTS AND TRIPS AT THE SENIOR CENTER**  
**When signing up, use first AND last names, and phone number!**

**Please note:** If interested in a group trip, please sign up as soon as possible. Trips may be cancelled due to lack of interest.

If requesting medical transportation, please give us as much notice as possible your trip. We may not be able to accommodate trips with less than a 5 day notice

## FECOA Holiday Party

December 7, 12 Noon, Hart House

Cost: \$5.00 All are welcome at our annual Holiday Party at the Hart House in Ipswich. You have the choice of entrée, there will be music and door prizes. Please join us!

## MERHS Holiday Lunch and Concert

December 9, 2017 11AM—1PM

Enjoy lunch and a holiday concert sponsored by the Manchester Essex Regional High School Students. Transportation is available. Please RSVP as seats may be limited.

## Oxford Casino: December 11 8:00 AM

Join us for a Wicked Good Time at the Oxford Casino, in Oxford ME. Meet at Memorial Park. Trip returns approximately 6 PM.



## Village Pancake House: December 12

9AM



Join our Breakfast Club at the Village Pancake House in Rowley. Meet us at Memorial Park for a ride at 8:45AM, or meet us at 9:00 at the Pancake House. Please be sure to sign up so we have the appropriate number of RSVPs.

## North Shore/Liberty Tree Mall and Lunch

December 19 10 AM

It's time to finish up your holiday shopping. Choose between the Northshore Mall in Peabody, or the Liberty Tree Mall in Danvers. Lunch is on your own

*All trips leave from Memorial Park unless otherwise noted. If you would like to attend a trip but are unable to drive to the pick up location, please call and we will make alternate arrangements*



# December 2017

Mon	Tue	Wed	Thu	Fri
		<i>Don't forget: Dec 9, Manchester Essex Senior Citizens Lunch and Concert at MERHS</i>		1
4 9:00 Walking Club 12:15 Senior Club 5:30 Yoga	5 9:30 COA Board Meeting 10:00 Balance in Motion	6 12:45 Line Dancing	7 12 pm Hart House Holiday Party  Senior Center is CLOSED to the public	8 9:30 Market Basket 10:00 Mobile Market 10:00 Balance in Motion  Boston Pops Trip
11 8:00 Oxford Casino 8:30 Men's Breakfast 9:00 Walking Club 5:30 Yoga	12 9:00 Village Pancake House 10:00 Balance in Motion	13 12:45 Line Dancing	14 9:30 Market Basket	15 10:00 Balance in Motion
18 9:00 Walking Club 12:00 Senior Club Party 5:30 Yoga	19 10:00 Malls and Lunch 10:00 Balance in Motion 6:30 Friends of the Council on Aging Meeting	20 12:45 Line Dancing	21 9:00 Senator Tarr's Office 10:00 Blood Pressure Clinic 12:00 Senior Care Luncheon 12:30 Game Group	22 9:30 Market Basket 10:00 Balance in Motion
25 CLOSED FOR THE HOLIDAYS 	26	27 12:45 Line Dancing	28	29 9:30 Market Basket

### Do you have the early signs of hearing loss?

1. Do you experience ringing or noises in your ears?
2. Do you hear better with one ear than the other?
3. Have you had significant noise exposure at work, recreation, or in the military?
4. Do you find it difficult to follow conversation in a crowded room or noisy restaurant?
5. Does it seem as if people are mumbling or not speaking clearly?
6. Do you find it difficult to understand the speakers at meetings or religious services?
7. Are you having trouble at work because you sometimes miss key pieces of information?
8. Do you find yourself asking people to speak up or repeat themselves more often than you used to?
9. Do you experience difficulty understanding soft or whispered speech?
10. Do you turn up the volume on the TV to the point where it disturbs your spouse or other family members?

### Volunteers Needed!

We are looking for a couple of volunteers who may be interested in helping the COA in a couple of different ways.

**Front Desk Volunteers:** Greet visitors to the center, assist with signing up for events, and answer phones.

**Website Maintenance:** We need one volunteer to help maintain our website. This would be a great opportunity for a student interested in computers that also needs community service hours!

**Teaching Classes:** Do you have a special hobby or talent and would like to share that with others? We are always looking to bring in new classes and programs.



Losing a loved one is a painful and difficult experience. The death of a loved one is always traumatic, but during the holidays, the feelings of loss can be even more pronounced. Each person has to grieve in his or her own way, but there are some general tips that can help you get through this especially difficult time.

- Decide if you want to keep certain holiday traditions or create new ones. Plan in advance how you want to spend your time and with whom. Do something to honor the memory of your loved one.
- Allow yourself to feel pain and whatever other emotions come along, too. Don't let anyone else tell you how you "should" feel. Then express your feelings and let yourself cry.
- Take care of yourself. Eat well and exercise. Allow yourself small physical pleasures like hot baths, naps, and favorite foods. But avoid drinking too much alcohol or using other drugs.
- Forgive yourself for all the things you did or didn't say or do.
- Give yourself a break from mourning with distractions like movies, dinner out, reading a book, listening to music, or getting a massage or a manicure. You must work through grief, but you don't need to focus on it all the time.
- Consider getting some support. Talk about your loss and your memories of the life and death of your loved one. Do not think you are protecting your family and friends by not expressing your sadness. Ask others for what you need. Find and talk to others who have lost a loved one.

*From: American Cancer Society*



Senior Care Inc

# LUNCH MENU

1st and 3rd Thursdays of the Month



## December 7 -

There will be no Senior Care Meal, as we will be enjoying our Holiday Party, sponsored by the Friends of the Essex Council on Aging

(Please note, the traveling chef requires a minimum of 20 diners. If we do not meet this number, the menu is subject to change)

## December 21, 12 Noon

Chicken Pot Pie, Parsley Potatoes, Yogurt, Juice, Whole Wheat Dinner Roll

*\* There is a suggested **voluntary** donation of \$2.00 per meal, \$3.00 for the chef.*

## Essex Mobile Market, Sponsored by Open Door

Friday, December 8  
10:00 AM to 11:00 AM

The Mobile Market is a program offered by the Open Door Pantry. If you are interested in participating with the mobile market and are unable to attend due to scheduling conflict, or lack of transportation, please give us a call and we will make alternative arrangements. If you are grocery shopping with us and would like to participate, we will hold a bag for you!

### IT'S A SNAP!!

The Supplemental Nutritional Assistance Program – SNAP – offers a monthly benefit to buy nutritious foods. Eligibility for SNAP benefits depends on financial and nonfinancial criteria. Please contact Tess Leary at the Senior Center for more information.

### *What can you buy with SNAP?*

Foods for the household to eat, such as:

bread and cereals; fruits and vegetables; meats, fish and poultry; and dairy products; Seeds and plants fresh produce

### *Maximize SNAP benefits with HIP!!*

The Healthy Incentives Program – HIP – is a new part of SNAP that encourages households to spend SNAP dollars on local fruits and vegetables to earn HIP incentives. An equal amount of money, up to your monthly limit, is instantly added back to your EBT card and your receipt will show the amount of **additional SNAP dollars** your purchase earned! If you **receive \$15 monthly in SNAP you can potentially earn up to \$55 in SNAP benefits by completing three (3) \$15 purchases of fruits and vegetables for each month!**

### WINTER FARMERS MARKETS Beverly Winter Farmers Market

Franco American Club,  
44 Park Street, Beverly, MA 01915  
Dates & Times: 12/11, 1/22, 2/26,  
3/26, 4/30  
Monday, 3:00 pm - 7:00 pm

### Gloucester/Cape Ann Winter Farmers' Market

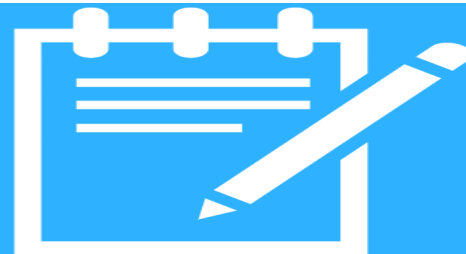
10 Church Street-Unitarian Universalist Church, Gloucester, MA 01930  
Dates & Times: 12/23 - Saturday,  
10:00 am - 1:00 pm  
EBT-SNAP Accepted

### Newburyport Winter Farmers' Market

50 Water St-  
The Tannery Market, Newburyport, MA 01950  
Dates & Times: 12/3, 12/10, 1/7,  
1/21, 2/4, 2/18, 3/4, 3/18, 4/8, 4/22  
- Sunday, 10:00 am - 1:00 pm  
EBT-SNAP Accepted with select vendors only



# *Friends of the Essex Council on Aging*



## **FRIENDS OF THE COUNCIL ON AGING**

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

## **Friends of the Essex Council on Aging Annual Boutique**

**The Annual Boutique was a success!  
Thank you for all of your support.**

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

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November 2017

17 Pickering St. Essex MA 01984  
978-768-7932

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ESSEX, MA.

A Monthly Publication from the Essex Senior Center and  
Essex Council on Aging, supported in part, by funding provided by  
the Massachusetts Executive Office of Elder Affairs

RETURN SERVICE REQUESTED

This newsletter is supported, in part, by funding provided by the  
Mass Executive Office of Elder Affairs (EOEA).

## Council on Aging Board Members:

Michele French	.....Chairman
Ralph Hawley	.....Vice Chairman
Priscilla Doucette	.....Secretary
Kay Joseph	.....Treasurer
Nancy Beattie	Susan Gould-Coviello
Millie Hamlen	Patricia McGrath
Mary Wilhelm	

## Council on Aging Staff Members:

Director	Kristin Crockett
Outreach Coordinator	Tess Leary
Transportation Department	Gerri Konopka
	Sonny Thompson
	George Harvey

And a big thank you to our many volunteers!

## Hours of Operation:

Monday—Friday 9AM—12PM

978-768-7932

coa@essexma.org

## **New this month :**

**On behalf of the staff and the  
Board of Directors, we wish you  
and your family a wonderful holi-  
day season, and a happy and  
healthy new year!**

**We are beginning to use our com-  
puter program to make automated  
calls to notify participants of event  
cancellations. Please note that the  
calls originate from a 617 area  
code.**

**The Essex Senior Center has a new  
phone system. There have been  
some days where our phone service  
has been down. The problem is  
fixed. We apologize for any  
inconvenience this may have  
caused.**