

# The Essex Senior Echo

## December/January

*"A new year always comes with a new hope for a new beginning, but new beginning is not only starting something new, it is more about improving upon things not going right or went wrong last year. After all, it is just a new date, the journey continues!"*

— *Shahenshah Hafeez Khan*

As many people say, the new year is full of new beginnings, and also a time where we reflect on the time gone by. Reflecting to the past year here at the Senior Center, I am amazed at how far we've come, and I look forward to 2019 and all of the great things to come. In this newsletter, you'll find some new programs that we are excited to bring next year. We have two new initiatives—100 Cups of Coffee, and a Lunch and Learn program. We have a great art teacher who will be running an acrylic painting workshop, and are planning for a Health and Wellness Fair in May. There are many more plans in the works. We hope to see you in 2019.

We wish you and your family a happy and healthy new year.

~*Kristin and Tess*

### INCLEMENT WEATHER POLICY

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

Please be sure to RSVP so we can contact you with cancellations.

Cancellations by Beauport and CATA will be managed by them directly. Number can be found for each agency in this newsletter.

### Parking Reminder:

The Town of Essex Parking ban takes effect December 1. There is no parking on any street from midnight through dawn, with the exception of Pickering St. (Eastern side)

Unfortunately, parking at the Senior Center can be difficult. Please be courteous to our neighbors and do not block driveways, - some are not paved.

Thank you for your consideration.

### 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  
kcrock-  
ett@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**

# Social Services

## 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.

Action Inc. will work with you to determine your eligibility for discounts on your gas, oil, electricity, and phone utility bills. Some participants may also be eligible for free weatherization, or energy efficient appliances and heating systems.

Call today at 978-281-3900 to see if you qualify.

**OR Come hear directly from Action Inc. at 12:45 on December 13, immediately following our Lunch!**

Update on the Healthy Incentives Program (HIP)  
Last day to earn HIP benefits is February 28, 2019



HIP announces updated seasonal schedule!

### **What does that mean for HIP?**

HIP will be operating on an extended seasonal schedule. This means that clients may earn HIP dollars through February 28, 2019.

We know HIP plays a crucial role in helping you buy healthy fruits and vegetables for your household therefore HIP will resume in Spring 2019.

To find a location, go to [www.mass.gov/massgown](http://www.mass.gov/massgown). Click on the map and choose SNAP, under nutrition programs.

For more information on DTA programs  
Please visit [mass.gov/dta](http://mass.gov/dta)

## Property Tax Resources

**Circuit Breaker Tax Credit:** As a senior citizen, you may be eligible to claim a refundable credit on your personal state income tax return. Whether you own or rent your home (Public housing residents are not eligible). Your refund is determined based on a comparison of 10% of your income and your property taxes, or 25% of your rent. The maximum credit amount for tax year 2018 is \$1,100. To apply, complete Mass Form 1.

### **Property Tax Exemptions:**

*You must meet certain ownership and domiciliary requirements in addition to those listed.*

*For more information see Kristin or Tess at the Essex Senior Center, or Brenda at the Assessor's Office*

**Blind Exemption:** Clause 37A  
\$500.00

You must have a current Certificate from the Mass. Commission for the Blind.

**Senior Exemption:** Clause 41C  
\$500.00

You must be 70 or older. Income must not exceed \$15,905 (Single) or \$18,351 (couple). Assets must be below \$34,254 (single) or \$36,703 (married)

**Veteran's Exemption:** Clauses 22, 22A-F  
\$400 to full exemption

The applicant must have a 10% or greater service connected disability. Exemption amount is dependent on disability rating.

### **Property Tax Deferral**

You may defer up to 50% of your property taxes if you are over age 65 and have an income less than \$20,000. Interest rates do apply and the taxes are due when you are no longer eligible, sell the home, or pass away.

# Social Services

## National Grid Discounted Rate:

If you are a residential customer and meet the requirements listed below then you may be eligible for a discount on your monthly electric bill. This will save you money and will not affect the service you currently receive. Eligible customers receive a credit based on 29 percent of the total charges reflected on their bill.

### **Eligibility Criteria**

- Your household income does not exceed 60% of the state median income level (\$35,510)
- You are currently qualified to receive fuel assistance benefits or are participating in one of the following programs: EAEDC, Food Stamps, WIC, Head Start, Mass Health, National School Lunch Program, Public Housing, School Breakfast Program, Supplemental Security Program, TAFDC, Veterans Programs - 115 benefits, DIC surviving parent, Non-Service Pension

Applications are available at the Senior Center, or you can contact National Grid directly at 1-800-322-3223.



The Northshore finally has a Registry of Motor Vehicles, so we no longer have to get to Haverhill or Wilmington!

8 Newbury St. Danvers (Ann and Hope Plaza)  
Monday through Friday 9AM to 5PM.

Our contract with Beauport Ambulance Service does provide service to this location!

Also, remember that the Essex COA is partnered with the Registry of Motor Vehicles to assist with online transactions.



SHINE provides *free & unbiased* health insurance counseling for Medicare beneficiaries of all ages

Time is running out...



Medicare Open Enrollment  
**ENDS DECEMBER 7**

**Everyone should review their health plan and drug plan each year**

Make your appointment now, time is limited.

Or visit: [www.medicare.gov/find-a-plan](http://www.medicare.gov/find-a-plan)

### Massachusetts Health Connector

Are you under 65, and purchase your health insurance through Health Connector? Your enrollment period ends on January 23!

### Medicare Advantage Disenrollment Period

Did you miss the open enrollment? Do you have a Medicare Advantage Plan? For the first time, Medicare is allowing beneficiaries who are on a Medicare Advantage Plan to make additional changes.

January 1—March 31

### REMEMBER.....



January is a great time to update your emergency contact information on file here at the center!

1) Please remember to use your key tag to sign in each time you come attend an event at the center.

2) 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!



# Special Events

## Winter Wonderland

*Taught by Courtney Reid, from Artcie Studios*

*Join us for a 3 week workshop as we create a beautiful holiday scene using Acrylic Paint on a canvas.*

*Cost: \$25 for all 3 classes.  
December 3, 10, 17 at 1:30pm*

*Beginning January 14 we will begin a new 6 week acrylic painting class. Cost: \$50.00  
Mondays, 1:30*

*(Classes Subsidized by the Council on Aging, and the Friends of the Council on Aging)*



## Holiday Music and Lunch **Thursday, December 6, 2018 12PM**

Enjoy a delicious lunch and join along with Brian Doser, The Music Man, as we sing holiday classics.

## Arts and Crafts

After a holiday break, our Arts and Crafts Group will be returning on January 14!

Join us at 1:30PM as we make a variety of items, and enjoy each other's company. Bring your own project, or help prepare items for next year's Friends Boutique.

## Book Club

There are few things more enjoyable than settling in with a good book and a cup of tea to wile away the winter hours... except maybe reading a great book and then gathering with friends for a lively discussion! Please join us for **BOOK CLUB** – bring your ideas and enthusiasm on **Tuesday, January 8 at 10:00 a.m.**



## Lunch and Learn

The Essex COA will be providing a speaker and lunch each month. Typically these events will be on Thursdays, however due to scheduling availability, it may be a different day. Topics will vary, and include health and wellness, financial, history, and more fun topics. Presentations will be provided by a variety of people, and we will also try 'distance learning courses'. 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, December 13:** You've heard of Fuel Assistance before. Have you assumed you weren't eligible? Are you familiar with other programs provided by Action Inc, that may help you reduce your energy costs? Do you know what other benefits you can receive by participating in Fuel Assistance? Representatives from Action, Inc will join us at 12:45 on December 12

**Friday, January 23:** Resiliency  
Dr. Giselle K. Perez is an Instructor of Psychiatry at Harvard Medical School and a staff psychologist at Mass. General Hospital. She is currently conducting a large research project regarding resiliency throughout cancer treatment, and will be here to share information about resiliency.)

(Lunch will be provided for attendees)

## **Tuesday, February 12: "Shifting Gears" at the Annual Police Luncheon**



Driving today is not like it was even 15 years ago. More drivers are on the road, and more drivers are distracted. As we age, there are other changes that happen with our mobility, vision, hearing, etc. that impact our driving.

The Essex Police Department and Michele Ellicks from the Registry of Motor Vehicles will here at the Annual Police Luncheon to discuss rules of the road, defensive driving, and safe driving tips for older drivers.

## **Manchester-Essex Regional High School Annual Senior Luncheon**

**December 8 11AM—1PM**  
**Please RSVP by December 1**

# For Your Health

## Grief and the Holidays

“Holidays are time spent with loved ones” was imprinted on our psyche from a young age. Holidays mark the passage of time in our lives. They are part of the milestones we share with each other and they generally represent time spent with family. They bring meaning to certain days and we bring much meaning back to them. But since holidays are for being with those we love the most, how on earth can anyone be expected to cope with them when a loved one has died? For many people, this is the hardest part of grieving, when we miss our loved ones even more than usual. How can you celebrate togetherness when there is none? When you have lost someone special, your world loses its celebratory qualities. The sadness feels sadder and the loneliness goes deeper. The need for support may be the greatest during the holidays. You can and will get through the holidays. Rather than avoiding the feelings of grief, lean into them. It is not the grief you want to avoid, it is the pain. Grief is the way out of the pain. There are a number of ways to incorporate your loved one and your loss into the holidays. Thanksgiving, Christmas and New Year’s are the biggest and usually most challenging of all. You can and will get through the Holidays. Rather than avoiding the feelings of grief, lean into them. It is not the grief you want to avoid, it is the pain. Grief is the way out of the pain. Grief is our internal feelings and mourning is our external expressions.

### **Ways to externalize the loss – give it a time and a place**

- A prayer before the Holiday dinner
  - Create an online tribute for them.
  - Have everyone tell a funny story about him/her
- Light a candle for your loved one.  
Share a favorite story about him/her  
At your place of worship

### **Ways to Cope**

Have a Plan A/Plan B – Plan A is you go to the Thanksgiving, Christmas Day or Christmas Eve dinner with family and friends. If it doesn’t feel right, have your plan B ready. Plan B may be a movie you both liked or a photo album to look through or a special place you went to together. Many people find that when they have Plan B in place, just knowing it is there is enough.

Cancel the Holiday all together. Yes, you can cancel the Holiday. If you are going through the motions and feeling nothing, cancel them. Take a year off. They will come around again. For others, staying involved with the Holidays is a symbol of life continuing. Let the Holiday routine give you a framework during these tough times.

Try the Holidays in a new way. Grief has a unique way of giving us the permission to really evaluate what parts of the Holidays you enjoy and what parts you don’t. Remember, there is no right or wrong way to handle the Holidays in grief. You have to decide what is right for you and do it. You have every right to change your mind, even a few times. Friends and family members may not have a clue how to help you through the Holidays and you may not either.

### **Do’s and Don’ts**

- Do be gentle with yourself
  - Do allow time for the feelings.
  - Do allow others to help.
  - Don’t ask if you can help or should help a friend in grief. Just help. Find ways; invite them to group events or just out for coffee.
- Don’t do more than you want to do.  
Don’t keep feelings bottled up.  
Pay extra attention to children who are grieving

(adapted from [www.grief.com](http://www.grief.com))

# JANUARY

Mon	Tue	Wed	Thu	Fri
	<p>1</p> 	<p>2</p> <p><u>10:00 Walmart with CATA</u></p> <p>12:45 Line Dancing</p>	<p>3</p> <p>10:30 Sweatin' to the Oldies</p> <p>12:00 SeniorCare Lunch</p>	<p>4</p> <p><u>9:30 Market Basket with CATA</u></p> <p>10:30 Balance Class</p>
<p>7</p> <p>9:00 Walking Club</p> <p>10:00 Drop-in Games</p> <p>10:30 Sweatin' to the Oldies</p> <p>12:15 Senior Club</p> <p>1:30 Winter Art Class</p>	<p>8</p> <p>9:00 Village Pancake House</p> <p>10:00 Balance Class</p> <p>11:00 Book Club</p>	<p>9</p> <p><u>10:00 Walmart with CATA</u></p> <p>12:45 Line Dancing</p>	<p>10</p> <p>10:30 Sweatin' to the Oldies</p> <p>12:00 SeniorCare Lunch</p>	<p>11</p> <p><u>9:30 Market Basket with CATA</u></p> <p>10:00 Mobile Market</p> <p>10:30 Balance Class</p>
<p>14 8:30 Mens Bkfst</p> <p>9:00 Walking Club</p> <p>10:00 Drop-in Games</p> <p>10:30 Sweatin' to the Oldies</p> <p>12:15 Senior Club</p> <p>1:30 Winter Art</p> <p>5:30 Yoga</p>	<p>15</p> <p>10:00 Balance Class</p> <p>11:00 Book Club</p> <p>1:00 Arts and Crafts</p>	<p>16</p> <p><u>10:00 XMAS TREE SHOP WITH CATA</u></p> <p>12:45 Line Dancing</p>	<p>17</p> <p>10:30 Sweatin' to the Oldies</p> <p>12:00 SeniorCare Lunch</p>	<p>18</p> <p><u>9:30 Market Basket with CATA</u></p> <p>10:30 Balance Class</p>
<p>21 9:00Walking Club</p> <p>10:30 Sweatin' to the Oldies</p> <p>1:30 Winter Art Class</p> <p>5:30 Yoga</p> <p>(OFFICE CLOSED MLK DAY)</p>	<p>22</p> <p>10:00 Balance Class</p> <p>11:00 Book Club</p> <p>1:00 Arts and Crafts</p>	<p>23</p> <p>12:45 Line Dancing</p>	<p>24</p> <p>10:30 Sweatin' to the Oldies</p> <p>12:00 SeniorCare Lunch</p>	<p>25</p> <p><u>9:30 Market Basket with CATA</u></p> <p>10:30 Balance Class</p> <p>12:00 Lunch and Learn Special—Resiliency</p>
<p>28</p> <p>9:00 Walking Club</p> <p>10:00 Drop-in Games</p> <p>10:30 Sweatin' to the Oldies</p> <p>11:00 Ladies' Brunch &amp; Bingo</p> <p>5:30 Yoga</p>	<p>29</p> <p>10:00 Balance Class</p> <p>11:00 Book Club</p> <p>1:00 Arts and Crafts</p>	<p>30</p> <p>12:45 Line Dancing</p>	<p>31</p> <p>10:30 Sweatin' to the Oldies</p> <p>12:00 SeniorCare Lunch</p>	

# DECEMBER

Mon	Tue	Wed	Thu	Fri
3 9:00 Walking Club 10:00 Drop-in Games 10:30 Sweatin' to the Oldies 12:15 Senior Club 1:30 Winter Art Class	4 10:00 Balance Class	5 <u>10:00 Walmart with CATA</u> <del>12:45 Line Dancing</del>	6 10:30 Sweatin' to the Oldies 12:00 SeniorCare Lunch 12:30 Holiday Music with Brian Doser, the Music Man	7 <u>9:30 Market Basket with CATA</u> 10:30 Balance Class
10 8:30 Men's Brkfst 9:00 Walking Club 10:00 Drop-in Games 10:30 Sweatin' to the Oldies 12:15 Senior Club 1:30 Winter Art	11 9:00 Village Pancake House 10:00 Balance Class	12 <u>10:00 Walmart with CATA</u> 12:45 Line Dancing	13 10:30 Sweatin' to the Oldies 12:00 SeniorCare Lunch and Learn: Energy Savings Programs, Action, Inc.	14 <u>9:30 Market Basket with CATA</u> 10:00 Mobile Market 10:30 Balance Class
17 9:00 Walking Club 10:30 Swatin' to the Oldies 1:30 Winter Art Class 5:30 Yoga	18 10:00 Balance Class	19 <u>10:00 XMAS TREE SHOP WITH CATA</u> 12:45 Line Dancing	20 10:30 Sweatin' to the Oldies 12:00 SeniorCare Lunch	21 <u>9:30 Market Basket with CATA</u> 10:30 Balance Class
		26 12:45 Line Dancing	27 10:30 Sweatin' to the Oldies 12:00 SeniorCare Lunch	28 <u>9:30 Market Basket with CATA</u> <del>10:30 Balance Class</del>
31 9:00 Walking Club 10:00 Drop-in Games <del>11:00 Ladies Brunch</del> 5:30 Yoga		<i>Please note, there are some cancellations this month due to various holidays.</i>		



# Transportation

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

Monday through Friday 8AM—4PM 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, Salon, 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)

**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 (The Essex COA has canvas bags available)

**Week 1**

Walmart Shopping  
Danvers

**Week 2**

Christmas Tree Shop  
Lynnfield

**Week 3**

Trader Joes  
Peabody

**Week 4**

Liberty Tree/North  
Shore Mall

**Week 5**

Ocean State Job Lots  
Danvers

**Weekly Wednesday Shopping Trips**

Trips depart the Essex Senior Center at 10AM \$5.00\*

*Registration with CATA is required, and takes about a week to set up.*

*\*If you need transportation to the Senior Center for these trips, please let us know.*

**To schedule a ride:**

**Call the Senior Center Monday-Friday from 9:00 A.M.-12:00 P.M**

**Please do not leave a voicemail regarding transportation!**

**978-768-7932**

**Or**

**Call the provider directly**

**Beauport: 978-281-6955**

**CATA 978-283-7916**

**If cancelling an appointment, please contact the provider directly.**



# 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**

**December 16  
January 15  
6:30 PM**

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

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

Thank you to everyone who came out to support the Friends of the Essex Council on Aging Annual Boutique.

The Boutique was quite successful and there were many beautiful items available. If you were unable to attend and would like to purchase some remaining items, please let us know. Items are on display downstairs at the Senior Center.

*Friends of the Council on Aging Annual Holiday Luncheon  
Hart House, Ipswich  
December 7, 12 Noon  
\$5.00 Per Person, includes meal and entertainment!*

Meal Choices are:

- |                         |                    |
|-------------------------|--------------------|
| 1) Baked Haddock        | 2) Chicken Picatta |
| 3) Marinated Steak Tips | 4) Spring Pasta    |

Please RSVP by November 30,

Transportation is available, please let us know you need a ride when you RSVP.

# Around Town

## Supporting Essex Elementary

There has been a lot of talk over these past few months about Essex Elementary. While most of us no longer have children in the school system, there are still things we can do to support our youngest residents!



### Box Tops Collection:

*Box Tops are found on a variety of grocery items. Each submitted box top earns money for the school. A collection box will remain available at the front desk.*

### AmazonSmile:

Do you shop on Amazon? If so, you can designate an organization—such as the Essex Elementary PTO—to receive 0.5% of your purchase. It doesn't cost anything, just start shopping at [www.smile.amazon.com](http://www.smile.amazon.com)



Light Up Essex is an organization of Essex residents working to decorate the downtown area of Essex with illumination to create more activity and business for Essex during the Winter months.

Prizes for the best business and best home will be awarded on December 7. Be sure to vote through December 4th!



Have you seen the new town website?

**[www.essexma.org](http://www.essexma.org)**

This new page is much easier to navigate, and easier for us to update. Please check it out!

Also, don't forget to follow us on Facebook!

## Holiday Food Baskets

As wonderful a time as the holiday season, it also can place significant financial strain on many of us. Essex residents are fortunate to have access to both Open Door, and the Acord Food Pantry.

### **Holiday Baskets: Open Door**

Sign up by December 14

(Basket contains Turkey, Potatoes, Apples, Carrots, Squash, Stuffing Mix, Cranberry Sauce, Gravy, Rolls)

### **Holiday Breakfast Bags: Accord**

Pick up bags on Dec.

(Breakfast Bags contain pancake mix, maple syrup, juice, canned fruit, muffin mix, canned ham and coffee or tea.)

### **Make a Donation**

The Essex Council on Aging will be participating in a collection of the following items to include in holiday food baskets to local families, as well as to support both the Open Door and Acord. A box will be located downstairs

Boxed Desserts  
Cereal

Canned Vegetables  
Canned Meals  
(Such as Beef Stew  
Ravioli, Chili)



## Essex Senior Club

Recently, the Essex Senior Club celebrated "Make a Difference Day". This year we supported the American Legion Auxiliary, with a focus on Women Veterans. Our group of 17 sponsored one of the largest donations for our size. Together we donated close to \$500. I am so proud of our women for so generously donation to women veterans. Thank you for your donations.  
Martha Thompson, President

The Essex Senior Club meets at the Essex Council on Aging on the 1st and 3rd Monday of the month for a meeting and lunch. Annual dues are \$10. For more information about joining, please speak with Kay Joseph, or Martha Thompson.



# 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.

**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. \$5.00**  
A fabulous mind-body workout while dancing your way to better health!

**SWEATING 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**  
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 \$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** Meeting agendas and minutes are posted on the Town's Website.

**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.

**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.

## ***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



# Council on Aging Essex

NON PROFIT  
RATE  
U.S.POSTAGE  
PAID  
PERMIT NO.18

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** **December 2018**

### ***Winter Art Classes***

We are offering a 3 week and 6 week winter art class in December and January. Classes will be subsidized in part by the Council on Aging and the Friends. Classes begin January 14. For more information, see page

### ***Transportation***

Winter weather can wreak havoc with appointments and outings. Please call the Senior Center to arrange transportation for you – let us take the worry out of winter driving! **For more information, see page 8.**

### **100 Cups of Coffee**

***Starting this January, we be undertaking a new and exciting initiative at the Essex Council on Aging—100 Cups of Coffee. Over the course of the next year, it is our goal to meet with Essex residents, businesses, and community groups for a cup of coffee and friendly conversation. You can come to us and see the center, or we can come to you. Kristin and Tess are both excited about this opportunity to get to meet new people, and help make better connections in this wonderful community! Who wants to join me for the first cup of coffee?***