

The Essex Senior Echo

December 2019

It is December, and another year is almost in the books! I am of course happy to have a few moments to catch my breath after a busy Medicare Open Enrollment.

Collectively, through the SHINE program we have saved more than \$20,000 in Medical expenses for 2020!

Just about 5 years ago, I stepped into Essex for the first time. I met several folks as we discussed the wants and needs for the older residents. I visited some shops in town, and met more of you. I didn't know much about this community, and I've certainly grown to admire the uniqueness that is Essex. I'm blessed to be able to consider myself part of this wonderful community. I look forward to the years ahead as we continue to create new relationships and build existing ones. I look forward to the new things that we will try this year. I hope you all join us in 2020!

May the Holiday season fill your home with joy, your heart with love, and your life with laughter. ~Kristin

"It is not how much we give but how much love we put into giving."

~ Mother Teresa

The holidays are in full force - the shopping, the decorations, family gatherings, festivities inside and out, and so much more! The myriad activities remind us this is a special time of year and we should be grateful for the many gifts we have in our lives.

I have been here at the Senior Center for a little over two years now and I cannot fully express to you how grateful I am to be part of this wonderful community! It truly is a joy to come to "work" and share in your lives, even in a small way. You have given me countless gifts of your time, humor, caring, and love and helped me feel like a member of the family!

I wish you all the gifts of giving and receiving, good fellowship, good feasting, and good cheer spent in the warmth of family and friends.

~ Tess

INCLEMENT WEATHER POLICY

If Manchester-Essex Schools have a delayed opening or are closed for the day, 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. The Phone Number for each agency can be found in the transportation section of 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
vacant
Treasurer
Kay Joseph

Members at Large
Michael Antell
Nancy Beattie
Priscilla Doucette
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—Friday
9 AM to 1 PM

Essex Senior Center
17 Pickering St.
Essex MA 01929

978-768-7932
coa@essexma.org

Follow us on Facebook

Social Services

Programs to Help you Save on Your Energy Costs

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.

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.

Call today at [978-281-3900](tel:978-281-3900) to see if you qualify OR

Come to the COA and hear directly from Action Inc. at 11:00 A.M. on Thursday, January 9, and plan to stay for Lunch at 12:00 P.M. (see page 4 for more info)



**Fresh. Canned. Dried. Frozen.
It's **HIP** to be healthy!**

HIP Announces Updated Seasonal Schedule!

The Massachusetts Healthy Incentives Program will be operating on an extended seasonal schedule. This means that clients may earn HIP dollars through at least December 31, 2019.

HIP plays a crucial role in helping people receiving SNAP benefits purchase healthy fruits and vegetables for themselves and their households.

The Healthy Incentives Program 2020 will resume in the Spring of 2020, with more donors, vendors, and options for participants.

To find a location, go to www.mass.gov/massgrown. Click on the map and choose SNAP, under nutrition programs.

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 2019 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.



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

Many SHINE counselors are fully booked through this date but call to see if Kristin is available. If you are unable to get an appointment, please call Medicare directly at 1-800-MEDICARE and ask for a drug plan or Medicare Advantage Plan Comparison. Or visit: 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! For more information visit: Www.mahealthconnector.org

Medicare Advantage Disenrollment Period

Did you miss the Annual Open Enrollment Plan? Are you enrolled in a Medicare Advantage Plan (HMO/PPO) by January 1 ? If so, Medicare has EXTENDED your Open Enrollment through March 31.



Service Animals Thursday, December 12th 12:30 P.M.

Do you know how to behave with a Service Animal? Come to the Senior Center for a presentation to learn about various Service Animals, what they do, and what you should do when you meet one!

Emme Roebuck will join us with her dog and share tips, guidelines, related videos and much more!
Come for Lunch, stay for the Dog!!

Please register for our Lunch and Learn presentation no later than Tuesday, December 10th.



Does your Insurance Company have a Fitness Benefit?

Did you know that some health insurance programs have member benefits that include reimbursement of gym memberships, and fitness classes? This can include fitness classes offered by your local COA!

If you would like to apply for reimbursement for the Balance in Motion Class or the Yoga class please either speak with your insurance company, or see Kristin for assis-

Special Events

CRAFTS WITH KIDS

MONDAY, DECEMBER 2 10:00-10:45 A.M.

Please join the COA and the Essex Youth Commission for a fun craft and activity that is sure to put you in the holiday spirit!!

Please join us—with or without grandchildren!

Arts and Crafts



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

Join us on Tuesdays at 1:30PM to make a variety of items, and enjoy each other's company. We'll do special crafts throughout the year... Bring your own project, or help prepare items for next year's Friends Boutique!

Lunch and Learn

We are always looking for suggestions, so if you'd like to learn more or would like to present about something, please let us know!

Service Learning Animals

Thursday, December 12th 12:30 P.M.

Come to the Senior Center for a presentation about Service Animals, what they do, and what you should do when you meet one! Emme Roebuck will join us with her dog, videos and much more!

Holiday Sing-a-Long

Thursday, December 19th 12:00 P.M.

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

Action Inc.

Thursday, January 9th 11:00 A.M.

Please join us as we welcome Action Inc to discuss a variety of programs to help you save money on your energy, weatherization, and appliance costs.

Holiday Music and Lunch

**Thursday, December 19
12:00 P.M.**



You better not cry, and you better not pout! Instead, enjoy a delicious lunch and join along with Brian Doser, The Music Man, as we sing holiday classics. Please call us to make a reservation so we can put you on OUR list!

We'll celebrate the season and even have some holiday surprises to share with you!

INTERGENERATIONAL MOVIE:

Grab your grandkids while school is out and join us for an afternoon of holiday fun with a movie, popcorn, and hot cocoa!

**MONDAY, DECEMBER 23
1:00 P.M.**

The Essex Youth Commission and Essex Council on Aging present:

BOOK CLUB



There are few things more enjoyable than settling in with a good book...except perhaps gathering with friends for a lively discussion about that book!

December's book: **A Christmas Carol, Dickens**

January's book: **The Little Book of Hygge: Danish Secrets to Happy Living, by Meik Wiking**



For Your Health

GRIEF AND THE HOLIDAYS

Although it may seem unfair to those of us who have lost a life partner, child, parent, or close friend, the holiday season has returned. As the holidays come upon us we are both unconsciously and consciously reminded of our lost loved one. Memories of how the person did certain things, what they said, their likes and dislikes, and their unique contribution to the celebration come pouring back. It is important to decide what is truly meaningful to us and our families:

- Decide what you can comfortably handle and let people know
- Don't be afraid to make changes - it really can make things less painful (open presents at a different time, choose a different place to attend religious services, let others do the decorating, baking, hosting)
- Consider expressing your grief by doing something for others (donate to a favorite charity, volunteer your time)
- Do something special in remembrance during the holiday (lighting a candle, donating, planting a shrub)
- There is no right or wrong way to grieve - it is okay to have or not have that "Bah Humbug" feeling

STRESS AND THE HOLIDAYS ~ TIPS FOR COPING

Holiday stress and depression are often the result of three main trigger points:

Relationships can cause turmoil, conflict, or stress at any time. But tensions are often heightened during the holidays. Family misunderstandings and conflict can intensify - especially if you're all thrust together for several days. Conflicts are bound to arise with so many needs and interests to accommodate. On the other hand, if you're facing the holidays without a loved one, you may find yourself particularly lonely or sad.

Finances Like relationships, your financial situation can cause stress at any time of the year. Overspending during the holidays on gifts, travel, food, and entertainment can increase stress trying to make others happy.

Physical Demands The strain of shopping, attending social gatherings, and preparing holiday meals can wipe you out. Feeling exhausted can increase your stress creating a vicious cycle. Exercise and sleep, good antidotes for stress and fatigue, may take a back seat to chores and errands. High demands, stress, lack of exercise, and overindulgence in food and drink are the ingredients for holiday illness.

Here are some pre-emptive strategies for coping with and avoiding holiday stress:

- **Be Realistic:** As families change and grow, traditions often change as well. Hold on to those you can but understand that in some cases that may no longer be possible... Find new ways to celebrate together or afar - perhaps sharing pictures, videos, etc.
- **Set Differences Aside:** Try to accept family members and friends as they are, even if they don't live up to your expectations. Set aside grievances until a more appropriate time for discussion. With stress and activity levels high, the holidays might not be conducive to making quality time for relationships. And try to be understanding if others get upset or distressed - chances are they're feeling the effects of the holidays also.
- **Stick to a Budget:** Before you go shopping, decide how much money you can afford to spend on gifts and other items. Don't try to buy happiness with an avalanche of gifts - donate to a charity in someone's name, give homemade gifts, or start a family gift exchange.
- **Plan Ahead:** Set aside specific days for shopping, baking, visiting friends, and other holiday activities. Plan your menus, make lists, and allow extra time for travel.
- **Maintain your Healthy Habits:** Don't let the holidays become a dietary free-for-all. Some indulgence is okay but don't go overboard on sweets, cheese, or drinks. Get plenty of sleep and make time for exercise.
- **Take a Breather:** Make some time for yourself, without distraction, to find something that clears your mind, slows your breathing, and restores your calm.
- **Forget about Perfection:** Holiday TV is filled with happy endings but in real life something always happens and you should Expect and Accept imperfections.
- **Feel Gratitude:** Remind yourself to be grateful for the many blessings of the season and every day.

Adapted from "Care Dimensions" materials after their wonderful presentation here at the Senior Center



Respect and Social inclusion

As we have done for the past several months, we are offering a deeper look at one of the Areas of Focus un-

der Age and Dementia Friendly Cape Ann. This month we are discussing Respect and Social Inclusion. Feeling respected and included promotes participation and facilitates effective use of programs and services. The extent to which older adults participate in the social, civic and economic life of the city is also closely linked to their experience of inclusion. Intergenerational activities are a great way for people of all ages to learn from one another, honor what each has to offer and, at the same time, feel good about themselves.

Through the Community Surveys, the strong sense of community that exists in Essex and across Cape Ann was apparent. Despite the close-knit nature of our community, advances in technology and an ever-increasing mobile society means that it is becoming less common to know your neighbor. Older residents of our beautiful rural community can quickly face increasing isolation. Couple that with negative stereotypes of aging, and tensions between generations for limited municipal resources, and the potential exists.

The vision for Respect and Social Inclusion through Age and Dementia Friendly Cape Ann is that we will be a supportive, welcoming environment where all residents, regardless of age, gender, ethnicity, health status, or socio-economic background can participate fully in the community and thrive. So what does that mean, and how can we accomplish this? The action plan contains 3 parts: 1) to foster opportunities for intergenerational programming, 2) Increase understanding of aging, ageism, and dementia, and 3) to promote inclusive programs and services for older adults.

Festival of Trees

\$25.00pp

Wednesday, December 4

This all-inclusive 3 course luncheon includes a visit to the spectacular SeaFestival of Trees—featuring 150 themed Christmas trees magnificently decorated and set against a panoramic ocean backdrop. There's also a giant gingerbread house. Lunch is catered by Seaglass and is set to holiday music. Menu choices are Chicken Marsala, Pasta Primavera, or North Atlantic Baked Haddock Filet. RSVP to the Essex Council on Aging. Transportation provided by Manchester-by-the Sea COA.

Holiday Trip to Maine

\$98.00pp

Sunday, December 8

Visions of sugarplums will dance in your head as we head north to tour Portland's Victoria Mansion all dressed in holiday garb! The National Historic Landmark is transformed each year by local designers, decorators, and florists into a marvelous, over-the-top Victorian holiday showcase! We'll enjoy a Sunday Buffet Brunch at a local restaurant and then will visit a local Art Museum for their annual Festival of Trees and the museum's historic galleries decorated for the holidays. Registration and Payment is required to reserve your spot for this delightful trip! Leaves from the HAMILTON SENIOR CENTER, Bay Road, South Hamilton

Walking Pass

Through a collaboration with the Hamilton-Wenham Recreation Department, enjoy the indoor walking track at Gordon College's Bennett Center for FREE! This is a great opportunity to keep walking through inclement weather. Any Interested participants must register and pick up a walking pass. Registrations can be done through the Essex Senior Center or at the Hamilton Wenham Recreation Department.

The indoor track is available during the following times:

Mondays, Wednesdays, Fridays
9:30—11:30 AM

Multiple Transportation Options are available:
Groups trips: Manchester COA
Individual trips: Call Beauport to schedule

LOW VISION GROUP

If you are living with limited vision or blindness, this group meets monthly to share information, laughs, support & friendship.

Thursday, December 19 at 11:00 A.M.
Lunch at 12:00 P.M.

DECEMBER

Mon	Tue	Wed	Thu	Fri
2 9:00 Walking Club 10:00 Writing Group 10:00 Crafty Kids 10:30 Sweatin' to the Oldies 12:15 Senior Club 5:00 Yoga	3 10:00 Balance Class 6:00 COA Board Meeting	4 <u>10:00 CATA Shopping</u> 11:00 Line Dancing 12:00 Friends Holiday Party - Hart House	5 10:00 Drop-in Games 12:00 SeniorCare Lunch: Stuffed Peppers	6 <u>9:30 Market Basket with CATA</u> 10:30 Balance Class
9 8:30 Men's Brkfst 9:00 Walking Club 10:00 Writing Group <u>10:15 Market Basket with MCOA</u> 10:30 Sweatin' to the Oldies	10 9:00 Village Pancake House 10:00 Balance Class	11 <u>10:00 CATA Shopping</u> 11:00 Line Dancing	12 10:00 Drop-in Games 12:00 SeniorCare Lunch: Hot Dogs and Baked Beans 12:30 Service Animals Presentation	13 <u>9:30 Market Basket with CATA</u> 10:00 Mobile Market 10:30 Balance Class
16 9:00 Walking Club 10:00 Writing Group 10:30 Sweatin' to the Oldies 12:15 Senior Club 5:00 Yoga	17 10:00 Balance Class 6:30 FECOA Mtg	18 <u>10:00 CATA Shopping</u> 11:00 Line Dancing	19 9:30 Sen Tarr's Rep 10:30 Veteran's Officer 11:00 BP Clinic 11:00 Low Vision Grp 12:00 SeniorCare Lunch and Holiday Music w/Brian Doser	20 <u>9:30 Market Basket with CATA</u> 10:30 Balance Class
23 9:00 Walking Club <u>10:15 Market Basket with MCOA</u> 10:30 Sweatin' to the Oldies 1:00 Holiday Movie			26 10:00 Drop-in Games 12:00 SeniorCare Lunch: Chicken Cordon Bleu	27 <u>9:30 Market Basket with CATA</u> 10:30 Balance Class
30 9:00 Walking Club 10:00 Drop-in Games 11:00 Ladies Brunch 5:00 Yoga	31 10:00 Balance Class	<i>Please note, there are some cancellations this month due to various holidays.</i>		

Transportation

Individual Trips: Provided by Beauport Ambulance Services **978-281-6955**
Medical and non-medical (i.e. grocery and other stores, restaurants, salons, banks, offices, etc.) are available.
Monday through Friday 8:00 AM - 4:00 PM in the following communities:
Essex Ipswich Rockport Gloucester Manchester Hamilton Wenham Beverly Danvers Peabody
To schedule a ride call at least 24 hours in advance.

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**
• **Weekly Wednesday Shopping Trips:** Leaves from Essex Senior Center 10AM **\$5.00**
To participate, you must be pre-registered with CATA.
Please call CATA directly for shopping schedules and registration information.

Senior Care RSVP Medical Transportation: **978-281-1750**
Manchester Council on Aging Group Trips: **978-526-7500**
The COA is happy to assist, but please do not leave a voicemail regarding transportation!

Community Food Resources

JOIN US FOR OUR COMMUNITY MEAL EVERY THURSDAY AT NOON!
\$2.00 Voluntary and Confidential Donation Appreciated (\$3.00 for Traveling Chef Meals)
Sponsored by SeniorCare (Transportation is available) Please register by Tuesday.

Thursday, December 5 Stuffed Pepper with Rustic Tomato Sauce, Au Gratin Potatoes, Scali Bread and Jell-O

Thursday, December 12 Hot Dog on a Roll with condiments, Baked Beans, Coleslaw, Dessert

Thursday, December 19 *Winter Special:* Ham with Brown Sugar Glaze, Au Gratin Potatoes, Green Beans, Parker House Roll, Cheesecake with Sauce

Thursday, December 26 Chicken Cordon Bleu with Supreme Sauce, Roasted Red Bliss Potatoes, Roasted Tomatoes, Whole Wheat Bread, Yogurt, Juice, Dessert

Open Door Pantry

Mobile Market at COA- Friday, June 14 10:00-11:00 a.m.

Ipswich Hours: Tues, Thurs 11-5; Wed 11-7

Gloucester Hours: Mon, Wed, Thurs 10-7; Tues, Fri 10-5

Acord Food Pantry, 69 Willow St, Hamilton

Now offering food distribution *exclusively for Seniors*
(age 60+) Thursdays, 9:30-10:30 a.m.

Other Hours: Wed 9:30-11 Thurs 6:30-7:30 p.m. Sat 9-11

MARKET BASKET - ROWLEY

With the Manchester COA

FREE Door-to-Door Transportation
10:15 AM

December 9th and 23rd

Please contact the Manchester COA **978.526.7500** to reserve a spot on the van for one or both of these trips!

Please note: Minimum number of riders required.

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**

**Tuesday December 17
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 available for purchase will be on display downstairs at the Senior Center. There are some great items for your favorite Essex-ite!

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 No

(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)

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

Around Town

ESSEX HOLIDAY FESTIVAL 2019



Memory Tree Lighting: Thursday, December 5 at 6:30pm in front of the Essex Fire Station

Essex Gets Lit Party: Thursday, December 5 at Riversbend AFTER the Memory Tree Lighting.

Santa's Arrival by Boat: Friday, December 6 at 6:00 p.m. at Essex Town Landing



Breakfast with Santa: Saturday, December 7 at Woodman's Restaurant from 8:30-10:30 a.m.

Holiday Shopping Open Houses: on Saturday, December 7 Eat, Shop, and Be Merry!



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. Look for the COA's decorations and support Essex Gets Lit!

Voting goes through December 4th!

Holiday Food Baskets



The holiday season can be a wonderful time to celebrate and spread joy. It also can place significant financial strain on many of us. Essex residents are fortunate to have access to both The Open Door with the Ipswich and Gloucester locations, and the Acord Food Pantry in South Hamilton.

Holiday Baskets: Open Door

Sign up by December 13

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

Holiday Breakfast Bags: Acord

Pick up bags on December 11, 12, 14

(Breakfast Bags contain boxed pancake mix, maple syrup, juice, canned fruit, muffin mix, pre-cooked bacon and coffee or tea.)

Make a Food Donation:

The Essex Council on Aging will be participating in a **Food Drive** to support both the Open Door and Acord Food Pantries.

A box will be located downstairs for collection of the following items:



Protein - Canned Tuna, Chicken, Peanut Butter
Dry Goods - Pasta, Rice, Beans, etc.
Canned Vegetables, Soups
Boxed Cereal
Canned Meals - Chili, Beef Stew, etc.

Make a Monetary Donation:

For The Open Door, go to:

www.foodpantry.org and click on the green DONATE button in upper left corner

For Acord Food Pantry, go to:

www.acordfoodpantry.org/donate and follow the prompts to process your donation.

Ongoing Activities

FITNESS PROGRAMS

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

Drop-ins are welcome.

WALKING CLUB: Mondays 9AM

If you are new to the group, please call by noon Friday so we know to wait for you! Check out Page 6 for info about our Free Indoor Walking Pass at Gordon College!

**BALANCE IN MOTION: Donation requested
Tuesdays 10AM Fridays 10:30 AM**

Appropriate for all fitness levels.

LINE DANCING: Wednesdays at 11:00AM \$5.00

Beginners are welcome - first class free - join the fun!!

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

LADIES' BRUNCH: Last Monday 11AM \$3.00

WRITING GROUP: Monday 10:00 AM

VILLAGE PANCAKE HOUSE: 2nd Tuesday 9 AM

Please RSVP by Monday.

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

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

ESSEX EAT OUT: Varies, Refer to Calendar

CRAFTY KIDS: First Monday, 10AM

CLUBS AND MEETINGS

COA MEETING: 1st Tuesday, 6:00 PM

FRIENDS OF ESSEX COA: 3rd Tuesday, 6:30

BOOK CLUB: Last Tuesday 11AM

***ESSEX SENIOR CITIZENS CLUB: 1st and 3rd**

Mon The "Club" is a private membership organization. For more information, please contact Nancy Paone, President, Millie Hamlen, Vice President, Carla Symonds, Secretary, or Kay Joseph, Treasurer

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

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

RMV and Me:

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

SHREDDING:

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 LOANS Mon-Fri 9-12

MRC Well Checks

Through a partnership with Medical Reserve Corps, we offer friendly phone calls to homebound seniors.

BLOOD PRESSURE Check: 3rd Thursday, 11:00

CONSTITUENT SERVICES: 3rd Thursday, 9:30

Ms. MaryAnn Nay, Assistant to Senator Bruce Tarr, comes to the Senior Center to address any issues you may have. No appointment needed.

COMMUNITY SUPPORT:

Senior Care, Inc: 978-281-1750

Offers Information and referral services, Meals on Wheels, Home-based Services, Money Management, and other services designed to help people stay in their homes. www.seniorcareinc.org

Essex Housing Authority: 978-768-6821

Veteran's Services: 978-356-3915

Assistance navigating the various services available to Essex Veterans of all ages. **Essex COA 3rd Thursday of each month, 10:30-11:30 AM**

Protective Services: 800-922-2275

Call 24 Hours/day to report abuse or neglect of an elder

Energy Assistance: 978-256-6650

Action Inc provides Fuel Assistance and other programs to help reduce energy costs for income eligible residents.

Council on Aging *Essex*

17 Pickering Street
Essex, MA 01929
978-768-7932

NON PROFIT
RATE
U.S.POSTAGE
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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 December 2019

*May the Holiday season
fill your home with joy,
your heart with love,
and your life with laughter.*

Kristin's Days:
Monday, Wednesday, Thursday
Tess's Days:
Tuesday, Thursday, Friday

**Please note, there are often activities scheduled out-
side of our regular operating hours.
In these instances, the
Senior Center will also be open.*