

The Essex Senior Echo



February 2018

The Essex Senior Center

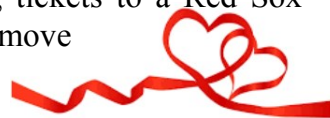
Sitting quietly in the corner, I listened to her speak to the group about the psychology of color as she added some candles to the display. My mother was giving an in home presentation about home decorating. I was so proud to be her assistant. I certainly learned about responsibility, organization, and the value of a dollar; one of the more important lessons she taught me was about first impressions. As we all know, you have that one chance to make a good first impression. My mother always presented her best self; however she also taught that the spaces we create are equally as important. For the Senior Center this certainly holds true. Many of us already have a preconceived idea of Senior Centers, so for us it is even more important for our physical space to convey the right message.

Through the Community Service Program at the Essex County Correctional Facility we were able to renovate our building. It has been an incredible transformation of the space. There are a few more projects that we will continue to work on through the rest of winter and early spring. Our space should reflect the beauty of our landscape, the pride of our residents, our robust history and the strength of our small, rural community. We will have an Open House later this spring, when all of the projects are complete, and mother nature is less likely to intervene. Until then, please consider stopping by for one of our breakfasts, lunches, game groups, or other events and check out our beautiful new space!

2018 Trips

The Essex Council on Aging is looking forward to joining forces with the Hamilton Council on Aging and offering joint day trip options. Bingo at the Inn at East Hill Farm in Troy NH and tours of the Currier Art Museum and Lloyd White House will be held in March and April. We also will offer a number of tribute concerts at Danversport Yacht Club, such as Eaglemania (an Eagles Tribute Band), Dolly Parton and Kenny Rogers Tribute Concert, and the Sicilian Tenors Holiday concert. For the first time in a number of years, we are also offering an **overnight trip** in the fall. Offered in partnership with Durgun Travel, we will be heading to Western Mass for the Big E, Norman Rockwell Museum and other Western Mass adventures. General information about this trip and others can be found in the newsletter insert. Please note however that this is not a complete list, as many of these trips are still in the planning stages. New trips will be announced through the newsletter, and detailed information will be available by contacting us at the senior center. Many of these trips have a minimum or maximum number of participants, so if you are interested in participating, please sign up as soon as possible.

In addition to the listed trips, we are also looking into the possibility of purchasing tickets to a Red Sox Game. If you are interested in this opportunity please be sure to let us know so we can move forward with arrangements.



Social Services

For more information, please call 978-768-7932 and speak to Kristin or Tess

Medicare Advantage Disenrollment Period

Did you join a Medicare Advantage plan and wish you made a different decision? You are able to make a change. You have the opportunity to disenroll from your Medicare Advantage plan and return to Original Medicare, and can opt for a Medigap Supplement and Stand Alone Drug Plan.

You only have until **February 14** to make this change.

If this is something you wish to do, please call Kristin to make an appointment for assistance.

Note: You can not JOIN a Medicare Advantage Plan or a Part D Plan if you do not have one, nor can you SWITCH between Medicare Advantage Plans.

Benefits Checkup

Benefits Checkup is a free service offered by the National Council on Aging. It is a free, comprehensive online tool that connects older adults with the benefits they may qualify for, including over 2,500 federal, state, and private benefit programs!

If you have internet access, go to www.benefitscheckup.org. If you do not have access to the internet and would like to use this tool, please make an appointment with either Tess or Kristin.

1

Answer some questions

Review your initial results or enter more details to personalize your report.

2

Get your report

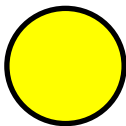
Provide more information to get a customized report of benefits you're most likely to qualify for.

3

See how to apply

Review your custom report, learn more about benefits, and start enrolling in programs.

Yellow Dot Program



If you haven't had a chance to get more information when Philip was here, don't worry. Packets are available at the Essex Senior Center.

The Yellow Dot Program is an easy way to have your medical information available in the event of an emergency on the roadways. This information can mean the difference between life and death. This program is not just available for elders, it is great for any individuals with medical issues.

The program provides a yellow dot for the back window of your vehicle, as well as a marked yellow envelope for your glovebox.

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, February 6
12:00 PM
Downstairs



In accordance with Open Meeting Law, the agenda will be posted online at www.essexma.org

Property Tax Relief Programs

Property Tax Exemptions

Clause 37A: Blind—\$500.00

To qualify you must have certification that you are legally blind according to the Massachusetts Commission for the Blind.

Clause 41C: Senior Exemption—\$500.00

You must be aged 70 or older as of July 1st of the tax year. Eligibility is based on annual income and your whole estate. Annual income cannot exceed: Single (\$15,291) Married (17,642)

Clause 22—Veterans— \$400 to full exemption

The applicant must have a service-connected disability of 10% or greater.

Applications are due to the Assessor's Office by April 1

Please note: All property exemptions have ownership and domiciliary requirements.

Information for each of these programs is available at the Essex Senior Center

Circuit Breaker Tax Credit

In order to qualify, a person must be over 65 years of age and must occupy the property as their primary residence. Renters may also be eligible since, for purposes of this program, the law assumes that 25% of their rent goes toward property tax.

The credit refunds a portion of your property taxes, up to \$1080 for 2017. To apply, please complete MA Form 1, and Schedule CB. Forms are available at the Center.

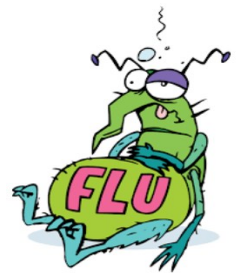
Property Tax Deferral

Clause 41A—Tax Deferral for Seniors

Provided you meet the financial, ownership, and domiciliary requirements, residents over the age of 65 may be eligible to defer part of their property taxes. A deferral does not discharge the tax obligation but instead delays payment until the senior sells the property or passes away. Your income can not exceed \$20,000. Deferred taxes are subject to additional interest charges.

IT'S COLD AND FLU SEASON!

Early indications show that 2018 may be a particularly severe flu season. It has been recognized for many years that people 65 years and older are at greater risk of serious complications from the flu, compared to young, healthy adults, because human immune defenses become weaker with age. If you are ill, please stay home! We will be here for you when you recover.



What can you do to prevent the flu?

- 1) Get the flu vaccine—It's not too late
- 2) Wash and sanitize your hands often
- 3) Avoid touching your face, eyes, and mouth
- 4) Exercise regularly
- 5) Clean your environment AND your mobile devices
- 6) Drink plenty of fluid—staying hydrated keeps nasal passages moist, which helps to trap germs.

I think I have the flu, now what?

- 1) Visit your doctor ASAP, and consider anti-viral medication. These drugs work best within 48 hours and could mean the difference between mild flu or serious complications.
- 2) Avoid spreading the flu. You may be contagious for 5 or more days after symptoms start
- 3) Use a humidifier
- 4) Drink plenty of fluids, and chicken soup
- 5) Rest or sleep at a 45 degree angle

Adapted from www.CDC.gov

For Family Caregivers:

Free technology, training and respite care is available for people with dementia and their caregivers:

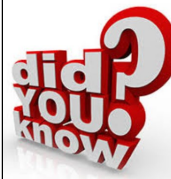
Until 2/28/2018, the Executive Office of Elder Affairs is offering technology to help family caregivers face the challenges of dementia. Examples are listed below. Some restrictions apply.

1) Assistance tools and gear:

- Portable digital music players with personalized playlists
- GPS and other tracking devices
- Electronic medication management systems (without required membership)
- Communication aids (such as telephone devices and electronic tablets)
- Video monitoring devices
- Electronic sensory devices (such as robotic pets)
- Counseling and support on the available technologies

2) "Savvy Caregiver" training for family caregivers of persons with dementia is available until 8/31/2018. Some restrictions apply. To find Savvy Caregiver training near you, visit www.healthyliving4me.org/workshop-schedule.

To learn more regarding either of these support opportunities, contact a caregiver specialist at Senior Care Inc **978-281-1750**.



Charities and the Do Not Call Registry

The [National Do Not Call Registry](http://www.donotcall.gov) gives you a way to reduce telemarketing calls, but it exempts charities and political groups. However, if a fundraiser is calling on behalf of a charity, you may ask not to get any more calls from, or on behalf of, that specific charity. If those calls continue, the fundraiser may be subject to a fine.

If you haven't registered for the Do Not Call List, call 1-888-382-1222 or visit www.donotcall.com. You can also verify that your number is on the website. If you need assistance, please see Kristin or Tess.

Attention Chebacco Terrace Residents!

Tess Leary, Outreach Coordinator, will begin offering regular on-site hours for Chebacco Terrace residents. Beginning Wednesday, January 3rd, Tess will be available for consultation and assistance on Wednesdays from 12:00-2:00 p.m. and Thursdays from 9:30-11:30 a.m. each week.

In addition, Tess will have program details available and wants to hear from you about what you want!
Please stop in and say hi!



Fuel Assistance and Weatherization

It's all about keeping you warm, comfortable, and safe. New England winters can be brutal. Winter heating bills can often make the cold weather's bite even worse. But staying warm shouldn't be a choice. No one should have to choose between paying a heating bill and other living expenses.

That's where Action Inc.'s Energy Services department can help. Our Energy Services programs are designed to keep you comfortable in your own home and to save you money. We're here to make sure accessing these programs is easy. All you need to do is contact Action Inc at **978-282-1000**

Fuel Assistance:

Help with heating costs
Help with utility discounts



Energy Efficiency:

Weatherization of your home
Home energy assessments
Upgrades for inefficient appliances

DECLUTTERERS' GROUP

8-Week Group Starting!



WHEN:

Wednesdays, 1:00-2:15pm
(beginning February 7, 2018)

SPACE IS LIMITED!

Call 978-281-1750 X516 or

Email Tiffany.Machado@seniorcareinc.org

WHERE:

SeniorCare Offices
100 Cummings Center, Suite 106-H
Beverly, MA 01915

- Is clutter taking over your home?
- Does the clutter within your home cause you stress?
- Is the clutter within your home creating safety concerns?
- Does the clutter prevent you from having visitors over to your house?
- Do you struggle to know where to start to rid your home of clutter?
- Do you have a strong attachment to your possessions?

Happy President's Day

Note: Bush, Harrison, Adams, and Roosevelt are in here twice!

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

Washington
Adams
Jefferson
Madison
Monroe
Jackson
VanBuren
Harrison
Tyler
Polk
Taylor
Fillmore
Pierce
Buchanan
Lincoln
Johnson
Grant
Hayes
Garfield
Cleveland
McKinley
Roosevelt
Taft
Wilson
Harding
Coolidge
Hoover
Truman
Eisenhower
Kennedy
Nixon
Ford
Carter
Reagan
Bush
Clinton
Obama
Trump

February 2018



Mon	Tue	Wed	Thu	Fri
<p>Good Luck New England Patriots! 2/4/18</p> 			<p>1</p> <p>12:00 Senior Care Luncheon: Travelling Chef 12:30 Game Group</p>	<p>2</p> <p>9:30 Market Basket 10:00 Balance in Motion</p>
<p>5</p> <p>9:00 Walking Club 12:15 Senior Club 5:30 Yoga</p>	<p>6</p> <p>10:00 Balance in Motion 12:00 COA Meeting</p>	<p>7</p> <p>11:00 Indoor Games 2:45 Line Dancing</p>	<p>8</p>	<p>9</p> <p>9:30 Market Basket 10:00 Balance in Motion 10:00 Mobile Market</p>
<p>12</p> <p>8:30 Men's Breakfast 9:00 Walking Club 12:00 Lunch at 5:30 Yoga</p>	<p>13</p> <p>10:00 Balance in Motion 11:00 Balance Screening 12:00 Mardi Gras Pancake Celebration at Center 1:30 Arts and Crafts</p>	<p>14</p> <p>11:00 Indoor Games 12:45 Line Dancing</p>	<p>15</p> <p>9:00 Senator Tarr's Office 10:00 Blood Pressure Clinic 12:00 Senior Care Luncheon 12:30 Game Group</p>	<p>16</p> <p>9:30 Market Basket 10:00 Balance in Motion</p>
<p>19</p> <p>9:00 Walking Club 12:15 Senior Club 5:30 Yoga</p>	<p>20</p> <p>9:00 Village Pancake House 10:00 Balance in Motion 1:30 Arts and Crafts 6:30 Friends of the Council on Aging Meeting</p>	<p>21</p> <p>11:00 Indoor Games 12:45 Line Dancing</p>	<p>22</p> <p>8:00 Oxford Casino</p>	<p>23</p> <p>9:30 Market Basket 10:00 Balance in Motion</p>
<p>26</p> <p>8:30 Women's Breakfast 9:00 Walking Club 5:30 Yoga</p>	<p>27</p> <p>10:00 Balance in Motion 1:30 Arts and Crafts</p>	<p>28</p> <p>11:00 Indoor Games 12:45 Line Dancing</p>	<p>Color Code System</p> <p>Special Event</p> <p>Transportation</p> <p>Off-site Location</p>	



Lunch Menus



Please RSVP 2 days before the meal by speaking to our front desk at 978-768-7932

February 1: Travelling Chef Panini Bar

Chicken Panini with Fresh Mozzarella, Basil and Tomato, Pasta Faggioli Soup, Winter Green Salad, Ciabatta Roll

Chef meals require 20 participants, if we do not meet the minimum, meal is subject to change

SeniorCare requests a voluntary donation of \$2.00 for regular meals, and \$3.00 for the chef

February 14, 2017:

Please RSVP by February 12
Southern Fried Chicken, Southern Style Green Beans, Sweet Potato Casserole, Biscuit, Chocolate Cake with Raspberry Puree

Next Month March 1: Chef's Pasta Bar
Please RSVP by February 27

Essex Mobile Market, Sponsored by Open Door

Friday, February 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!



Mardi Gras Pancake Dinner Tuesday, February 13 12 PM

Join us at the Senior Center as we beat the winter blues, and celebrate Fat Tuesday with a traditional Pancake Breakfast, complete with sausage, fruit, juice, and coffee. Of course No Mardi Gras Celebration would be complete without a King Cake, and a prize for the winner.

Please RSVP by February 9

Special Upcoming Events:

Irish Music with Roger Ticknell:



Ireland to America

Thursday, March 15

1:30 PM

Following our regular Thursday Luncheon

Opening Day Celebration

Thursday March 29

Join us for all the excitement of Opening Day!

What could be better than free lunch, baseball and good company?



Programs and Events

LET IT SNOW!
COME ENJOY INDOOR GAMES!
 PLAY WII GOLF, TENNIS, VOLLEYBALL AND MORE

ESSEX SENIOR CENTER
 WEDNESDAYS IN FEBRUARY AND MARCH
 11:00 A.M. - 12:00 P.M.

ESSEX SENIOR CITIZENS CLUB

The Essex Senior Citizen's Club is a private membership organization that meets at the Essex Council on Aging on the First and Third Monday of the Months for a meeting, lite lunch and Bingo.

New members are always welcome.

Officers:

Millie Hamlen President
 Nancy Paone Vice President
 Kay Joseph Secretary / Treasurer



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 fun group!

Do you have board games collecting dust at home? We would love donations of complete games.

Balance Screening

February 13

11 AM—12:30 PM

Did you know that every 11 seconds an older adult falls in the US? One out of 5 falls results in a serious injury such as a broken bone, or head injury.

The Center for Balance and Wellness at Gordon College will be offering a free balance screening for Essex Residents!

Screenings will take about 10 minutes. Please call to add your name to the list, or just stop by. Walk-ins will be accommodated.

MEALS ON WHEELS BREAKFAST FUNDRAISER

Celebrate Spring!

Friday, March 16, 2018

Gloucester House Restaurant

\$12 Per Person

Formerly the SeniorCare Valentines Day Breakfast

Presented by



The Gloucester House

Arts and Crafts Group

Tuesdays, 1:30PM

Bring your own projects, - knitting, painting, coloring or learn something new. This month we will be working on collages!





Get started with your own exercise plan!

- 1) **Identify Your Starting Point:** Think about a typical weekday and weekend day. How much time do you spend sitting? How much time are you active? When you're up and moving, what kinds of activities are you doing? If you're not active yet, aim for a modest beginning and build from there. If you are already pretty active, then you can be more ambitious about adding to your activities.
- 2) **Set Your Goals:** Goals are most useful when they are specific, realistic, and important to you. Consider both short- and long-term goals. Your success depends on setting goals that really matter to you. Write down your goals, put them where you can see them, and review them regularly. Short-term goals will help you make physical activity a regular part of your daily life. For these goals, think about the things you'll need to get or do in order to be physically active. For example, you may need to buy walking shoes or fill out an Activity Log so you can figure out how to fit physical activity into your busy day. After you write down your short-term goals, you can go on to identify your long-term goals. Focus on where you want to be in 6 months, a year, or 2 years from now. Long-term goals also should be realistic, personal, and important to you.
- 3) **Write Your Plan:** Some people find that writing an exercise and physical activity plan helps them keep their promise to be active. Make your plan specific and grounded in your goals. For each exercise or activity you choose, include:
 - What kind of activity you plan to do
 - When you will do it
 - Why you want to do it
 - Where you will do it



QUICK TIP

Don't forget to build rewards into your plan. For each goal you reach, treat yourself to something special — a movie, a trip to a museum, a new CD, or a picnic in the park.

Let us help you celebrate your progress! If you increase your physical activity for more than a month, call our Information Center at (800) 222-2225 and we'll send you a certificate from the National Institute on Aging to recognize your commitment.

Go4Life

Start out with realistic activities based on how physically active you are now. Don't expect to go from couch potato to super athlete right away. Regularly review and update your plan and long-term goals so that you can build on your success.

Talking with your Doctor

Almost anyone, at any age, can do some type of exercise and physical activity. You can still be active even if you have a long-term condition like heart disease or diabetes. In fact, exercise and physical activity may help. But, talk with your doctor if you aren't used to energetic activity. Other reasons to check with your doctor before you exercise include:

- Any new symptom you haven't yet discussed
- Dizziness or shortness of breath
- Chest pain or pressure
- The feeling that your heart is skipping, racing, or fluttering
- Blood clots
- An infection or fever with muscle aches
- Unplanned weight loss
- Foot or ankle sores that won't heal
- Joint swelling
- A bleeding or detached retina, eye surgery, or laser treatment
- A hernia
- Recent hip or back surgery



The right shoes are important!

Your shoes are an important part of your physical activity routine. Remember, you're going to be wearing them a lot. Here are a few pointers to keep in mind:

- Choose shoes that are made for the type of activity you want to do (walking, running, dancing, bowling, tennis).
- Look for shoes with flat, non-skid soles; good heel support; enough room for your toes; and a cushioned arch that's not too high or too thick.
- Make sure your shoes fit well and provide proper support for your feet. This is especially important if you have diabetes or arthritis. Shoes should feel comfortable right from the start.
- Think of your shoes as safety equipment for your feet. Check them regularly, and replace them when they're worn out.
- You can tell you need new shoes when:
 - › The tread on the bottom is worn down
 - › Your feet (especially arches) feel tired after activity
 - › Your shins, knees, or hips hurt after activity

Transportation

MEDICAL APPOINTMENTS REQUIRE 3 DAYS NOTICE

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!

Note: There is no tipping of drivers allowed, passengers who wish to do so may make an anonymous and voluntary donation to support the programs of the Council on Aging.

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

February

Friday trips to Market Basket each Friday will continue. There are no additional trips scheduled for this month

Transportation is available for the Thursday meals! If you are interested, please call early to RSVP and request a ride!

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

*If you need a ride to a Senior Center Event, please call!
We will try to accommodate you!*

Next Month

March 8: Bingo at East Hill Farm, Troy NH

9AM—4:30 PM *Depart Hamilton COA,
299 Bay Rd
\$69.00



Trip includes Luxury Motor Coach, Lunch, Taxes and Gratuities, and Bingo Games

Please sign up as soon as possible. Checks payable to "Royal Tours, LLC"

March 14: Boston Flower Show

10:00 AM—3:00 PM
\$17.00

Trip includes transportation on COA vehicle to the Convention Center, and your admission ticket.



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.

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

Consider making a donation to the Friends of the Essex Council on Aging this year! Fill in the form below and mail it back or drop it at center.

Join the
Friends of the Council on Aging
Monthly Meeting.

February 20
6:30 PM

Your do not need to be a senior to attend, just be willing to help improve the lives of your older neighbors!

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



Council on Aging Board Members:

Michele French	<i>Chairman</i>
Ralph Hawley	<i>Vice Chairman</i>
Priscilla Doucette	<i>Secretary</i>
Kay Joseph	<i>Treasurer</i>
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 :

Join us for a traditional Mardi Gras Celebration. We will enjoy pancakes, and a prize for the one who finds the baby in the King Cake!

Beat the winter blues and get moving as we host Indoor Games in February and March. Wii Tennis, Bowling, and others. Just drop in!

Our Arts and Crafts Afternoon Group is back! Join us Tuesdays at 1:30pm