

Essex Senior Echo

FEBRUARY 2024

Love

2024 is moving right along - and that's what we're focused on - MOVEMENT! The winter weather can make it difficult to get our regular exercise. The COA offers programs to keep you moving ~ Balance in Motion class on Tuesdays and Fridays, Fitness Fun with Gil on Wednesdays, our Monday GROOVE video dance class, Bowling, and a Walking Club at the Bennett Center of Gordon College thru Hamilton-Wenham Recreation. Join us for some fun and fitness ~ keep your body moving ~ USE IT OR LOSE IT!!

February is filled with observances - Groundhog's Day, Valentine's Day, President's Day, Black History Month, Leap Year, and Random Acts of Kindness Day!!

I hope your celebrations bring you lots of love and laughter and I hope to see you at the Senior Center! ~Tess

Essex Senior Center
17 Pickering St.
Essex MA 01929

978-768-7932

Hours of Operation:

Monday - Thursday
9:00 AM - 3:00 PM

Friday
9:00 AM - 1:00 PM

Board Officers:

Chair - Kay L. Joseph
Vice Chair - Diane Polley
Treasurer - Open
Secretary - Ann Buckley

Board Members at Large

Nancy Frieden
Ralph Hawley
Sue Lufkin
Susan Parady
Curt Siebert
Mary Wilhelm

Council on Aging Staff:

Interim Director:
Tess Leary
tleary@essexma.org

Follow us on Facebook!

Intergenerational Conversation Starter:

What did you do during a snow day?

Is there a particular storm that stands out in your memory?



COMMUNITY SUPPORT:

Senior Care, Inc: 978-281-1750 seniorcareinc.org
Offers Information and referral services, Meals on Wheels, Home-based Services, Money Management, and other services designed to help people stay in their home.

Essex Housing Authority: 978-768-6821

Veteran's Services: 978-356-3915

Protective Services: 800-922-2275 Call 24 Hours/day to report abuse or neglect

Energy Assistance: 978-256-6650

Used Medical Equipment: Masonic Hall, Ipswich 978-356-9716
Essex COA 978-768-7932

Essex Police (non-emergency) 978-768-6200

Essex Fire (non-emergency) 978-768-6363

Activities and Special Events

TECHNOLOGY ASSISTANCE

Do you have questions about your computer, tablet, phone, or other technology challenges?
Drop-in and see Curt, our Tech genius
Wednesdays 1:00-3:00



Arts Group

Tuesdays, 1:00-3:00 pm

Are you artsy? Do you love to paint, knit, crochet, or sew? Do you like creating different projects? Join us with your own project, or help with making items for the Friends Boutique.



Fitness Fun with Gil

Wednesdays, 10:00 a.m

Start your day with Gil and focus on strength, stamina, and stretching... energize yourself and leave feeling good!

\$5 DONATION SUGGESTED



BOOK CLUB

Join us at 1:00 p.m. for a lively discussion!

Tuesday February 27

"The Thread Collectors" by

Alyson Richman and Shaunna J. Edwards

Tuesday, March 26

"Horse" by Geraldine Brooks

Through the generosity of the Friends, multiple copies of each title are available to borrow!

New members are always welcome!



Essex Eats

**WILL RETURN IN
MARCH 2024**



Games



Wednesdays 1:00-3:00 PM

Cribbage, Backgammon, Cards,
Board Games and More!

Join us, or make plans with a friend and
COME TO PLAY ANY TIME!



Guest Chef

**Friday, February 9
11:00 AM**



Join us as we welcome Dawn Burnham for a special Valentine's edition of our monthly cooking demonstration! Samples and recipes will be available. Free to participants ~ advance registration is required.

Walking Club

Want to get some exercise but concerned about winter road conditions?

Enjoy the Gordon College Bennett Center indoor walking track for FREE!

Mondays, Wednesdays & Fridays

9:30am - 11:30am

Please register by calling Hamilton
Wenham Recreation 978-468-2178

Transportation is available from CATA

Activities and Special Events



Bowling

Knock 'em down, spin
'em around!

Cape Ann Lanes

Wednesday, February 28

11:00 am

Shoe rental is \$3.50 per person

Transportation available via
CATA - departs Memorial Park at
10:45 AM, \$4 Roundtrip fare.

Join us ~ let us know you're
coming ~ and let's go bowling!



Friendship Day

FEBRUARY 13

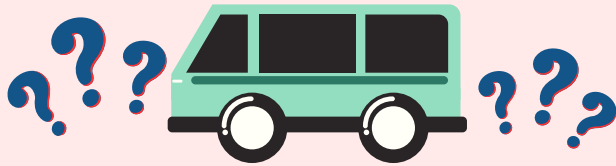
1:00 PM

Come Celebrate Valentine's
Day with friends.

Bingo, Special Activities
and tasty treats.

Bring a Friend!

RSVP 978-768-7932



MYSTERY RIDE

WEDNESDAY, FEBRUARY 21

JOIN US FOR AN ADVENTURE,
A SCENIC RIDE, AND A SWEET TREAT!

PLEASE ARRIVE AT MEMORIAL PARK
AT 12:15 PM

THE VAN LEAVES AT 12:30 PM

TRANSPORTATION IS PROVIDED BY
CATA ~ \$4 ROUND TRIP (PAY CATA)

ADVANCE REGISTRATION REQUIRED.



Cape Ann Cinema
and Pizza! \$5.00

Thursday, February 15
"Perfect Storm"

The story of the Andrea Gail ~ starring
George Clooney and Mark Wahlberg

Movie and pizza start at 11:00 AM
CATA departs Memorial Park 10:30 AM
\$4 Roundtrip fare.

Advance registration is required.

Remember When... Essex

Thursday, February 22

1:00 PM

Please join us to talk and share stories about the people and places of
Essex. We are excited to offer this special program and can't wait to
hear your reminiscences! Diane Polley will lead the group.

Bonus Day Celebration!

Thursday, February 29

1:00 PM

Leap Year only comes every four years so we're leaping into action and celebrating!

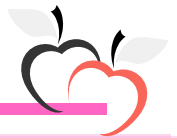
1:00 PM ~ Extra Special Ice Cream Sundae Bar

2:00 PM ~ Viewing of the movie: "Leap Year"

This event is FREE ~ please call the COA to register in advance ~ 978-768-7932



Nutrition



Food Assistance

Making the first call to a food pantry can be hard. You are not alone. You qualify. Free & confidential.

No one should feel hunger.

The Open Door 978-283-6776

28 Emerson Avenue, Gloucester

00 Southern Heights, Ipswich

Acord Food Pantry 978-468-7424

68 Willow Street, Hamilton

Mobile Market

On the first and third Fridays of each month, the COA hosts a Mobile Market for Essex seniors.

These markets are open to all Essex seniors, regardless of income, and are sponsored by Acord Food Pantry and The Open Door.

Friday, February 2 10:30-11:30 a.m.

Friday, February 16 10:30-11:30 a.m.

For more information or to register in advance, please contact Tess Leary at the Essex COA.

Grab and Go Meals

Mondays and Thursdays at 12 Noon, and must be picked up by 12:30 pm.

Please register 2 business days in advance.

Mondays

Provided by Open Door

Thursdays

Provided by Senior Care

Breakfast/Brunch

Ladies Brunch: Tuesday, Feb 20, 11:00



Please RSVP and come enjoy socializing and some tasty treats!



Men's Coffee and Donuts: Wednesday, Feb 14, 9:30 A.M.

Ongoing Activities and Programs

COA FITNESS PROGRAMS

BALANCE IN MOTION: \$5 Donation Requested
Tuesdays 10:00 AM
Fridays 10:00 AM

FITNESS FUN WITH GIL: \$5 Donation Requested
Wednesdays 10:00 AM



CAPE ANN VIRTUAL SENIOR CENTER
Tune into Channel 67 for a number of fitness programs sponsored by the Cape Ann Councils on Aging and the Friends of the Essex Council on Aging

MONDAY GROOVE (Video)

Mondays 9:30 AM Get your dancing shoes on and join this fun, energetic dance class! Video, no Instructor.

WALKING CLUB: FREE, Pass Required*

Mondays, Wednesdays, Fridays 9:30-11:30 AM
Passes available for the Gordon College Bennett Center walking track! *Contact Hamilton Wenham Recreation at 978-468- to register. Transportation is available from CATA (978-.283-7916)

New!

COA ACTIVITIES

Afternoon Games Wednesdays 1:00 - 3:00 PM

Arts Group Tuesdays 1:00 - 3:00 PM

Book Club Tuesday ~ February 27 1:00 PM

Guest Chef ~ Friday, February 9 11:00 AM Dawn Burnham will make some special Valentine's treats!

Computer Help ~ Wednesdays, 1:00-3:00 PM Curt will help solve your tech problems!

Elder Law Assistance - Atty. Brian DesRosiers, Wednesday, February 21 ~ 9:30-10:30 AM

Fitness Fun with Gil - Wednesdays, 10:00 AM

Grab & Go Meals Mondays & Thursdays ~ NOON

Mobile Market Friday, February 2 and 16 ~ 10:30AM

COA Board Meeting Tuesday, February 6 ~ 6:00 PM

Friends Meeting Tuesday, February 13 ~ 3:00 PM

Ladies Brunch Tuesday, February 20 ~ 11:00AM

Men's Coffee/Donuts Wednesday February 14 ~ 9:30AM

Monthly Cookie Delivery will return in March.

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/Medicare 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: Stop by and use the Essex COA shredder, an individual machine which shreds 10 pages at a time.

MEDICAL EQUIPMENT LOANS Mon-Fri 9-1 The Senior Center has a variety of medical equipment available at no cost. Please remember to complete the Release Form before taking any equipment.

CONSTITUENT SERVICES: 3rd Thursday, 10:30 Ms. MaryAnn Nay, Assistant to Senator Bruce Tarr, comes to the Senior Center to address any issues you may have. No appointment needed.

VETS SERVICE OFFICE HOURS: 3rd Thursday 12:30 PM, Steve Bohn will be available to meet with you.

SNAP APPLICATIONS: The Essex COA can provide assistance with applying for SNAP/food stamp benefits.

Social Services

Inclement Weather Policy:

If Manchester-Essex Schools have a delayed opening or are closed due to inclement weather, the Essex Senior Center will be closed.

Transportation cancellations are determined by CATA.
Please call 978-283-1886

National Grid Emergency Communication

Register to receive updates and information from National Grid regarding local power outages and repairs.

Use your cell phone to text 64743, type "reg," and follow the prompts.

You only need to register once to receive the updates.

Good Neighbor Energy Fund

- The Massachusetts Good Neighbor Energy Fund is available to any
- Massachusetts resident who, because of
- temporary financial difficulty, cannot meet a
- month's energy expense and is not eligible for
- state or federal energy assistance. Income
- must fall between 60 and 80 percent of the
- state's median income levels. This heating
- season's maximum Fund disbursement is \$400
- per eligible household. Income eligibility
- guidelines for 2023-2024 are as follows:



Household Size	Total Gross Yearly Income
1	\$42,412 - \$56,548
2	\$55,462 - \$73,948

From the Desk of Congressman Seth Moulton:

The Office of Congressman Seth Moulton is a great resource for constituents of the MA-06 District. We are in our District Office located on 21 Front Street, Salem, MA. Here, we have a Constituent Services Team that handles casework for those having difficulties with various Federal Government Agencies. The agencies often include:



- Internal Revenue Service (IRS)
- Centers for Medicare and Medicaid Services
- U.S. Citizenship and Immigration Services
- Department of Education
- Department of Treasury
- Social Security Administration (SSA)
- Department of Veterans Affairs (VA)
- Passport Services
- Office of Personnel Management (OPM)

We are able to act as a liaison to our constituents and connect those who run into troubles with the above agencies to work towards a resolution. For any other difficulties constituents may face that do not fall under the above list, we have many resources on file that we can refer you to if you call our office at 978-531-1669.



SOCIAL SERVICE OFFICE HOURS:

Jessie Palm, Regional Social Worker
 Eastern Essex Regional Public Health Coalition
 Mondays 9:30 AM at the Essex COA
 Wednesdays 9 AM - 1 PM T.O.H.P Library
 or by appointment

Brian DesRosiers, Esq. LL.M

Attorney DesRosiers is an Elder Law Specialist who will be at the Essex Senior Center every 3rd Wednesday of the month, from 9:30AM - 10:30AM, to answer your questions. Appointments are preferred; drop-ins are welcome.

CAREGIVER SUPPORT

For those caring for a loved one with a chronic medical condition or dementia

Monday we Welcome Michelle Cain, of SeniorCare, to share her expertise and answer questions related to Caregiver Support and Age & Dementia Friendly Cape Ann.

Open to any caregivers on the North Shore.

MONDAY 2/26 10:30 AM

ESSEX SENIOR CENTER
 PICKERING ST, ESSEX

QUESTIONS? Eastern Essex
 Contact Jessie Palm Regional Public Health Coalition
 JPalm@HamiltonMA.gov
 (978)983-1771 Rockport Essex Hamilton Wenham



The Board of Health has been approved as a Narcan provider, and will be installing Naloxboxes around town (COA, Town Hall, Public Safety Building, Town Landing, Conomo Point, and the ball fields). The COA Naloxbox is located in our vestibule and is available free of charge.



The Essex Senior Citizens Club meets the first & third Fridays of each month, at 12 noon in the Senior Center. We have a lite lunch, business meeting & Bingo. We are open for anyone to join us! Come play a little Bingo! Dues are \$10 per year. Once a month we go to a local restaurant for lunch. Contact Kay Joseph for more information.

February is American Heart Month - Take Your Heart Smart Quiz!

1. True or False? High blood pressure is also known as hypertension and occurs when your blood pressure is consistently 130/80 mm Hg or higher.
2. True or False? Your body mass index, or BMI, shows if your weight is in a healthy range for your height and is one measure of your future risk for heart disease.
3. True or False? Cholesterol helps make hormones, vitamin D, and substances to help you digest foods. Your body needs it for good health, but the right amounts.
4. True or False? Eating lots of vegetables, fruits, and whole grains, using fat-free or low-fat dairy products, and limiting foods high in saturated fat or sugar-sweetened beverages are all part of a heart-healthy diet.
5. True or False? Not getting enough sleep or poor quality sleep regularly increases the risk of high blood pressure, heart disease, and other medical conditions.
6. True or False? To strengthen their heart, adults should aim to get at least 150 minutes of moderate-intensity aerobic activity such as brisk walking each week.

All the answers are TRUE

#OurHearts eat healthier together

Get heart healthy for life by following the Dietary Approaches to Stop Hypertension (DASH) eating plan. It requires no special foods, provides daily and weekly nutritional goals, and can help lower high blood pressure.

Support your loved ones in their effort to stick to DASH by doing the following together:

- Pick out recipes to try.
- Make a grocery list.
- Cook heart-healthy versions of family favorites.
- Enjoy the meals you've prepared.

nhlbi.nih.gov/DASH

#OurHearts are healthier together



#OurHearts are healthier when we move together

Physical activity is a great way to help protect yourself from heart disease and stroke. Keep your heart healthy and aim for at least 2½ hours of moderate physical activity every week.

Doing heart-healthy activities with a friend will keep both of you inspired for the long run.

- Take an online fitness class together like yoga.
- Commit to a walking schedule with a friend or family member, even if you can't walk together.
- If you enjoy the outdoors, try hiking, biking, golfing, or gardening.
- Protect your heart by moving more and get your family and friends to do the same.

#OurHearts are healthier together





Around Town



Smart Recycling Guide

Your go-to reference for recycling in Massachusetts



Food and Beverage Cans
empty and rinse



Bottles, Jars, Jugs and Tubs
empty and replace cap



Bottles and Jars
empty and rinse



Mixed Paper, Newspaper, Magazines, Boxes
empty and flatten

NO!



**Do Not Bag Recyclables
No Garbage**



**No Plastic Bags
or Plastic Wrap**
(return to retail)



No Food or Liquid
(empty all containers)



No Clothing or Linens
(use donation programs)



No Tanglers
(no hoses, wires,
chains or electronics)

Recyclopedia: Can I recycle it?

Enter name of item (ex. bottle)

Use our online search tool at: RecycleSmartMA.org



RecycleSmartMA.org

All recycling programs in Massachusetts
accept the items pictured above.

Printed on Recycled Paper



From the Town Clerk Voter Registration



Registering to vote in the Town of Essex has never been easier than it is today. Below are the various methods of voter registration available to qualified citizens.

In-Person Voter Registration

You may visit the Town Clerk's office, located in Town Hall and complete a voter registration form in person.

By-Mail Voter Registration

You may obtain a mail-in voter registration form from:

Town Clerk's Office at Town Hall

Secretary of State's Webpage (print the form, complete it and mail in to Essex Town Clerk's office)

United States Post Offices

Various other locations throughout the state.

Mail-in forms may also be obtained by mail by calling the State Elections Division at 800-462-VOTE or by calling the Office of the Town Clerk at 978-768-7111. In addition, the State Registry of Motor Vehicles, various social service agencies, and military recruitment offices provide voter registration services.

Online Voter Registration and Voter Registration Status

If you have a Massachusetts drivers license or other MA ID from the Registry of Motor Vehicles you may register to vote, update your address, change your party or just check your voter status - all online! Go to: Secretary of State's Voter Registration Webpage



Friends of the Council on Aging



The Friends of the Essex Council on Aging is a 501(c)3 non-profit organization whose purpose is 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. Please consider joining the Friends or making a donation!

MONTHLY MEETING:
2nd Tuesday of the Month
February 13 3:00 PM

Dawn Burnham, President
Gil Frieden, Vice President
Ellen Hull, Secretary
Kay Joseph, Treasurer

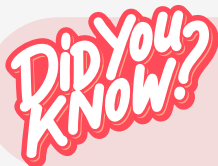
Essex Trash Bags Available

Tuesday, February 6 ~ 11:30 AM - 12:30 PM

Discounted Trash Bags are available to Essex Residents age 60 and older. Limit of one roll per household per month. Bags are sold on a first-come, first-served basis. Small bags ~ \$7 Large bags ~ \$15

Transportation

Transportation for Essex seniors is provided through CATA for \$2.00 fare. Call to schedule your ride by 1:00 pm at least 2 BUSINESS days before your ride.



You can also request a ride to go shopping in any of these communities?!

Transportation is available Monday - Friday, to and from the following communities:

*Rockport *Gloucester *Manchester *Essex *Ipswich *Hamilton
*Wenham *Beverly *Peabody *Salem *Danvers *Rowley

Monday appointment, call by 1pm Thursday

Tuesday appointment, call by 1 pm Friday

Wednesday appointment, call by 1 pm Monday

Thursday appointment, call by 1 pm Tuesday

Friday appointment, call by 1pm Wednesday

Participation requires a one time registration. For more info call CATA: 978-283-7916

Transportation to Medical appointments is also provided by volunteers through Senior Care's Medical Transportation Program. To request a ride, call 978-281-1750

VOLUNTEERS NEEDED! Would you be willing to volunteer to drive people to medical appointments? If so, please call Senior Care at 978-281-1750

Just for Fun

Valentine's Day Word Search

c	g	f	l	o	w	e	r	s	i	p
j	s	w	e	e	t	h	e	a	r	t
e	f	p	a	c	u	p	i	d	a	e
v	h	o	i	k	a	c	p	s	r	t
a	o	g	u	y	h	e	a	r	t	s
l	o	v	e	r	r	d	e	g	o	f
e	k	r	a	p	t	r	r	o	w	r
n	r	i	r	o	s	e	s	p	x	i
t	o	h	s	d	r	d	e	i	r	e
i	s	u	h	s	p	i	n	n	h	n
n	r	g	a	r	e	l	l	k	t	d
e	o	s	c	h	o	s	r	o	s	h
s	w	e	e	r	t	s	f	r	i	e
v	c	h	o	c	o	l	a	t	e	k

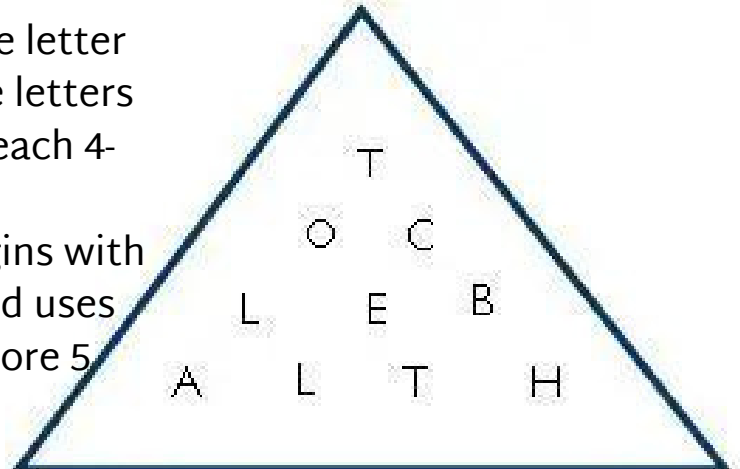
valentine
arrow
cupid
hearts
love

red
fourteenth
hugs
chocolate
pink

roses
friend
flowers
sweetheart
kisses

1. Spell 4-letter words that use one letter from each row. You may use the letters in any order. Score 1 point for each 4-letter word you form.
2. Spell one 10-letter word that begins with the top letter in the triangle and uses every letter in the triangle. Score 5 points for this word.

10 letter word is Tablecloth



Council on Aging Essex

17 Pickering St
Essex MA 01929

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ESSEX, MA.

A monthly publication from the Essex Council on Aging,
supported in part by the Mass. Executive Office of Elder Affairs.

February Highlights:

- Mobile Market - Acord 2/2
- Guest Chef Dawn Burnham 2/9
- Men's Coffee & Donuts 2/14
- Friendship Bingo Party 2/13
- Cape Ann Cinema 2/15
- Mobile Market-Open Door 2/16
- Ladies Brunch 2/20
- Mystery Ride 2/21
- Remember When Essex 2/22
- Caregiver Support Group 2/26
- Book Club 2/27
- Bowling - Cape Ann Lanes 2/28
- Bonus Day Celebration 2/29

Thank You!

We want to recognize the generosity
of our Essex neighbors for their
wonderful donations of gift cards
for our Mobile Market! Thank you
to Woodman's for their generous
donation of Fish Chowder! And
many thanks to our tireless
volunteers for all their support and
dedication!