

The Essex Senior Echo

July / August 2019

Most of us spend a significant amount of time behind the wheel. We go to work, run errands, visit friends and family members, or even drive long distances to escape the cold New England winters. As we age, there are natural changes to our brains and our bodies that may impact our ability to drive. It isn't about age however, it's about the ability of the driver. There may come a time in which we must consider the safety of our passengers and other motorists, as well as our own. Safe driving requires a degree of physical and cognitive capability, good driving skills, and good driving behavior. Here are a few warning signs of unsafe behavior:

- * Delayed response to unexpected behavior
- * Becoming easily distracted
- * Decrease in confidence
- * Difficulty moving into or maintaining the correct lane of traffic
- * Hitting curbs when making a right-hand turn
- * Getting scrapes or dents on car, mailbox, or garage
- * Having frequent close calls
- * Driving too fast or too slow for road conditions

Making the decision to stop or limit driving in rural and suburban communities is complicated by a lack of adequate transportation services. Here in Essex, transportation services over the last year have been tumultuous. Last May our one and only vehicle broke down. Despite our repair efforts, our 9 year old vehicle was ultimately taken off the road. Here we are, one year later and we have successfully expanded our transportation services to Essex's older adults. While I believe we have great transportation options, we aren't done! We are always looking for ways to expand our offerings. Currently, we are working with Mass in Motion and the Town of Manchester-by-the-Sea to provide transportation to the farmer's markets, and numerous other locations. We expect some of these services to go into effect in July, but details are currently still being worked out.

I encourage you to give our transportation services a try! If you are still driving, it's good to plan for the day when your driving career comes to an end. If we aren't offering something you want or need, please let us know, or let Senior-Care, Inc know. If you are questioning your driving ability, there are resources you may find useful listed on page 4.

Kristin

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—Thursday

9 AM to 1 PM

Friday

9AM to 12PM

Essex Senior Center

17 Pickering St.

Essex MA 01929

978-768-7932

coa@essexma.org

Social Services



AGE & DEMENTIA FRIENDLY CAPE ANN

Gloucester • Rockport • Essex • Manchester By-The-Sea

Age and Dementia Friendly Focus: Last month you had a short overview of the Age and Dementia Friendly Cape Ann Project. (ADFCA) For the next several months we will be honing in on one of the Areas of Focus. This month the focus is on Transportation.

The Essex Senior Center, SeniorCare Inc, Action Inc, and Mass in Motion have all done Community Needs Assessments in the Cape Ann communities and results indicate that transportation has always been a top area of concern. Here in Essex we have had our own struggles with transportation, but in the past year we have emerged with a robust transportation system. Across Cape Ann, transportation is seen as both a struggle and an asset. The services and offerings are not consistent between communities, there is no centralized information system, and transportation services are often not available on evenings and weekends.

A goal of this project is to have regional transportation that is flexible, efficient, diversified, and responsive to all ages. To achieve this goal, we will be working with ADFCA Project to further explore transportation needs and options. Your opinions are important, so please be sure to reach out to us if there is information you wish to share.

Here in Essex we are fortunate to have a fairly comprehensive transportation program. In short, Essex residents have access to transportation to and from medical AND non-medical appointments in communities from Rockport to Peabody. For needs outside of the service area, we have a sedan which may be available for medical appointments, and other necessary appointments. SeniorCare provides medical transportation through the RSVP Medical Transportation Program, and CATA provides access to the Rowley Market Basket (Fridays), and to various other shopping locations.

For more detailed information about these transportation services, please contact us at 978-768-7932.

\$30 Farmer's Market Coupons

The Essex Council on Aging will be distributing a limited number of Farmer's Market Coupons on Thursday, July 18 at 10:30 AM. Coupons will be distributed on a first come first serve basis, as required by federal regulations, and will be available while supplies last.

Eligibility is based on income. .



Cape Ann
TimeBank
Give a little. **Get a lot.**

The mission of the Cape Ann Time Bank is to build a community among a wide range of residents of Cape Ann and to empower them to contribute to each other's well-being through giving and receiving services.

When you spend an hour doing something for a member, you earn a "time dollar", which is good for an hour of another member's time. You might get an hour's worth of help in your garden, take a yoga class, or get a ride somewhere.

To join Cape Ann Time Bank, there is a self-determined sliding scale from \$25-\$150. For more information, call 978-219-6776
[Www.capeanntimebanks.org](http://www.capeanntimebanks.org)

Special Events

Computer Basics

\$15.00

with the Computer Doctor

Thursdays, 10:30 a.m., starting July 11

This 3 week class provides you with the information you need about internet access, online safety, and basic computer systems. Please bring your own laptop, or tablet. We will have a limited number of computers available for those who need one.



Jewelry Making Workshop: \$15.00

Tuesday, August 13 1:00p.m.

With Beads by Beardslee

Sarah Beardslee is not only a creative craftsperson, but trained in the technical skills of jewelry design and creation. Her pieces have a wide variety of themes, but all are attractive and stylish with that essential "pop" of color. Join her for a "Make your own Beaded Jewelry" workshop. Please RSVP



Coming this Fall: Enhance Fitness

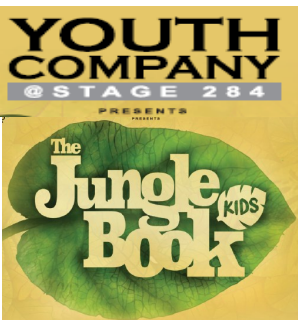
Enhance Fitness, a low-cost, evidence-based group exercise and falls prevention program, helps older adults at all levels of fitness become more active, energized, and empowered to sustain independent lives. Consider taking part in the great program, more information will be available this summer.

Friday, July 26

2:00p.m.

The Essex Council on Aging has been invited to a FREE preview of the Stage284 Youth Company Production of:

The Jungle Book Jr.



This promises to be a wonderful afternoon with talented, young performers. Seats are limited, please RSVP at the Center.

Optional Lunch at the Tea House prior to the show.

Lunch and Learn

The Essex COA will be providing a speaker and lunch at least once each month. 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!

Tuesday, July 9 1:00 PM

Energy Suppliers Market, presented by the Attorney General's Office

Do you receive calls about using energy suppliers instead of National Grid? Do they tell you you'll save money? Sometimes you can, but recent surveys found that many consumers don't understand the energy market and end up paying more than necessary for their energy.

Please call the COA to register and indicate your lunch preference from a variety of sandwiches.

Tuesday, July 23 11:30 A.M.

Chefs for Seniors

See a cooking demonstration of No-Bake Energy Bars. Save time and money with these healthy, homemade energy bars that taste delicious and can help you power through the day! Chef Michael Burrill will also offer tips for grocery shopping and be available for questions you may have about Chefs for Seniors, where Michael prepares meals in people's homes.

Please call the COA to register and indicate your lunch preference from a variety of sandwiches.

Thursday, August 29th 10:30 AM

What's With NFL Team Nicknames

Presented by the Pro Football Hall of Fame

This program examines NFL team histories and how team nicknames were selected and the meaning behind those. Participants will learn that not all teams are named from fan polls. Some team nicknames are deeply woven into the history of the communities or the geographic region in which they reside. ***Please plan to stay for lunch!***

Are there topics you would like to learn about? Let us know and we will try to make it happen.

MEN'S BREAKFAST



Join our Monthly Men's Group for a delicious hot, freshly cooked breakfast. Each month we have a speaker.

**2ND MONDAY EACH MONTH
FOR MORE INFORMATION CALL US AT
978-768-7932
COST: \$3.00**

Bicentennial Parade

The Essex Senior Center will have a float in the Bicentennial parade! We need some help getting it assembled and decorating!! Our theme is "Honoring our past, looking forward to our future" - remember our history as the Fire Station, Scout Barn, COA... If you are interested, please contact Tess at 978-768-7932

BOOK CLUB

Do you love to read? Join us for a lively discussion and share your passion for reading!

BOOK CLUB – at 11:00 A.M.

July 23 "A Gentleman in Moscow"

by Amor Towles

August 27 "Less" by Andrew Sean Greer



For Your Health

Fitness

Driving is a physical activity. To make sure you are physically fit enough to drive, try to incorporate exercise into your daily routine. Neck stretches and shoulder stretches are a good place to start.

Brain Training

Did you know that brain training can make you a safer, smarter driver? There are a variety of brain training programs, including ones by AARP, and AAA. Keep your eye on upcoming newsletters for information about a future brain health program at the Essex COA with Cognicity!

Driving Assessment

Spaulding Rehabilitation in Salem offers a Driving Assessment and Rehabilitation Program through which you will work with licensed occupational therapists. Assessments include vision, spatial awareness, and physical and mental reaction time to determine your potential to drive, and whether adaptive equipment could make driving safer or easier for you. The goal is to work with you to identify the best options for safe community mobility. For more information, call (888) 776-4330

Other Driving Assessment Programs:
Newton/Wellesley Hospital
617-939-1921

Beth Israel: 617-667-4074

Emerson Hospital, Concord
978-287-8244

New England Rehab, Woburn
781-939-1900

Driving Courses

There are a variety of defensive driving or safe driving programs out there to help you improve your driving skills.

AARP Smart Driver Online
[Www.aarpdriversafety.org](http://www.aarpdriversafety.org)

AAA Online Defensive Driving
[Www.northeast.aaa.com](http://www.northeast.aaa.com)
1-866-901-8457

Brochures/Booklets

The following items are available at the Essex COA

- *We Need to Talk: Family Conversations with Older Drivers*
- *Your Road Ahead: A Guide to Driving Assessment*
- *Flexibility Fitness Training for Older Adults*
- *Check Your Own Performance*
- *Straight Talk for Mature Drivers*

And many more,

Just for fun . . .

Summer Foods

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

WORDSE
ARCH
CLUES:

Chicken
Hamburger
Ketchup
Peppers
Ribs
Soda
Coleslaw
Hot Dogs
Mustard
Potato Salad
Salad
Steaktips
Corn
Ice Cream
Onion
Relish
Sausage

Highland Foundation Free Fun Fridays:

This is an abbreviated list of locations and dates. For more information about the 100 venues across the state, please visit www.highlandstreet.org

July 12: Gloucester Stage Company

July 19: Peabody Essex Museum, New England Historic Genealogical Society

July 26: Isabella Stewart Gardner Museum

August 02: Concord Museum, Lynn Museum

August 16: USS Constitution Museum

August 30: Mass Audubon's Ipswich River Wildlife Sanctuary

Friends of the Council on Aging

The Friends of the Essex COA is a private non-profit organization whose purpose is to seek donations to financially assist the Essex Council on Aging in providing recreational and social services to residents over the age of 60 in Essex. People of all ages are encouraged to attend our monthly meetings, or help with our fundraising efforts!

Mary Wilhelm President
Ellen Hull Secretary

Betty Smith. Vice President
Kay Joseph Treasurer

Thank you to everyone who joined us at our annual picnic! The food was great and the music delightful!
We had a great time!

It's time for the annual Friends of the Essex Council on Aging membership/donation drive. Please consider making a donation to the Friends Group, they have helped support many activities here at the Senior Center.

Join us on Tuesdays at 1:30PM for a delightful afternoon while making a variety of crafts. You are welcome to bring your own project, or help us with creating items for our Annual Boutique.
No need to register, just stop on by!

Thank you to Rose McDermott for her generous donation in memory of her husband, Paul McDermott.

Trips

All trips will depart from Memorial Park unless otherwise noted. Please register at the COA!

Maine LobsterBake and Show **\$95.00pp**

Tuesday, July 16

Enjoy a Traditional Maine LobsterBake at the famous Foster's Clambake Restaurant in York, Maine. Lunch with all the trimmings is included and then you'll enjoy entertainment by Michael Minor - a singer, comedian, ventriloquist, and celebrity impressionist!

Sandwich Glass and Heritage Museums and Gardens

Tuesday, July 23 **\$90.00 pp**

Visit the Sandwich, MA—the Sandwich Glass Museum you'll enjoy exhibits featuring a wide range of rare glass. Enjoy a delicious buffet lunch at the Dan'l Webster Inn. After, visit the Heritage Museum and Gardens, where you'll get a guided tour with time to browse the gardens, check out the Antique car collection, or even ride the 1908 Antique Carousel! Royal Tours.

Departure is from HAMILTON COA at 7:30 a.m.

Portland by Land and Sea

Thursday, August 22 **\$89.00pp**
Royal Tours

A trip to Maine's largest city by the sea, you'll have a guided tour of this historic city. Lunch will be at the Old Port Sea Grill in historic Old Port. A Lighthouse Lover's Narrated Cruise will take you to the innermost islands to see lighthouses, forts, seals, and sea birds. Royal Tours.
Departure is from HAMILTON COA at 7:30 a.m.

Diamond's and Pearls, Cash and Kings **\$69.00pp**

Wednesday, August 28 **Wrentham**

Experience some of the greatest hits of Neil Diamond, Johnny Cash, Janis Joplin, and Carole King in this musical tribute that will have you singing and dancing away!

Atlantic City Boys **\$69.00pp**

Tuesday, September 17 **Danversport**

Featuring music of The Beach Boys, The Drifters, The Bee Gees, and Frankie Vallie, this show offers an exciting mix of world class vocals and interactive comedy. Luncheon at Danversport included.

Johnny Mathis Christmas **\$69.00pp**

Tuesday, December 3 **Danversport**

Starring David Robbins, enjoy your favorite Christmas songs and some of Johnny's biggest hits, including "Misty", "Chances Are", "Wonderful, Wonderful". Lunch and transportation to Danversport Yacht Club included.

TRIPS OFFERED BY OTHER COAs

IPSWICH (please call 978-356-6650 for more info)

R.I. LIGHTHOUSE CRUISE **\$98/pp**

SATURDAY, AUGUST 10 Enjoy a delicious buffet brunch at a Rhode Island Country Club then tour ten of the most picturesque lighthouses in Rhode Island through Narragansett Bay on this lighthouse cruise.

TELEPHONES, LAKES, NATIVE AMERICANS **\$102pp**

Wednesday, September 25 Visit NH Telephone Museum, board MV Kearsarge for a Cruise and Lunch on Lake Sunapee, and visit Mt. Kearsarge Indian Museum

TURKEY TRAIN **\$99pp**

Thursday, October 10 Board the Turkey Train in Meredith, NH and enjoy the foliage along with a delicious turkey luncheon from Hart's Turkey Farm.

ST. JOSEPH'S ABBEY **\$85pp**

Thursday, October 24 Enjoy a guided tour led by one of the monks, purchase Trappist jellies, and enjoy lunch at the Publick House along with a local farmstand visit.

BEVERLY COA (call 978-921-6017 for more info)

LAKE WINNIPESAUKEE CRUISE and CASTLE in the CLOUDS **Tuesday, July 9** **\$109pp**

A cruise on Lake Winnepesaukee, lunch at Hart's Turkey Farm, and Castle in the Clouds.

CHARLESTOWN NAVY YARD/FOOD DEMO **\$83pp**

Sunday, July 28 Learn about Old Ironsides and "The Age of Sail" during this talk & tour, from 8:15a.m.-4:00p.m.

STURBRIDGE APPLEFEST **\$99pp**

Sunday, October 20 Travel to the Publick House Inn in Sturbridge MA for lunch and then take a step back in time at Old Sturbridge Village Apple Days.

"Down River" Cruise with Essex River Cruises **SEPTEMBER 16, 2019 10:30 AM—1:00 PM**

Join us as we take a scenic journey down the meandering Essex River. Our chartered cruise will head down the marsh to Farnham's, where you will have the choice of select menu items. Whether you are a lifelong Essex Resident, or new to our community, you do not want to miss this great annual event!

Please RSVP to reserve a spot!

July

Monday	Tuesday	Wednesday	Thursday	Friday
1 9:00 Walking Club 12:15 Senior Club 5:30 Yoga	2 10:00 Balance Class 1:30 Arts & Crafts	3 CLOSED (Summer Hours) <u>10:00 Walmart (CATA)</u>		5 OFFICE CLOSED
8 8:30 Mens Bkfst 9:00 Walking Club 11:30 "The Studio Restaurant" Trip 5:30 Yoga	9 10:00 Balance Class 1:00 Atty General's Office RE: Energy Suppliers 1:30 Arts & Crafts	10 CLOSED (Summer Hours) <u>10:00 Xmas Tree Shop (CATA)</u>	11 10:30 Computer Class 12:00 SeniorCare Lunch: Beef Stew, Peas/Carrots, Potatoes, Fruit, Roll	12 <u>9:30 Market Basket CATA</u> 10:00 Open Door Mobile Market 10:30 Balance Class
15 9:00 Walking Club 12:15 Senior Club 5:30 Yoga	16 10:00 Balance Class 1:30 Arts & Crafts 6:30 FECOA Show, Foster's Clambake Trip	17 CLOSED (Summer Hours) <u>10:00 Trader Joe's (CATA)</u>	18 9:30 Sen Tarr's Office Hours 10:30 Farmer's Market Coupons 10:30 Computer 11:00 BP Clinic 12:00 SeniorCare Lunch: Chicken Salad, Egg Salad,	19 <u>9:30 Market Basket with CATA</u> 10:30 Balance Class
22 9:00 Walking Club Plainridge Park 5:30 Yoga	23 10:00 Balance Class 11:30 "Chef for Seniors" Demo 1:30 Arts & Crafts	24 CLOSED (Summer Hours) <u>10:00 Malls (CATA)</u> 12:00 Essex Eat Out at The Village (\$14)	25 10:30 Computer Class 12:00 SeniorCare Lunch: BBQ Chicken Breast, Potato Salad, Coleslaw, Brownies	26 <u>9:30 Market Basket with CATA</u> 10:30 Balance Class 12:00 Lunch and Jungle Book Theater at Stage 284
29 9:00 Walking Club 11:00 Ladies Breakfast 5:30 Yoga	30 10:00 Balance Class 1:30 Arts & Crafts	31 CLOSED (Summer Hours) 10:00 Hyman's Shoe Sale, Newburyport		Please note the change of hours for the summer. We will be closed for regular office hours on Wednesdays. Regular hours will resume after Labor Day.

August

Monday	Tuesday	Wednesday	Thursday	Friday
<p>The COA has a float in the Essex Bicentennial Parade! Come help us put it together on FRIDAY, AUGUST 9TH!</p>				<p>2 9:30 Market Basket with CATA 10:30 Balance Class</p>
<p>5 8:30 Mens Bkfst 9:00 Walking Club 5:30 Yoga</p>	<p>6 10:00 Balance Class 1:00 Workshop: Beaded Jewelry</p>	<p>7 CLOSED (Summer Hours) 10:00 Xmas Tree Shop (CATA)</p>	<p>8 12:00 SeniorCare Lunch: TBD</p>	<p>9 9:30 Market Basket CATA 10:00 Open Door Mobile Market 10:30 Balance Class</p>
<p>12 9:00 Walking Club 12:15 Senior Club 5:30 Yoga</p>	<p>13 10:00 Balance Class 1:30 Arts & Crafts 6:30 FECOA</p>	<p>14 CLOSED (Summer Hours) 10:00 Trader Joe's (CATA) 10:30 Salem Willows</p>	<p>15 9:30 Sen Tarr's Office Hours 11:00 BP Clinic 12:00 SeniorCare Lunch: TBD</p>	<p>16 9:30 Market Basket with CATA 10:30 Balance Class</p>
<p>19 9:00 Walking Club 12:00 Essex Eat Out at Windward Grill (\$14) 5:30 Yoga</p>	<p>20 10:00 Balance Class 1:30 Arts & Crafts</p>	<p>21 CLOSED (Summer Hours) 8:00 Oxford Casino 10:00 Malls (CATA)</p>	<p>22 Portland by Land and Sea Bus Trip 12:00 SeniorCare Lunch: TBD</p>	<p>23 9:30 Market Basket with CATA 10:30 Balance Class</p>
<p>26 9:00 Walking Club 11:00 Ladies Breakfast 5:30 Yoga</p>	<p>27 10:00 Balance Class 11:00 Book Club 1:30 Arts & Crafts</p>	<p>28 CLOSED (Summer Hours) 10:00 Ocean State Job Lots (CATA) Diamonds and Pearls Show</p>	<p>29 10:30 NFL Team Nicknames Presentation 12:00 SeniorCare Lunch: TBD</p>	<p>30 9:30 Market Basket with CATA 10:30 Balance Class</p>

Around Town

ESSEX BICENTENNIAL CELEBRATION CALENDAR OF EVENTS

Saturday, July 27, Rededication of Ancient Cemetery The Daughters of the American Revolution will rededicate the Ancient Cemetery. Come visit and see the historical stones, including the grave of John Wise.

Friday, August 9th, Food Trucks & Fireworks, 5:00-8:00 p.m.

A Family friendly, alcohol-free event at Memorial Park sure to be a wonderful celebration! There will be a variety of Food Trucks, Live Music, all followed by Fireworks over the Great Marsh at sunset!

Saturday, August 10th, Bicentennial Parade and Oldtimers Baseball Game The Parade committee welcomes Essex businesses, civic groups and neighborhoods to enter floats for this event. An Oldtimers baseball game will begin immediately after the parade. *The Essex COA will have a float—sign up to help with the assembly and decorating!! Contact Tess Leary*

Sunday, August 11th, Octogenarian and Nonagenarian Reception, 1:00-4:00 p.m. This is for our residents who are 80 or older. We will be serving light refreshments at Town Hall and honoring you.

Saturday, September 7th, Old Essex Day, 11:00 a.m.-3:00 p.m. The Lions Club will be cooking and there will be Food Trucks, Games, and Music at Centennial Grove. Family fun for everyone!

Saturday, October 5th, Graveyard Tours at the Ancient Cemetery Experience the burial ground and see life in the 1700-mid 1800s. The graveyard dates back to 1681. Tours 12:00-5:00 p.m., approx 30 minutes.

Sunday, December 22nd, Winter Solstice Celebration Town Hall 3rd floor, 1-4 pm The final event of the bicentennial will be an old-fashioned reception with punch, tea, coffee, and sweets.

Summer Concerts on the North Shore

The North Shore Concert Band **FREE**
Tuesdays, June 25-August 7 from 7:00-9:00 p.m.
Salem Willows Park.

Rockport Legion Band Summer Concerts **FREE**
Sundays, July 7-August 25 at 7:00 p.m.
Back Beach in Rockport.

Stage Fort Park Summer Concerts **FREE**
Sundays, July 7 – August 25 at 7:00 p.m.
Bandstand in Gloucester

Summers in Patton Park Concerts **FREE**
Sundays, June 23— July 28, from 5:00-7:00 p.m.
Patton Park in Hamilton

Crane Estate, Castle Hill Picnic Concert Series
Members, \$25 per car and Non-members, \$35/car
Thursdays, July 11— August 29, from 7:00-9:00 p.m.

“STAY”CATION IDEAS on the NORTH SHORE

We are lucky enough to live in an area that comes alive in the summer with beautiful weather and so many things to do—why go away on vacation? Below is a list of day-trips/activities you might want to explore for your Staycation on the North Shore!

BEVERLY: Long Hill Gardens, Lynch Park

DANVERS: Rail Trail, Glen Magna Farms/Gardens, Rebecca Nurse Homestead

ESSEX: Antiquing, Chebacco Lake, Kayaking, Nature Preserves, Shipbuilding Museum

GLOUCESTER: Eastern Point, Norman’s Woe, Hammond Castle, Ravenswood Park, Rocky Neck Art Colony, Sleeper-McCann House

HAMILTON: Bradley Palmer State Park

IPSWICH: Ipswich Wildlife Sanctuary, Wolf Hollow

MARBLEHEAD: Abbot Hall, Chandler-Hovey Park, Marblehead Museum, Old Town/Harbor

NEWBURYPORT: Clipper City Rail Trail and Harbor-Walk, Custom House Maritime Museum, Parker River Nature Preserve, Plum Island/Lighthouse

ROCKPORT: Bearskin Neck, Dog Town, Halibut State Park, The Paper House

SALEM: House of Seven Gables, Lyceum Hall, Peabody Essex Museum, Pickering Wharf, Salem Trolley Tours, Salem Athenaeum, Salem Witch Museum

Ongoing Programs and Services

FITNESS PROGRAMS

YOGA: Monday 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!

**BALANCE IN MOTION: Donation requested
Tuesday 10AM Friday 10:30 AM**

Appropriate for all fitness levels.

LINE DANCING: Wednesdays at 11:00AM \$7.00

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

VILLAGE PANCAKE HOUSE: 2nd Tuesdays 9 AM
Please RSVP by Monday.

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

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

ESSEX EAT OUT: Varies, Refer to Calendar

CLUBS AND MEETINGS

COA MEETING: 1st Tuesday, 6:00 PM

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

NEW! 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.

CONSTITUENTS' INQUIRIES: Ms. MaryAnn Nay, Assistant to Senator Bruce Tarr, comes to the Senior Center to address any issues you may have. No appointment needed. **3rd Thursday of the Month, 10:00-11:00 a.m.**

COMMUNITY SUPPORT:

SeniorCare, 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.

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.

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**
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 Senior Care

July 11: Beef Stew, Peas and Carrots, Mashed Potatoes, Chilled Fruit, Roll

July 18: Tarragon Chicken Salad and Egg Salad Finger Sandwiches, Potato Salad, Coleslaw, Fruit

July 25: Boneless BBQ Chicken Breast, Potato Salad, Coleslaw, Brownie, Lemonade

August 1: Egg Salad/Lettuce on Hot Dog Roll, Tomato Florentine Soup, Potato Salad, Chilled Pears

Regional Farmers' Markets

Beverly: Mondays, 3:00-7:00 pm at Veteran's Park, 164 Rantoul Street

Danvers: Wednesdays, 4:30-7:00 pm starting July 10th at Library/Rotary Pavillion, 15 Sylvan Street

Gloucester: Thursdays, 3:00-6:30 pm at Stage Fort Park

Ipswich: *periodically throughout the summer—no dates set*

Magnolia: Sundays, 9:00-Noon at 46 Lexington Avenue

Newburyport: Sundays, 9:00-1:00 at Tannery Marketplace, 50 Water Street

Most vendors accept SNAP/HIP so be sure to bring your SNAP card and take advantage of the fresh produce from local vendors!! HIP is used to purchase up to \$15 per trip of fruits/vegetables with a SNAP card—the vendor gets paid and the consumer gets automatically reimbursed.

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

Farmer's Market Coupons

The Essex Council on Aging will be distributing a select number of Farmer's Market Coupons on

THURSDAY, July 18 from 10:30-11:30 AM.

Coupons will be distributed on a First Come-First Serve Basis, in accordance with federal guidelines. In order to be eligible, your income must not exceed 185% of the Federal Poverty Level.



The Essex Senior Echo

July/Aug 2019

Council on Aging Essex

17 Pickering Street
Essex MA 01929

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RETURN SERVICE REQUESTED

A Monthly publication from the Essex Council on Aging, and supported
in part by the Massachusetts Executive Office of Elder Affairs.

Through the support of Mass in Motion, the Essex and Manchester Councils on Aging will be working together to provide transportation to increase access to healthy food and physical activity. At the time of printing, details were still being worked out, but we are excited about the opportunities coming up. This will include transportation to and from the Gloucester Farmer's Market and the Boulevard, as well as a number of other great destinations—bowling, Wegmans, Trader Joes, etc. Services will start in July so be sure to check our Facebook page, or flyers at the center.

Please call the Center for more information at 978-768-7932.

We are changing printers for the Essex Senior Echo. This month is a dual month newsletter. You will receive an updated August Calendar, but it will not be a full newsletter. Regular newsletter printing will resume in the fall.

Summer Business (Office) Hours:

Monday, Tuesday, Thursday, Friday: 9AM-12PM

Wednesday: Closed

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

The Mission of the Essex Council on Aging is to enhance and promote the quality of life for adults 60 and older in the community of Essex.