

# Essex Senior Echo

JULY & AUGUST 2022

We hope your summer has been off to a great start - at least the weather has been cooperating so far. We have a number of fun events scheduled this summer, including a Root Beer Float and Elvis party! You don't need to wait for an event to enjoy the senior center. Get a few friends together and come down to enjoy a cup of coffee, use our ping pong table, play a board game, or even watch a movie or show! Our building is open daily and we would love to see you!

~ Kristin, Tess, and Kim



## Meet Julia Child

*Delvena Theatre Company*

**Friday August 19  
1:00 PM  
Town Hall Auditorium**

Meet Julia Child! - the beloved French Chef. A live performance featuring Lynne Moulton as Julia Child doing what she did best. Learn more about her life - from her privileged childhood in California when she had no interest in food, except for eating what the family's private chef prepared - to becoming one of the culinary legends of all time.

The audience will have the opportunity to view Julia on the set of The French Chef television show, an amusing and fun experience! After the performance, the cast will open up for discussion regarding Julia Child.

## 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.  
[seniorcareinc.org](http://seniorcareinc.org)

**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 Senior Center  
17 Pickering St.  
Essex MA 01929

978-768-7932

Hours of Operation:  
Monday thru Friday  
9:00 AM to 3:00 PM

Additional hours:  
Tuesdays  
1:00 PM to 5:00 PM  
Thursdays  
3:30 PM to 5:00 PM

### Board Officers:

Chairman - Kay L. Joseph  
Vice Chairman - Gil Frieden  
Treasurer - Dick Denton  
Secretary - Beverly Dolinsky

### Board Members at Large

Ann Buckley  
Priscilla Doucette  
Ralph Hawley  
Sue Lufkin  
Susan Parady  
Diane Polley  
Mary Wilhelm

### Council on Aging Staff:

Director: Kristin Crockett  
[kcrockett@essexma.org](mailto:kcrockett@essexma.org)

Outreach Coordinator:  
Tess Leary  
[tleary@essexma.org](mailto:tleary@essexma.org)

Clerk: Kim Lufkin Williams  
[kwilliams@essexma.org](mailto:kwilliams@essexma.org)

Follow us on Facebook!



## Medicare Update

**MEDiCARE**



Are you on expensive medications? Have you entered the "donut hole"? Do you have new medications that aren't well-covered by your plan? You may want to apply for Prescription Advantage! Prescription Advantage is a state-sponsored prescription drug plan that can help lower the costs of your medications by filling in gaps in coverage! For more information, please contact Kristin or Tess (SHINE Counselors) or call Prescription Advantage at 1-800-243-4636.

## Summer Energy Saving Tips!

### General Tips:

- Turn it off or unplug it if you aren't using it.
- Replace air conditioner filters once per month.
- After recharging phones, unplug the charger.
- Have your cooling ducts checked for leaks and sealed.
- Adjust your outdoor timers for longer daylight hours.
- Check and reinstall weather stripping, seals and caulk.
- Set thermostats at 78 when home, and 85 when away.
- Use ceiling fans alone or with your AC.
- Keep blinds drawn
- Replace traditional lightbulbs with LED

### Kitchen

- Use your microwaves or grill instead of the stove.
  - Use the (full) dishwasher instead of hand washing.
  - Skip the heat-dry setting on the dishwasher.
  - Use an ice tray, instead of the automatic ice maker.
  - Clean the coils on your refrigerator.
  - Refrigerators and freezers are more efficient when full.
- If you don't keep a lot of food on hand, use water jugs!

### Laundry

- Do as much laundry with cold water as you can
- Always rinse with cold water
- Dry your clothes on the line
- When using the dryer, make sure it is full
- Clean your dryer filter and vents
- 



Need to beat the heat?

Stop by the Senior Center and enjoy the air conditioning!



We have Cable TV, games, coffee, crafts, and most importantly good company!



During extreme heat, we will open additional hours.

### FIND MASS MONEY.COM

It's not a scam! It's the State Treasurer's Office of Unclaimed Money! You might be surprised to know that 1 in 10 people have unclaimed property!

Unclaimed property consists of unclaimed financial assets such as checking and savings accounts, unpaid wages, securities, uncashed dividends, life insurance policies, uncashed checks, safe deposit boxes, etc that are without activity for a certain period of time. The asset is reported to the state to find the owner.



### SCAM ALERT

As more people use the Internet for dating, con artists see an opportunity to find their next victim. Romance scammers create elaborate fake profiles, often on social media, and exploit seniors' loneliness for money. In some cases, romance scammers may (or pretend to) be overseas, and request money to pay for visas, medical emergencies, and travel expenses to come visit the U.S. Because they drag on for a long time, romance scammers can get a lot of money from a senior—the FTC found that in 2019 alone, seniors lost nearly \$84 million to romance scams.





## 9-1-1 Disability Indicator System

NOW AVAILABLE FOR CELLPHONES, LANDLINES, and VOICE OVER IP LINES!

The Massachusetts Disability Indicator Program offers a free, voluntary service that alerts 9-1-1 personnel that an individual with a disability may have unique safety, communications or other needs in case of an emergency. Once submitted, if 9-1-1 is called from your line an indicator will alert the dispatcher.

Information will be relayed to the first responders. This can be vital information in an emergency.

Disabilities include Life Support System, Mobility Impairment, Blind, Deaf or Hard of Hearing, TTY, Speech Impairment, or Cognitive Impairment. Forms are available at the Senior Center, on our website, or on the Essex Police Department Website.

Did you know there's a discounted rate with National Grid? If you are eligible for the following programs, you are eligible for a discounted gas/electric rate:



Fuel Assistance (automatic enrollment)

Medicaid

National School Lunch Program

Chapter 115 Veterans Benefit

SSI

SNAP (Food Stamps)

Public Housing

WIC

Or your annual gross income falls below 60% of the State Median Income ( \$42,411 single, \$55,461 couple )

To apply visit <https://www.nationalgridus.com/Discount-Rate-App-MA> or speak with Kristin or Tess.

## **Farmer's Market Produce Bags are back!**

The Essex COA will be providing fresh produce in conjunction with the Farmer's Market Coupon Program. Thanks to generous donations, we are able to provide additional bags to Essex Seniors, regardless of income. (Households with an income below 185% of the Federal Poverty Line are eligible for the USDA program)

**. Participation will be on a first come, first serve basis, as per federal requirements.**

Distribution dates are not yet determined, and will be announced via local media, facebook and a robocall! If you want to receive an update with the start date - please be sure we have your phone number on file.

For USDA Program information, please see below for more details.

## **USDA Farmer's Market Coupon Program Disclaimer**

Discrimination clause: In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, religion, sex, gender identity (including gender expression), sexual orientation, disability, age, marital status, family/parental status, income derived from a public assistance program, political beliefs, or reprisal or retaliation for prior civil rights activity, in any program or activity conducted or funded by USDA (not all bases apply to all programs).

Remedies and complaint filing deadlines vary by program or incident. Persons with disabilities who require alternative means of communication for program information (e.g., Braille, large print, audiotape, American Sign Language, etc.) should contact the responsible Agency or USDA's TARGET Center at (202) 720-2600 (voice and TTY) or contact USDA through the Federal Relay Service at (800) 877-8339. Additionally, program information may be made available in languages other than English. To file a program discrimination complaint, complete the USDA Program Discrimination Complaint Form, AD-3027, found online at How to File a Program Discrimination Complaint and at any USDA office or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992



# Activities and Special Events




**RED WHITE AND BLUE  
CELEBRATION**

**JULY 5  
11:00 AM**

Join us for a Patriotic Sing-a-long and enjoy a Red White and Blue shortcake (strawberry and blueberry)!  
Please RSVP

## Arts and Crafts


Do you love to knit, crochet, or sew? Do you like creating different projects? If so, join us with your own project, or help with items for the Friends Boutique.

Tuesdays 1:00 - 3:00 Arts and Crafts   
Last Wednesday of the Month with Lowell   
Kate

## BOOK CLUB

Join us at 1:00 p.m. for a lively discussion about the current book of the month and other topics!

**Tuesday, July 26 "The Fortnight in September"**  
by R. C. Sherriff

 **Tuesday, August 30 "The Cherry Robbers"**  
by Sarai Walker

Through the generosity of the Friends, multiple copies of each title are available to borrow!  
New members are always welcome!



**August 18  
2:00 PM**



Did you know  
that National Root Beer Float Day and Elvis Awareness Week both occur in August? Join us in celebrating with root beer floats and his greatest hits!

Please RSVP

*"Some people tap their feet, some people snap their fingers, and some people sway back and forth. I just sorta do 'em all together, I guess."*

- Elvis in 1956



## Essex Eats

Monthly restaurant trips are back!

Join us each month for a fixed-price meal at a fabulous local restaurant!

**Tuesday, July 26      11:30 AM      The Village**

**Friday, August 26      12:00 Noon      Windward**

\$15.00 per person - Please RSVP!

Thank you Friends for subsidizing the cost of the meal!

## CHEESE TASTING

Celebrate National Wine and Cheese Day with a cheese tasting at the Essex Senior Center. (No wine! Sorry!)



**MONDAY JULY 25 2:00 PM**

## New: Drop in Exercise

Join us on Thursday mornings at 9:30 for a drop in exercise group. We will be working out with various DVDs.





# Ongoing Activities and Programs



## COA FITNESS PROGRAMS

**BALANCE IN MOTION:** \$5 Donation Requested  
Tuesdays 10:00 AM \*\*No class Aug 1-15\*\*  
Fridays 10:00 AM

**FIT OVER FIFTY:** \$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

**ZUMBA GOLD** with Shelby \$7.00 per class  
Mondays 9:30 AM Get your dancing shoes on and join this fun, energetic dance class!

**THURSDAY DROP IN:**  
9:30 AM Get your daily workout in with friends! Fitness videos will be used, no live instruction

**WALKING CLUB:** Sign up to win prizes for you and the Essex Senior Center! Register and log your steps at: [www.walkmachallenge.com](http://www.walkmachallenge.com)

## COA ACTIVITIES

**Afternoon Games** Thursdays 1:00 - 3:00 PM

**Arts & Crafts** Tuesdays 1:00 to 3:00 PM

**Book Club** Tuesday July 26 1:00 PM  
Tuesday Aug 30 1:00 PM

**Cooking with Dawn** Wednesday July 13 3:30 PM  
Wednesday August 3 3:30 PM  
Wednesday August 10 3:30 PM

**Scrabble** Tuesdays 11:00 AM

**Grab & Go Meals** Mondays & Thursdays NOON

**Mobile Market** Friday July 1, 15 10:00 AM  
Friday August 5, 19 10:00 AM

**COA Board Meeting** Tuesday, July 5 6:00 PM  
Tuesday August 2 6:00 PM

**Friends Meeting** Tuesday July 12 3:00 PM  
Tuesday August 19 3:00 PM

**Ladies Brunch** Tuesdays, July 19 11:00 AM

**Men's Breakfast** Coming Soon!

We want to get this group going again. Please let us know if you are interested!

**Tech Help Sarah** Every other Tuesday 3:30 PM  
Sarah, a middle-schooler with rad tech skills, will help answer your questions about your phone, zoom, & more!

## 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:** 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

**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, Karen Tyler will be available to meet with you.

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

# Friends of the Council on Aging

The Friends of the Essex Council on Aging is a private 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  
3:00 PM

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

**Keep your eye on the mail! The Friends of the Essex Council on Aging Annual appeal will be arriving in your mailbox. The Friends of the Essex COA thank you for your support.**

## Monthly Cookie Delivery

Who doesn't love homemade cookies? Sign up for a monthly delivery of fresh baked cookies. Each month, Dawn bakes fresh cookies and delivers them to seniors around town.

## Just for Fun

On July 10th of each year, National Clerihew Day in the United States celebrates a poem style created by Edmund Clerihew Bentley, an English novelist and humorist (July 10, 1875 – March 30, 1956). His four-line biographical poem offers a brief, though whimsical, approach to poetry. His first-ever Clerihew was created at the age of 16.



**Sir Humphry Davy  
Abominated gravy.  
He lived in the odium  
Of having discovered sodium**

**Can you try to write a Clerihew poem?**

Answers  
on the  
back  
cover!

## Poetry Word Scramble

RPEYOT	_____
SRODW	_____
EEILHWRC	_____
ETONNS	_____
MHEYR	_____

## Essex Tidbits

### The Thomas Burnham Granite Head

In 1810 Thomas Burnham found a granite head while digging a cellar. He painted it pink with red lips and posted it on his gatepost, sometimes with a scarf and hat. When Mr. Burnham opened a bookstore in Boston in 1825, he displayed the head in the store window. It was then bought by another storeowner and then an antique dealer and eventually ended up in the National Museum of Denmark. An Essex seaman visiting the museum asked the museum curator if it could be the same head. Further inspection showed flecks of pink paint. Realizing that they had been the victim of fraud, the museum sold the head to the seaman who brought it back and gave it to the Peabody Museum in Salem.

Resource:

Cahill, Robert Ellis. (1993). New England's Ancient Mysteries. Publisher: Old Salt Box





# *Trips and Excursions*



## **WOLF HOLLOW**

**SATURDAY SEPT. 10TH**

**10:00 AM \$15.00**

Sign Up

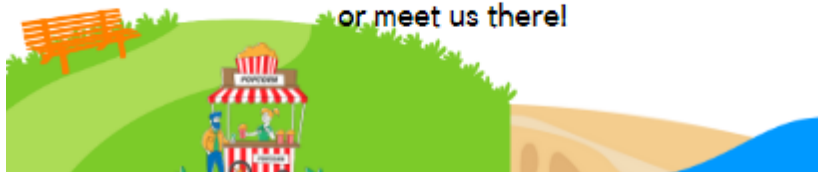
On our private tour, meet gray wolves while enjoying an enlightening presentation. You will observe the wolves interacting with their pack-mates at close range.

### *Salem Willows*

**JULY 13 \$4**

Join us for an afternoon at Salem Willows. Enjoy ocean views, ice cream, popcorn, or even spend some time at the arcades!

Hop on the CATA bus at Memorial Park at 10:30 AM or meet us there!



## **Down River Cruise**



Lunch on Board at  
**Farnham's Restaurant**

**SAVE THE DATE!**

**September 12**

**Sign-ups begin July 25 for Essex Residents  
Non-resident sign-ups begin August 8**

## **"BEST OF TIMES" SHOWS\***

**MICHAEL BUBLE TRIBUTE  
WEDNESDAY, SEPTEMBER 21**

**\$74**

Show and luncheon with your choice of Chicken or Fish entrée with Dessert.



**CHER TRIBUTE - THE BEAT GOES ON~  
THURSDAY, NOVEMBER 17 ~ \$74**

Show and Thanksgiving Dinner with all the fixins' and Dessert.

**CHRISTMAS WITH PAUL ANKA TRIBUTE  
TUESDAY, DECEMBER 6 ~ \$74**

Show and luncheon with your choice of Chicken or Fish entrée with Dessert.

**\*ALL SHOWS ARE AT DANVERSPORT  
YACHT CLUB. PAYMENT IS DUE AT  
REGISTRATION\***

## **ANSWERS**

Puzzle Answers: 1. Poetry 2.  
Words 3. Clerihew 4. Sonnet 5.  
Rhyme



**NEW!**

### **New Hampshire's Turkey Train Trip - Monday October 3 - \$119**

Join us as we travel to central New Hampshire and Lake Winnepesaukee for a day of fun and the wonderful sights of Fall Foliage. Enjoy what millions of travelers come to New Hampshire for each year, the changing of the season and the magnificent fall foliage that can only be seen in New Hampshire. We arrive in Meredith, NH on the shores of Lake Winnepesaukee for the Turkey Train. ALL ABOARD the dining car to enjoy our Turkey luncheon provided by Hart's Turkey Farm. (Roast Turkey, whipped potatoes, butternut squash, beverage, and a sundae). Take in the foliage as the train rides along the shores of the Lake and through wooded areas to take in the fall foliage. During our adventurous day out we will make a Mystery Stop that is sure to "sweeten your day." This is a Best of Times trip that includes transportation by Motorcoach.

Contact Essex COA for more details and to register.



# Nutrition

## Grab and Go Meals

There are some changes to our "Grab and Go" meals. Please let us know if you have any questions. You MUST register for meals at least 2 days prior. Due to provider changes, please call to confirm your participation in the Grab and Go programs.

**Mondays: 12 Noon** Open Door Meal  
*Please note, this meal needs to be heated*

**Thursdays: 12 Noon** Senior Care Meal  
*This meal is served hot.*

Meals on Wheels are available in Essex Seniors. For more information or to register call Senior Care at 978-281-1750

## Mobile Market

The COA MOBILE MARKET, with the support of Open Door and Acord Food Pantries, is open to all seniors. Please let us know if you're planning on participating so we can plan accordingly.

Delivery is available for seniors unable to attend the Market; pre-registration is required for delivery.

FRIDAY, July 1	10:00 A.M.
FRIDAY, July 15	10:00 A.M.
FRIDAY, August 5	10:00 A.M.
FRIDAY, August 19	10:00 A.M.

## Root Meal

Each month we offer a meal prepared by Root, a great organization located in Salem, which focuses on job training for young adults.

**Pre-registration required for each meal!**

**July 20: BBQ Chicken**  
**August 24: Mixed Grill**

# Transportation



**Cape Ann Seniors on the GO**  
OPENING THE DOOR TO FOOD,  
FITNESS AND FUN

FREE TRANSPORTATION AVAILABLE  
FOR ALL ESSEX RESIDENTS AGE 65+

**THURSDAYS**  
**Grocery Shopping @**  
**Stop n Shop, Market Basket**  
**& Shaws & Gloucester Fish Markets**

**PICKUPS from your home start @ 10:00 am**  
**RETURN home starts @ 11:45 am**

**Reserve your free seat by calling CATA (978) 283-7916**

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

978-283-7916

**TRANSPORTATION IS AVAILABLE MONDAY –  
FRIDAY, TO AND FROM THE FOLLOWING  
COMMUNITIES:**

**\*ROCKPORT \*GLOUCESTER \*MANCHESTER**  
**\*ESSEX \*IPSWICH \*HAMILTON**  
**\*WENHAM \*BEVERLY \*PEABODY \*SALEM**  
**\*DANVERS**

Other transportation options may be available for medical appointments.

For more information contact:  
Senior Care Medical Transportation  
978-281-1750



# July 2022

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

## Looking for local July 4th celebrations?

Gloucester	July 3	5:30	Parade, Concert & Fireworks
Manchester	July 3	7:00	Concert and Fireworks
	July 4	10:00	Parade
Rockport	July 4.	6:00	Parade and Bonfire

1

10:00 Balance Class  
10:00 Mobile Market  
1:00 Senior Club

4

9:30 ZUMBA GOLD  
10:30 Shredding  
12:00 Grab 'n Go

5

10:00 Balance Class  
**11:00 RED WHITE  
BLUE CELEBRATION**  
1:00 Arts and Crafts  
6:00 COA Meeting

6

10:00 Fit over Fifty  
~~2:30 Cooking for 1 or 2~~  
*cancelled today*

7

9:30 Fitness  
12:00 Grab 'n Go  
1:00 Games with Gil

8

10:00 Balance Class

11

9:30 ZUMBA GOLD  
10:30 Shredding  
12:00 Grab 'n Go

12

10:00 Balance Class  
1:00 Arts and Crafts  
3:00 Friends Meeting  
3:30 Teen Tech  
  
*Cookie Delivery Day!*

13

10:00 Fit over Fifty  
10:30 Salem Willows  
Trip  
3:30 Cooking for 1  
*Salads in a Jar*

14

9:30 Fitness  
12:00 Grab 'n Go  
1:00 Games with Gil

15

10:00 Balance Class  
10:00 Mobile Market

18

9:30 ZUMBA GOLD  
10:30 Shredding  
12:00 Grab 'n Go

19

10:00 Balance Class  
11:00 Ladies Brunch  
1:00 Arts and Crafts  
3:30 Teen Tech  
  
**7:00 Speaker Series  
Travel**

20

10:00 Fit over Fifty  
12:00 **ROOT meal:  
BBQ Chicken**

21

9:30 Fitness  
10:30 Sen. Tarr's  
Office  
12:00 Grab 'n Go  
12:30 Veterans Office  
1:00 Games with Gil

22

10:00 Balance Class

25

9:30 ZUMBA GOLD  
10:30 Shredding  
12:00 Grab 'n Go  
**2:00 Cheese Tasting**

*Resident Sign up for  
Down River starts*

26

10:00 Balance Class  
*11:30 Essex Eats -  
Village Restaurant*  
1:00 Arts and Crafts  
1:00 Book Club  
3:30 Teen Tech

27

10:00 Fit over Fifty

28

9:30 Fitness  
12:00 Grab 'n Go  
1:00 Games with Gil

29

10:00 Balance Class

# August 2022

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

**1**

9:30 ZUMBA GOLD  
10:30 Shredding  
12:00 Grab 'n Go

**2**

~~10:00 Balance Class~~  
1:00 Arts and Crafts  
6:00 ECOA Board Meeting

**3**

10:00 Fit over Fifty  
  
3:30 Cooking for 1 or 2

**4**

9:30 Activity Planning Meeting  
9:30 Fitness  
12:00 Grab 'n Go  
1:00 Games

**5**

~~10:00 Balance Class~~

**8**

9:30 ZUMBA GOLD  
10:30 Shredding  
12:00 Grab 'n Go

*Non-resident sign up for Down River Cruise start today!*

**9**

~~10:00 Balance Class~~  
1:00 Arts and Crafts  
3:30 Teen Tech  
6:00 Friends Meeting

**10**

10:00 Fit over Fifty  
3:30 Cooking for 1 or 2

**12**

9:30 Fitness  
12:00 Grab 'n Go  
3:00 Games

**13**

~~10:00 Balance Class~~  
10:00 Mobile Market

**15**

9:30 ZUMBA GOLD  
10:30 Shredding  
12:00 Grab 'n Go

**16**

10:00 Balance Class  
1:00 Arts and Crafts  
  
**7:00 Speaker Series  
Lifelong Engagement**

**17**

10:00 Fit over Fifty

**18**

9:30 Fitness  
10:30 Sen. Tarr's Ofc.  
12:00 Grab 'n Go  
12:30 Veteran's Ofc.  
1:00 Games  
2:00 Root Beer Floats

**19**

10:00 Balance Class  
10:00 Mobile Market  
1:00 *Meet Julia Child - Town Hall*

**22**

9:30 ZUMBA GOLD  
10:30 Shredding  
12:00 Grab 'n Go

**23**

10:00 Balance Class  
11:00 Ladies Brunch  
1:00 Arts and Crafts  
3:30 Teen Tech

**24**

10:00 Fit over Fifty  
  
**12:00 Root Meal  
Mixed Grill**

**25**

9:30 Fitness  
12:00 Grab 'n Go  
1:00 Games

**26**

10:00 Balance Class  
12:00 *Essex Eats - Windward*

**29**

9:30 ZUMBA GOLD  
10:30 Shredding  
12:00 Grab 'n Go

**30**

10:00 Balance Class  
1:00 Arts and Crafts  
1:00 PM Book Club  
3:30 PM Teen Tech

**31**

10:00 Fit over Fifty  
  
2:00 Art with Lowell and Kate

**Don't forget about our  
great programming on  
Channel 67!!**



## Debunking Myths About the Aging Brain

7 FACTS ABOUT YOUR BRAIN



### MYTH

### FACT

1

**You are born with all the neurons that your brain will ever have.**

Neurons are continually created throughout your life in areas of the brain through a process called neurogenesis.

2

**You can't learn new things when you are old.**

Learning can happen at any age when you get involved with cognitively stimulating activities like meeting new people or trying new hobbies.

3

**We don't really know how the brain works.**

Researchers have made great strides in understanding the brain in recent years. The field of neuroscience is at the cusp of new and exciting breakthroughs.

4

**Dementia is an inevitable consequence of old age.**

Dementia is not a normal part of aging. There is a big difference between typical age-related changes in the brain and those that are caused by disease.

5

**Only young people can learn a new language.**

While it may seem simpler for kids—with simpler sentence structures and a lack of self-consciousness—your age isn't a limitation in learning a new language.

6

**Older people are doomed to forget things.**

Remembering details is easier for some people than others, but this is true of all ages. There are strategies to help remember names, facts, etc. and paying closer attention can often help you remember better.

7

**A person who has memory training never forgets.**

Keep practicing your memory skills. "Use it or lose it" applies to memory training in the same way it applies to maintaining your physical health.

# Council on Aging *Essex*

17 Pickering St  
Essex MA 01929

NON PROFIT RATE  
U.S.POSTAGE PAID  
PERMIT NO.18  
ESSEX, MA.

RETURN RECEIPT REQUESTED

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

**Look inside for some fun new events,  
a new fitness group, the return of  
"Essex Eats", our annual Down River  
cruise, new trips, and more!**

## **Gas saving tips**

- Drive sensibly - avoid aggressive driving.
- Observe the speed limit - mileage decreases quickly after 50mph!
- Remove excess weight - clean out your trunk.
- Avoid excessive idling.
- Use cruise control.
- Keep up with your vehicle maintenance.
- Rotate your tires every 5,000-8,000 miles.
- Keep your tires properly inflated.

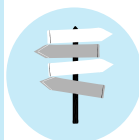
**Thank you to the Friends of the Essex  
Council on Aging for sponsoring the  
Summer BBQ at  
Tuck's Point!**

## Planning Your Life:

*The Next Phase*  
A Free Monthly Speaker Series

**7:00 PM EVERY 3RD TUESDAY**

**ESSEX TOWN HALL, 3RD FLOOR**



## **TRAVEL AND LEISURE**

Tuesday, July 19

## **LIFELONG ENGAGEMENT AND LEARNING**

Tuesday, August 16



A great time was had at  
our last Speaker Event!  
Thank you Susan,  
Deborah, and Cathy for  
sharing your wealth of  
knowledge!

