

The Essex Senior Echo

June 2020

It has certainly been a long and difficult couple of months. If you are like me, you probably are looking forward to return to normal. It's exciting that things are starting to open. As recommended by Governor Baker and the health experts, please continue to be cautious and remember that even though things are slowly opening, we are all still safer at home. With this in mind, The Essex Senior Center will continue to be closed to the public at least through the month of June. We are working with the Massachusetts Councils on Aging, Executive Office of Elder Affairs, and the Essex Board of Health on when we will reopen and how that looks. I wish I had a clear answer for you, but as you know this is quite a fluid situation. While we are 'closed' to the public, please don't forget both Kristin and Tess are working, and here to help!

We will continue to offer grab and go meals on Mondays, as well as grocery pick ups throughout the month. If you are able to participate in a curbside pick up at either Open Door or Acord we would encourage you to do so. We will continue to offer programming through Zoom, and will be looking to expand options. We are also available to assist with numerous other services, such as Medicare Counseling, SNAP Benefits, Resources, Housing, and much more.

As you already know, Governor Baker has laid out a plan for reopening Massachusetts. Each phase is expected to last 3 weeks, however transitions are going to be dependent on health metrics. More details about the Phases 1 and 2 can be found on page 7. Movement between phases is dependent on positive trends. The specific trends being looked at are:

- | | |
|---------------------------------------|-------------------------------------|
| * COVID-19 Positive Test Rate | * Number of COVID-19 related deaths |
| * Number of COVID-19 Hospitalizations | * Healthcare System Readiness |
| * Testing Capacity | * Contact Tracing Capabilities |

We will keep you as updated as possible through our newsletter, as well as through weekly calls. If you aren't receiving a phone call from us with important updates, it means that we don't have a number for you. Please call or email us with your contact information. We do hope that we can see you soon.

~Kristin

The 2020 Census is here! This year you have multiple options to complete it. It can be completed online, via phone, or by mail! While we are required to complete the Census every 10 years, there are some great reasons to do so. Accurate census data helps ensure appropriate funding, data for planning purposes, emergency preparedness and more. From the Senior Center perspective, our state funding for the next 10 years is dependent on the 2020 Census Data! This is an easy way to help support your local senior center!

Kristin and Tess are both available to help you complete your census. Please call us to schedule a phone appointment.

Unfortunately, there are some individuals that will take advantage and try to scam you! Please keep in mind that the Census Bureau will NOT ask you for:

- | | |
|---------------------------|---|
| * Social Security Numbers | * Banking or Credit Card information |
| • Money or Donations | * Anything on behalf of a political party |

Council on Aging Board :

Chairman
Michele French
Vice Chairman
Ralph Hawley
Secretary
vacant
Treasurer
Kay Joseph

Members at Large
Nancy Beattie
Priscilla Doucette
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 all of our many
volunteers!

Hours of Operation:

Monday, Tuesday
Thursday, Friday
9 AM to 1 PM
Wednesday: Closed

*Closed to Public
until further notice;
Available by phone
and email only*

Essex Senior Center
17 Pickering St.
Essex MA 01929

978-768-7932
coa@essexma.org

Follow us on Facebook

Social Services



an initiative of "The Youth Movement Against Alzheimer's Disease".

Meals Together is a program designed to create companionship when loneliness is at an all time high for older adults and youth alike! To do this, they pair you with a FoodFriend from a different generation to share a meal over a call and to cook up hearty conversations!

To register, go to www.mealstogether.org, or if you don't have internet access, please call us at the Senior Center for assistance in registering.

Town Buildings remain closed to the General Public until further notice! If you need to speak with a department, please call directly

Massachusetts residents are urged to call 2-1-1 for information, resources, and referrals regarding COVID-19.

The Hotline is staffed 24/7 with translators available for multiple languages. All calls are free and confidential!

The solution starts with all of us. Answer the call.

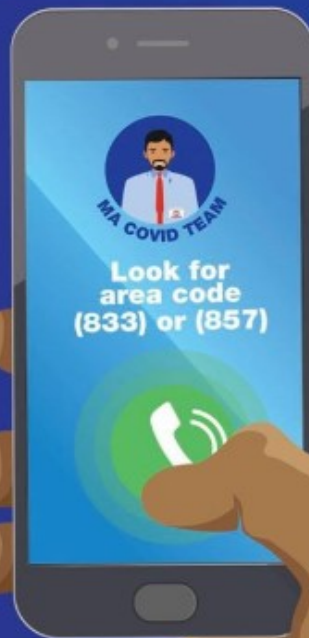
The greatest act of love is answering the call. If you've tested positive for COVID-19, the MA COVID Team will be reaching out via phone to connect you with the support you need through quarantine and to identify your close contacts to stop the spread.

Your caller ID will show the call is coming from

MA COVID TEAM
(833) or (857)

Answer the call.
Stop the virus.

#COVID19MA



Community Tracing Collaborative



**Partners
In Health**

Your name will
not be released.



The Town of Essex has installed a drop box at Town Hall that can be used to drop payments off for town bills, election ballots and various applications. It is located under the portico near the front door to Town Hall. Please do not deposit CASH! The drop box will be opened daily during normal business hours. Keep in mind that payments dropped off will not be credited until the following day.

ERRANDS/GROCERIES HELP

We have volunteers working with the towns of Wenham and Hamilton who have offered to assist Essex seniors with their errands and groceries. If you would like to participate, please contact Mark Gray at 1-978-310-9358.

Please note that the volunteers in this program have completed background checks through the Town of Wenham.

Do you want to get set-up with Zoom or other digital platforms so that you can participate in Senior Center programming? Gil Frieden has offered to help! Call us and we will get you in touch!

IRS STIMULUS CHECK

Most people have received their economic stimulus payment, but not everyone has. Please know that the IRS has sent some of these in the form of a Prepaid VISA Debit card. It comes in a white envelope, without other markings. This is intended for those who have no bank account information on file with the IRS or Social Security.

Town of Essex Updates

Annual Town Meeting June 13, 2020

The Essex Board of Selectmen voted to reschedule the 2020 Annual Town Meeting to a new date of Saturday June 13, 2020. at 10:00AM. The meeting will be held outdoors on the grounds of the Essex Elementary School, 12 Story Street. Please wear you own face covering, however disposable masks will be available. Chairs will be set up to 6 feet apart. The warrant can be found at www.essexma.org, or a paper copy can be picked up at the Senior Center. Please call to let us know you would like one.

Annual Town Election June 22, 2020

The Essex Board of Selectmen voted to reschedule the Annual Town Election to a new date of June 22, 2020. The election will be held at the Essex Memorial Fire Station, 24 Martin Street. Polls will be open from 12:00 p.m. - 6:00 p.m. The Act also allows for increasing voting options by mail for this election; namely by absentee ballot for any person taking precautions related to COVID-19 and by early voting by mail for any reason (ballots are now available at Town Hall).

The following offices will be on the ballot and the following candidates have been certified by the Board of Registrars for each office:

One Assessor for 3 years

Steve A. Poulos

One Moderator for 1 year

Jeffrey David Jones

One Selectman for 3 years

Guy D. Bradford and Peter Hoare

Two Constables for 1 year

Robert P. Bradley and William J. S. Knovak

One School Committee member for 3 years

Theresa L. Whitman

One Board of Library Trustee for 3 years

Diane E. Kotch

One Planning Board member for 5 years

Lisa J. O'Donnell



Absentee and Early Ballot Applications can be downloaded from the MA Secretary of the Commonwealth's website, the Town Clerk's page on the Town of Essex website, www.essexma.org, or mailed to you by request to the Essex Town Clerk. The ONLY (but important) difference between Absentee and Early ballots are that once you return a completed ballot to election officials, only a person who voted by Absentee ballot may appear in person at the polls on election day to request a new ballot. That person may ONLY vote with the new ballot if their first ballot has not yet been processed.

The deadline to register to vote for the June 22, 2020 election is Friday, June 12. The Board of Registrars will hold a registration session at Town Hall on June 12th from 2pm to 4pm and from 7pm to 8pm.

Please contact Pamela Thorne, Town Clerk/Chief Election Officer, with any questions. 978-768-7111

Transportation

Transportation to the Annual Town Meeting will be provided by CATA. If you need transportation to the meeting, please call CATA or the Essex COA to make arrangements. While exact schedules are being worked out, we will have a few different times available for a return ride.

Activities

ESSEX COA ACTIVITIES via ZOOM

Mondays 10:30 A.M.

"Game Day" play Bingo, Trivia, etc ~ join us for some fun and a little friendly competition!

ZOOM ID 396 136 822 PW:01929

Tuesdays 10:30 A.M.

"Balance Class with Diana Daly" ~ Dianna will get you grooving to fabulous music while you perform a variety of Fall Prevention and Strengthening Exercises. Appropriate for all fitness levels.

ZOOM ID 396 136 822 PW:01929

Thursdays

"Coffee Social" ~ join Kristin and Tess and your neighbors for a lively discussion about what you have been up to, what is happening in town, or just saying hello and sharing a few laughs and the joy of socializing with your friends!!

ZOOM ID 396 136 822 PW:01929

Fridays 10:30 A.M.

"Yoga with Diana Daly" ~ Modified yoga stretching and exercises designed to develop mind and body.

ZOOM ID 396 136 822 PW:01929

See Page 6 for full calendar of activities for the month

GRAB 'N GO MENU

June 1 Baked Fish with Sweet Potato, Zucchini, Chilled Fruit Cup, with Milk

June 8 Chicken Pot Pie with Steamed Red Bliss Potatoes, Multigrain Bread, with Yogurt, Juice

June 15 Meatballs and Pasta in Marinara Sauce, Garlic Spinach, Scallion Bread, Fruit, Milk

June 22 TBD

June 29 Chicken Cordon Bleu with Supreme Sauce, Mashed Potatoes, Brussels Sprouts, Lemon Cookie, Milk

12:00 p.m. Pick-up at Essex Senior Center; RSVP by previous Thursday to reserve meal. Meals are subject to change.

OTHER OPTIONS TO CHECK OUT!

From the Essex Public Library:

BOOK DROP NOW OPEN! Borrowed materials, as well as items from EES, may now be dropped off in the outside bin. Visit www.hoopladigital.com for access to ebooks, e-audio, music, and movies. Enjoy 5 free downloads per month with your library card and no waiting! All items are instantly available.

From the Wenham COA:

Barrie Levine's Writing Group is migrating straight to your home! Every other Thursday (June 11th, 25th, July 9th, 23rd) join your peers to respond to a 10-minute writing prompt plus an assignment to prepare in advance and share - no pressure, you won't be graded! Program available via ZOOM: <https://zoom.us/j/96479895250>

From the Ipswich COA:

The Ipswich Family YMCA has made several workout available during the pandemic to anyone in the community - no excuses now!! www.northshoreymca.org/virtual-workouts

Social Services



Medicare Questions?

Are you turning 65 in the next three months?

Are you over 65 and need to enroll soon?

Do you understand your Medicare deadlines and options?

Are you having trouble paying for medical expenses and prescription drugs?



If any of these apply to you, contact the **SHINE** (Serving Health Insurance Needs of Everyone...on Medicare) program. Certified SHINE counselors offer free, confidential counseling on all aspects of health insurance to anyone on Medicare. Kristin Crockett is the SHINE Counselor here in Essex. You may also call 1-800-AGE-INFO and press 4. Once you get the SHINE answering machine, leave your name, phone number and town. A counselor will call you back as soon as possible. Please note that the return call may come from a restricted number.

If you missed your opportunity to apply for Medicare Part A and/or Medicare Part B due to closures at Social Security, you may have more time to enroll without penalty. An extension has been granted through June 17, 2020. If this applies to you, please get in touch with a SHINE Counselor for assistance.

Registry of Motor Vehicles Updates:

The Registry of Motor Vehicles announced additional extensions to licenses, inspections, and registrations.

Here are the new expirations dates for licenses/IDs:

<u>Original Expiration:</u>	<u>New Expiration:</u>
March, April, May 2020	September 2020
June 2020	October 2020
July 2020	November 2020
August 2020	December 2020

Vehicle inspections that expired in March, April, or May will be extended until July 31, 2020. No additional extensions will be applied. Inspection stations are open at their own discretion and within public health guidelines.

All passenger plates that expired in March, April, May or will expire in June have been extended until July 31, 2020. Registration renewals can be completed online.

Transportation



The Cape Ann Regional Transit Authority is now offering Essex Residents transportation to and from 1st and 2nd dialysis shifts Mon through Sat in Beverly! For more information, call CATA or speak to your dialysis center.

Please note: during the closures caused by the novel coronavirus, the Essex Council on Aging will only be providing transportation to medical appointments and the grocery store. CATA will still be providing trips to Market Basket on Fridays. The Manchester Council on Aging will also be offering grocery store rides.

Individual Trips: Provided by Beauport Ambulance Services **978-281-6955**
Mon - Fri 8 AM - 4 PM: Essex, Ipswich, Rockport, Gloucester, Manchester, Hamilton, Wenham, Beverly, Danvers Peabody

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**

Senior Care RSVP Medical Transportation: **978-281-1750**
Manchester Council on Aging **978-526-7500**

The COA is happy to assist, but please do not leave a voicemail regarding transportation!

June 2020

MON	TUE	WED	THU	FRI
1 10:30 BINGO Zoom: 396-136-822 PW: 01929 12:00 Grab and Go Lunch (menu on Page 4) <i>It's National Trails Day! Head out and go for a walk.</i>	2 10:30 Balance in Motion Zoom: 396-136-822 PW: 01929 6:00 ECOA BOARD MTG via ZOOM ID# 968 706 7633 PW: 01929	3 ECOA Closed <i>Why not visit the animals at the San Diego Zoo? www.sandiegozoo.com/ live-cams</i>	4 10:30 Coffee Social Zoom: 396-136-822 PW: 01929 <i>Don't forget to RSVP for groceries and next week's Grab and Go Meal</i>	5 10:30 Chair Yoga Zoom: 396-136-822 PW: 01929 12:00 Grocery Pick up at EES
8 10:30 US Trivia Zoom: 396-136-822 PW: 01929 12:00 Grab and Go Lunch (menu on Page 4) <i>It's National Best Friends Day. Take a moment and call yours!</i>	9 10:30 Balance in Motion Zoom: 396-136-822 PW: 01929 6:30 FRIENDS COA MTG via ZOOM ID# 968 706 7633 PW: 01929	10 ECOA Closed <i>Try a new fitness class at the Ipswich Y online!</i>	11 10:30 Coffee Social with Town Clerk Pamela Thorne Zoom: 396-136-822 PW: 01929 <i>Don't forget to RSVP for groceries and next week's Grab and Go Meal</i>	12 10:30 Chair Yoga Zoom: 396-136-822 PW: 01929 12:00 Grocery Pick up at EES <i>Town meeting is to- morrow!</i>
15 10:30 BINGO Zoom: 396-136-822 PW: 01929 12:00 Grab and Go Lunch (menu on Page 4) <i>Write a letter to a family member or friend</i>	16 10:30 Balance in Motion Zoom: 396-136-822 PW: 01929 <i>Today's a great day to complete your Census!</i>	17 ECOA Closed <i>Practice taking a selfie on your cellphone to get ready for National Selfie day on June 21!</i>	18 10:30 Coffee Social— Bring your pet Zoom: 396-136-822 PW: 01929 <i>Don't forget to RSVP for groceries and next week's Grab and Go Meal</i>	19 10:30 Chair Yoga Zoom: 396-136-822 PW: 01929 12:00 Grocery Pick up at EES
22 10:30 Music Trivia Zoom: 396-136-822 PW: 01929 12:00 Grab and Go Lunch (menu on Page 4) <i>Don't forget to vote today</i>	23 10:30 Balance in Motion Zoom: 396-136-822 PW: 01929 <i>Take a virtual tour at NASA.gov</i>	24 ECOA Closed <i>Break out your favorite cookbook and make a recipe you haven't had in a while.</i>	25 10:30 Coffee Social— Essex Stories Zoom: 396-136-822 PW: 01929 <i>Don't forget to RSVP for groceries and next week's Grab and Go Meal</i>	26 10:30 Chair Yoga Zoom: 396-136-822 PW: 01929 12:00 Grocery Pick up at EES
29 10:30 Medicare Q&A with Kristin Zoom: 396-136-822 PW: 01929 12:00 Grab and Go Lunch (menu on Page 4)	30 10:30 Balance in Motion Zoom: 396-136-822 PW: 01929 <i>Clean out your junk drawer!</i>	<p>*****</p> <p>*****</p> <p>Each time you partici- pate in a ZOOM session your name will be en- tered into a drawing for a GIFT CARD!</p>		SHARE YOUR STORY Who was your favor- ite teacher?

How to Access ZOOM events:

By phone: Call 1-929-205-6099 Enter your meeting ID followed by #. You will not have a participant ID so just press #. Enter Password (01929) and press #. You can mute, or unmute yourself by pressing *6.

On a computer or tablet: Go to www.zoom.com Click "Join a Meeting". If you are asked "do you want to allow this page to open "zoom.us<<http://zoom.us>>?" Click Yes. Enter the Meeting ID in the box and click "Join". Enter your name and click "Join with Audio " or "use device audio". Click "Join with Video".

Reminders: Be sure the volume is turned all the way up on your device. Be sure the camera on your device is not blocked (small hole at top of computer screen). If you are using an iPhone or iPad, be sure you have downloaded the

More Information

Reopening of Massachusetts

On May 18th, Governor Baker announced the 4 phased approach to reopening Massachusetts. We have included the general guidelines for Phases 1 and 2. At the time of printing we were entering Phase 1, with Phase 2 anticipated to start no sooner than June 8. Please be sure to check with an individual business/location/provider on their specific policies.

Please note that moving from one phase to another is dependent on positive trends in health metrics listed on pg 1.

As residents of Massachusetts, we are all in this together. Across all phases of reopening, please:



Cover your face



Wash your hands



Socially distance



Be vigilant for symptoms



Stay home if you feel sick

Phase 1

- Gathering size is still less than 10, and there is a safer at home advisory
- Essential Businesses are still open
- These businesses will be open with restrictions:
 - * Limited Personal Services, including hair, pet grooming and car washes
 - * Retail, with remote fulfillment / curbside pickup
- Health Care Providers may provide high priority preventative care, and treatment for high-risk conditions
- Under specific guidelines these recreational/outdoor locations may open: Beaches; Parks; Drive-in Theaters; some athletic fields; some outdoor adventure activities, most fishing, hunting and boating; outdoor zoos, gardens, reserves, and public installations.
- Worship services with specific guidelines

Phase 2

- Gathering size TBD, Business and Recreational travel discouraged
- These businesses will be able to open, with restrictions:
 - * Restaurants, Lodging, Retail, Additional Personal Services, including Nail Salons, and Day Spas
- Expanded ambulatory health care, including less urgent preventative services, procedures, and care (dental cleanings and certain elective procedures)
- Day Programs, such as Adult Day Health
- Under specific guidelines these recreational/outdoor locations may open: Campgrounds; playgrounds and spray decks; Public and community pools; all athletic fields and courts; youth sports in limited fashion

Essex Businesses Word Search

Our word search is back! This is not an exhaustive list of businesses—the software program limits entries. Please try to support our local businesses. For the word search, please ignore words in ().

(Essex) Bird Shop	Muzio (Designs)
Blue Marlin	(David) Neligan (antiques)
Boathouse	Perim Lang
Building Center	Riversbend
Cape Ann Pizza	Schooner
Cape Ann SUP	Sheas
C.K. Pearl	Sea Meadows
(Village) Creamery	Sheas
Down River	(Andrew) Spindler (Antiques)
ERBA	The Mill
Essex Pizza	(The) Village
Essex River Cruises	Wheelworks (Pottery)
(The) Farm	Windward
Farnhams	Woodmans
(Howard's) Flying Dragon	
Great Marsh (Brewing)	
(Village) Market	

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

Council on Aging *Essex*

17 Pickering Street
Essex, MA 01929

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ESSEX, MA.

RETURN SERVICE REQUESTED

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

The Essex Senior Echo June 2020

Community Caring

Essex is a special place where people take care of each other. That has been even more apparent during this challenging time. The community has come together to get things done and take care of our neighbors. Thank you to Woodman's, the Glass Family, The Building Center, The Mill, the Essex Mask Group, Sea Meadow Gifts, Crosby's Markets of Hamilton and Manchester, Trader Joes and so many of our wonderful residents for their continued generosity and support. Thank you Winfrey's for your donation of delicious chocolate eggs!

Thank you so much to all those who generously donated supplies, financial support, or their time to our Care Baskets.

Grab and Go Lunch NEW! Grab and Go Lunches

Since we cannot offer our weekly Thursday community lunch, we have partnered with SeniorCare, Inc to offer you a "Grab and Go" lunch each Monday. At noon on Mondays, participants can drive or walk to the Senior Center and "grab" a prepared lunch and then "go" home or elsewhere to enjoy the meal! If you are interested in participating in this FREE program, please call the Senior Center to sign up by 4:00 p.m. on Thursday afternoon.

Keep an eye on your mailbox!

The Essex COA will be sending you a survey in June! Since we are closed and moving slowly towards reopening, now is a great time to get your feedback. Think about what you want or need from your town's Senior Center and be sure to send it back!

Friends Donations
**In honor of the COA
Staff
In Memory of Joseph
A. Ginn III**