

Essex Senior Echo

JUNE 2022

Summer is here! Well, almost at least. June 21 is the first official day of summer. It's also National Selfie Day! Will you share your best selfie with us?

In May, the Essex Council on Aging Board of Directors met and elected new officers for the upcoming fiscal year. Congratulations to our newly elected officers Kay L. Joseph, Chairman; Gil Frieden, Vice-Chairman, Beverly Dolinsky, Secretary; Dick Denton, Treasurer. We want to acknowledge Ralph Hawley for his role as Vice Chairman for a number of years. Thank you Ralph! We look forward to continuing to work with you this upcoming year. We also want to take a moment to thank Millie Hamlen. Millie has been a board member for a number of years. She has decided not to seek re-appointment. Thank you Millie for all you've done to make Essex a better place for older adults!

New Brain Health Newsletter Series!

Hello! My name is Margaret and I'm a Boston University Master's Degree student helping out with the health portion of your monthly newsletter! I've spent a lot of time thinking and learning about the brain and everything it does to help us make sense of the world around us. Each month, I'm going to focus on a different aspect of brain health and aging and share what I learn with all of you. From health conditions to tips and tricks, hopefully we can learn a little more about protecting the brain and boosting our memory skills.

Changes in how we remember things and how we think can be scary to consider and learn about. Hopefully, this section will help us all learn why and how this happens and what we can do to stay active and sharp! ~Margaret

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
3:00 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

Dawn Burnham
Ralph Hawley
Millie Hamlen
Sue Lufkin
Susan Parady
Diane Polley
Mary Wilhelm

Council on Aging Staff:

Director: Kristin Crockett
kcrockett@essexma.org
Outreach Coordinator:
Tess Leary
tleary@essexma.org
Clerk: Kim Lufkin Williams
kwilliams@essexma.org

Follow us on Facebook!

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

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



WORLD ELDER ABUSE AWARENESS DAY

Building Strong Support for Elders

As Americans, we believe in justice for all. Yet, every year an estimated 5 million, or 1 in 10 older Americans experience elder abuse, neglect, or exploitation. Working together, we can build the social supports that can prevent this abuse and keep everyone safe as we age. World Elder Abuse Awareness Day (WEAAD) was launched on June 15, 2006 by the International Network for the Prevention of Elder Abuse and the World Health Organization at the United Nations. The purpose of WEAAD is to provide an opportunity for communities around the world to promote a better understanding of abuse and neglect of older persons by raising awareness of the cultural, social, economic and demographic processes affecting elder abuse and neglect.

**TO REPORT ELDER ABUSE OR AN
ELDER AT RISK, CALL
(800) 922-2275.**

Medicare Update

Part B Enrollment

Did you miss the Part B Enrollment Period? Due to technical issues experienced by Social Security, there is now an opportunity to apply for Part B without penalty.

For more information, please speak with Kristin or Tess, or contact Social Security at 800-772-1213. .

Health Savings Accounts

Are you still working and have a high deductible health insurance plan with an HSA (Health Savings Account)? If you have an HSA and will soon be eligible for Medicare, it is important to understand how enrolling in Medicare will affect your HSA. You can not contribute to an HSA while on Medicare, and should discontinue contributing 6 months prior to joining Medicare. For more questions about HSAs and Medicare, contact your tax professional.



SCAM ALERT: AVOIDING CHARITY SCAMS

If you're considering a request for a donation to a charity, do some research before you give. By finding out as much as you can about the charity, you can avoid fraudsters who try to take advantage of your generosity. Here are tips to help make sure your contribution doesn't go to a scammer:

- Ask for detailed information about the charity, including name, address, and telephone number
- Get the exact name and do some research
- Call the charity directly and find out if they are aware of the solicitation. • Find out if the charity or fundraiser must be registered
- Ask if the caller is a paid fundraiser. If so, ask: * Name of the charity they represent * The percentage of your donation that will go to the charity * How much will go to the actual cause * How much will go to the fundraiser
- Keep a record of your donations
- Never wire money to someone claiming to be a charity, and never send cash.

Covid Tests

Medicare covers up to 8 over-the-counter COVID-19 tests each calendar month, at no cost to you. This coverage continues until the COVID-19 public health emergency (PHE) ends. Medicare Part B (Medical Insurance) will cover these tests if you have Part B. If you are in a Medicare Advantage Plan, you might need to show your red, white, and blue Medicare card to get your free over-the-counter COVID-19 tests (even if you have another card for a Medicare Advantage Plan or Medicare Part D plan).

Every home in the US is now eligible to order a third round of COVID tests through the US Government. If you would like to order a test, please visit <https://www.covid.gov/tests> or call 800-232-0233.

At times, the Council on Aging may have COVID tests available. Please note, when received, these tests are distributed on a first come, first serve basis to Essex residents.

FRIENDS OF THE ESSEX COA PRESENT:

Annual BBQ

Tuesday, June 28

11:30 A.M. - 2:00 P.M.

Tuck's Point, 17 Tuck's Point Lane

Manchester-by-the-Sea

PLEASE RSVP BY JUNE 24

Join us for a summer BBQ complete with Grilled Chicken, Grilled Hamburgers, a variety of salads, and Strawberry Shortcake for dessert!

\$5.00 Per Person



Activities and Special Events



Monthly Cookie Delivery

Who doesn't love homemade cookies? Sign up for a monthly delivery of fresh baked cookies.

Sponsored by the Friends of the Essex Council on Aging!

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
Thursdays 4:00 - 5:00 Neighborly Knitting
Monthly Art Class with Lowell and Kate
Wednesday June 22 1:00 PM

MONDAYS

Zumba Gold 9:30

Yoga 5:00

TUESDAYS

Balance in Motion 10:00

WEDNESDAYS

Fit Over 50 10:00

FRIDAYS

Balance in Motion 10:00

VIRTUAL

For Every Body Fitness
Channel 67
Part of the Cape Ann
Virtual Senior Center

BRINGING THE WORLD TO YOU
with BEEYONDER
10:30 AM June 15th

ZADAR is the oldest continuously inhabited city in Croatia - inhabited as early as the late Stone Age! The city has a fascinating history and a number of interesting sites we will visit on this tour.



Please call to RSVP

BOOK CLUB

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

Tuesday, June 28 - "The Library Book"
by Susan Orlean

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



New members are always welcome!

**COOKING
FOR 1 OR 2**

WEDNESDAYS

3:30 - 4:30 PM

June 1 - Tin Foil cooking
June 8 - Salmon Cakes



Ongoing Activities and Programs

COA FITNESS PROGRAMS



YOGA: Mondays 5:00 PM \$5.00 per class

Dianna is back to lead you in healthy movements and poses that will leave you feeling relaxed and limber!

BALANCE IN MOTION: Donation Requested

Tuesdays 10:00 AM

Fridays 10:00 AM

FIT OVER FIFTY: Donation Requested

Wednesdays 10:00 AM



ZUMBA GOLD with Shelby \$7.00 per class

Mondays 9:30 AM Get your dancing shoes on and join this fun, energetic dance class!

WALKING CLUB: The MCOA Walk Massachusetts Challenge is just around the corner and this year it is open to EVERYONE aged 5 and older! Sign up at: www.walkmachallenge.com starting April 1. Are you interested in leading a walking group? Meet at the Center or meet at a trail! Call us and let us know.

COA ACTIVITIES

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

New day! Come join Gil on Thursday afternoons!

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

Special crafting class held the 2nd Tuesday each month.

Book Club Tuesday June 28th

Cooking with Dawn Wednesdays, June 1st and 8th

Drop-In Games Tuesdays- Scrabble - 11:00AM

Grab & Go Meals Mondays & Thursdays NOON

Please call and register. Menus provided at the beginning of the month!

Mobile Market June 10th and June 17th

Neighborly Knitting Thursdays, 4:00 P.M.

COA Board Meeting Tuesday, June 7th

Friends Monthly Meeting Tuesday, June 14th

Ladies Brunch Tuesday, June 21st

Tech Help with Sarah Tuesdays, June 14th and 28th

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 12:00, 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
Mary Wilhelm, Vice President
Ellen Hull, Secretary
Kay Joseph, Treasurer

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

Only 2 bags per person are allowed on the bus.

Per the Governor's Executive Order, all riders must wear a face covering that completely covers their nose and mouth while using public transit. Please maintain a safe distance from others and stay home if you are not feeling well.

Cape Ann Seniors on the GO is a collaborative effort of:



CAPE ANN Essex Council on Aging

Transportation for Essex seniors is provided through CATA for \$2.50 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

For Your Health

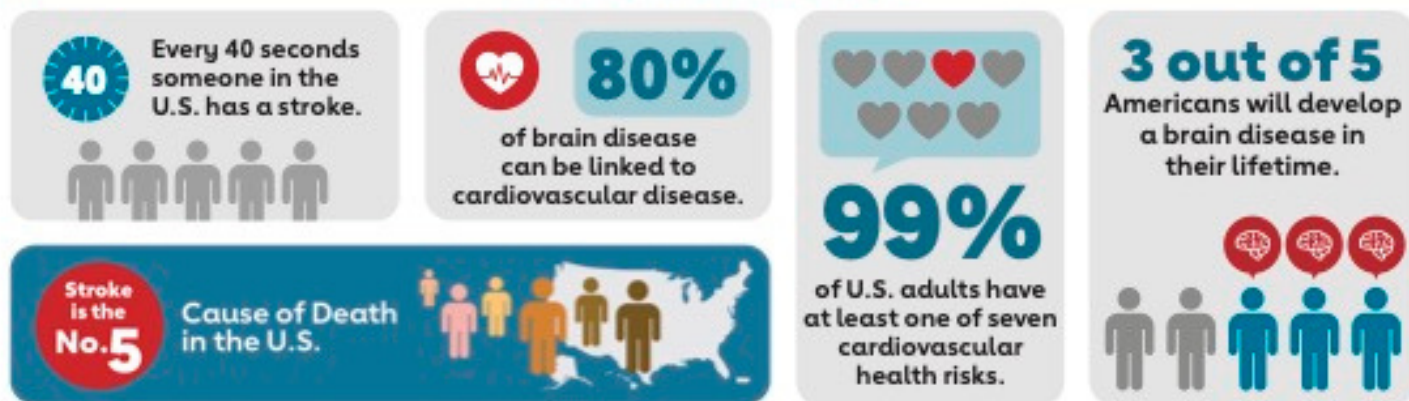


American
Stroke
Association.
A Division of the
American Heart Association.

Brain Health and Healthy Aging

As you age, a healthy body is key to a healthy brain and sharp mind. Stay healthy and active to help reduce your risk of stroke, heart disease, memory loss and difficulty with thinking and learning.

BY THE NUMBERS



YOUR LIFESTYLE CHOICES AFFECT YOUR BRAIN HEALTH

It's never too late to start making healthier choices:



Get enough sleep

Adults need 7–9 hours per night. Teenagers and children need more.



Get regular checkups

Schedule regular visits with your health care provider. Talk about how to control or manage your risk factors.



Move more, sit less

Aim for 150 minutes of moderate aerobic exercise per week or 75 minutes of vigorous exercise (or a combination) per week.



Eat healthy

Increase the amount of fruits and vegetables you eat. Reduce your intake of sodium, added sugar and saturated and trans fats.



Don't smoke or vape

If you currently smoke or vape, quit.

HOW CAN I LEARN MORE?

1

Talk with your health care provider

2

Call 1-888-4-STROKE (1-888-478-7653) or visit heart.org/BrainHealth

©Copyright 2020 American Heart Association, Inc., a 501(c)(3) not-for-profit. All rights reserved. American Stroke Association is a registered trademark of the AHA. Unauthorized use prohibited. DS16226 6/20

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.

Planning Your Life:

The Next Phase

A Free Monthly Speaker Series



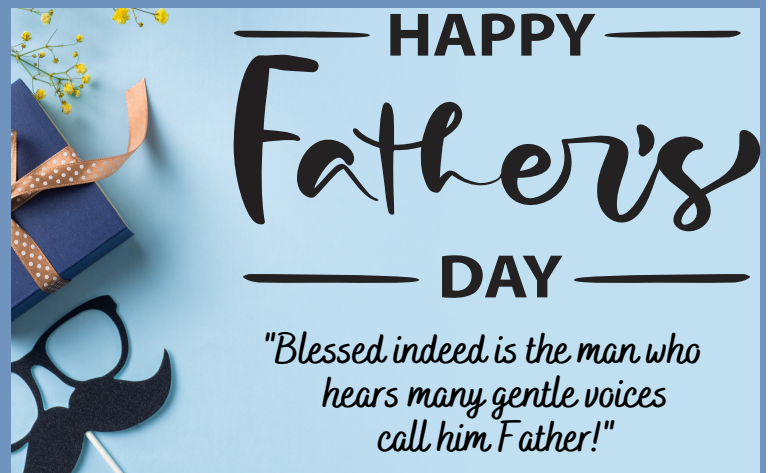
Getting Organized!

June 21
7:00 PM

Do you want to downsize, but don't know where to begin? Do you know how to tell if your items are trash or treasure? Join us for this event!

Check out what's happening!

- New Brain Health Newsletter Series
- Friends Annual BBQ is this month! Make sure you get in your RSVP soon, so you don't miss out.



Trips and Excursions

Simon Pearce Glassblowing and King Arthur Fall Foliage Trip - October 6 - \$129

Head to Vermont and enjoy the fabulous foliage, stop at Queechee Gorge for some amazing views and then take a guided tour of the headquarters of Simon Pearce and experience hand made glass blowing in progress! After enjoying a fantastic meal at The Mill Restaurant (the Vermont Cheddar Soup is highly recommended) we'll travel to the King Arthur Factory for a tour that will delight your senses! Choice of Ocean Trout OR Grilled Chicken Sandwich. This is a Best of Times trip that includes transportation by Motorcoach. Contact Essex COA for more details and to register.

"BEST OF TIMES" SHOWS*

MICHAEL BUBLE TRIBUTE ~ TUESDAY, SEPTEMBER 21 ~ \$74

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

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

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

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

includes 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

Reserve your tickets soon, deadlines come and go quickly!

Transportation is on your own. Contact the COA for assistance.

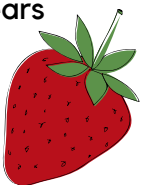
Just for Fun

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

June Facts

(Find the underlined words)

1. June is Accordion Awareness Month.
2. If your birthday is in June, you are either a Cancer or a Gemini sign
3. June 21st is the summer solstice, that's the day with the most daylight of the year and the start of summer!
4. Father's Day is June 19th this year!
5. Flag Day is June 14th.
6. Juneteenth (6/19) celebrates the reading of the Emancipation Proclamation in Texas in 1865, years after the end of slavery.
7. June's gemstone: Pearl
8. June's flower: Rose
9. Full moon: Strawberry moon
10. A nice time to have a picnic in the sun!



June 2022

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

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

1
10:00 Fit over Fifty
11:30 Bowling Cape
Ann Lanes, 978-283-
9753
3:30 Cooking for 1
or 2

2
9:30 Activity
Planning Meeting
12:00 Grab 'n Go
3:00 Games
4:00 Neighborly
Knitting

3
9:30 Blood Pressure
10:00 Mobile Market

6
9:30 ZUMBA GOLD
10:30 Shredding
10:30 Essex Tech
Lunch
12:00 Grab 'n Go
1:00 Senior Club
5:00 Yoga

7
10:00 Balance Class
11:00 SCRABBLE
1:00 Arts and Crafts
6:00 ECOA Board
Meeting

8
10:00 Fit over Fifty
11:30 Bowling Cape
Ann Lanes, 978-283-
9753
3:30 Cooking for 1
or 2

9
10:00 Talk of the
Town
12:00 Grab 'n Go
3:00 Games
4:00 Neighborly
Knitting

10
10:00 Balance in
Motion
10:00 Mobile Market

13
9:30 ZUMBA GOLD
10:30 Shredding
12:00 Grab 'n Go
5:00 Yoga

14
10:00 Balance Class
11:00 SCRABBLE
1:00 Arts and Crafts
3:00 Friends Mtg
3:30 Teen Tech
Tess Vacation

15
10:00 Fit over Fifty
10:30 Beeyonder Virtual
Travel
11:00 Nutrition
Presentation
11:30 Bowling Cape Ann
Lanes, 978-283-9753
Tess Vacation

16
12:00 Grab 'n Go
3:00 Games
4:00 Neighborly
Knitting
Tess Vacation

17
10:00 Balance in
Motion
10:00 Mobile Market
Tess Vacation

20
9:30 ZUMBA GOLD
10:30 Shredding
12:00 Grab 'n Go
1:00 Senior Club
5:00 Yoga
Tess Vacation

21
10:00 Balance Class
11:00 Ladies Brunch
11:00 SCRABBLE
1:00 Arts and Crafts
7:00 Speaker Series:
Downsizing
Tess Vacation

22
10:00 Fit over Fifty
11:00 Cribbage
11:30 Bowling Cape Ann
Lanes, 978-283-9753
2:00 Art with Lowell and
Kate
Tess Vacation

23
10:30 Sen Tarr's Rep
11:00 "Patsy Cline"
12:00 Grab 'n Go
12:30 Veteran Service
Office Hours
3:00 Games
4:00 Neighborly Knitting
Tess Vacation

24
10:00 Balance in
Motion
Tess Vacation

27
9:30 ZUMBA GOLD
10:30 Shredding
12:00 Grab 'n Go
5:00 PM Yoga

28
10:00 Balance Class
11:00 SCRABBLE
11:30 Friends Annual
BBQ
1:00 Arts and Crafts
1:00 PM Book Club
3:30 PM Teen Tech

29
10:00 Fit over Fifty
11:30 Bowling Cape
Ann Lanes, 978-283-
9753

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