

# The Essex Senior Echo

## March 2019

"This coming Thursday is the 100th day of school. To celebrate, we will be dressing as a 100-year old." This was an email I received from my daughter's 3rd grade teacher. Classrooms around the country acknowledge the achievement of 100 days of school but there are better ways to celebrate 100 days of school, and to celebrate aging.

I imagine my daughter's teacher was surprised to receive my reply stating that my daughter would not be participating, and that this exercise is inherently flawed. Instead of touting hair curlers and wrinkles, we should be giving our children positive views of aging, and showing them the wisdom that aging can bring, and the tremendous value older adults have in our families and our communities. This is the message I set forth to deliver to 40 or so 8 and 9 year olds. We talked about how much they've accomplished in the 100 school days, and how much they've grown and learned in their short 8 or 9 years. We then talked about how much a 100 year old man or woman would have learned and experienced. Using a book to represent a year's worth of knowledge, we collectively made a pile of 100 books and the kids were amazed.

How many of us have a positive view of aging? Ashton Applewhite, an anti-ageism activist, gives great advice on how to counter ageist tendencies. First, embrace your age, and be proud of growing older. Second, pay attention to words and phrases that denote a negativity about aging. Expressions like "back in our day" or "when we were in our prime" set up a value proposition that just isn't true. It is still very much 'our day' and we are still very much in 'our prime'. Finally, promote intergenerational life.

Our society is very much age-segregated. Try to remember that we all offer a great deal of value to our communities.

A few days after I visited my daughter's classroom, she confessed that despite my objections, she still participated in the dress up day. She went on to explain that she didn't do fake wrinkles, or grey hairspray. She didn't wear rollers in her hair because no one wears rollers in their hair. I asked her to remind me what she wore, and she replied "regular clothes, like anyone would wear". And so it would seem that at least one of the 40 children were listening.

### INCLEMENT WEATHER POLICY

**If Manchester-Essex Schools have a delayed opening, or are closed, the Essex Senior Center will also be closed.**

Please be sure to RSVP so we can contact you with cancellations.



Cancellations by Beaufort and CATA will be managed by them directly. Number can be found for each agency in this newsletter.

### Parking Reminder:

The Town of Essex Parking Ban takes effect December 1. There is no parking on any street from midnight through dawn, except for Pickering St. (Eastern side)

Unfortunately, parking at the Senior Center can be difficult.

Please be courteous to our neighbors and do not block driveways - some are not paved.

Thank you for your consideration.

### Council on Aging Board :

**Chairman**

**Michele French**

**Vice Chairman**

**Ralph Hawley**

**Secretary**

**Priscilla Doucette**

**Treasurer**

**Kay Joseph**

**Members at Large**

**Nancy Beattie  
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**

# Social Services

## Veteran's Coffee Social

We are excited to announce that the Essex Senior Center will be sponsoring a Veteran's Coffee Social, for veterans of ALL AGES.

### Essex—Senior Center

17 Pickering St.

Wednesdays 9:00 AM

### Beverly - Vittorri-Rocci Post 56

143 Brimbal Ave.

Saturdays 8:30AM—10:00AM

### Gloucester -Veteran's Services

12 Emerson Ave.

Fridays 7:30AM—9AM

### Rockport -American Legion

32 Beach St.

Saturdays 8:00 AM—10:00 AM

## Fuel Assistance

Did you know that as many as 1 in 3 families living in Cape Ann may be eligible for some fuel assistance? Action Inc.'s Fuel Assistance program is designed to help you pay your energy bills. This free, no-cost program is available to anyone who meets eligibility guidelines. All you have to do is apply.

Action Inc. will work with you to determine your eligibility for discounts on your electricity, gas, oil, and phone utility bills. Some participants may also be eligible for free weatherization, or energy efficient appliances and heating systems.

Call today at 978-281-3900 to see if you qualify.

## Federal Trade Commission Scam Warning

The Federal Trade Commission is getting reports about people pretending to be from the Social Security Administration (SSA) who are trying to get your Social Security number and even your money.

- The SSA will never call and ask for your Social Security number. It will not ask you to pay anything. It won't call to threaten your benefits.
- Your caller ID might show the SSA's real phone number (1-800-772-1213), **but that's not the real SSA calling. Computers make it easy to show any number on caller ID. You cannot trust what you see there.**
- **Never** give your Social Security number to anyone who contacts you in this way. **Do not confirm the last 4 digits.** Do not give a bank account or credit card number – ever – to anybody who contacts you by phone asking for it.

## ESSEX COUNCIL ON AGING 100 CUPS OF COFFEE

Kristin and Tess plan to meet with  
100 new faces for a cup of coffee  
in 2019!



### 100 Cups of Coffee

*Our new and exciting initiative at the Essex Council on Aging—100 Cups of Coffee—has officially begun. We have already enjoyed coffee and tea with a number of amazing Essex Residents and Businesses. You can come to us and see the center, or we can come to you. Kristin and Tess are both excited about this opportunity to get to meet new people, and help make better connections in this wonderful community!*

*Have you scheduled your cup of coffee?*

# Special Events



## **MARDI GRAS—Tuesday March 5**

In celebration of Mardi Gras Season  
The Essex COA will be serving a traditional Pancake Dinner on  
Donations appreciated

## ***Friends of the Council on Aging Italian Luncheon—Monday April 8 \$5.00***

The Friends of the Essex Council on Aging are sponsoring a fantastic Italian Luncheon Buffet with food from Destino's in Gloucester.

12: 00 PM

Limit: 35 Please RSVP Early!



## ***Red Sox Home Opener Celebration: Tuesday April 9***



Join us as we watch the Presentation of the World Series Trophy to the Boston Red Sox. Lunch will be served, along with Soft Pretzels donated by Honeycomb in Hamilton.

Limit 28 Please RSVP

## **Essex Senior Club**

The Essex Senior Club meets on the 1st and 3rd Monday each month for a business meeting, lunch, and BINGO. For more information about the club, meetings, or how to become a member, please speak with Martha Thompson, Kay Joseph or Nancy Paone.

## **Book Club**

There are few things more enjoyable than settling in with a good book and a cup of tea to wile away the winter hours... except maybe reading a great book and then gathering with friends for a lively discussion! Please join us for **BOOK CLUB** – bring your ideas and enthusiasm on

**Tuesday, March 26 at 11:00 a.m.**

## **Lunch and Learn**

The Essex COA will be providing a speaker and lunch at least once each month. Typically these events will be on Thursdays, however due to scheduling availability, it may be a different day. 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!



## ***Thursday, March 14 “Ireland to America”***

***Roger Ticknell***

***1:30 P.M.***

***\*Please note: Lunch will be served at 12:30 p.m.\****

Celebrate the “wearing of the green” and join us for some Irish and Irish-American sing-a-longs, beautiful ballads, lively instruments, Irish Step Dancing and Spoon playing instruction as well!

\*Lunch will be a traditional St. Patrick's Day meal with Corned Beef, Cabbage, and more!

## ***Thursday, March 21 “CBD Oil”***

***Lunch: 12:00 Presentation: 1:00***

Kurt Kalker, RN from Cape Ann Botanicals will be joining us and delivering an informational presentation about how CBD can be effective for a multitude of issues relating to quality of life.

As a practicing nurse for 25 years, he understands the health challenges facing the aging population. He encourages audience participation as he reviews the science and promising research around CBD and how it can be an effective alternative to pharmaceuticals for seniors. Here's a sample of the topics he will be discussing: \*What is CBD and the science of how it works in the body •The benefits of CBD specifically for mood and mobility. • Studies about CBD effectiveness with Cancer, Dementia and Parkinson's.

***Upcoming: YMCA Programming, Stroke Prevention***



# For Your Health



## WALK MASSACHUSETTS CHALLENGE

Lace up your sneakers, grab some friends, and join us in the Walk Massachusetts Challenge to help us win money for fitness programs, and you could possibly win a \$50 Visa gift card!

**The challenge runs from April 1 to September 30.** In that time, if you and your team of friends complete the challenge, you get entered into a drawing for a \$50 Visa Gift card, and for each team that completes the challenge, our Council on Aging gets entered for \$250 to put toward fitness programming!

### Here's how it works:

You and three friends form a team and choose a challenge. You can choose either Border Patrol, and walk the equivalent of the Massachusetts border (515 miles), or Mass-ters who walk the equivalent of the total Massachusetts tidal shoreline (1,519 miles). Wow! That sounds like a lot of walking! Not really. The Border Patrol challenge is only about a mile a day, five days a week, per person, and the Mass-ters about three miles a day – less than 10,000 steps! Each person in the team has to complete their personal goal to be entered to win.

Say you'd rather walk on your own. We have challenges for that as well! You could walk from the shores of Provincetown to the mountains of Lee (190 miles), or just 30 minutes a day! Or maybe you're just starting out and don't feel you can walk that much yet. Try the Greylock Gradual Ascent Challenge and start out walking just 7 minutes a day – that could be from the house to the mailbox and back – and add a minute a day every week until you're up to 30 minutes a day.

**Join the challenge** by talking with Kristin or Tess OR going to [www.mcoaonline.com/walkma](http://www.mcoaonline.com/walkma) and signing up! The first 400 people to sign up will receive a water bottle to keep you hydrated on your walks, so sign up today!

## March Madness

D S N C A A C B T W C K N H H  
D T N F C L O U O A H F M T A  
C N K O U Q R V S U R C H G N  
E Y H O I N E T E S N R I U G  
D L F J O P E T T R E C S A T  
N K B V D A M E N E T R E R I  
U W E B L U K A P B G I F D M  
O R T S I C N O H V N L M X E  
B Z W U A R I K L C I T S E T  
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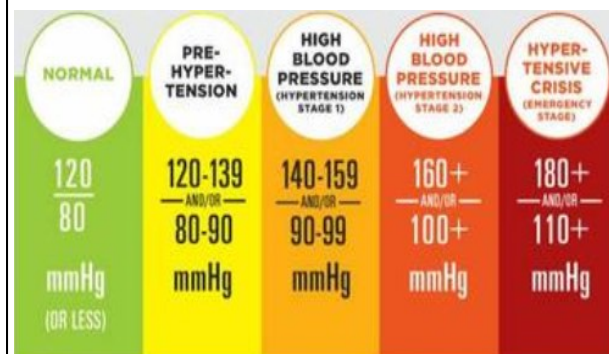
ASSIST  
BRACKETS  
DRIBBLE  
FOUL  
HOOP  
NCAA  
REBOUND  
TRAVELING  
BASKETBALL  
CHAMPIONS  
DUNK  
GUARD  
JUMP  
OVERTIME  
STEAL  
TURNOVER  
BOUNCE  
COACH  
EXERCISE  
HANGTIME  
MADNESS  
PLAYERS  
THREEPTRINTER

## Are you at risk for High Blood Pressure?

If left untreated, it can lead to heart attack or stroke. It is often called the “silent killer” because most people do not have any symptoms or pain and do not know they are in danger.

You are at higher risk if you:

- Have a family member with high blood pressure
- Smoke
- Eat too many unhealthy foods
- Drink too much alcohol
- Have a lot of stress



# March

Monday	Tue	Wed	Thu	Fri
				1 <u>9:30 Market Basket with CATA</u> 10:30 Balance Class
4 9:00 Walking Group 10:30 Sweatin' to the Oldies 12:15 Senior Club 1:30 Art Class	5 10:00 Balance Class 12:00 Mardi Gras Pancake Dinner 1:30 Arts and Crafts 6:00 COA Mtg	6 <u>10:00 Walmart with CATA</u> 11:00 Line Dancing	7 10:30 Sweatin' to the Oldies 12:00 SeniorCare Lunch :  Tess vacation	8 <u>9:30 Market Basket with CATA</u> 10:00 Mobile Market 10:30 Balance Class  Tess vacation
11 8:30 Mens Bkfst 9:00 Walking Group 10:30 Sweatin' to the Oldies 1:30 Art Class 5:30 Yoga  Tess vacation	12 10:00 Balance Class 11:00 Gordon Balance Assessment 1:30 Arts and Crafts  Tess vacation	13 9:00 Veteran's Coffee <u>10:00 XMAS TREE SHOP WITH CATA</u> 11:00 Line Dancing  Tess vacation	14 10:30 Sweatin' to the Oldies 12:00 SeniorCare Lunch : Corned Beef 	15 <u>9:30 Market Basket with CATA</u> 10:30 Balance Class
18 9:00 Walking Group 10:30 Sweatin' to the Oldies 12:15 Senior Club 1:30 Art Class 5:30 Yoga	19 9:00 Village Pancake House 10:00 Balance Class 1:30 Arts and Crafts 6:30 FECOA	20 9:00 Veteran's Coffee <u>10:00 TRADER JOES WITH CATA</u> 11:00 Line Dancing	21 10:30 Sweatin' to the Oldies 12:00 SeniorCare Lunch :	22 <u>9:30 Market Basket with CATA</u> 10:30 Balance Class
25 9:00 Walking Group 10:30 Sweatin' to the Oldies 11:00 Ladies' Brunch & Bingo 5:30 Yoga	26 10:00 Balance Class 11:00 Book Club 1:00 Arts and Crafts	27 9:00 Veteran's Coffee <u>10:00 LIBERTY TREE/NORTHSHORE WITH CATA</u> 11:00 Line Dancing	28 10:30 Sweatin' to the Oldies 12:00 SeniorCare Lunch :	

# 2019 Trips and Events

*We are currently planning our schedule of trips, be sure to check in as new trips will be added throughout the year! All trips will depart from Memorial Park unless otherwise noted.*



## **Mardi Gras Luncheon**

**FREE**

Tuesday, March 5

Join us for lunch as we celebrate Mardi Gras, complete with beads, music, and so much more! Please RSVP at the Senior Center.

## **Boston Flower Show**

**\$25.00**

Wednesday, March 13

Time: TBD

Get a taste of spring at the Annual Boston Flower Show! Cost includes ticket and transportation.

*A minimum of 7 participants is required for this trip to occur. If you would like to attend the event, but want to go a different day, we can provide tickets. Please speak with Kristin or Tess.*

## **St. Patrick's Day Celebration**

**FREE**

Thursday, March 14

**\*12:30 P.M.**

Get your green on for a St. Patty's Day lunch and enjoy some Irish music with Roger Ticknell. Please register at the Senior Center by 3/12

## **Oxford Casino**

**\$15.00**

Wednesday, March 20

**8:00 AM**

Join us for a Wicked Good Time at the Oxford Casino in Oxford, Maine. *Minimum of 7 participants*



## **Red Sox Opening Day:**

**FREE**

Tuesday, April 8

Join us for delicious Sausage Peppers and Onions as we watch the Red Sox World Series Banner and Championship Rings be awarded.

## **Dancing Dream: An ABBA Tribute**

**\$69.00**

April 24

**11:00 AM**

Celebrate the music of one of the most commercially successful acts in the history of popular music, topping the charts worldwide from 1974 to 1982 – ABBA. Luncheon at Danversport included.



## **The Edward Twins**

**\$92.00**

Sunday May 19

Lake Pearl, Wrentham

Your favorite legendary superstars come alive in An Evening with the Stars - 2 brothers impersonate over 100 stars including Sonny and Cher, Billy Joel, Elton John, Tom Jones, Barbra Streisand, Ray Charles, and more! Price includes Ticket, Brunch, and Transportation.

## **Essex COA Health and Wellness Fair**

SAVE THE DATE Wednesday, May 15 **FREE**



## **Redneck Tenors**

**\$69.00**

June 18

Danversport

A new breed in the "tenor genre" – the musical comedy featuring classically trained veteran artists is like Duck Dynasty goes to Carnegie Hall - down home laughs with big city music! Ticket and Luncheon at Danversport is included.



## **Diamond's and Pearls, Cash and Kings**

**\$69.00**

August 28

Wrentham

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



## **Atlantic City Boys**

**\$69.00**

September 17

Danversport

Featuring music of The Beach Boys, The Drifters, The Bee Gees, and Frankie Vallie and the Four Seasons, The Atlantic City Boys offer an exciting mix of world class vocals and interactive comedy. Luncheon at Danversport included.

Don't worry, more trips and events being added!

# Social Services

## **Do you receive SNAP Benefits?**

The SNAP Program is experiencing impacts from the partial government shut-down. Typically benefits are distributed once per month, however February's benefits were distributed in January to ensure people received them during the shutdown. This means that for some people there could be as much as 60 days between distributions in January, and those scheduled for March. If this has affected you, please contact us so we can assist with locating other resources.

**Reminder:** The Open Door and Acord Food Pantry are available to Essex Residents. We host a Mobile Market for Essex Residents 60 and older, as well as residents of Chebacco Terrace on the 2nd Friday of the month from 10 to 11.

**Open Door: 978-283-6776**  
Locations in Gloucester and Ipswich

**Acord: 978-468-7424**  
Railroad Ave, Hamilton

## **Does your insurance company have a fitness benefit?**

Did you know that some health insurance programs have member benefits that include reimbursement of gym memberships, and fitness classes?

This can include fitness classes offered by your local Council on Aging! If you would like to apply for reimbursement for the Balance in Motion Class or the Yoga class please either speak with your insurance company, or see Kristin or Tess for assistance.

## **Property Tax Resources**

**Circuit Breaker Tax Credit:** As a senior citizen, you may be eligible to claim a refundable credit on your personal state income tax return. Whether you own or rent your home (Public housing residents are not eligible). Your refund is determined based on a comparison of 10% of your income and your property taxes, or 25% of your rent. The maximum credit amount for tax year 2018 is \$1,100. To apply, complete Mass Form 1.

### **Property Tax Exemptions:**

*You must meet certain ownership and domiciliary requirements in addition to those listed.*

*For more information see Kristin or Tess at the Essex Senior Center, or Brenda at the Assessor's Office*

**Blind Exemption:** Clause 37A  
\$500.00

You must have a current Certificate from the Mass. Commission for the Blind.

**Senior Exemption:** Clause 41C  
\$500.00

You must be 70 or older. Income must not exceed \$15,905 (Single) or \$18,351 (couple). Assets must be below \$34,254 (single) or \$36,703 (married)

**Veteran's Exemption:** Clauses 22, 22A-F  
\$400 to full exemption

The applicant must have a 10% or greater service connected disability. Exemption amount is dependent on disability rating.

### **Property Tax Deferral**

You may defer up to 50% of your property taxes if you are over age 65 and have an income less than \$20,000. Interest rates do apply and the taxes are due when you are no longer eligible, sell the home, or pass away.



# Friends of the COA

The Friends of the Essex Council on Aging is a private non-profit organization whose purpose is to seek donations 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.

#### Officers:

Mary Wilhelm . . . . . President  
Betty Smith . . . . . Vice President  
Ellen Hull . . . . . Secretary  
Kay Joseph . . . . . Treasurer

### Join the Friends of the Council on Aging Meeting

**March 19**

**6:30 PM**

Please attend our meetings! We discuss new projects, programs, and fundraising.

**YOU DO NOT NEED TO BE A SENIOR TO HELP!**

On May 1, the Friends of the Council on Aging will be delivering May Baskets to Essex residents over the age of 90, or homebound residents. We are seeking donations of pre-wrapped candy, pre-wrapped baked goods, and other small items etc. Every bit helps, please consider donating some items. Donations may be left at the front desk during regular business hours.

Did you know that in addition to general donations, the Friends of the Council on Aging can accept Memorial Donations? Or donations in honor of someone?

All donations will be acknowledged in the Essex Senior Echo

If you would like to make a Memorial Donation to the Friends of the Essex Council on Aging, please mail in this form:

Mail to: PO Box 112 Essex MA 01984

Choose one: In Honor Of: \_\_\_\_\_

In Memory of: \_\_\_\_\_

Person to be notified:

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ ZIP: \_\_\_\_\_

Is this an anonymous gift? Yes (If yes, your name will not be listed in newsletter, if applicable, family will be notified of a donation without giving the name of donor)

No

Thank you for your support of the Friends of the Essex Council on Aging



# Around Town

## ESSEX BICENTENNIAL CELEBRATION CALENDAR OF EVENTS

**Wednesday, March 20th, Essexport** is a fun day for students and staff at Essex Elementary. Come to school to share your knowledge of Essex history.

### Saturday, April 27th, Progressive Dinner

Wear your walking shoes for this event! You will start at the Water Line, Ship Building Museum for appetizers. Your second course will be at the hall in St. John the Baptist Church. The main course will be at the First Congregational Church. The final course of Dessert will be served at the United Universalist Church. Registration will be necessary (details coming). This event is limited to 200 guests.

### Saturday, June 22nd, Madame Varney Tea

Stop in to the First Congregational Church for a cup of tea and a tour of the original meeting house in Essex. Learn about Madame Varney, the woman who stood up to the Town of Ipswich to see this building built.

**Rededication of Ancient Cemetery, Saturday, July 27** 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, Fireworks at Sunset

A Family friendly, alcohol-free event with Food Trucks, Music, followed by fireworks!

### Friday, August 10th, 200th Birthday Parade

The Parade committee welcomes Essex businesses, civic groups and neighborhoods to enter floats for this event. Please send an email to chairman Dawn Addison Burnham at [dburnham@essex](mailto:dburnham@essex) for more details and to register your float.

**Friday, August 11th, Octogenarian and Nonagenarian Reception** This is for our residents who are 80 or older. We will be serving light refreshments and honoring you.

## "Fridays in the Rose" at Endicott College

FREE

12:00-12:45 p.m.

Friday, February 15

Essex Piano Trio

Friday, March 8

George Darrah Quartet

Friday, April 19

Faculty/Student Showcase

Fridays in the Rose concerts are designed to give audiences a taste of the sublime in just enough time to listen! Singers, instrumentalists, actors, and dancers collaborate on pieces from various styles and genres. Lunch out in Beverly after the concert. RSVP Tess Leary for more information and to request tickets.

## From the Desk of the Town Clerk:



It's time to renew your dog's license!

\$15.00 spay/neutered

\$24.00 intact

## PERMANENT ABSENTEE VOTING

You may be eligible to become a Permanent Absentee Voter if a physical disability makes you unable to:



\* travel to the polls to vote

\* fill out a ballot without assistance

In order to apply to become a permanent absentee voter, you will need to obtain a signed letter from your doctor on their letterhead which explains your disability and certifies their agreement that you are eligible to become a permanent absentee voter.

## Local Government Positions

Are you interested in in local town government? Consider running for office! Nomination papers must be taken out by 5:00 pm on March 21st, returned by 5:00 pm on March 25th and signed by 20 registered voters in order to be placed on the ballot. Call the Town Clerk at (978) 768-7111 for information

- One Assessor for three years
- One Moderator for one year
- One Selectman for three years
- One Board of Health member for three years
- Two Constables for one year
- One School Committee member for three years
- One Board of Library Trustee for three years
- Two Planning Board members for five years
- Two Housing Authority members for five years

# Ongoing Activities

## ***FITNESS PROGRAMS***

**YOGA: Monday 5:30-6:30 P.M. \$5.00**  
Modified yoga stretching and exercises designed to develop mind and body. Drop-ins are welcome.

**WALKING CLUB: Mondays 9AM**  
Depart from Senior Center. RSVP by Friday to join.

**BALANCE IN MOTION: Donation requested**  
**Tuesday 10AM Friday 10:30 AM**  
Dianna will get you grooving to fabulous music while you perform a variety of Fall Prevention and Strengthening Exercises. Appropriate for all fitness levels.

**LINE DANCING: Wednesday at 12:45 P.M. \$5.00**  
A fabulous mind-body workout while dancing your way to better health!

**SWEATING TO THE OLDIES**  
**Monday 10:00 AM Thursday 10:00 AM**  
Bring a friend, and get yourself in shape with Richard Simmons!

## ***ACTIVITIES***

**MOBILE MARKET: 2nd Friday 10:00-11:00**  
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 \$3.00**  
The breakfast often includes guest speakers on a variety of interesting topics.

**LADIES' BRUNCH: 4th Monday 11AM**  
Enjoy a delicious meal and some friendly conversation. Please RSVP

**VILLAGE PANCAKE HOUSE: 2nd Tuesday 9 AM**  
Meet us at the Village Pancake House in Rowley for breakfast and great company. Please RSVP by Monday.

**DROP-IN GAMES: Mondays at 10:00 A.M.**  
Choose from a variety of games, or bring your own!

**ARTS & CRAFTS: Tuesdays at 1:30 P.M.**  
Share your creativity, learn some new skills, and join in the lively social scene. Bring your own project or work on items for the Friends Boutique.

**ESSEX EAT OUT: Varies, Refer to Calendar**  
Join a great group for lunch at various locations throughout Essex and Cape Ann.

## ***CLUBS AND MEETINGS***

**COA MEETING: 1st Tuesday**

**FRIENDS OF ESSEX COA:** The Friends Group supports many programs and activities at the Senior Center. Monthly meetings, 3rd Tuesday of the month at 6:30 P.M.

**ESSEX SENIOR CITIZENS CLUB: 1st and 3rd Mon**  
The "Club" is a private membership organization that gets together for a meeting, light lunch and Bingo or other activity. Dues are \$10 per year.

**VETERAN'S COFFEE SOCIAL: Wednesdays, 9AM**

## ***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 By appointment**  
Individual counseling regarding Medicare, prescription drug coverage, supplemental plans, Medicare Advantage plans, etc.

**RMV and Me: By appointment**  
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 LOAN Mon– Fri 9-12**  
The COA has various medical equipment items such as walker, wheelchairs, etc. available to Essex residents.

**MRC Well Checks**  
Through a partnership with Medical Reserve Corps, we offer friendly phone calls to homebound seniors. For more information, please contact Kristin

# Transportation

**Individual Trips:** Provided by Beauport Ambulance Services **978-281-6955**

Monday through Friday 8:00 AM - 4:00 PM in the following communities:

Essex	Ipswich	Rockport	Gloucester	Manchester
Hamilton	Wenham	Beverly	Danvers	Peabody

Destinations in the communities include, but are not limited to: Essex and other Senior Centers, Medical Offices, Pharmacy, Banks, Grocery Stores, Salons, Restaurants, Fitness Facilities, etc. Medical and other appointments outside of the service area may be accommodated on an as-needed, case by case basis. *Please note, these rides are scheduled in conjunction with other scheduled appointments for Essex residents, and residents of other communities. You may have other stops while en-route to your scheduled destination.*

**CATA Group Shopping Trips:** Provided by Cape Ann Transit Authority (CATA) **978-283-7916**

**Friday Morning Market Basket, Rowley \$2.00 Each Way**

Pick up is at your home approximately 9:30. You will have 1 hour to shop. Limit: 2 bags

**Weekly Wednesday Shopping Trips \$5.00**

Trips depart the Essex Senior Center at 10AM

**To schedule a ride call at least 24 hours in advance:**

<b>Week 1</b>	<b>Week 2</b>	<b>Week 3</b>	<b>Week 4</b>	<b>Week 5</b>
Walmart Shopping Danvers	Christmas Tree Shop Lynnfield	Trader Joes Peabody	Liberty Tree/North Shore Mall	Ocean State Job Lots Danvers

**Beauport: 978-281-6955 CATA 978-283-7916**

**Or you may call the Senior Center Monday-Friday from 9:00 A.M.-12:00 P.M.  
978-768-79632**

**Please do not leave a voicemail regarding transportation!**

# Menus

March 5 — MADI GRAS SPECIAL! Pancakes, Sausages, Juice (Tuesday)

March 7— Roasted Turkey with Gravy, Cranberry Sauce, Peas, Whipped Potatoes, Wheat Bread, and Marble Cake

March 14—ST. PATRICK'S DAY SPECIAL! Corned Beef Au Jus, Potatoes and Cabbage, Carrot and Turnip Blend, Marble/Rye Bread, and Crème de Menthe Bar/DB Brownies

March 21—Meatball (chicken) Sub with Marinara Sauce, Sweet Potato Wedges, Broccoli, and Applesauce

March 28—MLB Opening Day! Hot Dog on a Roll, with Ketchup, Mustard, and Relish, Baked Beans, Carrots, and Mandarin Oranges.

**JOIN US EVERY THURSDAY AT NOON!**

# Council on Aging Essex

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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***

***February 2019***

It is important that each time you visit us at the center for lunch, a class, or a cup of coffee, that you check in at the Kiosk. Thanks to a number of generous community members, the Council on Aging has been gifted a number of gift cards to Market Basket, Target, CVS, and a few other places. We will begin offering a monthly drawing for folks who check in. Each check-in gives you an additional chance to win. For example, if you stop by on Monday morning for Drop-In Board Games, then come back for our evening Yoga Class that would be 2 entries! If you don't have a keytag, or are not registered with us, please be sure to speak with Kristin or Tess, or complete the yellow form at the front desk.

**CONGRATULATIONS SUSAN, our monthly drawing winner! She won a \$25.00 Gift Card.**

### **Volunteers Needed!**

We are actively seeking volunteers to answer phones and greet visitors from 9-12 on Tuesdays, Wednesdays, and Fridays. If interested, please let us know!

***Do you have the following items lying around, that you won't use? We can put them to good use here!***

- Board Games (Complete)   \* Puzzles (1000 pieces)   \* K-cups
- \*Wii Games   \*Individually Wrapped Candy