

Essex Senior Echo

MARCH 2022

It's March, which means Spring is on its way — the days are brighter, the temperatures are warmer, and the snow is melting a little faster. All are signs that we are emerging from winter hibernation and readying ourselves to embrace the warmth, sunshine, and the increase in our activities that we all welcome ... Moreover, it looks as though things on the COVID front are improving. Can you believe it was two years ago that we were growing more concerned with this new virus. Little did we know at that time how much life was going to change. At times it feels as though this has been going on much longer, and other times it seems implausible that it's been this long. As we welcome spring, we also welcome the lifting of mask mandates in Essex and many other communities. We welcome the strong vaccination rates, and continue to encourage those who are not yet vaccinated, or not yet received a booster shot to take advantage of the clinic held every Thursday here in Essex. The Essex Council on Aging will be meeting on March 1, and will vote on mask requirements here at the Senior Center.

Every spring we look forward to the introduction of new programs, and this year is no different. We have new events like Fika Fridays, and Talk of the Town, as well as the return of some favorites, like Monday evening Yoga! Will we see you this spring? We certainly hope so!

~Kristin, Tess, and Kim

Did you send back an updated registration form? Send one in this month to be entered into a drawing for a variety of prizes!

If you need a form, please pick one up at the senior center, or complete an online form at www.essexma.org

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

Essex Senior Center
17 Pickering St.
Essex MA 01929

978-768-7932

Hours of Operation:
Monday thru Friday
9:00 AM to 1:00 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 - Ralph Hawley
Treasurer - Dick Denton
Secretary - Beverly Dolinsky

Board Members at Large

Dawn Burnham
Gil Frieden
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!



Social Services



Medicare Update

Medicare Advantage Enrollment

Did you start the year with a Medicare Advantage plan and realize this may not be the right plan for you? If so, you have an extra opportunity to make changes to your coverage through March 31.

High Prescription Costs?

Many prescription drug plans include an annual deductible. Once paid, you'll be in your initial coverage phase. If your costs are high, or if you expect to enter the donut hole, Kristin and Tess may be able to help!

MEDiCARE



Property Tax Exemptions

Property Tax Exemption Applications due April 1. Each property tax exemption has ownership and domiciliary requirements, in addition to specific eligibility requirements. For more information, speak to Kristin or Tess at the Senior Center, or Brenda at the Assessor's Office.

Clause 37A: Blind Exemption \$500

Must have a Commission for the Blind Certificate

Clause 41C: Senior Exemption \$1000

Age 65 or older

Income and asset limits apply

Clause 22: Veteran Exemption \$400 to full exemption

Applicant must have at least 10% service connected disability. Amount is related to disability rating.

Circuit Breaker Tax Credit

If you are over 65, and have an income below \$62,000 single/\$93,000 couple, you may be eligible for a tax refund up to \$1,170. You may be eligible even if you don't normally file a tax return.

To apply, complete a Massachusetts Form 1 personal income tax return, along with a Schedule CB.

Property Tax Deferral

Essex residents over age 65 may be able to defer up to 50% of your property taxes. Income must be below the limits for the circuit breaker tax credit. (Currently \$62,000 single / \$93,000 couple)

Please note: deferred taxes are subject to interest charges.

SCAM ALERT

REPORT SCAM



Almost every U.S. citizen or permanent resident over age 65 qualifies for Medicare, so there is rarely any need for a scam artist to research what private health insurance company older people have in order to scam them out of some money. In these types of scams, perpetrators may pose as a Medicare representative to get older people to give them their personal information, or they will provide bogus services for elderly people at makeshift mobile clinics, then bill Medicare and pocket the money. Medicare scams often follow the latest trends in medical research, such as genetic testing fraud and COVID-19 vaccines and tests.

50+ Job Seekers in MA

50+ Job Seekers in MA, supported by the Massachusetts Councils on Aging, has an exciting line-up of FREE workshops! Interactive Workshops and Special Events in English, and a Bilingual program in English and Spanish are all available to help 50+ job seekers have successful job search campaigns.

New this year is the Savvy Seeker Series! The Savvy Seeker Series provides information on programs, resources, and additional topics for the 50+ community. For more information, please check out the website: <https://50plusjobseekers.org/>



Social Services

9-1-1 Disability Indicator

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.

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 COA!



If you would like to apply for reimbursement for the Balance in Motion, Class or Fit Over Fifty class please speak with your insurance company, or see Kristin for assistance.



FILE OF LIFE

Do you have this very critical document on your refrigerator?

Our Town's emergency responders always look for this vital document when they respond to homes in emergencies. Come to the Senior Center to pick one up for each household member if you need one or we can mail it to you. If you have already taken control of your health and safety, make sure you use a pencil to complete the information and update your File of Life as necessary.

AFFORDABLE

CONNECTIVITY PROGRAM

The Affordable Connectivity Program is an FCC benefit program that helps ensure that households can afford the broadband they need for work, school, healthcare and more.

The benefit provides a discount of up to \$30 per month toward internet service for eligible households. Eligible households can also receive a one-time discount of up to \$100 to purchase a laptop, desktop computer, or tablet from participating providers if they contribute more than \$10 and less than \$50 toward the purchase price. To apply:

- ~ Go to ACPBenefit.org to submit an application or print out a mail-in application.
- ~ Contact your preferred participating provider to select a plan and have the discount applied to your bill.



Fika Fridays

"The Importance of Leisure and Social Activities"

Friday, March 11 at 11:00 A.M.

Fika is a Swedish term for making time for friends. "Fika Fridays" is a monthly opportunity to gather, enjoy a cup of coffee/tea, and address different topics in healthcare with Tracy Valletti, MS, CDP of Northeast Care Management.



Monthly Craft Class

**Tuesday, March 8
1:00 PM**

**Sponsored by the
Friends of the ECOA,
Join us for a terrarium
making event. Seats
are limited. RSVPs
required.**



Activities and Special Events



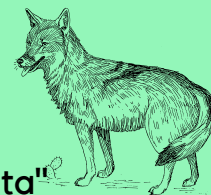
"Talk of the Town"

Join Essex Animal Control Officer, Amy Reilly at the Senior Center as we discuss

"Living with Wildlife"

Thursday, March 10

10:00 AM



Upcoming April 14: Pamela Thorne, Town Clerk

"2020 Census Data"

NEW

Monthly Craft

with Lowell and Kate

March 16 11:00 AM \$6.00

Lowell and Kate are joining us each month with a new and exciting craft! This month we will be making beautiful cork coasters.

Please RSVP so we have enough materials!



NEW



If you've never picked up a pickleball paddle, you don't know what you're missing! This cross between tennis, ping-pong, and badminton is fun, easy to learn, and ANYONE can play! All levels welcome.

Hamilton-Wenham Recreation ~ Beginners: Tuesdays 12:00pm-2:00pm; Wednesdays from 9:00am-11:00am
Advanced: Mondays 9:00am-11:00am; Thursdays 12:00pm-2:00pm ~ Punch Card purchase 10 visits for \$30

Cape Ann YMCA ~ M-F 7:00-10:00 A.M.

Beverly YMCA ~ M-F 9:00 A.M-12:00 P.M.

Cost is FREE for YMCA of the North Shore members and community members are able to purchase a monthly Pickleball Punch Pass. Paddles provided.

BRINGING THE WORLD TO YOU, with Beeyonder

TAKE A WALK AROUND AMSTERDAM!

Join us in person at our Senior Center for a live, virtual tour straight from the streets of Amsterdam!



TUESDAY, MARCH 15
10:30 AM



Our guide, Mark, will walk around the gorgeous old town of Amsterdam and you'll get to see main highlights and beautiful canals. Start at the mouth of the Amstel River and then weave around the Red Light Area, Sea Dike, through China Town, to the Nieuwarkt Square. From there head to Dam Square, where it all started and dip into the city's famous and beautiful canal belt. The views are great and the stories along the way are a good introduction to Amsterdam's history and culture. FREE registration is required by March to register. This program is in partnership with Beeyonder.

BOOK CLUB

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

Tuesday, March 29 - "The Elegance of the Hedgehog" by Muriel Barbery

Tuesday, April 26th - "The Lincoln Highway" by Amor Towles



Tuesday, May 31 - "A Woman of No Importance - The Untold Story of the American Spy who Helped win WWII" by Sonia Purnell

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

Ongoing Activities and Programs

COA FITNESS PROGRAMS

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

Beginning March 14

BALANCE IN MOTION: Donation Requested
Tuesdays 10:00 AM Fridays 10:00 AM

FIT OVER FIFTY: Donation Requested
Wednesdays 10:00 AM

WALKING CLUB: Coming this spring! The MCOA Walk Massachusetts Challenge is just around the corner! Are you interested in leading a walking group?

COA ACTIVITIES

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

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

Special crafting class held the 2nd Tuesday each month.

Book Club Tuesday, March 29 1:00 PM

Cooking with Dawn Wednesdays, March 2, 9

March 2 ~ Irish Potatoes 3 Ways

March 9 ~ Not Your Mother's Grilled Cheese! and Hearty

Soup made Easy

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

Thursdays - Your Choice - 1:00 PM

Grab & Go Meals Mondays & Thursdays NOON

Mobile Market 10:00 - March 11 and March 18

Neighborly Knitting Thursdays, 4:00 P.M.

COA Board Meeting Tuesday, March 1

Friends Monthly Meeting Tuesday, March 8 3:00 PM

Ladies Brunch Tuesday, March 22

Bacon, Egg, Cheese, and Home Fries Sheet Pan

Breakfast, Fruit, Coffee, Juice

Men's Breakfast Coming Soon!

Please let us know if you are interested in joining!

Tech Help with Sarah Tuesdays, March 8, 22

Sarah, a middle-schooler with rad tech skills, will be at the Senior Center to help you and answer your questions about your phone, Facebook, email, zoom, FaceTime, etc!

Wednesday Matinee Movies Wednesdays at 12:00PM

COA SERVICES

INFORMATION AND REFERRAL SERVICES

Individual assistance with a variety of topics, including, but not limited to SNAP benefits, caregiver support, Transportation, Housing, Social Security, etc.

SHINE Counseling Individual counseling about Medicare, prescription coverage, supplemental and Medicare Advantage plans, etc.

RMV and Me: The Essex COA is partnered with the RMV to assist Essex residents with various online transactions such as license and registration renewals.

SHREDDING: Mon, Thurs 10AM Stop by and use the Essex COA shredder. It's an individual machine that can shred about 10 documents at a time.

MEDICAL EQUIPMENT LOANS Mon-Fri 9-1

BLOOD PRESSURE Check: 1st Friday, 9:30 AM

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.

Happenings at Other COAs

IPSWICH COA:

Low Vision Group - March 29 - 10:30-NOON

Memory Cafe - Wednesday, March 9 - 10:30-NOON

MANCHESTER COA:

(Register in advance by calling 978-526-7500)

Podiatry Clinic - 11:00 - March 1 (filled) and May 3 at Dr. Van Ess' Office

Market Basket - Rowley - Thursdays 9:30

Mystery Ride - March 30 - Noon



Around Town



TOHP BURNHAM LIBRARY ~ Tuesday, March 1 ~ 7:00—8:00 PM ~ "An Evening of Hygge"

You've heard the word-but do you know what it means? Join staff member April Wanner and find out for yourself. Guests will be treated to a cozy atmosphere as they learn all about Hygge and how to incorporate it into their own life. Each guest will leave with a "hyggeligt" door prize to enjoy at home. Spaces are limited-reserve yours early!

Monday, March 14 ~ 7:00—8:30 PM (VIRTUAL) ~ "Artisan Bread Cook Along with Liz Barbour"

Artisan Bread in 5 Minutes- A virtual Cook Along program with Liz Barbour.

This artisan bread recipe and method is truly the easiest bread you will ever bake-even if you have never baked bread before! This class will focus on the "Master Recipe" from the best-selling cookbook "Artisan Bread in Five Minutes a Day". You make the dough once and then bake a fresh loaf whenever the mood strikes you with only 5 minutes of effort. You'll be baking artisan-style bread in no time!

Meet our 1st Responders

Joan Perrigo, Fire Department

I have been on the Essex Fire Dept for 13 years. I graduated from Gloucester High and received my Hairdresser license from NorthShore Regional Vocational School. I own a salon in Beverly and have serviced Seacoast Nursing Home and Rehab for 30 years. I am the Treasurer of the Fire Company. My father, Gerry Muise, was on the Fire Dept for 25 years, and my Grandfather and Great grandfather were also Members. I lost my Husband Bob Perrigo in 2020. We have a Daughter Emily who resides in Denver, Colorado. I am about to have my first Grandchild. My father has lived in Essex for almost 86 years now and my siblings live here too. I'm grateful to be able to work on the Essex Fire Dept. We have a great group of people!.

Sergeant Ryan Davis, Police Department

I grew up in Wenham, coming from a public safety family - my father was Fire Chief, and my brother was a police officer. I earned Criminal Justice Degrees from NorthShore Community College and UMass Lowell. I began my career in Wenham, then transferred to Essex PD in 2005. After graduating 1st in my class at the Reading Academy, I was assigned to Detectives. Promoted to Sergeant in 2020, I oversee training and internal affairs. I currently am patrol supervisor on the Midnight to 8 am shift. My wife grew up with a large family in Essex. We have a 2-year-old son and baby girl due in June 2022. In my free time, I enjoy boating, scuba diving, golfing, and traveling to warmer weather. I really enjoy working in such a close-knit community close to where I grew up. I appreciate the relationship the police department has built with the community here, a benefit to the department and the residents.



Essex and the Last American Female Pirate: Rachel Wall



A schooner from Essex was borrowed or stolen from Essex by Rachel Wall and her crew of pirates. After a hurricane they would take the schooner to the Isle of Shoals (off the New Hampshire coast). They would make it look like the ship was in trouble and raise a distress flag. Rachel would stand on the deck screaming for help.

When a rescue ship came to help, the pirates would storm the rescuing boat, kill those aboard, offload the cargo and valuables, and sink the rescue ship. Between 1781 and 1782 they attacked 12 ships. In September 1782 they went out after a hurricane, not realizing that they were in the calm of the eye of a hurricane. Their schooner's mast was broken in the ferocious storm and Rachel's husband and some others were swept overboard. Rachel and other pirates were rescued the next day by a brig from New York. Rachel continued her questionable career in crime in Boston and was arrested in 1789 for robbery and suspicion of murdering a sailor.

She was convicted and executed by hanging on the Boston Common. She was the last woman hanged in Massachusetts.

Written by Laurel Eisenhauer Resources: Wilhelm, R. (2011). *Murder and Mayhem in Essex County. Charleston, SC: The History Press.* Wikipedia: Rachel Wall https://en.wikipedia.org/wiki/Rachel_Wall



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

Just for Fun

March Special Day Celebrations

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

How will you celebrate these holidays?

(Find the underlined words)

National <u>Awkward Moments</u> Day	March 18
International <u>Bagpipe</u> Day	March 10
National <u>Cheesesteak</u>	March 24
<u>Clams on the Half Shell</u> Day	March 31
National <u>Dentists</u> Day	March 6
<u>Fat Tuesday</u>	Day before Ash Wed.
International <u>Happiness</u> Day	March 20
National <u>Johnny Appleseed</u> Day	March 11
National <u>Meatball</u> Day	March 9
National <u>Mulled Wine</u> Day	March 3
National <u>Panda</u> Day	March 16
National <u>Pencil</u> Day	March 30
National <u>Puppy</u> Day	March 23
National <u>Quilting</u> Day	3rd Sat.
World <u>Storytelling</u> Day	March 20
National <u>Vietnam War Vets</u> Day	March 23
National <u>Women's History</u> Month	



Don't forget to turn your clock
AHEAD on March 13! Then celebrate National
Napping Day by taking a nap on
March 14th!



March



In like a lion Out like a lamb





Nutrition

Grab and Go

Grab 'n Go Meals are offered on Mondays and Thursdays at noon.

Please register at the Senior Center 2 business days in advance.

Menus will be at the Senior Center when available.

The Meals on Wheels program is also available to Essex Seniors. If you would like more information on Meals on Wheels, call Senior Care, Inc. 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, March 11 and 18 10:00 A.M.



March 8, 2022

Chicken Parmesan, Whole Wheat Penne, Broccoli, Cannoli

Please RSVP by March 1

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

March is **National Kidney Month**

Get to know your hard working kidneys

6 WAYS KIDNEYS KEEP YOU HEALTHY



Regulate fluid levels

Activate Vitamin D for healthy bones

Filter wastes from the blood

Directs production of red blood cells

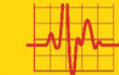
Regulate blood pressure

Keep blood minerals in balance

8 PROBLEMS KIDNEY DISEASE CAN CAUSE



Nerve damage



Cardiovascular disease



Heart attack



Stroke



Anemia/ low red blood cell count



Weak bones



High blood pressure



Kidney Failure

4 RISK FACTORS

Diabetes

High blood pressure

Age 60+

Family history

7 SYMPTOMS



Swelling: face, hands, abdomen, ankles, feet

Blood in urine
Foamy urine

Puffy eyes

Difficult, painful urination

Increased thirst

Fatigue

2 TESTS YOU CAN TAKE (BLOOD AND URINE)



Urine albumin-to-creatinine ratio estimates the amount of a type of protein, albumin, that you excrete in your urine.

Glomerular Filtration Rate (GFR) tells how well your kidneys are working to remove wastes from your blood. It is the best way to check kidney function. Doctors measure blood creatinine (waste build up) levels and perform a calculation based on race, age and gender.



National
Kidney
Foundation®

Learn more at kidney.org



Trips and Excursions

COA REGIONAL TRIPS

Shop the Outlets - Monday, April 11 - Merrimack, NH

Take a ride and shop 'til you drop at the more than 100 outlet stores offering tax-free shopping, including Bloomingdale's, Tommy Hilfiger, Banana Republic, J Crew, Polo, Nautica, and so many more! Then enjoy lunch at The Common Man, a restaurant serving award-winning, classic comfort fare in a historical building that was once the home of Matthew Thornton, a signer of the Declaration of Independence!

Contact Essex COA for more details and to register.

Pickety Place - Friday, June 3rd - Mason, NH

Stroll the many themed gardens and visit the greenhouse, check out the Little Red Riding Hood museum (complete with the Big Bad Wolf!) and the gift shop filled with unique gift ideas along with hundreds of herbs, blends, teas, spices, and more! Enjoy a gourmet five course luncheon which includes: Fresh salsa with blue corn chips, Classic French onion Soup with gruyere, Wedge Salad with red zinfandel vinaigrette, Assorted breads, Your Choice of Blackberry barbecue braised boneless beef short ribs OR Yukon and battered seasonal vegetable stack with Brownie thins and pistachio gelato with June strawberries.

Registration begins Monday, April 4 at 9:00

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*



TRIBUTE TO PAUL MCCARTNEY ~ WEDNESDAY, JUNE 15 ~ \$74

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

PATSY CLINE TRIBUTE SHOW ~ THURSDAY, JUNE 23 ~ \$74

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

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

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

CHER TRIBUTE - THE BEAT GOES ON \$74 ~ 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 entre 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.

Planning Your Life Speaker Series

HOUSING PART 1: PROPERTY TAXES TUESDAY, MARCH 15 7:00PM



presented by Essex Assessor, Mike Antell, Former Essex Treasurer Ginny Antell,
Diane Polley, Real Estate Broker

Have you wondered how properties are assessed? How does this differ from appraised value? Market Value? Can a property's assessed value be disputed? Can taxes be deferred? What is a tax abatement? What can seniors do to reduce their taxes? Learn what you can do now to plan for your future!



HOUSING PART 2: HOUSING OPTIONS TUESDAY, APRIL 19 7:00PM

What is a reverse mortgage? Equity line of credit? Pros and cons of selling then renting or downsizing. Public housing options. Private community housing options. There is a lot to think about when planning for the next phase of your life -our experts will help you work through the options!

**ALL INFORMATION SESSIONS WILL BEGIN AT 7:00 P.M. AND BE HELD AT THE ESSEX TOWN HALL,
3RD FLOOR AUDITORIUM, 30 MARTIN STREET**

ADVANCE RESERVATIONS WHILE NOT REQUIRED ARE APPRECIATED

Cape Ann Virtual Senior Center



CORNER BEEF AND CABBAGE AND AN IRISH SING-A-LONG

Thursday, March 17

Pick up your St. Patrick's Day Grab and Go special,
and enjoy an Irish Sing-a-long on Channel 67 at 1 PM,

Or, Grab and Stay and enjoy the presentation here at
the Senior Center.

Please RSVP for the meal!



Opening Day March 31

Grab and Go Meal:
Hot Dogs, Coleslaw,
Beans and Crackerjacks!

Look for Baseball themed
programs on Channel 67



Tune into channel 67 for Fitness and Nutrition classes provided
by SeniorCare, Mass in Motion, and the Essex, Rockport,
Gloucester, and Manchester Councils on Aging

Council on Aging *Essex*

17 Pickering St
Essex MA 01929

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

ADDRESS CORRECTION REQUESTED

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

Meet these 1st Responders

See page 6



Joan Perrigo, FD



Sgt. Ryan Davis



"Planning Your Life" Speaker Series
See our insert and check out Page 11
for this exciting monthly program!
Join us every 3rd Tuesday, 7pm at
Town Hall!

Check out what's happening this month
and beyond:

Visit the Streets of Amsterdam right here
from the Essex Senior Center, Page 4

Yoga is returning this month, Page 5

Updates to the 9-1-1 Disability Indicator
Program, Page 3

New Art Classes this month include Cork
Coasters with Lowell and Kate, and a
Terrarium Workshop sponsored by the Friends
of the Essex COA, page 4

Property Tax Program exemptions, page 2

**HAVE YOU UPDATED YOUR INFORMATION? IT'S
NOT TOO LATE TO BE ENTERED INTO A DRAWING
FOR SOME GREAT PRIZES!**

March 2022

 Monday	Tuesday	Wednesday	Thursday	Friday 
	1 10:00 Balance in Motion 1:00 Arts and Crafts 6:00 COA Board Meeting	2 10:00 Fit over Fifty 12:00 Movie: 3:30 Cooking for 1 or 2	3 9:30 Activity Planning Meeting 12:00 Grab 'n Go 1:00 Games 4:00 Neighborly Knitting	4 9:30 Blood Pressure 10:00 Balance in Motion
7 11:00 Scrabble 12:00 Grab 'n Go 1:00 Senior Club	8 10:00 Balance in Motion 1:00 Art Class: Terrariums 3:00 ECOA Friends Mtg 3:30 Teen Tech with Sarah	9 10:00 Fit over Fifty 12:00 Movie 3:30 Cooking for 1 or 2	10 12:00 Grab 'n Go 10:00 Talk of the Town: Animal Control 1:00 Afternoon games 4:00 Neighborly Knitting	11 10:00 Balance in Motion 10:00 Mobile Market 11:00 Fika Fridays
14 11:00 Scrabble 12:00 Grab 'n Go 5:00 Yoga	15 10:00 Balance in Motion 10:30 Amsterdam Visit 7:00 Planning Your Life: Town Hall Auditorium	16 10:00 Fit over Fifty 12:00 Movie 11:00 Cork Coasters with Lowell and Kate	17 10:30 Sen. Tarr's Office 12:00 Grab 'n Go: Corned Beef 12:30 Veteran Office Hours 1:00 Sing-a-long Ch67 1:00 Afternoon games 4:00 Neighborly Knitting	18 10:00 Balance in Motion 10:00 Mobile Market
21 11:00 Scrabble 12:00 Grab 'n Go 5:00 Yoga	22 10:00 Balance in Motion 11:00 Ladies Brunch 1:00 Arts and Crafts 3:30 Teen Tech with Sarah	23 10:00 Fit over Fifty 12:00 Movie	24 12:00 Grab 'n Go 1:00 Afternoon games 4:00 Neighborly Knitting	25 10:00 Balance in Motion
28 11:00 Scrabble 12:00 Grab 'n Go 5:00 Yoga	29 10:00 Balance in Motion 1:00 Book Club 1:00 Arts and Crafts	30 10:00 Fit over Fifty 12:00 Movie	31 12:00 Grab 'n Go 1:00 Afternoon games 4:00 Neighborly Knitting	



Planning Your Life Series: Housing - Property Taxes,

Thursday March 15 7:00 P.M. Essex Town Hall, Third Floor

Planning Your Life

A Speaker Series for Your Next Phase of Life

Sponsored by the Essex Council on Aging

7:00 pm the 3rd Tuesday of each month
Town Hall 3rd Floor Auditorium
30 Martin Street, Essex, MA

March 15: Real Estate Tax and Assessment Information: Learn about property valuation, abatements and tax deferment from the Town Assessor, a Real Estate Broker and the former Town Treasurer

April 19: Housing Options: Reverse mortgages, Equity line of credit, Pros and cons of selling and then renting or downsizing. Public housing options, Private community housing options

May 17: Elder Law: The importance of wills, trusts, Power of Attorney, Health Care Proxies

June 21: Getting Organized: Decluttering options. Is it worth cash or is it trash?

July 19: Travel & Leisure: Planning trips solo or in groups. Geo Blue insurance presentation

August 16: Lifelong Learning: Opportunities for Life Long Learning

September 20: Medicare 101: How well do you understand Part A? Part B? Part C? Part D? Get all your Medicare questions answered by a MA SHINE Representative

October 18: Planning Ahead for Your Departure: Funeral Planning/MOLST/5 Wishes

November 15: Social Security: Know your options on when to begin benefits

Each topic will be presented by a professional in the related field

