

Essex Senior Echo

MARCH 2024

Spring is coming!! And that means warmer temperatures, longer, sunnier days (Daylight Saving Time is 2:00 A.M. Sunday, March 10), and lots of opportunities to get outside and enjoy our beautiful backyard of Cape Ann! We have partnered with Essex County Greenbelt to participate in their new program, "Gentle Trails", and will be featuring guided, monthly trail walks at their various properties. March is also time to re-start some programs that were on hiatus, including Essex Eats (see page 4 for more details). We are delighted to have Detective Edwards joining us here at the COA on Thursday, March 7 for an important "Talk of the Town" regarding SCAMS and what we can do to protect ourselves and our information. We have so much happening ~ it is wonderful to see so many people participating in the many enjoyable, informative, and creative programs we have at the Senior Center! Join us! On a personal note, I want to thank you all for your notes and kind words of congratulations since I have been appointed Director. I will do my best to continue to offer programs and information that serve your needs and interests. ~Tess



Intergenerational Conversation Starter:

Are you superstitious? Is there anything special you do to help bring you good luck?

COMMUNITY SUPPORT:

Senior Care, Inc: 978-281-1750 seniorcareinc.org
Offers Information and referral services, Meals on Wheels, Home-based Services, Money Management, and other services designed to help people stay in their home.

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 Police (non-emergency) 978-768-6200

Essex Fire (non-emergency) 978-768-6363

Essex Senior Center
17 Pickering St.
Essex MA 01929

978-768-7932

Hours of Operation:

Monday - Thursday
9:00 AM - 3:00 PM

Friday
9:00 AM - 1:00 PM

Board Officers:

Chair - Kay L. Joseph
Vice Chair - Diane Polley
Secretary - Ann Buckley

Board Members at Large

Nancy Frieden
Ralph Hawley
Sue Lufkin
Susan Parady
Curt Siebert
Mary Wilhelm

Council on Aging Staff:

Director:
Tess Leary
tleary@essexma.org

Follow us on Facebook!

Activities and Special Events

NEW

Creative Connections

Mondays, 10:00 am - 12:00 p.m.

Bring your art projects or start a new one at our Open Art time! We have some supplies and would love to see you!



Arts Group

Tuesdays, 1:00-3:00 pm

Are you artsy? Do you love to paint, knit, crochet, or sew? Do you like creating different projects? Join us with your own project, or help with making items for the Friends Boutique.



Fitness Fun with Gil

Wednesdays, 10:00 a.m.

Start your day with Gil and focus on strength, stamina, and stretching... energize yourself and leave feeling good!



\$5 DONATION SUGGESTED



BOOK CLUB

Join us at 1:00 p.m. for a lively discussion!

Tuesday, March 26

"Horse" by Geraldine Brooks

Tuesday, April 30

"The Marriage Portrait" by Maggie O'Farrell

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

New members are always welcome!



TECHNOLOGY ASSISTANCE WEDNESDAYS, 1:00-3:00 PM

Do you have questions about your computer, tablet, phone, or other technology challenges? Curt, our Tech genius, can help!



Games



Wednesdays 1:00-3:00 PM

Cribbage, Backgammon, Cards, Board Games and More!

Join us, or make plans with a friend and COME TO PLAY ANY TIME!



Guest Chef

**Friday, March 22
11:00 AM**



Join us as Tess Leary, COA Director and amateur chocolatier, offers some Easter-themed treats for our monthly cooking demonstration!

Samples and recipes will be available.
Free to participants ~ advance registration is required.

Walking Club

Want to get some exercise but concerned about winter road conditions?

Enjoy the Gordon College Bennett Center indoor walking track for FREE!

**Mondays, Wednesdays & Fridays
9:30am - 11:30am**

Please register by calling Hamilton Wenham Recreation 978-468-2178
Transportation is available from CATA

Activities and Special Events



Bowling


Knock 'em down, spin 'em around!

Cape Ann Lanes

Wednesday, March 27

11:00 am

Shoe rental is \$3.50 per person
Transportation available via
CATA - departs Memorial Park at
10:45 AM, \$4 Roundtrip fare.
Join us ~ let us know you're
coming ~ and let's go bowling!



PI DAY

MARCH 14

1:00 PM

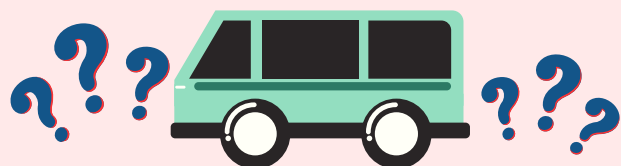
Come Celebrate all things
PI (3.14)

We'll have some tasty Pie
and special PI activities.



Bring a Friend

RSVP 978-768-7932



MYSTERY RIDE

MONDAY, MARCH 11

JOIN US FOR AN ADVENTURE,
A SCENIC RIDE, AND A SWEET TREAT!

PLEASE ARRIVE AT MEMORIAL PARK
AT 12:15 PM

THE VAN LEAVES AT 12:30 PM

TRANSPORTATION IS PROVIDED BY
CATA ~ \$4 ROUNDTRIP (PAY CATA)

ADVANCE REGISTRATION REQUIRED.



Cape Ann Cinema and Pizza! \$5.00

Thursday, March 21

"A League of Their Own"

A fictionalized account of the real-life All-American Girls Professional Baseball League with an All-Star cast!

*Come celebrate a hometown hero and the
start of Baseball season!!*

Movie and pizza start at 11:00 AM
CATA departs Memorial Park 10:30 AM
\$4 Roundtrip fare.

Advance registration is required.

Remember When... Essex

Thursday, March 28

1:00 PM

Please join us to chat and share stories about the people and places
of Essex. We are excited to continue this special program and can't
wait to hear more reminiscences! Diane Polley will lead the group.

Activities and Special Events

WARNING



Talk of the Town

Essex Police Detective

Alexander Edwards

“Scam Awareness”

Thursday, March 7

1:00 PM

March is Scam Awareness Month and Det. Edwards will alert us to the various schemes and how to recognize and avoid them while protecting your financial and personal information. *Please call the Senior Center to register.*

Village Pancake House

Monday, March 11

9:30 am



We're bringing back an old favorite! Grab a friend and meet others for breakfast at the Village Pancake House in Rowley!

Select and pay for breakfast at the restaurant. Drive on your own, with friends, or let us know if you want to reserve a spot on the CATA van. *Advance registration is required.*

Please RSVP

Essex Eats

VITA BELLA

BAKED HADDOCK

BAKED SCALLOPS

CHICKEN PARMESAN

HAMBURGER

\$ 15

**MONDAY,
MARCH 25
12:00 PM**



Gentle Walking Tour

Wednesday, April 17

10:00-11:30 A.M.

Join Essex County Greenbelt at COX RESERVATION for a guided walk and introduction to their new program: GentleTrails ~ for nature enthusiasts who enjoy gentle strolls and lovely views and perhaps a stop to relax along the way. Cox Reservation is one of Greenbelt's many trails designated for gentle walking. Advance Registration is required - call the COA to reserve your spot!

Knitting at Night

Starting in April we'll be offering Nighttime Knitting! Let us know if you're interested!



The Essex Senior Club invites you to a CRAFT afternoon with instruction on making Greeting Cards. Friday, March 15 at 12:00 PM FREE to all, please let us know you're coming and bring a friend!

Around Town

ELECTION DAY is March 5, 2024

7:00 A.M. - 8:00 P.M. at Essex Public Safety Building, 11 John Wise Ave

DOG LICENSES AND INFORMATION

All dogs must be licensed by March 31st EACH year.

The Town of Essex Animal Control Bylaws require that all dogs 6 months or older wear a collar or similar device, be licensed and tagged. Failure to renew your dog license by March 31st will result in a fine of \$15.00 in addition to the cost to the license.

Fees: \$15 for spayed or neutered dogs \$24 for intact males and females

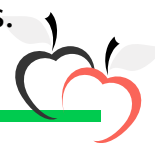
Late Fees: \$15 after March 31st

How to Register your Dog: You can renew your dog registration online and check the rabies status that we have on file for your dog. Go to: CityHallSystems to register and pay online. Your dog license and tag will be mailed to you.

You can also register by mail. The annual census form mailed to your household included a notice and a tear-off dog registration form. Submit with your current rabies certificate and a check payable to the Town of Essex for the amount owed. If you register your dog in person at Town Hall, please bring a valid rabies certificate ((alternatively, you may contact the Town Clerk's office to verify if we have current rabies information for your dog already on file) and a check or cash. Town Hall does not accept credit or bank cards.



Nutrition



Food Assistance

**Making the first call to a food pantry can be hard.
You are not alone. You qualify. Free & confidential.**

No one should feel hunger.

The Open Door 978-283-6776

28 Emerson Avenue, Gloucester

00 Southern Heights, Ipswich

Acord Food Pantry 978-468-7424

68 Willow Street, Hamilton

Mobile Market

On the first and third Fridays of each month, the COA hosts a Mobile Market for Essex seniors.

These markets are open to all Essex seniors, regardless of income, and are sponsored by Acord Food Pantry and The Open Door.

Friday, March 1 10:30-11:30 a.m.

Friday, March 15 10:30-11:30 a.m.

For more information or to register in advance, please contact Tess Leary at the Essex COA.

Grab and Go Meals

Mondays and Thursdays at 12 Noon, and must be picked up by 12:30 pm.

Please register 2 business days in advance.

Mondays

Provided by Open Door

Thursdays

Provided by Senior Care

Breakfast/Brunch

Ladies Brunch:

Tuesday, March 19, 11:00 A.M.

Please RSVP and come enjoy socializing and some tasty treats!



**Men's Coffee and Donuts:
Wednesday, March 13, 9:30 A.M.**

Ongoing Activities and Programs

COA FITNESS PROGRAMS

BALANCE IN MOTION: \$5 Donation Requested
Tuesdays 10:00 AM
Fridays 10:00 AM

FITNESS FUN WITH GIL: \$5 Donation Requested
Wednesdays 10:00 AM



CAPE ANN VIRTUAL SENIOR CENTER
Tune into Channel 67 for a number of fitness programs sponsored by the Cape Ann Councils on Aging and the Friends of the Essex Council on Aging

MONDAY GROOVE (Video)
Mondays 9:30 AM Get your dancing shoes on and join this fun, energetic dance class! Video, no Instructor.

WALKING CLUB: FREE, Pass Required*
Mondays, Wednesdays, Fridays 9:30-11:30 AM
Passes available for the Gordon College Bennett Center walking track! *Contact Hamilton Wenham Recreation at 978-468- to register. Transportation is available from CATA (978-.283-7916)

New!

COA ACTIVITIES

Afternoon Games Wednesdays 1:00 - 3:00 PM

Arts Group Tuesdays 1:00 - 3:00 PM

Book Club Tuesday ~ March 26 1:00 PM

Caregiver Support Group ~ March 18 10:30 AM

Creative Connections ~ Mondays, 10:00-12:00 PM

NEW

Games ~ Wednesdays, 1:00-3:00 PM ~ Join the FUN!!

Guest Chef ~ Friday, March 22 ~ 11:00 AM Think Easter treats!

Computer Help ~ Wednesdays, 1:00-3:00 PM Curt will help solve your tech problems!

Elder Law Assistance - Atty. Brian DesRosiers,
Wednesday, March 20 ~ 9:30-10:30 AM

Fitness Fun with Gil - Wednesdays, 10:00 AM

Grab & Go Meals Mondays & Thursdays ~ NOON

Mobile Market Friday, March 1 and 15 ~ 10:30AM

COA Board Meeting Tuesday, March 5 ~ 6:00 PM

Friends Meeting Tuesday, March 12 ~ 3:00 PM

Ladies Brunch Tuesday, March 19 ~ 11:00AM

Men's Coffee/Donuts Wednesday, March 13 ~ 9:30AM

Monthly Cookie Delivery ~ if you are homebound or in need of a boost, sign up for the cookie delivery!

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/Medicare 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 The Senior Center has a variety of medical equipment available at no cost. Please remember to complete the Release Form before taking any equipment.

CONSTITUENT SERVICES: 3rd Thursday, 10:30 Ms. MaryAnn Nay, Assistant to Senator Bruce Tarr, comes to the Senior Center to address any issues you may have. No appointment needed.

VETS SERVICE OFFICE HOURS: 3rd Thursday 12:30 PM, Steve Bohn will be available to meet with you.

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

Social Services

Is your Medicare Plan best for you?

And do you qualify for Medicare Costs Saving Program?

If you are enrolled in a Medicare Advantage Plan as of January 1, you can make a change to your coverage now through March 31, due to the Medicare Advantage General Open Enrollment Period.

You can change your plan to a different Medicare Advantage Plan, or you can change to Original Medicare with a supplement and a Part D drug plan. There are differences with Medicare Advantage Plans and Original Medicare, and you want to be sure you're in the plan that best fits your health care needs and your budget. Any changes you make will become effective the first day of the following month.

This particular enrollment period is only for people who already have a Medicare Advantage Plan. However, if you find yourself with any Medicare plan that is not beneficial for you, call Tess any time during the year to determine your options.

If you are considering a change or want to review your plan, your certified SHINE counselor (Tess Leary) will review your plan and focus solely on your best interest.

Medicare Cost Savings Programs (MSP) eligibility guidelines are expected to change in March. You may not have been eligible prior, so check in with Tess to help determine if you are now eligible.

Call for an appointment with your certified SHINE Counselor:

Tess Leary, 978-768-7932

SHINE is a federally funded program helping you navigate Medicare.

Federal Internet Discount Program Ending

The Affordable Connectivity Program, a broadband internet discount program funded by Congress and administered by the FCC, is discontinuing.

Many Massachusetts residents will know this program as the **LifeLine Program**. **The program stopped accepting applications on February 7, 2024, and the estimated last month of discounted service is April.**

SOCIAL SERVICE OFFICE HOURS:

Jessie Palm, Regional Social Worker

Eastern Essex Regional Public Health Coalition

Mondays 9:30 AM at the Essex COA

Wednesdays 9 AM - 1 PM T.O.H.P Library
or by appointment

Brian DesRosiers, Esq. LL.M

Attorney DesRosiers is an Elder Law Specialist who will be at the Essex Senior Center every 3rd Wednesday of the month, from

9:30AM - 10:30AM, to answer your questions.

Appointments are preferred; drop-ins are welcome.

CAREGIVER SUPPORT GROUP

**MARCH 18
10:30 A.M.**



**ESSEX SENIOR
CENTER**

Are you caring for a loved one with a chronic medical condition or dementia?

LICSW Jessie Perrigo Palm hosts this monthly support group at the COA. **The focus will be how to find time for self care while you are caring for your loved one.** Join us and take care of yourself!



**8th
MARCH**

**INTERNATIONAL
WOMEN'S DAY**

The theme for International Women's Day is "Inspire inclusion", which means that when we appreciate and respect women from all different backgrounds – like where they come from, how much money they have, and their beliefs about politics – the world gets better for everyone!



The Board of Health has been approved as a Narcan provider and has installed Naloxboxes at: The COA, Town Hall, Public Safety Building, Town Landing, Conomo Point, and the ball fields. The COA Naloxbox is located in our vestibule and is available free of charge. A ONESTOP training session will be held at the COA on April 26 at 11:00 A.M.



March is National Nutrition Month

National Nutrition Month is the perfect time for older adults to consider the impact certain food choices have on their bodies. Eating well promotes longevity and better quality of life, including your physical, mental, and emotional wellbeing. For example, proper protein consumption reduces muscle loss, while a balanced diet can lower the risk of diabetes, hypertension, heart disease, and other chronic diseases.

For older adults, reassessing your dietary needs is critical. Of course, the effects of poor nutrition are harmful to people of all ages but, for seniors, the consequences can be particularly detrimental because of age-related changes.

An unbalanced diet can cause several serious health concerns, such as: Cancer, Vision loss, Heart conditions, Cognitive decline, Muscle and joint weakness, and Susceptibility to bacterial infections.

Important nutrients: Vitamin B 12 ~ typically found in foods like grass-fed meat, salmon, eggs, and dairy, is essential because it supports vital functions such as red blood cell production and cognition. **Potassium** is one of seven macrominerals, which are crucial for many body functions, including heart, cell, skeletal, and muscular functioning. Meat, dairy products, beans, veggies, and fruits are all high in potassium.

Fiber is another nutrient crucial for overall wellbeing because it helps digestive regulation and colon and intestinal health. Whole fruits and veggies, grains, and black beans are all excellent sources of fiber. **Calcium** Seniors need about 1200 mg of calcium each day to maintain bone health. **Stay Hydrated** Older adults should try to drink eight cups of water each day. Seniors are more at risk for dehydration because our sense of thirst may decline with age; dehydration can cause UTIs, constipation, confusion, and other serious problems.


Consider limiting: Sodium, Complex Carbohydrates, and Sugar.


Good nutrition and exercise are essential for healthy aging. Seniors should aim to eat a balanced and nutritious diet that includes a variety of foods from different food groups. Older adults should also incorporate aerobic exercise, strength training, and balance and flexibility exercises into a daily routine.


The Silent Call Procedure

If you need to call 9-1-1 and you are unable to speak for any reason, once the call is answered:

Press

1 If you need police 

2 If you need fire 

3 If you need an ambulance 




If the 9-1-1 dispatcher asks questions, press

4 For YES 

5 For NO 

Every Day is Take Back Day

Dispose of unneeded medication

-  Clean them out.
-  Take them back.
-  All year long.

SEE NATIONAL
TAKEBACK



[Learn More](#)

Friends of the Council on Aging

The Friends of the Essex Council on Aging is a 501(c)3 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
March 12 3:00 PM

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

Essex Trash Bags Available

Tuesday, March 5 ~ 11:30 AM - 12:30 PM

Discounted Trash Bags are available to Essex Residents age 60 and older.
Limit of one roll per household per month. Bags are sold on a first come, first-served basis. Small bags ~ \$7 Large bags ~ \$15

Transportation

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



You can also request a ride to go shopping in any of these communities?!

Transportation is available Monday - Friday, to and from the following communities:

*Rockport *Gloucester *Manchester *Essex *Ipswich *Hamilton
*Wenham *Beverly *Peabody *Salem *Danvers *Rowley

Monday appointment, call by 1pm Thursday

Tuesday appointment, call by 1 pm Friday

Wednesday appointment, call by 1 pm Monday

Thursday appointment, call by 1 pm Tuesday

Friday appointment, call by 1pm Wednesday

Participation requires a one time registration. For more info call CATA: 978-283-7916

Transportation to Medical appointments is also provided by volunteers through Senior Care's Medical Transportation Program. To request a ride, call 978-281-1750

VOLUNTEERS NEEDED! Would you be willing to volunteer to drive people to medical appointments? If so, please call Senior Care at 978-281-1750

Just for Fun

Wordsearch

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

WORD LIST

CABBAGE
 CELEBRATE
 CELTIC
 CLOVER
 COINS
 DANCE
 FIDDLE
 FOLKLORE

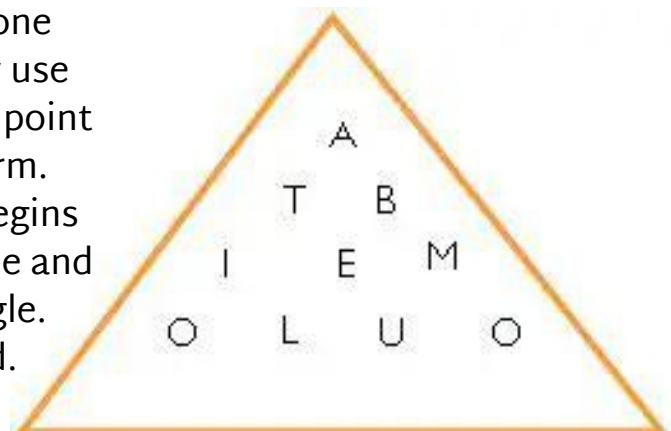
GOLD
 GREEN
 HARP
 HOLIDAY
 HORSESHOE
 IRELAND
 IRISH FLAG
 LEPRECHAUN

LIMERICK
 LUCK
 MARCH
 MISCHIEF
 PARADE
 PRAYER
 RAINBOW

SAINT PATRICK
 SHAMROCK
 SNAKE
 SODA BREAD
 TRADITION
 TREASURE
 TRINITY

1. TRIANGULAIRS
2. Spell 4-letter words that use one letter from each row. You may use the letters in any order. Score 1 point for each 4-letter word you form.
3. Spell one 10-letter word that begins with the top letter in the triangle and uses every letter in the triangle. Score 5 points for this word.

10 letter word is AUTOMOBILE



Council on Aging Essex


17 Pickering St
Essex MA 01929

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Friends of the Essex Council on Aging, supported in part by the
Massachusetts Executive Office of Elder Affairs.

MARCH Highlights:

- Mobile Market - Acord 3/1
- Scam Awareness Talk 3/7
- Pancake House 3/11
- Mystery Ride 3/11
- Men's Coffee & Donuts 3/13
- PI Day Celebration 3/14
- Mobile Market-Open Door 3/15
- Caregiver Support Group 3/18
- Ladies Brunch 3/19
- Cape Ann Cinema 3/21
- Essex Eats 3/25
- Book Club 3/26
- Bowling - Cape Ann Lanes 3/27
- Remember Essex 3/28


Inclement Weather Policy:
If Manchester-Essex Schools
have a delayed opening or are
closed due to inclement
weather, the Essex Senior
Center will be closed.

Transportation cancellations
are determined by CATA.
Please call 978-283-1886