

The Essex Senior Echo

May 2020

Despite the couple of snowy outbursts over the past few weeks, we are well into Spring! May is usually an exciting month for us because it brings a newfound beauty to the area with flowers blooming, birds chirping, boats in the water, and the return of our beloved 'snowbirds'. May is also Older Americans Month, so we typically host an Open House, introduce new programming, and meet new friends. In some ways it seems like yesterday that Tess and I were at the Senior Center enjoying lunch, fitness classes, and arts and crafts with many of you, yet in many other ways it seems like ages ago. I miss folks stopping in to say hello or play a friendly game of chess. I miss your friendly faces and your laughter. Looking forward can feel daunting, and leaving us wondering when things will return to normal, or what 'normal' will be in a post-COVID19 world. It's not all daunting however. There are countless examples of amazing things happening here in Essex, and across Cape Ann, only some of which you can find detailed in this month's newsletter. This quarantine provides us with opportunities to revisit many of the things that consumed our days, and helps us better appreciate many of the things we took for granted. From the Senior Center perspective, it gives us an opportunity to find new ways to engage with the community. It also gives all of us a chance to revisit what you want from your Senior Center. As we slowly open our community, what is it that you want to see us provide? What are you willing and able to help with? What unmet needs can you help us identify? How can we use what we've learned during this period of quarantine to reach those with whom we haven't previously connected? Please give this some thought this month. In our June edition, we will have a survey for you to send feedback!

Please note, we have made the difficult decision to cancel all group activities at the Essex Senior Center through June 30. While at the time of printing, the stay at home order only goes until May 18th, we know that schools are closed through the end of the year. Older adults are most at risk and we believe this is in the best interest of our community. In addition, we will begin our summer hours now, which means our offices will be closed on Wednesdays.

Older Americans Month: Make Your Mark

Around the nation, older Americans make their marks every day as volunteers, employees, parents, grandparents, mentors and advocates. They offer their time, talents, and experience to the benefit of our communities. For 57 years, Older Americans Month has been a special time to recognize these contributions. Led by the Administration for Community Living each May, OAM also provides resources to help older Americans stay healthy and independent. This year's OAM theme, *Make Your Mark*, highlights older adults unique and lasting contributions to their communities – everything from sharing a story with grandchildren to leaving a legacy of community action. In the spirit of this theme, here are a few ways to make your mark this May and all year long:

- **Volunteer your time:** Local schools, shelters, food kitchens and hospitals always need support. Help a neighbor by picking up needed supplies. Host a class at the Essex Senior Center. Or, you can always find opportunities with Senior Care Inc, who oversees the RSVP Program and can offer options that work best for you.
- **Share your story:** There are so many ways - showing your grandkids around your old neighborhood, writing a book, assembling a photo album of important life moments, or taking a class to learn to express yourself with the arts!
- **Get involved in your community:** While life isn't quite normal right now, look for opportunities to join others in the community. Plant flowers in your yard, or help clean up the community parks (when open). Participate in some of our new online opportunities at the Essex COA, or with other community groups!

Council on Aging Board :

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

Members at Large
Nancy Beattie
Priscilla Doucette
Millie Hamlen
Patricia McGrath
Mary Wilhelm

Council on Aging Staff Members:

Director
Kristin Crockett
kcrockett@essexma.org
Outreach Coordinator
Tess Leary
tleary@essexma.org

And a big thank you to all of our many volunteers!

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

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

Essex Senior Center
17 Pickering St.
Essex MA 01929

978-768-7932
coa@essexma.org

Follow us on Facebook

Town of Essex Updates

Town Buildings are closed to the General Public until further notice!

Please see below for updates from the various Town Departments.

Remember that employees are still working, please call or email each department directly.

Public Meetings: Public attendance and participation at board and committee meetings is available via Telephone. Conference Call information will be posted on each agenda. As always, agendas are posted at www.essexma.org. If you do not have internet access and would like to participate, please contact the committee or department direction for dial-in instructions.

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

Conomo Point Updates

Please note that the Essex Board of Health and Selectmen have adopted the following order: Conomo point is closed to all parties, except Essex Residents, year-round Conomo Point Residents and guests of year-round residents, as well as residents lawfully occupying Lufkin Point Rd and Ralston Drive. Gloucester Commercial shellfish harvesters and out-of-town contractors working specific projects. Residents of seasonal properties will not be permitted to return until the governor's emergency orders are lifted.

Library: 978-768-7410

www.essexpubliclibrary.org

While closed to the general public, library staff are still working. There are no deliveries being made, however you can still borrow books that are owned by T.O.H.P Library. Please call to make arrangements for pickup.

The Library has a number of digital options worth looking into. For more information, please go to www.essexpubliclibrary.com

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

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

Fire Department: 978-768-6363 (Non Emergency)

Police Department: 978-768-6200 (Non-Emergency)

For emergencies always call 9-1-1!

Public access to the both Police and Fire stations is restricted. Walk-ins will not be accepted, and Fire Inspections will be suspended until further notice.

Please note: If you call 911, please expect that the dispatcher will ask questions about COVID19 so First Responders are adequately prepared.

Dept. of Public Works: 978-768-6431

The DPW buildings are closed to the public. Please conduct all business. As of now, the transfer station is currently operating on its regular schedule. Changes to the schedule will only be made as necessary.

Town Collector's Office: 978-768-4519

The Town has waived the online transaction fees for online payments. If you are able to pay online, please do so. For all others, please either mail your payments, or call the collector's office for additional guidance.

Social Services

SCAM ALERTS: The COVID19 pandemic has created numerous opportunities for scam artists! In fact, according to CNBC more than 13 Million dollars has been lost to scammers in this country. Please be aware that there are a number of scams. Here are just a few that we know about:

* **Text Message:** People are receiving text messages saying that you've come into contact with someone who has COVID19. It says you must self-isolate, and gives a link to click for more information. Please do not click on the link. Other reported text message scams involved "online mandatory COVID testing", free virus test kits,

* **Census Scams:** Census enumerators will not start door-to-door visits until May. They will be wearing an ID. We strongly recommend you complete your census now so there is no need for a door-to-door visit. Census bureau will not be calling you except in rare circumstances to clarify information, and this will only be AFTER you have completed your census.

* **Emails and Websites:** Google has reported more than 18 Million daily malware and phishing emails in addition to the daily 240 million spam emails it sees! Do not click on any link that you are unfamiliar with.

* **Charities:** Please do your research before donating to charitable organizations. You can also check Guidestar, CharityWatch, or BBB Wise Giving Alliance. Also consider donating to local agencies. We have listed a number of those agencies in this newsletter.

* **Economic Stimulus Check:** We anticipate scammers using the economic stimulus payments as a way to get their hands on your money. Please know that no one from the Treasury or any other government agency will call you, text you, or email you.

These are only a few examples of scams we are seeing out there! Please pay attention.



“Our debt to the heroic men and valiant women in the service of our country can never be repaid. They have earned our undying gratitude.

America will never forget their sacrifices.”

~ Harry S. Truman

ERRANDS/GROCERIES HELP

We have volunteers working with the towns of Wenham and Hamilton who have offered to assist Essex seniors with their errands and groceries. If you would like to participate, please contact Mark Gray at 1-978-310-9358. Please note that the volunteers in this program have completed background checks through the Town of Wenham.

Meals on Wheels Updated schedule:



The Meals on Wheels program has updated their schedule to have deliveries on the following days: Monday, Tuesday, Thursday, Friday. Please note that the delivery on Tuesday will be a double delivery. If you have any questions regarding the Meals on Wheels program, delivery or eligibility, please reach out to Senior Care, Inc. by calling 978-281-1750

Things to Do: COA

Senior Center Activities

We are now up and running online! Did you receive our last flyer with instructions on Zoom? Check out our activity calendar on page 8.

Here is the "Game Day" schedule:

May 4: BINGO (use enclosed BINGO card)

May 11: US Trivia

May 18: BINGO (use enclosed BINGO card)

May 25: CLOSED for Memorial Day

June

Interested in Line Dancing? Call us and let us know. We are currently setting up digital classes.

Walk Massachusetts Challenge

Unfortunately, the Massachusetts Councils on Aging have made the decision to cancel the 2020 Walk Massachusetts Challenge. But you can—and should—get some fresh air:

Remember, as the weather gets nicer, more people will want to be outside. It is important that when participating in outdoor activities we are prepared to do so safely and close to home.

Continue to follow social distancing, but also wear a mask while walking or biking outdoors. When you return home, wash up, change clothes, clean your mask, and don't forget to check for ticks!

#MakeYourMark **TELL YOUR STORY**



SHARE YOUR STORY

Stories build community and connect us even when we can't be physically together. Recalling adventures with childhood friends, that family weekend at the beach, a teacher who helped guide your life, or how you learned you would become a grandparent—all of those stories connect you with your past and the people

who have mattered along the way. They help people you love get to know you better and feel closer to you. Looking back at how we got through other tough times can help us manage this challenging time. Sharing what we love about our friends and family members helps them feel stronger and more connected. Stories can be told over the phone, on the computer, over the backyard fence. They can be told in letters, in pictures, in headlines and photographs collected from newspapers. We don't have to be together to share our stories and build each other up. We can make a mark on people's lives with the stories we share.

WAYS TO SHARE



Essex Pen Pal Program: Have you joined our pen pal program? We have a number of Elementary Students who are looking to write to you. Help them learn the lost art of letter-writing, and share your stories about your life and your adventures. Contact Kristin at the COA, or complete the form on our website: www.essexma.org

Email us: Send us an email about a story of life in Essex to coa@essexma.org and we will include it in our next newsletter, on our website, or on our Facebook page. Or let us know you have a great story or stories to document, and we will help get it documented so you can share with your family.

Talk to your family via phone or video conference:

WHAT TO SHARE

Each month for the rest of this year, we will include a few writing prompts to get you started!

1. What is your first memory about your siblings, parents, pets, toys, or house?
2. What was your happiest childhood memory? Saddest?
3. What is something you remember about growing up in, or moving to Essex?

Things to do: Digital

There are so many great opportunities for us to try new things online! You Tube is always a great place to start to learn how to draw, paint, build things, etc.

Here are some other interesting opportunities!

- Harvard? Yale? Princeton? Many Colleges are offering free online classes (www.edX.org);
- Travel to exotic places www.google.com/streetview
 - Test your brain power at www.mentalfloss.com
- Bon Appetit! Cooking class www.popsugar.com/food
- Tour national parks from the comfort of your couch (www.nationalparks.org);
- Smithsonian or National Museum of Natural History (www.naturalhistory.si.edu/visit/virtual-tour)



AARP is great resource for all of us during this pandemic.

Here are a few things available:

- They are hosting a regular series of Coronavirus Tele-Town Halls on Thursdays. You can find more information on their website www.aarp.org, or you can call (855) 274-9507.
- Online games such as Arcade style games, solitaire, crossword puzzles, and mahjongg. Can you beat our high score of 71,347 on Mahjongg?
- Know someone who could use a friendly chat? Across the country, people are finding ways to stay connected through a friendly call from one of AARP volunteers. Requests can be made online at www.aarpcommunityconnections.org or by calling 1- 888-281-0145

Home Exercise:

Check our Facebook page for links to Dianna's videos, as well as other home exercise options.

You can go to YouTube and find a great variety of workout options, including:

- Fit Over Fifty led by Jenny McClendon
- Go4Life Fitness led by Sandy Magrath
- Low Impact for Seniors led by Northampton Senior Services
- Senior Fitness led by Tona Barnes

PHONE ONLY OPTIONS

We know not everyone has internet access. Here are some great "telephone only" options.

DOROT's University Without Walls: This program offers hundreds of classes, appealing to a wide-range of interests—all available over the telephone. For more information call (877)-819-9147, or visit <https://www.dorotuse.org/ourprograms/at-home/univeristy-without-walls.com>

Covia Well Connected is a telephone and online community made up of participants, staff, facilitators, presenters, and other volunteers who care about each other and who value feeling connected. Programs include things such as Writing Workshops, Trivial Pursuit, Music's Memory Lane and more. All programming is delivered via telephone, but you do need access to the internet to download the catalog. <https://covia.org/services/well-connected> (877) 797-7299

With Mather Lifeways Telephone Topics: you simply call a toll-free to listen to a wide range of interesting discussions and programs. You can choose from wellness programs, education programs, discussion topics, music reviews, liver performances. You do need to access the internet to view the choices and register. <https://www.mather.com/neighborhood-programs/telephone-topics> (888)600-2560

If you don't have internet, consider asking a friend or a family member to help you register. Or call us at the COA for assistance.

AUDIIBLE STORIES

Audible.com is offering an incredible selection of stories, in six different languages, for children and adults of all ages. All stories are FREE to stream on your desktop, laptop, phone, or tablet. <https://stories.audible.com/discovery>

IN MEMORIAM

It is with sincere sadness that we acknowledge the recent passing of our community members: David Andrews, Betty Ann Beaulier, Dana Carter, Elaine Foss, Joseph Ginn, Crystal Lane, David Lane, Al Mazzetta, William Nickerson, Joe Paone, Bob Perrigo, Martha Tattersall, and Louise Wilson. We wish comfort and peace for their friends and family.

Social Service Updates

Registry of Motor Vehicles Updates:

Licenses expiring between March and June will automatically be extended. Registrations due during the building closures will not be extended as those can be completed online. Necessary in-person transactions will be done by appointment only at designated locations. (Closest to us is Lawrence, or Haymarket/Boston). Please note that even with an appointment, if your transaction is not necessary you will be turned away.

Auto and Home Insurance Updates:

More than 2 dozen auto and home insurers are offering partial refunds on premiums. In most cases the refunds range from 15-25% for one to two months. Contact your insurance carrier for more information.

Fuel Assistance:

Fuel assistance deadline has been extended until May 31. For more information, please contact Action, Inc.

Social Security:

Social Security Offices will remain closed for all in-person services.

The Inspector of Social Security is warning the public that there are reports of fraudulent letters and calls threatening suspension of Social Security Benefits. Please note that benefits are NOT being suspended.

Senior Care:

While the building is closed, and staff are working remotely, Senior Care Inc is still up and running. They have a number of expanded programs to help you get through

The Essex COA, Essex Board of Health, Acord Food Pantry, and Open Door Food Pantry are able to provide a drive-thru grocery pick-up, as well as delivery of groceries each Friday at noon for folks who are unable to go to either food pantry. Please consider making a donation to support these two agencies. If you would like to arrange for pick-up or delivery of groceries, please call or email us at the Senior Center 978-768-7932 or tleary@essexma.org.

You can also go to BOTH food pantries once a week and have more choice of foods.

Open Door Pantry

Ipswich Hours: Wednesday & Thursday, 11-4 p.m.
Gloucester Hours: Monday thru Friday, 10-5 p.m.

Acord Food Pantry

Senior Hour (60+) Thursdays, 9:30 –10:30 a.m.
Other Hours: Wed 9:30-11 Thu 6:30-7:30 Sat 9-11

Adjusted Grocery Store Senior Hours:

*Please note: Reusable bags are currently banned.
Self-serve food stations are closed. Masks are required..*

Crosby's Market: 8:00 AM—7:00 PM

Senior Shopping Daily 7AM-8AM

Henry's Market: 8:00 AM—7:00 PM

Senior Shopping Daily 7AM-8AM

Market Basket: 7:00AM—9:00 PM (7 on Sun)

Senior Shopping Daily: 6AM—7AM

Shaws: 7:00AM—8:00PM

Senior Shopping Daily 6AM—7AM Tu, Th 6AM—9AM

Stop and Shop: 7:30 AM—8:00PM

Senior Shopping Daily 6:00—7:30AM

Whole Foods: 9:00 AM—8:00 PM

Senior Shopping Hours: Daily 8:00—9:00 AM

Grocery Delivery Services

This information is subject to change quickly!

Instacart: www.instacart.com Sign up online and shop at a variety of stores, including CVS, Shaws, BJ's, Costco, Market Basket, Petco. You can choose delivery or pickup.

Peapod: www.peapod.com Peapod is the online shopping and delivery service provided by Stop and Shop. They generally offer both pick up and delivery.

Henry's Market: www.henrysfinefoods.com Henry's Market will deliver groceries and prepared meals in Essex. To arrange delivery, please call the store directly at 978-922-3885. They are offering a discounted delivery rate for seniors.

Whole Food Delivery: Available through amazon.com for Prime members only.

Free Grocery Delivery by volunteers!
Call Mark 978-310-9358

Social Service Updates



STATE AND FEDERAL TAX DAY NOW JULY 15

Treasury, IRS extend filing deadline and federal tax payments regardless of amount owed.

The Treasury Department and Internal Revenue Service announced that the federal income tax filing due date is automatically extended from April 15, 2020, to July 15, 2020.

Taxpayers can also defer federal income tax payments due on April 15, 2020, to July 15, 2020, without penalties and interest, regardless of the amount owed. This deferment applies to all taxpayers, including individuals, trusts and estates, corporations and other non-corporate tax filers as well as those who pay self-employment tax. Taxpayers do not need to file any additional forms or call the IRS to qualify for this automatic federal tax filing and payment relief. Individual taxpayers who need additional time to file beyond the July 15 deadline, can request a filing extension by filing Form 4868 through their tax professional, tax software or using the Free File link on IRS.gov. Businesses who need additional time must file Form 7004.

The IRS urges taxpayers who are due a refund to file as soon as possible. Most tax refunds are still being issued within 21 days. "Even with the filing deadline extended, we urge taxpayers who are owed refunds to file as soon as possible and file electronically," said IRS Commissioner Chuck Rettig. "Filing electronically with direct deposit is the quickest way to get refunds.

Governor Baker and the State Legislature have also reached an agreement to extend the 2019 state individual income tax filing and payment deadline to July 15. Individuals with questions or concerns can contact the Massachusetts Dept. of Revenue at (617) 887-6367.

ECONOMIC IMPACT PAYMENTS

There's been quite a bit of misinformation about the Economic Impact Payments. Here is the most accurate, up-to-date information from the Internal Revenue Service.

The CARES Act provides economic impact payments of up to \$1,200 for individuals or \$2,400 for married couples and up to \$500 for each qualifying child. Eligible Social Security (including SSDI and SSI), Veterans Administration, and Railroad Retirement beneficiaries who don't normally file taxes will automatically receive payments of \$1,200.


Any of these beneficiaries who have qualifying children under age 17 and did not file 2018 or 2019 taxes must use the [Non-Filers: Enter Payment Info](#) tool on IRS.gov to claim the \$500 payment per child. Most SSA beneficiaries needed to submit this information by April 22. If you missed this deadline you'll receive your automatic \$1200 payment now, and the \$500 per eligible child will be paid in association with a return filed for your 2020 taxes.



REAL ID Enforcement Deadline Changed New Federal Real ID Deadline now October 1, 2021

Due to circumstances resulting from the COVID-19 pandemic and the national emergency declaration, the Department of Homeland Security is extending the REAL ID enforcement deadline beyond the current October 1, 2020 deadline to October 1, 2021. The federal, state and local response to the spread of the Coronavirus here in the United States necessitates a delay in this deadline as states across the country are temporarily closing or restricting access to DMVs, precluding millions of people from applying for and receiving their REAL ID. It has been determined that states require a twelve-month delay and that the new deadline for REAL ID enforcement is October 1,

Activities

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
10:30 Trivia Game Hosted on Zoom.com ID 396-136-822 PW 01929 12:00 Grab and Go Lunch: Please RSVP by Thursday at Noon!	10:30 Balance Class with Dianna Hosted on Zoom.com ID 396-136-822 PW 01929 6:00 May 5 COA Board Meeting ID 968-706-7633 PW 01929	10:30 Facebook Live Q&A <i>Please note: The offices will be closed on Wednesdays until further notice.</i>	10:30 Social Club Hosted on Zoom.com ID 396-136-822 PW 01929	10:30 Yoga with Dianna Hosted on Zoom.com ID 396-136-822 PW 01929 12:00 Grocery Pick up at EES. Please RSVP by Thursday at Noon to Tess!
<u>Grab and Go Menu for May</u> RSVP to Kristin by Thursday at 4PM 5/11 Salisbury Steak, Mashed Potatoes, Green Beans 5/18 Chicken Marsala w/Mushrooms, Roasted Carrots, Rice 5/25 NO LUNCH due to Memorial Day		<i>Need help accessing Zoom? Gil Frieden is willing to help. You can email him at: gil@frieden.com, find him on Facebook (Gilly Flowers), or call us at the COA and we will put you in touch!</i>	 <u>Dance Out Dementia:</u> This program started as Maggie's Girl Scout Gold Project, and has since become a business. The latest research shows that dance can reduce a person's risk of dementia by 76%. Maggie teaches virtually via Zoom every Thursday at 3:00 p.m. For more details and login information, please email: danceoutdementia@gmail.com	

How to Access ZOOM events:

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

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

Reminders: Be sure the volume is turned all the way up on your device. Be sure the camera on your device is not blocked (small hole at top of computer screen). If you are using an iPhone or iPad, be sure you have downloaded the free Zoom app. It's definitely an adjustment, but it is worthwhile!

Transportation

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

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

CATA Shopping Trips: Provided by Cape Ann Transit Authority (CATA) **978-283-7916**
• **Friday Morning Market Basket, Rowley:** Pick up 9:30 at your home. Limit 2 bags **\$4.00**

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

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

More Information

Pharmacy Access

Please consider utilizing prescription delivery whenever possible. Area pharmacies have made changes to make this process easier. For Mail order prescriptions, please contact the number on the back of your insurance card. If you need assistance accessing your prescriptions, please call Kristin or Tess at the Senior Center.

Essex Masks Group

One of the amazing stories we are hearing is about the Essex Masks Group of volunteers. These incredible and tireless volunteers have cut, sewn, and distributed over 5,000 masks at the time this newsletter went to print! If you'd like to participate, grab a kit in the bin at Sea Meadows.

If you need a mask, please let us know! It is now required for everyone to wear a mask when out in public in Massachusetts. You may be fined for not wearing one!

Some notes from the CDC regarding masks, cloth coverings should:

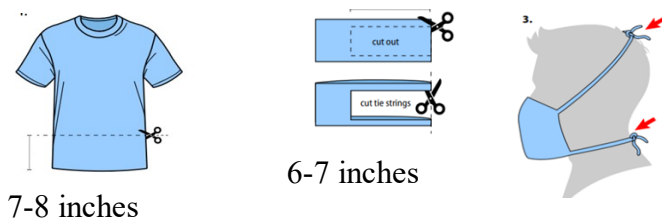
- fit snugly but comfortable against the side of the face
- Be secured with ties or ear loops
- Include multiple layers of fabric
- Allow for breathing without restriction
- Be able to be laundered and machine dried without damage or change to shape.

Remember that the mask is meant to collect particles, and therefore once used is considered dirty. Please do not put the mask below your nose, touch the front of the mask, and wash mask after use.

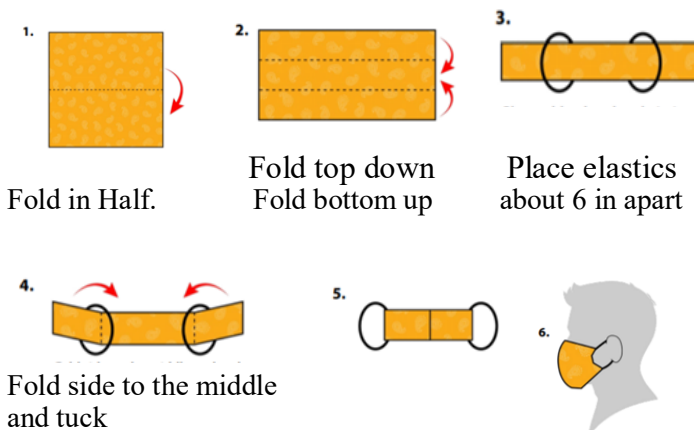
Want to make your own mask?

Here's are 2 easy, no-sew options:

With just a T-shirt and some scissors:



With a bandana/fabric square and rubber bands



SNAP UPDATES

As part of the national response to the Coronavirus pandemic, all SNAP households that are eligible to receive less than the [maximum benefit](#) will receive the [emergency allotment supplement](#) to bring them up to the maximum. SNAP emergency allotments allow states to raise benefits to the maximum amount for the household's size for up to two months and USDA is providing guidance to states that want to extend these emergency allotments month by month.

In addition, Massachusetts will be able to operate Pandemic EBT, a supplemental food purchasing benefit to current SNAP participants and as a new EBT benefit to other eligible households to offset the cost of meals that would have otherwise been consumed at school. The implementation of Pandemic EBT complements previously-announced flexibilities for the Child Nutrition programs that:

- Allow parents/guardians to [pick up meals](#) to bring home to their kids;
- Temporarily waive [meal times requirements](#) to make it easier to pick up multiple-days' worth of meals at once;
- Allow meals be served in [non-congregate settings](#) to support social distancing;
- Waive the requirement that [afterschool meals and snacks](#) served through certain programs be accompanied by educational activities to minimize exposure to the novel coronavirus; and,
- Allow states, on an individual state-by-state basis, to serve free meals to children in all areas, rather than only those in areas where at least half of students receive free or reduced-price meals.

More Information

IMPORTANT NOTICE for ALL 50+ JOB SEEKERS IN MASSACHUSETTS:

There is no doubt that dealing with the current Covid19 Challenge of self quarantining and social distancing – now extended thru at least early May - has created another major hurdle during the already challenging job search process for the 50+ demographic.

We are so excited to announce that with the overwhelming support and generosity of MCOA, our funding-sponsor, we are now able to offer the 50+ Job Seekers Regional Networking program in a virtual format using Zoom. Virtual sessions were rolled out beginning on April 6th!

Not only will this allow us to continue to provide guidance, content, strategies and support to all job seekers who are currently participants in this program, but now, with this new virtual modality, we will be able to offer this vital and timely program to others in the region who, up until now, may have been geographically challenged to attend one of our 17 host site locations in MA.

Please check our web site for additional information, guidance and the updated schedules for all of our host sites – noting that there may be changes in day or time in order to avoid virtual session overlap. Please Visit: www.50plusjobseekers.org.

Program Registration is required for anyone who is new to the 50+ program in order to start receiving information and invitations for upcoming virtual meetings at the site they choose to attend. All virtual sessions are open to any 50+ Job Seekers; however, each session is limited to 30 participants so pre- registration for any session is required. Guidance on session registration is provided in an email from the Group Leader of the host site selected.

Stay Safe. Be Well. We are here to help your community members who are seeking assistance in their job search during these difficult days ahead.

Feel free to contact me for additional information: susan@sdkelly.com or 781-378-0520

**Make Your Mark
ON COMMUNITY**

Support Local Restaurants

(Take Out (T.O), Delivery
(DEL), and Curbside (CURB)

Cape Ann Pizza	978-768-3925	T.O. DEL
Essex Pizza	978-768-3227	T.O DEL
Riversbend	978-890-7098	CURB
The Farm Bar	978-768-0000	T.O. (Window)
Great Marsh Brewing	978-890-7827	CURB
The Mill	978-890-7139	T.O.DEL, CURB
Village Creamery	978-890-5127	T.O.
Village Market	978-768-0001	T.O.
Village Restaurant	978-768-6400	CURB
Windward Grille	978-768-0050	T.O.
Woodman's of Essex	978-768-6057	CURB

Give Local

Friends of the Essex Council on Aging
Mail to: 17 Pickering St. Essex MA

Acord Food Pantry	978-468-7424
Action Inc	978-282-1000
Catholic Charites	978-283-3055
Essex County COVID19 Response Fund	978-777-8876
Lifefridge Northshore	978-675-6240
Open Door	978-283-6776
Senior Care/Meals on Wheels	978-281-1750
Wellspring House	978-281-3558

Support Local Businesses: Other Essential Business

Building Center	978-768-7151 *Call in
Chebacco Market	978-768-7568
Essex Bird and Pet	978-768-7408 Pick Up
Essex Wine Exchange	978-768-7500 CURB
Schooners	978-768-6438
Bank Gloucester	978-283-2800
Brookline Bank	978-768-7372

Did you know ??

The 2020 Census significantly impacts funding at the Council on Aging for the next 10 years?

This is an easy way to help—complete your census, or let us help!



B	I	N	G	O
		★		

Types of BINGO Games:

Regular Game: Vertical, Horizontal, or Diagonal Line

Special Games:

“X”

Four Corners

Big Frame

Little Frame

Coverall



BINGO Instructions

Use a pencil and fill in the numbers as you wish, using this as a reference.

B: 1-15

I: 16-30

N: 31-45

G: 46-60

O: 61-75

Council on Aging *Essex*

17 Pickering Street
Essex, MA 01929

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A Monthly publication from the Essex Council on Aging, and supported
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The Essex Senior Echo **May 2020**

NEW! Grab and Go Lunches

Since we cannot offer our weekly Thursday community lunch, we have partnered with SeniorCare, Inc to offer you a “Grab and Go” lunch each Monday. At noon on Mondays, participants can drive or walk to the Senior Center and “grab” a prepared lunch and then “go” home or elsewhere to enjoy the meal! If you are interested in participating in this FREE program, please call the Senior Center to sign up by 4:00 p.m. the previous Thursday... The menu for May can be found on Page 8 in this newsletter (please note there will be no meal available on Monday, May 25 for Memorial Day).

Community Caring

Essex is a special place where people take care of each other. That has been even more apparent during this challenging time. The community has come together to get things done and take care of our neighbors. Thank you to Woodman’s, the Glass Family, The Mill, the Essex Mask Group, Sea Meadow Gifts, Crosby’s Markets of Hamilton and Manchester, and Trader Joes for their continued generosity and support.

Have you heard about the new Grocery Box filled with items for people to take as needed? It is located at Annie Cameron’s house on 23 Pickering Street. Non-perishable donations can go directly in/under the box and people are welcome to take what they need at no cost. The box will be in front of 23 Pickering Street with a variety of items available during the pandemic.

We have partnered with Acord and Open Door Food Pantries to offer Friday Groceries to Essex residents. Along with our dedicated volunteers ~ Annie Cameron, Patti Roundy, Trish McGrath, Doug Richardson, Dawn Burnham, and Michaela Leary ~ these organizations are doing an extraordinary job on your behalf and we cannot thank them enough!