Essex Senior Echo

MAY 2024

OLDER AMERICANS MONTH

POWERED BY CONNECTION: MAY 2024

Happy Older Americans Month! Every May, the Essex COA and other aging services organizations join the nation's observance of Older Americans Month. The 2024 theme is "Powered by Connection", which recognizes the profound impact that meaningful relationships and social connections have on our health and well-being. We will explore the vital role that connectedness plays in supporting independence and aging in place by combatting isolation, loneliness, and other issues.

We have lots of opportunities for you to engage, including special events like our Butterfly Place trip and the Graduation Gallery Ice Cream Social! Please take a look inside and plan to join us for some fun and adventure ~ and let us know what you would like us to add!

I am delighted to announce that Essex resident and LICSW Alina Franklin has joined the COA as our Outreach Coordinator. Please be sure to stop in and say hello! *~ Tess*

Intergenerational Conversation Starter:

What is a personality trait you got from a parent or ancestor?

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

Outreach Coordinator:
Alina Franklin
afranklin@essexma.org

Follow us on Facebook!

Activities and Special Events

the butterfly place

THURSDAY, MAY 23 ~ 10:00 A.M.
ADMISSION ~ $12

See New England butterflies and tropical species from all over the world. Walk along a winding pathway. Enjoy the koi fish and quail birds among the butterflies.

Join us for this delightful experience, after which we'll go to Kimball Farm for some fun and lunch on your own!

Please register and pay in advance. Transportation provided; bus will depart from Memorial Park.

NEW

Knitting at Night

Sit and Knit with us on Wednesday, May 22 from 6:00-7:30 PM
Let us know you're coming!

BOOK CLUB

Join us at 1:00 p.m. for a lively discussion!
Tuesday, May 28 1:00 PM
"Trust" by Hernan Diaz
Tuesday, June 25 1:00 PM
"Demon Copperhead" by Barbara Kingsolver

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?
Our Tech geniuses 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
Kim Lufkin Williams

Friday, May 17 at 12:00 pm
Samples and recipes will be available.

Free to participants ~ advance registration is required.
Please call the COA to register.

PRIDE Flag Raising

Friday, May 31
9:30 AM at COA

We'll honor LGBTQQIA+ seniors as we kick-off
capeannpride.org

Activities and Special Events

Bowling

Knock 'em down, spin 'em around!

Cape Ann Lanes

Wednesday, May 29

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!

Amazing Women Celebration

Friday, May 10
12:00 p.m.

Hats off to YOU ~ the Amazing Women of Essex!

We're throwing a party to celebrate YOU and will have Finger Sandwiches, Special Beverages, and Desserts. Please RSVP and Dress as Amazing as we know you are!

MYSTERY RIDE

THURSDAY, MAY 9

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, May 16

"The Miracle Club"

There's just one dream for the women of Ballygar (Dublin) to taste freedom: to win a pilgrimage to the sacred town of Lourdes, the place of miracles. Starring Maggie Smith, Laura Linney, and Kathy Bates.

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

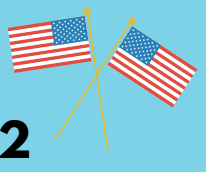
Thursday, May 30 ~ 1:00-3:00 PM

We have a card table with advertisements - come tell us what you know about those businesses of Essex! We are delighted to hear the many remembrances of what makes Essex special - please join us to share your memories! Diane Polley will lead the group. Light refreshments served.

Activities and Special Events

Veterans' Breakfast
Wednesday, May 8
9:30 AM

Essex Veterans!! Come for breakfast and meet your new Veterans Service Officer, Steve Bohn



Please RSVP
978-768-7932

Village Pancake House
Monday, May 13
9:30 am

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
THE FARM

BAKED HADDOCK
CHICKEN CAESAR WRAP
HAMBURGER

$ 15

TUESDAY, MAY 28
12:00 PM

PAY AT RESTAURANT, PLEASE CANCEL IF NEEDED

Gentle Walking Tour
"Echo & Elizabeth How"

Wednesday, May 22
11:30 A.M. - 12:30 P.M.

Meet Gil Frieden for a guided walk of the Echo and Elizabeth How Trail near 398 Linebrook Rd in Ipswich. GentleTrails is a Greenbelt program for nature enthusiasts who enjoy gentle strolls and lovely views. Call the COA to reserve your spot! CATA is available for transportation.

Essex Tech Luncheon

Tuesday, May 14 11:30 a.m. - 2:00 p.m.

Join us for a delicious lunch and shopping at the The Maple Street Bistro & Bakery, a student-run facility with fresh food prepared daily. Menu will be available at time of registration. Please register in advance - cost of meal and shopping is on your own. Transportation on your own or with CATA.

Around Town

ESSEX ANNUAL TOWN MEETING

Monday, May 6
6:45 P.M.
Essex Elementary School
12 Story Street

ELECTION DAY

Monday, May 13
7:00 A.M. - 8:00 P.M.
Essex Public Safety Building
11 John Wise Ave
Early In-Person Voting at Town Clerk
May 6-9, 8:00 A.M. - 1:00 P.M.

FREE COMMUNITY BREAKFAST

SATURDAY, MAY 11
9:00 -10:30 A.M.
Scrambled Eggs, Homemade Hash, Irish Tea Cake
First Congregational Church
Good will donations accepted

Town Committee Meetings

Planning Board - 5/1, 15 - 7:00 PM
Select Board - 5/20 - 6:00 PM
Board of Health - 5/9, 23 -7:00 PM
Conservation - 5/14 - 7:15 PM

TOWN OFFICES CLOSED MAY 27

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, May 3 10:30-11:30 a.m.
Friday, May 17 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, May 21, 11:00 A.M.

Please RSVP and come enjoy socializing and some tasty treats!

Mens' Breakfast:
Wednesday, May 8, 9:30 A.M.*
This is the MAY Veterans' Breakfast.

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)

COA ACTIVITIES

Arts Group Tuesdays 1:00 - 3:00 PM

Book Club ~ Tuesday, May 28 ~ 1:00 PM

Caregiver Support Group ~ May 20 10:30 AM

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

Guest Chef ~ Friday, May 17 ~ 12:00 PM

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

Elder Law Assistance - Atty. Brian DesRosiers, Wednesday, May 15 ~ 9:30-10:30 AM

Fitness Fun with Gil - Wednesdays, 10:00 AM

Grab & Go Meals Mondays & Thursdays ~ NOON

Knitting at Night ~ Wednesday, May 22 ~ 6:00-7:30 PM

Mobile Market Friday, May 3 and 17 ~ 10:30AM

COA Board Meeting Tuesday, May 7 ~ 6:00 PM

Friends Meeting Tuesday, May 14 ~ 3:00 PM

Ladies Brunch Tuesday, May 21 ~ 11:00AM

Men's Coffee/Donuts Wednesday, May 8 ~ 9:30AM*
VETERANS BREAKFAST IS TAKING PLACE AT THIS TIME

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

COA SERVICES

INFORMATION AND REFERAL 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.

What can SHINE do for you? MEDICARE SAVINGS PROGRAMS

SHINE is an acronym: Serving the Health Insurance Needs of Everyone...on or eligible for Medicare. SHINE counselors are highly trained volunteers (and some who counsel as part of their jobs) who will assist you with learning about Medicare and Medicare Savings Programs, whether you are exploring Medicare or are already enrolled.

Medicare Savings Programs (MSPs), formerly known as the MassHealth Senior Buy-In and Buy-In Programs can help with your Medicare costs, such as Part A and/or Part B premiums, deductibles, copays and co-insurance. In Massachusetts, MSPs are managed by MassHealth and there are three different types of MSPs, with different levels of coverage assistance.

A SHINE counselor will help you determine eligibility, based on income and/or assets for ALL potential cost saving programs, including MassHealth Standard and other programs associated with it. **The recent elimination of asset guidelines for MSPs may mean that you are eligible now, when you may not have been eligible before. This can make a big difference in your monthly healthcare premiums**

If you are not eligible, a SHINE counselor can review your Medicare coverage to help determine if you are in the most cost-effective plan and will help determine opportunity for change if so.

Call for an appointment with a certified SHINE Counselor: Tess Leary

SHINE is a federally funded program helping you navigate Medicare.

Household Size and Maximum Income Level	
1 person	$45,392
2 person	$59,359

The Massachusetts HOME ENERGY ASSISTANCE PROGRAM (LIHEAP) is a free resource to help eligible households pay a portion of winter heating bills incurred from November 1-April 30. Eligibility for home energy assistance is based on several factors, including but not limited to household size and combined gross annual income of household members. Homeowners and renters, including households whose cost of heat is included in rent, can apply. **Deadline is MAY 10.**

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, Elder Law Specialist

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

MAY 20
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!

Rest ▪ Stop ▪ Ranch®
Respite Retreat Center
Topsfield, MA • rest-stop-ranch.org

Garden Rx-Open Garden - Tuesdays and Thursdays 1:00-4:00 pm
Memory Cafes - 2nd Saturday of each month, 10:00am-12:00 pm
Group Support - 2nd Thursday of each month, 7:00-8:00 pm
Meet & Eat - 2nd Saturday of each month, 12:00 - 1:00 pm
Call 978-887-4202 for more details.

SNAP HEALTHY INCENTIVES PROGRAM

Healthy Incentives Program
Fresh. Canned. Dried. Frozen.
It's HIP to be healthy!

Spend your SNAP dollars on farm-fresh fruits and vegetables at participating Healthy Incentives Program (HIP) retailers and have the amount of your purchase instantly added back to your EBT card up to $40!
Some local farmstands and grocery stores accept SNAP and HIP!
For more information about HIP locations, visit www.dtafinder.com or see Tess or Alina for more information.

Since its inception in 1949, Mental Health Awareness Month has been a cornerstone of addressing the challenges faced by millions of Americans living with mental health conditions. If you or someone you know needs help: Call 1-800-950-NAMI (6264), text "HelpLine" to 62640 or chat with us at nami.org/talktous.

988 Suicide & Crisis Lifeline – Dial or text 988 if you or someone you know is having thoughts of suicide or experiencing a mental health crisis. Available 24/7.

Why is Healthy Vision Month important?
Healthy Vision Month is important because more than 23 million Americans age 18 and older have never had an eye exam, according to a national survey conducted by NEI.

Many eye diseases don't have symptoms in their early stages, so without an eye exam, they can't know. And there are worrying predictions: By 2030, 11.4 million people will have diabetic retinopathy, 4.2 million will have glaucoma, and 3.7 million will have age-related macular degeneration.

What are five steps people can take to protect their vision?

- **Get a Comprehensive Dilated Eye Exam:** It's the best way to know if your eyes are healthy and you're seeing your best.
- **Live a Healthy Lifestyle:** Maintain a healthy weight and eat foods like fish and dark leafy green vegetables to lower your risk of eye disease. And don't smoke—it's as bad for your eyes as it is for the rest of your body.
- **Know Your Family History:** Genes are a factor in eye disease, including diseases that are the leading causes of blindness.
- **Use Protective Eyewear:** Safety glasses or goggles can protect your eyes at work and at play.
- **Wear Sunglasses:** Protect your eyes by choosing sunglasses that block out 99 to 100% of both UVA and UVB radiation.

For more information, please visit www.nei.nih.gov/hvm.

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
May 14 ~ 3:00 PM

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

Essex Trash Bags Available
Tuesday, May 7 ~ 11:30 AM - 12:30 PM
Tuesday, June 4 ~ 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.

Please schedule your appointments so you are ready to return home no later than 2:45pm for out-of-town trips and 3:15pm for in-town-trips.

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

Beautiful Flowers

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

GERANIUM
SUNFLOWER
TULIP
PEONY
PANSY
CAMELLIA
CLOVER
ORCHID
SNAPDRAGON
FREESIA
PETUNIA
HYDRANGEA
HYACINTH
DAISY
CARNATION
VIOLET
IRIS
BLUEBELL
GARDENIA
GLADIOLA

Can you guess the words and expressions?

M1Y L1I1F1E	Get it Get it Get it Get it	Try $\frac{\text{stand}}{2}$
TRAVEL / CCCCCCC	FAST	T O W N

Answers: Row 1- For Once in My Life, Forget It, Try to Understand; Row 2-Travel Overseas, Breakfast, Downtown

HAHAHA

1. **What can you catch, but not throw?**
2. **What kind of band never plays music?**
3. **What kind of room has no doors or windows?**
4. **Where can you go to practice Math on New Year's Eve?**
5. **How do mountains stay warm in Winter?**

Answers: 1. A cold 2. Rubberband 3. Mushroom 4. Times Square 5. They put on their Snowcaps

Council on Aging
Essex

17 Pickering St
Essex MA 01929

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