



# The Essex Senior Echo

**November 2017**

## **A Note From the Director**

Every month I have a list of items I look forward to sharing with you—such as the latest scams, Medicare's Open Enrollment information, local events, etc. November is no exception. I spent a wonderful three days at the Massachusetts Councils on Aging Annual Conference learning about new and exciting programs across New England, listening to presentations by Governor Baker, Secretary of Elder Affairs Alice Bonner, Regional Director of ACL Kathleen Otte, and meeting various vendors who provide a whole of services for seniors. Even so, I have an even more exciting announcement. The Essex Council on Aging has hired a new Outreach Coordinator—Tess Leary. This is a much needed position here in Essex and Tess brings many great skills to us. I look forward to introducing her to the Essex Community. I also look forward to the continued growth of the Essex Senior Center.

## **A Note From the Outreach Coordinator**

My name is Tess Leary and I am your new Outreach Coordinator here at Essex Council on Aging!

I am thrilled to be working with Kristin Crockett, Essex COA Director, to offer more activities and support services to people throughout town.

You might be wondering why this job even exists - what exactly does an Outreach Coordinator do? Well I am glad this job does exist because it gives me the opportunity to meet people and learn how I can help make their lives better, easier, and more fun! This job really is all about you, what you want, and how I can help YOU!

A little bit about me...I live in Hamilton with my husband, Kevin. We have three children - one in college, one in high school, and one in middle school - so we're on the go and we truly couldn't be more proud! I have lots of interests and I especially enjoy sports, board games, cards, reading, and social gatherings. And I am always up for something new!!



**Don't forget to  
turn the clock  
back on Sunday,  
November 5!!**

### **Come Meet Our New Outreach Coordinator!**

Join us for light refreshments, and coffee or tea on Monday November 13, from 10 to 11. No need to RSVP, just stop on by.

## Programs & Events

INFORMATION ABOUT SOME OF OUR  
SPECIAL PROGRAMS AND EVENTS.  
THE FULL LISTING IS ON THE  
CALENDAR



### **Memoir Writing Group** **Thursdays, 9:30 AM**

Growing up in East Boston my Uncle Jimmy was quite a schemer. He got a job at 1st National Supermarket. The assignment no one wanted was collecting carts from the neighborhood. This was his favorite assignment, as he also worked at the local pharmacy delivering prescriptions. He often worked both jobs simultaneously! He would leave to collect carts, pick up the prescription orders to deliver and head home to watch the Sox Game. He would then load the carts he paid his brothers to collect during the week into his car and headed back to the pharmacy and supermarket to check out. No matter how often I hear this story, I smile.

Do you have stories that stay with you, ones that ache to be written down and shared? Join us for memoir writing each week on **THURSDAYS** at **9:30 AM** with Bruce Shaw, a fellow Essex senior and former English teacher.

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

on the 3rd Tuesday of the month at 6:30. At meetings they discuss upcoming programs, projects, and fundraising.

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

## COOKING CLASS

NOVEMBER

11:00 AM



This is an exciting new class for Essex Seniors! Essex Native Dawn Burnham will be offering a monthly class that focuses on cooking for 1-2 people. It will be held on the 2nd Wednesday of the month at 11, and will feature recipes that utilize items available at the Mobile Market.

### ***Parmesan Butternut Squash***

**TOTAL TIME:** Prep/Total Time: 25 min.

**YIELD:** 8 servings

#### **Ingredients**

- 1 medium butternut squash (about 3 pounds), peeled and cut into 1-inch cubes
- 2 tablespoons water
- 1/2 cup panko (Japanese) bread crumbs
- 1/2 cup grated Parmesan cheese
- 1/4 teaspoon salt
- 1/8 teaspoon pepper

#### **Directions**

1. Place squash and water in a large microwave-safe bowl. Microwave, covered, on high 15-17 minutes or until tender; drain.
2. Preheat broiler. Transfer squash to a greased 15x10x1-in. baking pan. Toss bread crumbs with cheese, salt and pepper; sprinkle over squash. Broil 3-4 in. from heat 1-2 minutes or until topping is golden brown. **Yield:** 8 servings.

**Nutritional Facts** 3/4 cup: 112 calories, 2g fat (1g saturated fat), 4mg cholesterol, 168mg sodium, 23g carbohydrate (5g sugars, 6g fiber), 4g protein. **Diabetic Exchanges:** 1-1/2 starch.

## Thanksgiving Dinner Thursday, November 23 \$5.00

Many of us have families that live out of state, and therefore are often home on Thanksgiving. This year, the Essex Senior Center will be having a Thanksgiving Meal which will be cooked and served by volunteers led by Essex Board of Health Administrator Erin Kirchner. If you will be home for Thanksgiving, please consider joining us for good food, and good company!



**Please call to sign up by**  
**November 15!**

## PODIATRY SERVICES

November 8, 2017

Appointments beginning at 9AM

The Essex Council on Aging is offering Podiatry services with Dr. VanEss here at the Center. This is a great opportunity for all of us. If you have considered having a podiatry appointment, give us a try!

Cost: 30.00

If you have Medicare, and have a diagnosis of Diabetes, the cost of this service may be covered.

Please call the center to make an appointment.



*Please note: the podiatrist does require a minimum number of patients to continue to provide services in the center. If we do not meet this number, we may have to cancel appointments. If you need transportation to the center please let us know by calling the transportation line at 978-347-8115*

## Medicare 101 Presentations

SHINE Counselor, Kristin Crockett, will be offering several presentations on Medicare, Medigap Supplement Plans, Part D Drug Plans, and Medicare Advantage Plans

If you would like to learn more about Medicare, or about changes for the upcoming year, please be sure to stop by one of these presentations.

### T.O.H.P. Library

Wednesday, November 15 6PM

Thursday, November 9 11 AM

### Essex Senior Center

Thursday, November 16 12:30 PM

**The Monthly COA Board Meeting will be held on November 8th at 6pm on the 2nd floor of the Senior Center. The agenda will be posted online at [www.essexma.org](http://www.essexma.org)  
All are welcome to join.**



### Essex Town Meeting

Essex Fall Town meeting will be held on Monday evening, November 13 at 7pm at the Essex Elementary School. It is important that as many residents as possible attend the meeting as there are several important items on the warrant.

## Game Group

**10:30 to 11:30 on the 1st and 3rd Thursday**

Did you know that playing board games has many health benefits? Aside from being fun, medical studies have found playing board games has a positive impact on mental health and hypertension! So come on over, enjoy camaraderie, have fun, and play some games, because de-stressing shouldn't be mundane!

The Northeast Recovery Learning Community will be facilitating this group!

## Memory Tree Ornaments

Essex Seniors have been invited to create the ornaments for the Essex Memory Tree. We will be painting the ornaments, along with festive music, and light refreshments. The date is to be determined. If you are interested please call the center to sign up. We will post information as soon as it's available.



## ESSEX SENIOR CITIZENS CLUB

The Essex Senior Citizen's Club is a private membership organization that meets at the Essex Council on Aging on the First and Third Monday of the Months for a meeting, lite lunch and Bingo.

New members are always welcome. Dues are \$10.

Officers:

Millie Hamlen . . . . . President

Nancy Paone . . . . . Vice President

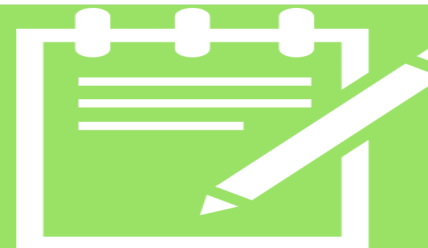
Kay Joseph . . . . . Secretary / Treasurer

## INCLEMENT WEATHER POLICY

If Manchester-Essex Schools have a delayed opening, or are closed, the Essex Senior Center and Transportation Services will also be closed. Additionally, transportation may be cancelled in worsening weather. We will contact those who have a ride scheduled.

# Social Services

FOR MORE INFORMATION,  
PLEASE CALL AND SPEAK  
TO KRISTIN OR TESS  
978-768-7932



## **FUEL ASSISTANCE**

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

Eligibility guidelines for a single person household are an income less than \$34,380, or for a 2 person household less than \$44,958.

To apply, please call Action at [978-281-3900](tel:978-281-3900)

If you participate in the Fuel Assistance program, you may also qualify for the Energy Efficiency program. This program helps you save money by making your home more energy efficient and lowering your overall energy expenses. Action will visit your home to provide free home energy assessments, weatherization (including insulation and weather-stripping), heating system repairs and replacements, and refrigerator and lighting replacements.

This program is available year-round.

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

Did you know that some health insurance programs have member benefits that include reimbursement of gym memberships, and fitness classes? This can include fitness classes offered by your local Council on Aging! If you would like to apply for reimbursement for the Balance in Motion Class or the Yoga class please either speak with your insurance company, or see Kristin or Tess for assistance.

## **Don't Ignore Your Medicare Mail!**

It's that time of year! If you have a Medicare Prescription Drug Plan or a Medicare Advantage Plan (HMO, PPO), you will receive information from your plan by the end of September. Please understand and save this information regarding changes in your plan for 2018.

During Medicare Open Enrollment (October 15 - December 7), you may change your insurance plan for next year. SHINE counselors can help you understand your plan changes, as well as other options you may have. There will be group presentations offered in Essex, as well as one-on-one appointments.

Trained SHINE counselors offer free, confidential counseling on all aspects of Medicare and related health insurance programs. *To schedule a SHINE appointment, call your senior center or 1-800-AGE-INFO (1-800-243-4636)*

*Call early to receive a pre-enrollment form and make that appointment... and bring your Medicare and insurance cards and complete list of your medications.*

## **Find Mass Money**

Did you know that the State Treasurer's Office is tasked with reuniting Massachusetts residents (and former residents) with their "lost" or "abandoned" money?

Just last month I looked my name up on the registry and found that I had 3 different refunds that I was unaware of!

One from an insurance company, and 2 were reimbursements of an overpayment at a physician's office. My sister found a paycheck she must have lost over 15 years ago!

[www.findmassmoney.com](http://www.findmassmoney.com)

While it certainly does sound too good to be true, this is **NOT** a scam. If you would like to check the list, please stop by and see Tess. She can help you complete the claim forms and any required verifications.



## The New Medicare Card



In 2015, Congress passed legislation that required Medicare to stop using Social Security Cards and start using a new, randomly-generated 11 digit number to identify each Medicare participant. The concept was to deter fraud, however ever-creative and flexible scammers inevitable found ways to exploit the switchover to new cards. Scammers have an arsenal of weapons at their disposal but they're most likely to employ one or more of the following:

- Make telephone calls masquerading as a government official to “inform” seniors of the card switchover and “explain” that they just need to “update” their information in order for the senior to get the New Medicare Card: **REALITY:** CMS will mail new cards automatically, participants do not need to do anything or pay anything to receive their new card.
- Make telephone calls pretending to be staff at your doctor’s office and asking for the new Medicare number “just to update our records” or “ensure correct billing”.
- Set up desks at local health fairs and offer “freebies” like nutritional supplements in exchange for seniors new Medicare numbers and other personal information.

As always, please stay vigilant.

*Just before this newsletter went to print, the Essex Senior Center received a number of warnings from the Executive Office of Elder Affairs, Consumer Affairs, and Veterans’ Services that calls have already been received by Massachusetts residents! Please do NOT give out your information!*

## Harvest Festival Word Search

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

Find the words in the grid. When finished, the unused letters will spell out a hidden message.

Acorn

Berries

Burn

Cider

Fall

Gold

Harvest

Peaches

Rake

Squash

Windy

Apples

Brown

Canning

Colorful

Frost

Grapes

Leaves

Pumpkin

Red

Trees

# Transportation

TO SCHEDULE A RIDE FOR A MEDICAL  
OR OTHER APPOINTMENT, PLEASE CALL  
978-347-8115  
FOR A GROUP TRIP, CALL 978-768-7932



Essex Council on Aging offers transportation services to all Essex residents over the age of 60, as well as disabled Essex residents under the age of 60. In addition, we provide transportation to the Rowley Market Basket every Friday. The van also provides transportation for shopping excursions, and other social events including the Casino in Oxford ME! In order to use our transportation services, you must be registered with the Senior Center!

To register for a Medical Appointment please call and leave a message at

**978-347-8115**

If you would like to sign up for a group trip, please contact us at the Center during regular business hours.

**978-768-7932**

*\*\*\*\* All Van Trips are limited to a maximum of 12 ambulatory passengers,  
plus 2 additional seats for those in a Wheel Chair \*\*\**

## **SIGN UP FOR ALL EVENTS AND TRIPS AT THE SENIOR CENTER**

**When signing up, use first AND last names, and phone number!**

*Note: There is no tipping of drivers allowed, passengers who wish to do so may make an anonymous and voluntary donation to support the programs of the Council on Aging.*

**Please note: If interested in a group trip, please sign up as soon as possible. Trips may be cancelled due to lack of interest.**

**If requesting medical transportation, please give us as much notice as possible your trip. We may not be able to accommodate trips with less than a 5 day notice**

### **Salon Contact Information:**

Each of our supermarket trips do provide access to a hair salon. If you are interested in making an appointment at one of the many salons available at our shopping trips, here's the contact information:

BackStage Salon, (Market Basket Plaza, Rowley)  
978—948—7772

Fantastic Sams, Beverly (Stop and Shop Plaza, Beverly)  
978—921—1888

Nails and Co. Beverly  
978—927—4604 (Stop and Shop Plaza, Beverly)

SuperCuts, Beverly (Shaws Plaza, Beverly)  
978—998—6883

Great Clips, (Gloucester Crossing, Gloucester)  
978—290—4317

Weekly and Monthly Shopping Trips  
Market Basket Plaza Rowley  
November 3, 17



Gloucester Crossing  
November 10, 24



Shaws Plaza  
November, Call to schedule!



Stop and Shop Plaza  
November, Call to schedule!

## Oxford Casino: November 9 8:00 AM



Join us for a Wicked Good Time at the Oxford Casino, in Oxford ME. Meet at Memorial Park. Trip returns approximately 6 PM.

## Village Pancake House: November 14

9AM



Join our Breakfast Club at the Village Pancake House in Rowley. Meet us at Memorial Park for a ride at 8:45AM, or meet us at 9:00 at the Pancake House. Please be sure to Sign up so we have the appropriate number of RSVPs.

## North Shore Shopping Center: November 8

11AM

The holidays are just around the corner. This is a perfect way to get a jump on your holiday shopping. Shop on your own, or stay with the group and get together for lunch.

## Peabody Essex Museum, November 14

10AM

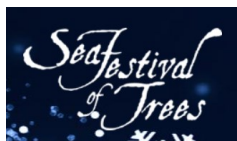
There are many reasons to come to PEM. Sometimes, looking at a work of art with someone special by your side is all the motivation you need. Sitting in the light-filled Atrium, watching the expression on a child's face as she makes a collage — each experience is worth the trip. PEM is the place to come for enjoyment, enrichment, sharing with family and friends, and creative stimulation. Cost: \$18.00 for Seniors  
\*\*The PEM offers 2 complementary admissions to EBT Card Holders!\*\*



## Salisbury Sea Festival of Trees, November 29

5PM—9PM

Get ready for a forest of sparkling holiday trees and wreaths—fancily decorated with unique and fun themes, music and dance performances, a coastal arts and crafts show, lots of cool special events, a giant gingerbread house castle display, gift and sweet shop, and festival café. It's a holiday wonderland by the sea!



*All trips leave from Memorial Park unless otherwise noted*

## **UPCOMING EVENTS THIS WINTER:**

### **FRIENDS ANNUAL CHRISTMAS PARTY:**

December 7, 12 noon  
Hart House  
\$5.00

### **TOWN OF ESSEX MEMORY ORNAMENTS:**

Essex Seniors have been invited to assist with the painting of the "Memory Ornaments" for the Town's Christmas Tree. We will have refreshments, and listen to holiday music to set the mood!

Date TBD.

### **ORNAMENT MAKING WORKSHOP**

Melissa, from Melissa's Budding Artists, will be Here teaching an ornament making workshop. More information will be available in next month's newsletter.

### **2018 TRIPS AND EVENTS**

Are there events or trips that you would like to see happen next year? If so, please let us know as we are planning the calendar for next year!

We already have a few great options on the calendar, including an overnight trip, a Dolly Parton and Kenney Rogers Concert, and more!

*Hidden Message Answer: Don't judge each day by the harvest you reap but by the seeds that you plant.*

**It is with a heavy heart that we announce the passing of Arlene Pizzo. She was a member of the Board of Directors at the Council on Aging, Vice President of the Senior Club, and former president of the Friends of the Council on Aging.**

**She had dedicated so much of her time to supporting the older residents of Essex. We are grateful for all she has done, and she will be missed by all of us at the Essex Senior Center.**



Senior Care Inc

# LUNCH MENU

1st and 3rd Thursdays of the Month



**November 2, 12 Noon**

**Travelling Chef Meal:  
BBQ Pork, White Rice,  
Fresh Bean Sauce, Beet Salad  
White dinner roll, Flan**

(Please note, the traveling chef requires a minimum of 20 diners. If we do not meet this number, the menu is subject to change)

**November 16, 12 Noon**

**Thanksgiving Special:  
Turkey, Gravy and Cranberry Sauce,  
Whipped Potatoes, Stuffing, Butternut  
Squash, Dinner Roll, Apple Pie**

*\* There is a suggested **voluntary** donation  
of \$2.00 per meal, \$3.00 for the chef.*



**5th Thursday Luncheon, Sponsored by Open Door**

Please join us on Thursday November 30, at 12 noon, for a free luncheon prepared by the Open Door.  
Please call and RSVP by November 24

## **Essex Mobile Market, Sponsored by Open Door**

**Friday, November 10  
10:00 AM to 11:00 AM**

The Mobile Market is a program offered by the Open Door Pantry. If you are interested in participating with the mobile market and are unable to attend due to scheduling conflict, or lack of transportation, please give us a call and we will make alternative arrangements. If you are grocery shopping with us and would like to participate, we will hold a bag for you!

### **Open Door Food Pantry, Gloucester**

23 Emerson Ave, Gloucester.

Monday, Wednesday, and Thursday from 10-7      Tuesday and Friday from 10-5.

The Community Meals are available 7 days a week at various locations in Gloucester. Monday through Saturday meals are from 5-6, and Sundays they are offered 4-5. For more information you may pick up a brochure at the Essex Senior Center, or call the Open Door at 978-283-6776.

### **Open Door Food Pantry, Ipswich**

Tuesdays from 11-5 and Thursdays from 11-7 at 00 Southern Heights in Ipswich

### **Accord Food Pantry, Hamilton**

69 Willow St. Hamilton

Wednesday 9:30AM—11:00 AM Thursday 6:30 pm—7:30 PM Saturday 9:00 AM—11:00 AM,





# November

Mon

Tue

Wed

Thu

Fri

1

12:45 Line Dancing

2

10:30 Game Group

12:00 Travelling Chef Meal

3

**9:30 Market Basket**

10:00 Balance in Motion

6

9:00 Walking Club

12:15 Senior Club

5:30 Yoga

7

**9:00 Village Pancake House**

10:00 Balance in Motion

1:30 Arts and Crafts

8

11:00 Cooking Class with Dawn

**11:00 North Shore Shopping Center**

12:45 Line Dancing

6:00 CDA Board Meeting

9

**8:00 Oxford Casino**

9:30 Memoir Writing Group

10

**9:30 Market Basket**

10:00 Mobile Market

10:00 Balance in Motion

13

8:30 Men's Breakfast

9:00 Walking Club

10:00 Meet and Greet

**12:00 Windward Grille \$14.00**

5:30 Yoga

14

10:00 Balance in Motion

**10:00 Peabody Essex Museum**

1:30 Arts and Crafts

15

2:45 Line Dancing

16

9:00 Senator Tarr's Office

9:30 Memoir Writing Group

10:30 Game Group

10:00 Blood Pressure Clinic

12:00 Senior Care Luncheon

**2:00 Age+Dementia Friendly CapeAnn**

17

9:15 Hearing Screenings

**9:30 Market Basket**

10:00 Balance in Motion

20

9:00 Walking Club

12:15 Senior Club

5:30 Yoga

21

10:00 Balance in Motion

6:30 Friends of the CDA Meeting

22

12:45 Line Dancing



24

**9:30 Market Basket**

10:00 Balance in Motion

27

9:00 Women's Breakfast

9:00 Walking Club

5:30 Yoga

28

10:00 Balance in Motion

1:30 Arts and Crafts

29

12:45 Line Dancing

**5:00 Sea Festival of Trees**

30

9:30 Memoir Writing Group

12:00 5th Thursday Luncheon

Join us for a Thanksgiving Day Meal! Sign up by November 15th!

**Friends of the Essex Council on Aging presents:  
Annual Holiday Party at the Hart House**

**December 7, 2017**

**12 Noon**

**Cost: \$5.00 Per Person**

**Please sign up at the center.**

**There will be Music, Door Prizes, and Favors.**

**The full meal includes Salad, Dinner Rolls, your choice of entrée  
and Dessert**

**Entrée choices include:**

- 1. New England Chicken**
- 2. Baked Haddock**
- 3. Pork Loin Chops**
- 4. Steak Tips**

**Sign up early as this is an event you don't want to miss.**

**SeniorCare Age and Dementia Friendly  
Community Forum**

Dr. Caitlin Coyle from UMass Boston will facilitate open discussions with residents about how to make Cape Ann more age & dementia friendly. [JOIN US](#) to share your experiences and ideas!

Members from all aspects of the community are encouraged to attend, including caregivers and persons directly impacted by aging and dementia, government, human service agencies, health and beauty, finance and banking, media and information services, private business. .



**Essex**

Town Hall

30 Martin Street

November 16

2:00 – 3:30 pm



# Friends of the Essex Council on Aging



## **FRIENDS OF THE COUNCIL ON AGING**

The Friends of the Essex Council on Aging is a private non-profit organization whose purpose is to seek donations to financially assist the Essex Council on Aging in providing social services to residents over the age of 60 in Essex, and to do other things that necessarily render a service for the elderly residents of Essex.

### Officers:

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

## **FECOIA Thanks the following businesses for their support:**

Village Market

## **Memorial Donations:**

### In Memory of Arlene Pizzo:

Essex Senior Citizens Club  
Kristin Crockett

## **Friends of the Essex Council on Aging Holiday Boutique**

**Waterline Center, Essex Ship Building Museum**  
**Friday, November 17**  
**6PM to 8PM**

**Saturday, November 18**  
**10AM to 3PM**



The Boutique is an annual fundraising event in which we feature beautiful, handmade items for sale. This year, our boutique will be held in conjunction with the Essex Church fairs. We are hard at working creating beautiful and unique items.

All proceeds support Essex residents over the age of 60.

Would you like to help?

We are looking for assistance with set up on Thursday evening. We are also looking for people to assist during the event on both Friday and Saturday evening. If you are available to help, please contact Kay Joseph.



These are just some of the many items you can find.





# Essex Senior Echo

November 2017

17 Pickering St. Essex MA 01984  
978-768-7932

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

A Monthly Publication from the Essex Senior Center and  
Essex Council on Aging, supported in part, by funding provided by  
the Massachusetts Executive Office of Elder Affairs

RETURN SERVICE REQUESTED

This newsletter is supported, in part, by funding provided by the  
Mass Executive Office of Elder Affairs (EOEA).

## Council on Aging Board Members:

Michele French	.....Chairman
Ralph Hawley	.....Vice Chairman
Priscilla Doucette	.....Secretary
Kay Joseph	.....Treasurer
Nancy Beattie	Susan Gould-Coviello
Millie Hamlen	Patricia McGrath
Mary Wilhelm	

## Council on Aging Staff Members:

Director	Kristin Crockett
Outreach Coordinator	Tess Leary
Transportation Department	Gerri Konopka
	Sonny Thompson
	George Harvey

And a big thank you to our many volunteers!

## Hours of Operation:

Monday—Friday 9AM—12PM

978-768-7932

coa@essexma.org

## In this month's Issue :

**It is Medicare's Open Enrollment Period! Do you have your SHINE Appointment? If not, please call 978-768-7932**

**The podiatrist will be back on November 8th, please sign up and don't forget to bring your completed paperwork with you!**

**Fuel Assistance is available through Action Inc beginning November 1, for more information please go to page 4**