

The Essex Senior Echo

October 2017

A Note From the Director

Nancy and Sean tried to get themselves and their two children off Puerto Rico the moment that Hurricane Irma looked like it may be heading their way. They weren't able to get a flight, and their family of 4 had no choice but to ride out the storm. They were lucky as the hurricane passed just to the north. They have a generator, and have a second level in their home, so they got through Irma relatively unscathed. Then Hurricane Maria came through just a few short weeks afterwards. Sean is currently stationed in San Juan, Puerto Rico, and this time the U.S. Government decided this time to evacuate the family members of those on this assignment. Sean would have to stay. Nancy and her 2 children were given a couple hours notice to pack and get to the airport. They were allowed 1 backpack each and were flown to Virginia.

From the first news reports of Hurricane Harvey and its impact on Texas, I began thinking about my own family's preparations. Would we be prepared to evacuate our home? I also began thinking of all of you. October is still peak hurricane season, and those of us in Essex are certainly at risk of a Hurricane making landfall. Once hurricane season is over, we march straight into winter, and with it, those dreaded N'oreasters! How prepared are you for an emergency? Do you have a plan in place? Do you have enough shelf-stable food to survive a few days without power? Do you have medication that requires refrigeration? The better prepared each of us is, the easier it will be to get through an emergency. For more emergency preparedness and information, please go to page _____ in the newsletter.



In the world of aging services, and particularly here in Essex, October is an exciting month! First, as I mentioned last month in the newsletter, it is the start of Medicare's Annual Open Enrollment. This is important! If you have Medicare, now is the time to review your coverage and make any necessary changes. At the time of printing, the new rates for Medicare have not been released. I anticipate having this information available after October 10. Please call 978-768-7932 to schedule an appointment time with Kristin. You may also contact the state SHINE office at 1 (800)-AGE-INFO (1-800-243-4636)

For Essex, this October is especially exciting as it was 10 years ago this month, the Town of Essex finally saw the dream of a new, modern meeting space for Seniors come to fruition. The former Fire station turned Scout Barn was demolished in November of 2006, and in its place the new elevator-equipped building was brought in, piece-by-piece. It happened only because of the tremendous dedication of many volunteers, and through the support of the town. For those who were involved in the project, I thank you for giving Essex Seniors a second home in the community. I work each day to ensure that we make this center the best it can possibly be — that we are continuing to bring your vision to life.



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!

Tai Chi for Better Balance & Healthy Aging **MONDAYS 11-12 A.M.**

Class is free of charge until October 16th, afterwards, we will charge a nominal \$5.00 per class.

Have you been feeling tired, low energy, fatigued? Pain in your joints or your back or arthritis in your hands? Do you have problems with balance? Do you have trouble sleeping? Is your mind spinning too fast?

Tai Chi and CHI Gong can help you! This approach to **Tai Chi for Better Balance & Healthy Aging** is an evidence-based program that is **scientifically proven** to be successful within a year for seniors who practice every week!

Neurologists are now recommending Tai Chi to seniors for its helpful benefits. This class includes vitality exercises and chi massage for healing, cleansing, strengthening the organs, cultivating the breath and the energy flow through all the channels and joints of the body and strengthening our immune system. We do a fun Tai Chi moving practice for cultivating balance on many levels (physical, emotional and mental) and keeping the brain and whole body awake, alive and integrated. This can help prevent stroke and dementia.

Instructor Carla Mattioli who is certified in Qigong and Tai Chi instruction from 3 different schools and has been teaching for over 5 years. She teaches Tai Chi at the Rose Baker Senior Center in Gloucester, the Rockport Council on Aging and the Manchester Athletic Club. Carla looks forward to meeting you and helping you find out what Tai Chi and Qigong can do for you!

COOKING CLASS

OCTOBER 11
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.

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

Arlene Pizzo Vice President

Kay Joseph Secretary / Treasurer

The COA Board meets on the 1st Tuesday of the month at 6:00PM in the upstairs meeting room. This is an open public meeting. All are welcome!

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.

HEARING SCREENING

October 20, 2017

9:15 AM

We are excited to announce that Mass Audiology, located in Peabody MA, will be visiting the Essex Senior Center and offering complimentary hearing screenings.

Hearing screenings are an important component of our health care, and everyone should be screened—even if you don't think have issues related to hearing loss. Hearing loss affects so many aspects of our lives, and can also be linked with other health issues.

Please call to schedule a time slot. Walk-ins will also be accepted, but can only be accommodated on a space available basis.



VETS for VETS

Join the effort to Serve your fellow Vets

North Shore Veterans Summit

Community Networking for Veterans & Families

HEALTH CARE INFORMATION

LOCAL VETERANS NETWORKS

FINANCIAL & LEGAL RESOURCES

Saturday, October 14th

8:00 am - 3:30 pm

North Shore Community College

300 Broad St. Lynn MA

Flu Clinics

Don't miss your chance to get the flu shot! The Essex Board of Health will be offering the flu vaccine, and pneumonococcal vaccine:

Essex Senior Center: October 3
9:30-11:00

Essex Clamfest: October 21

Food Safety Training

The Essex Department of Public Health is offering a Food Safety Training. We are asking that all volunteers at the COA attend who currently volunteer or are interested in volunteering with either the Luncheons, Special Lunch Events, or the Men's and Women's Breakfasts.

October 18

9:30—10:30 AM

Essex Town Hall, 3rd Floor Auditorium

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 comradery, have fun, and play some games, because de-stressing shouldn't be mundane!

The Northeast Recovery Learning Community will be facilitating this group!

Drug Take Back Day

What do you do with your expired, or unneeded medications? The Essex Police Department, and the Essex Department of Public Health are offering a Drug Take Back Day.

October 28, Essex Police Station

Bring your unwanted, unused, or expired medications to the Station

Social Services

FOR MORE INFORMATION, PLEASE
CALL AND SPEAK TO KRISTIN
978-768-6932



Medicare Open Enrollment Period

It's here. Medicare Open enrollment has finally arrived. This means that all of the information about plan changes for the upcoming year will be available shortly. The open enrollment period is from October 15 through December 7.

What is Medicare open enrollment?

Open enrollment is the one time a year where Medicare beneficiaries can change their Medicare Advantage plans, Prescription Drug plans, and supplement plans. Information about plans for the next year also becomes available.

I already have a supplement plan and drug plan that I am happy with, why should I worry?

Each year there are changes made to each insurance plan, including which medications are covered, premium costs, copayment amounts, etc. It's always a good idea to check into what changes there are for the next year.

I have Medicare, but no drug plan because I don't take any medications. Do I really need a drug plan?

This is the time of year where you can join a drug plan. If you do not have a drug plan, please still speak with

I find all of this to be overwhelming and confusing. Is there anyone who can help me?

Yes! Kristin Crockett is our SHINE Counselor here in Essex. You can schedule an appointment to review your plan, or you can contact the state SHINE office at 1-800-AGE-INFO.

I would like to look into this information on my own. How can I do that?

Go to www.medicare.gov/PlanFinder

Be sure that you have your Medicare Card and your list of prescriptions with you. From here you can input your medications and look at the various plan options for you and what the projected costs are for the calendar year 2018.

What happens if I don't make any changes now, but find out in January that my medication is no longer covered?

Right now is the time to make your changes. There are limited options for change outside of this time period. Seek assistance of a SHINE counselor

You keep mentioning SHINE. What is it?

The SHINE (Serving the Health Insurance Needs of Everyone) Program provides free health insurance information and counseling to all Massachusetts residents with Medicare and their caregivers. People who have Medicare or who are about to become eligible for Medicare, can meet with a counselor to learn about benefits and options available. A counselor will review programs that help people with limited income to pay health care costs.

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.

DO NOT WAIT UNTIL IT'S TOO LATE!

Emergency Preparedness

If there is a widespread emergency, the town will activate the reverse 911 system.

The Designated Emergency Shelter in Essex is the

Essex Elementary School.

1) Emergency Kit

The first step is to consider how an emergency might affect your individual needs. Plan to make it on your own, for at least three days. It's possible that you will not have access to a medical facility or even a drugstore. It is crucial that you and your family think about what kinds of resources you use on a daily basis and what you might do if those resources are limited or not available. Consider keeping 2 kits. One to stay with you at home, and another bag to grab and go in the event of an evacuation.

Recommended supplies:

- | | |
|--|--|
| • 1 gallon of water, per person, per day | At least a 3 day supply of non-perishable food, can opener |
| • Battery, or hand crank radio | Medications |
| • Flashlight | Extra Batteries |
| • First Aid Kit | Whistle, to signal for help |
| • Dust Mask | Sanitation and hygiene kit, (Paper Towels, and garbage bags) |
| • Wrench/Pliers to turn off utilities | Pet Food, Extra supplies |
| • Copies of documentation (Wills, Power of Attorney, Hearing Aids, Copy of Medicare Card, etc) | Cell Phone, extra battery |
| • Deck of Cards, to pass the time | Cold Climate Supplies (Hat, Mittens, Scarf, Blanket, etc) |
| • First Aid Kit | |

2) Make a Plan

The reality of a disaster situation is that you will likely not have access to everyday conveniences. To plan in advance, think through the details of your everyday life. If there are people who assist you on a daily basis, list who they are, and how you will contact them in an emergency. Create your own personal support network by identifying others who will help you in an emergency. Think about what modes of transportation you use and what alternative modes could serve as back-ups. If you require handicap accessible transportation be sure your alternatives are also accessible. For every aspect of your daily routine, plan an alternative procedure. Make a plan and write it down. Keep a copy of your plan in your emergency supply kits and a list of important information and contacts in your wallet. Share your plan with your family, friends, care providers and others in your personal support network.

HURRICANE RELIEF EFFORTS AND FRAUD



With all the devastation caused by Hurricanes Harvey, Irma, and Maria, there are plenty of opportunities to contribute to a relief effort. This also provides plenty of opportunity for scammers to get their hands on your well-intended donations.

The Center for International Disaster Information states that monetary contributions to established relief agencies are always the best ways to help. As always, do your research when donating to disaster relief organizations.

The Federal Trade Commission warns of these common signs of a Charity Scam:

- Refuses to provide detailed information about its identity, mission, costs, and how the donation will be used.
- Won't provide proof that a contribution is tax deductible.
- Uses a name that closely resembles that of a better-known, reputable organization.
- Thanks you for a pledge you don't remember making.
- Uses high-pressure tactics like trying to get you to donate immediately, without giving you time to think about it and do your research.
- Asks for donations in cash or asks you to wire money.
- Offers to send a courier or overnight delivery service to collect the donation immediately.

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
October 6, 20



Gloucester Crossing
October 13, 27



Shaws Plaza
October, Call to schedule!



Stop and Shop Plaza
October, Call to schedule!



Mystery Ride, October 3 10:00AM

It is exactly that . . . A MYSTERY!

Village Pancake House: October 10 9:00AM



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.

Oxford Casino: October 12 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.



John F. Kennedy Museum, October 17 9:00AM

Come tour our Museum which portrays the life, leadership, and legacy of President Kennedy, conveys his enthusiasm for politics and public service, and illustrates the nature of the office of the President. Cost: \$12.00 at the Door. We will stop for lunch on your own on the way home.

Christmas Tree Shops, Portsmouth

October 18 11AM

Join us for Tax Free Shopping, and lunch on your own.



Cape Ann Museum and Mile Marker Restaurant

October 24th 11:00 AM

Founded in 1873 as the Cape Ann Scientific and Literary Association, today the Museum is a vibrant cultural center that includes galleries, an auditorium, library/archives, a children's activity center, two sculpture gardens and two historic homes. Lunch to follow at the Mile Marker Restaurant. Cost: \$10.00

Shopping and Lunch: Ocean State Job Lots,

Portsmouth October 25 11AM

Join us for Tax Free Shopping, and lunch on your own.

Plainridge Park: October 31 1pm

Spend the afternoon at the slots, or watch the live harness races! Either way, it's sure to be a great time.

All trips leave from Memorial Park unless otherwise noted

UPCOMING EVENTS THIS WINTER:

PEABODY ESSEX MUSEUM

November 14

Time TBD

Cost: \$18.00

5TH THURSDAY LUNCHEON, SPONSORED BY OPEN DOOR:

November 30

12 noon

No cost

HOLIDAY LIGHTS TRIP:

Date TBD

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.

Fuel Assistance

Action Inc will begin processing applications for Fuel Assistance beginning November 1.

Please put this date in your calendar. We will have more information for you in next month's newsletter.

Annual income requirements are as follows:

Single Person Household:

34,001

Crossword Answers:

Down:

1. Donut Hole
2. Civil Rights Act
3. Health Insurance
4. Fifty Five
5. CMS
6. Medicaid
7. Four
8. Payroll Tax
9. Medigap
10. Johnson
11. Prescription Drugs
12. Reagan
13. Part C

Across:

1. Nineteen Sixty Five
2. Double
3. Medicare
4. Two
5. Truman
6. Part B
7. Hospital
8. Sixty Five
9. Social Security
10. Nixon
11. Affordable Care Act



Senior Care Inc

LUNCH MENU

1st and 3rd Thursdays of the Month



October 5: Traveling Chef

Chicken Schnitzel, creamy Mustard Sauce, Caraway Apple Slaw, German Potato Salad, Brioche Roll, Apple Strudel w/ Whipped

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

October 21:

Roast Pork with apple compote, Roasted parsnips & brussel sprouts, Wild Rice Blend, Pumpkin pie, Sourdough roll

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

Essex Mobile Market, Sponsored by Open Door

**Friday, October 13
10:00 AM to 11:00 AM**

The Mobile Market is a program offered by the Open Door Pantry. Each month, Essex Residents, over the age of 60, or residents of Chebacco Terrace are able to come to the Senior Center to pick up a bag of groceries, for FREE! In August, this bag included items such as yogurt, carrots, pasta, peppers, bananas and more. 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

Open Door in Gloucester offers a food pantry at 23 Emerson Ave, Gloucester. Clients may visit once every 7 days. Hours are 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

Open Door offers a food pantry in Ipswich on Tuesdays from 11-5 and Thursdays from 11-7 at 00 Southern Heights in Ipswich

Accord Food Pantry, Hamilton

The Accord Food Pantry, located at 69 Willow St. Hamilton, is available to Essex Residents. They are open Wednesday 9:30AM—11:00 AM, Thursday 6:30 pm—7:30 PM and Saturday 9:00 AM—11:00 AMM,

October 2017

Mon	Tue	Wed	Thu	Fri
2 9:00 Walking Club 11:00 Tai Chi 12:15 Senior Club 5:30 Yoga	3 9:30-11:00 Flu Clinic 10:00 Balance in Motion Class 1:30 Arts and Crafts 10:00 Mystery Ride 6:00 CDA Meeting	4 12:45 Line Dancing	5 9:30 Memoir Writing Group 10:30 Game Group 12:00 Travelling Chef Meal	6 9:30 Market Basket 10:00 Balance in Motion
9 8:30 Men's Breakfast 9:00 Walking Club 11:00 Tai Chi 5:30 Yoga	10 9:00 Pancake House Breakfast 10:00 Balance in Motion 1:30 Arts and Crafts	11 11:00 Cooking Class with Dawn 12:45 Line Dancing	12 8:00 Oxford Casino 9:30 Memoir Writing Group	13 9:30 Market Basket 10:00 Balance in Motion
16 9:00 Walking Club 11:00 Tai Chi 12:15 Senior Club 5:30 Yoga	17 9:00 JFK Museum 10:00 Balance in Motion 1:30 Arts and Crafts 6:30 Friends of the CDA Meeting	18 9:30 Food Safety (Town Hall) 11:00 Ocean State Job Lots 2:45 Line Dancing	19 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	20 9:15 Hearing Screenings 9:30 Market Basket 10:00 Balance in Motion
23 8:30 Women's Breakfast 9:00 Walking Club 10:00 Veteran's Office Hours 11:00 Tai Chi	24 10:00 Balance in Motion 11:00 Cape Ann Museum/Mile Marker 1:30 Arts and Crafts	25 11:00 Ocean State Job Lots 12:45 Line Dancing	26 9:30 Memoir Writing Group 10:00 Coffee Hour	27 9:30 Market Basket 10:00 Balance in Motion
30 9:00 Walking Club 11:00 Tai Chi 12:00 The Farm 5:30 Yoga	31 10:00 Balance in Motion 1:00 Plainridge Park 1:30 Arts and Crafts		Be sure to stop by our table at the Essex Clamfest, October 21!	Essex Health Dept. and the Essex Police Department's Drug Take Back Day October 28!

Medicare Crossword Puzzle

Down:

1. What is the nickname for the Prescription Drug Coverage Gap when Medicare created Medicare Part D.
2. As a Federal Program, Medicare played a role in racially integrating hospitals due to this legislation passed in 1964
3. Medicare provides health _____ coverage for American Seniors
4. How many million Americans rely on Medicare
5. Acronym for federal agency that oversees Medicare
6. A Dual-eligible is someone who qualifies for Medicare and which other federal program?
7. When first created Medicare had 2 parts. How many parts does it have today?
8. Medicare is primarily financed by _____
9. Medicare Supplement Insurance

policy, sold by private companies, which helps pay some of the health care costs Medicare doesn't cover, like copayments, coinsurance, and deductible.

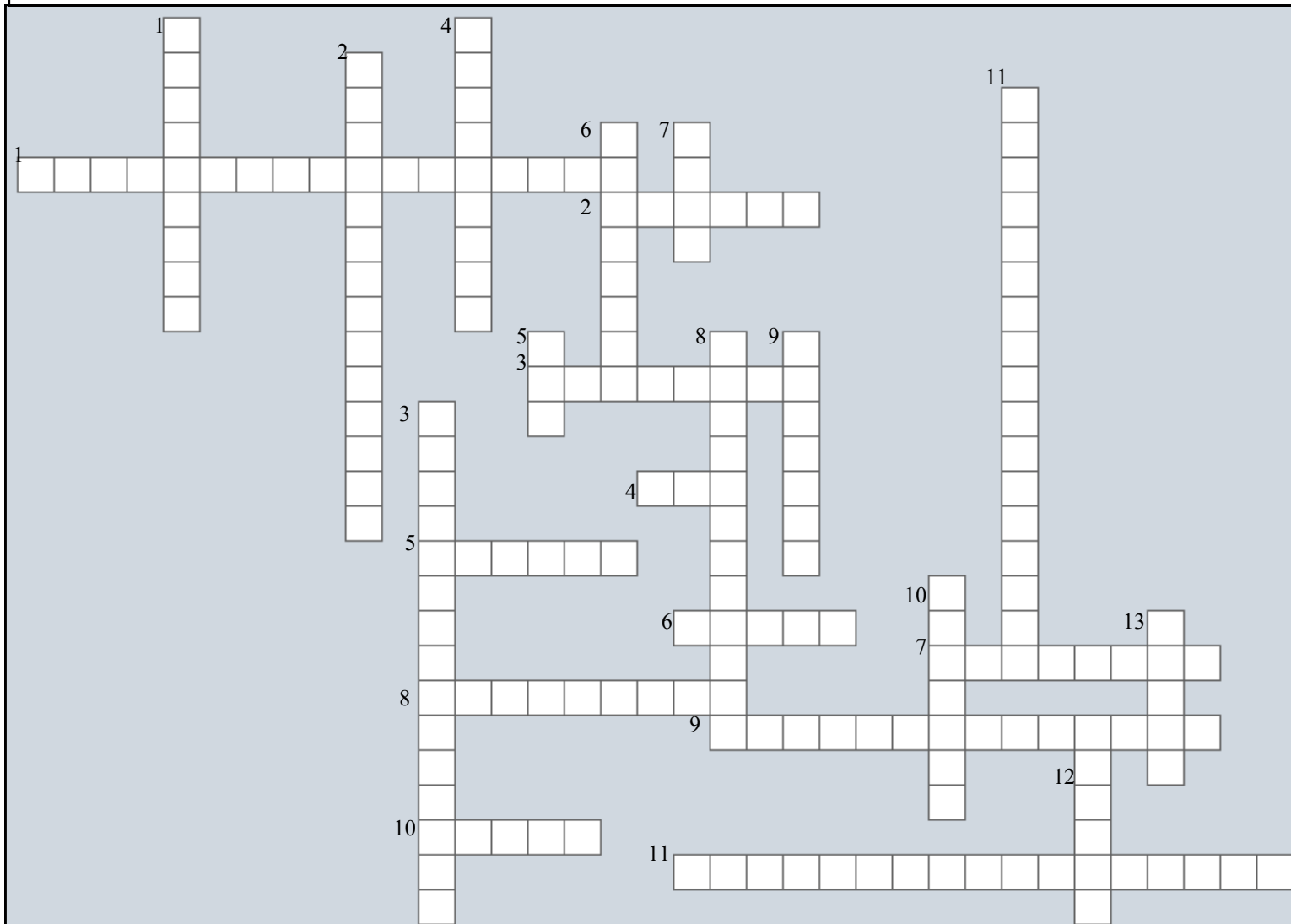
10. Which President signed Medicare into law?
11. Medicare Part D provides coverage for what?
12. In 1961, which future president warned against passage of Medicare calling it "socialized medicine."
13. This portion of Medicare is privatized Medicare Advantage and provides coverage only through private insurers.

Across:

1. What year was Medicare enacted?
2. With the retirement of the baby boomers, the number of people in Medicare is expected to _____ between the years 2000 and 2030.
3. America's most successful federal healthcare program.
4. It took how many decades after first proposed by President Truman before

Congress passed the nation's first federal health insurance program?

5. Which President received the first Medicare card?
6. This portion of Medicare covers doctor and other health care providers' services, outpatient care, durable medical equipment, home health care, and some preventive services.
7. Medicare Part A provides coverage for stays here.
8. Medicare eligibility begins at what age?
9. Although controversial, what personal identification numbers are currently displayed on the Medicare card?
10. Which President extended Medicare eligibility to those under age 65 who have long-term disabilities?
11. Since passage of the _____ in 2010, nearly 8 million people with Medicare have saved close to \$10 billion dollars on prescription drugs.



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 in our annual appeal:

Woodmans Inc
Gaybrook Garage
Main Street Antiques
Carpenter & MacNeille
Shea's Riverside
First Ipswich Bank
Essex River Basin Adventures
PG Trionis
1st Congregational Church
Essex Radio & TV
Scott's Auto Clinic
Costello Construction

Friends of the Essex Council on Aging Holiday Boutique

Each year the Friends host a holiday boutique, featuring handmade items. This year, our boutique will be held in conjunction with the Essex Church fairs. We are hard at working creating beautiful and unique items. This is a fundraiser and all proceeds will go to support Essex residents over the age of 60.

There are a few ways you can support us:

You can join us on Tuesday afternoons at 1:30 to help prepare items for the boutique. This is a fun afternoon with a great group!

We need people to help set up on Thursday the 16th, and other people to help during the event

Come to the Boutique! It will be at the Waterline Center at the Essex Shipbuilding Museum on Main St.

Friday, November 17 from 6pm to 8pm.

Saturday, November 18 from 10am to 3pm

These are just some of the items you can find.



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
Arlene Pizzo	Mary Wilhelm

Council on Aging Staff Members:

Director	Kristin Crockett
Transportation Department	Gerri Konopka
	Sonny Thompson
	George Harvey

And a big thank you to our many volunteers!

RETURN SERVICE REQUESTED

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

There will be a Ceremony held on

Friday October 20, 2017 at 4:00 at the

Performing Arts Center in the

Ipswich High School

The Korean Consulate will be
presenting the

Korean Ambassador for Peace Medal



To Korean War Veteran or next-of-kin

In this month's Issue :

PODIATRY OFFERED NEXT MONTH!

FREE HEARING SCREENING OFFERED THIS MONTH

Thank you to the Village Market for your support of our Women's Breakfast!

Please note: Kristin Crockett will be out of the office for the following time:

October 17-20 for a Conference

October 30 through November 3

To make a SHINE appointment, please call the Main Senior Center Number 978-768-7932
