

# The Essex Senior Echo

## October 2019

As I've shared in previous newsletters, I have been around older adults as long as I can remember. I visited a family member in a nursing home as a young girl, and have worked and volunteered in various skilled nursing facilities, adult day programs, assisted living facilities, community based programs, and home care agencies. After working for the Peabody Council on Aging for a number of years I went back to graduate school at the University of Massachusetts Boston. The program, Gerontology and Management of Aging Services, was new at the time, and drew in people with a variety of backgrounds. Many of my classmates were looking for a career change and came from many different fields such as banking, manufacturing, publishing, and more. There were a few of us already working in the field, and I believe that we were at a significant advantage when it came to the overview of Elder Services. I can clearly remember sitting in that classroom talking about the various agencies, services, and terms—who provides what, where the funding comes from, and how they all intersect. As I had already been working in the field, much of this I already knew. My classmates from other fields however, had an extremely difficult time. Attempting to make some sort of organizational chart was an impossible endeavor, and I'm fairly certain we lost a few students after that class! This is one lesson that has always stuck with me. If it was this difficult for us, as professionals in the field to figure out elder services, how could someone who looking for help for a loved one figure it? It is HARD to figure out what resources are out there. It is HARD to understand what you should or should not be doing. And it is HARD to ask for help, or even know where to go for help!

With Medicare's Open Enrollment starting this month, things get even more confusing! I am the SHINE Counselor for Essex, and am available to help you or a loved one navigate the world of Medicare. I do strongly encourage everyone to review his or her Supplemental and Part D plans every fall. This year is no exception. Unfortunately, specific information about changes and plans for 2020 is not made available to SHINE Counselors under just before Open Enrollment begins. In November and December's Newsletters, you can expect to updated information about these changes. Instead, this month we felt it would be beneficial to provide a glossary of terms used in senior services. This list can be found on page 4.

In addition to the start of Open Enrollment, there are a few other interesting things coming up in October. First, it's Fire Safety Month! This is the time to test your smoke and carbon monoxide detectors. Since it is also "Organize your Medical Information Month", it's also a great time to update your "File of Life". (Yes, this really is a thing!) We have insert cards at the center, and will have additional red magnets available at the end of the month.

~Kristin

*Please note: Kristin and Tess will be at the Annual Massachusetts Council on Aging Conference on October 2, 3, and 4. We will not be available for office hours but the building will be open. Please plan accordingly.*

**Kristin's Days:**  
Monday, Wednesday, Thursday

**Tess's Days:**  
Tuesday, Thursday Friday

*\*Please note, there are often activities scheduled outside of our regular operating hours. In these instances, the Senior Center will also be open.*

### Council on Aging Board :

#### **Chairman**

**Michele French**

#### **Vice Chairman**

**Ralph Hawley**

#### **Secretary**

**vacant**

#### **Treasurer**

**Kay Joseph**

#### **Members at Large**

**Michael Antell**

**Nancy Beattie**

**Priscilla Doucette**

**Susan Gould-Coviello**

**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 our many volunteers!**

### **Senior Center Regular Hours of Operation:**

**Monday—Friday  
9 AM to 1 PM**

**Essex Senior Center  
17 Pickering St.  
Essex MA 01929**

**978-768-7932  
coa@essexma.org**

**Follow us on Facebook!**

# Special Events

## Manchester and Essex Group Trips

For more information about these trips, or to reserve your seat on the van, please call the Manchester COA at 978.526.7500.

### Rowley Market Basket Shopping

FREE

Tuesday, October 8 and 22

10:00 AM

Take advantage and get some shopping done at the Rowley Market Basket/Shopping Plaza.

### Scarecrows of Chester, NH

\$15.00pp

Tuesday, October 15

Lunch on your own

Get in the Halloween spirit and enjoy the foliage with this guided tour of the hundreds of scarecrows dotting the idyllic town of Chester, NH and surrounding areas. We will stop for lunch at a MaryAnn's - a local, 1950's themed diner, complete with poodle skirts! Seats will fill up quickly so please register by October 8th.

### Farmer's Market, Gloucester

FREE

Thursday, October 10

2:00 - 4:00 PM

Enjoy walking along the Boulevard or enjoy the view! Afterwards, we'll head to the Farmer's Market to pick up some fresh produce, dinner, or a delicious treat!

### Parker Maple Barn and Hill Walking

\$15.00pp

Tuesday, November 5

Meal on your own

Take a ride with us to Mason, NH and we'll go to the Parker Maple Barn, a fabulous breakfast place with a great gift shop, too! In fact, Parker Maple Barn was named "Best Pancake House in New England" by Yankee magazine... And, weather permitting, we'll check out the Andres Institute of Art - 140 acre outdoor sculpture park with more than 80 original works of art nestled along walking trails for all abilities. Register by October 30th.

## BOOK CLUB

Do you love to read? And chat?

Tuesday, October 22 11:00AM

*Agatha Christie's "And Then There Were None"*  
mystery thriller in honor of Halloween!



## Lunch and Learn

The Essex COA will be providing a speaker and lunch at least once each month. We are always looking for suggestions, so if you'd like to learn more about something, or would like to present about something, please let us know!

### Halloween Harvest: Ghosts, Goblins & More: Tuesday, October 29 11AM

A perfect way to celebrate the fall season, with traditional and true life ghost stories, supernatural tales and songs about the harvest and turning of the earth. Lunch will be provided - please register in advance.

### Coping with the Holidays After a Loss: Thursday, November 14 1pm

Presented by Care Dimensions

Please join us for an informative presentation and discussion with Jim Feldman, Provider Relations Coordinator at Care Dimensions. The main topic of discussion will be navigating the emotions of the holiday season while also dealing with personal loss.

## Walking Pass

Through a collaboration with the Hamilton-Wenham Recreation Department, enjoy the indoor walking track at Gordon College's Bennett Center for FREE! This is a great opportunity to keep walking through inclement weather. Any Interested participants must register and pick up a walking pass. Registrations can be done through the Essex Senior Center or at the Hamilton Wenham Recreation Department.

The indoor track is available during the following times:

Monday, Wednesday, Friday: 9:30—11:30 AM

Transportation is available through Beauport and some group trips to be scheduled with the Manchester COA Van.

# Social Services

## Competitive Energy Suppliers

Earlier this summer, the Massachusetts Attorney General's Office was here to discuss the Energy Suppliers Market. This was a great presentation and we want to pass along some key and useful information.

### **What is a Competitive Supplier?**

A competitive supplier is not your utility. A competitive supplier is a company licensed by the Dept. of Public Utilities to purchase electricity and related services from the wholesale electricity markets for resale to retail customers. Typically a residential customer who buys electricity from a competitive supplier will see the charge as a line item on the customer's electric utility bill.

### **What are my electric supply options?**

- 1) Basic service with your electric company. Basic Service is competitively procured every 6 months by your electric company for all their residential customers. This is the default options and generally the most affordable.
- 2) Competitive supplier.

### **Why switch to a supplier?**

The AGO reports that customers have been enticed with promises of savings, however, an AGO study found that those who switched wound up paying more. In MA along from July 2015 to June 2017, residential customers on competitive supply products suffered NET LOSSES of \$176.8 Million.

### **Attorney General's Tips for Consumers.**

- 1) Beware of Utility Impersonators. Your utility will never go door to door or call asking to see your bill or your account number.
- 2) Treat your utility account number as you would your credit card. Don't share this number with strangers or sales agents unless you want to sign up for competitive electric supply. If you give your number to an unscrupulous agent, the agent can sign you up without your knowledge.
- 3) Your basic service supply rate is competitively procured for you by your electric company **every 6 months**. Basic service rates are usually higher in the winter and lower in the summer.
- 4) You are signing a contract when you switch to competitive supply. Know your rights and ask questions:
  - \* How long is this contract?
  - \* Is my rate fixed or variable?
  - \* Does this contract auto-renew?
  - \* Is there a cancellation fee?
  - \* Are you saving me money for the entire length of the contract?
- 5) If you change your mind after switching to a competitive supply, you have **THREE BUSINESS DAYS** to cancel.
- 6) Your utility offers a number of flexible billing options, including budget billing, monthly variable rates, fixed rates, and options for low income customers. Contact National Grid for more information. 1-800-456-1212

Veteran's Service Officer  
Office Hours  
Essex Senior Center  
10:30 AM - 11:30 AM



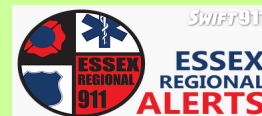
Thursday, October 17  
Thursday, November 21  
Thursday, December 19

### **VOLUNTEERS NEEDED!**

Crossing Guards for EES are needed for  
the Crosswalk on Main St at Ernie's  
Garage AND at the Western, Win-  
throp, and Story Street intersections  
7:45-8:20 AM/2:50-3:30 PM



Please contact Officer  
Romeos for more  
info.



It's Hurricane Season, and winter weather is right around the corner. Are you registered to receive emergency alerts from the Town of Essex? Please register at [www.essexma.org](http://www.essexma.org), or if you don't have internet access, please contact Kristin at 978-768-7932 for assistance!



# Social Services



**AGE & DEMENTIA FRIENDLY CAPE ANN**  
Gloucester • Rockport • Essex • Manchester By-The-Sea

## Health and Continuum of Care Glossary

**Council on Aging: (COA)** A municipal agency that provides local outreach, social and health services, advocacy, information and referral for older adults, families, and caregivers.

**Friends of the Council on Aging:** A non-profit organization that fundraises to support the Essex COA, and sponsors numerous events.

**Essex Senior Club:** A private, membership organization for older adults in Essex with regular meetings and activities.

**Aging Service Access Point: (ASAPS)** The 27 ASAPS in Mass. are private, non-profit state-designated agencies that work to provide a variety of programs and services. They provide direct services, such as In-home Care, Information and Referral, Case Management, Protective Services, Caregiver Support, and other programs that serve older adults.

**Area Agency on Aging: (AAA)** Established by federal Older Americans Act. These 23 agencies provide programs to help older adults stay in their homes. Most AAAs are also ASAPS. Senior Care Inc is also the designated AAA for Essex.

**Executive Office of Elder Affairs: (EOEA)** Lead state-wide agency on aging and elder care issues. Among services offered is the Home Care Program, Family Caregiver Support Program, toll-free helpline (800-AGE-INFO) and informative website.

**Senior Care:** Essex's ASAP and AAA, which provide services such as Meals on Wheels, Money Management, Case Management, Volunteer Services, Transportation, and more.

## Housing

**Elderly Housing:** provides housing for income qualified elderly, and non-elderly disabled individuals.

**Assisted Living Facility:** Combines housing and supportive services, including assistance with ADLs. Participants do not require 24/7 nursing care.

**Continuing Care Retirement Community:** Residential community designed to meet needs of elders. There is often a full continuum of care—independent living, assisted living, and Skilled Nursing Facility usually on one campus.

**Skilled Nursing Facility (SNF):** Also called nursing home, provides 24/7 nursing care.

**Adult Foster Care:** State-funded program that allows qualified seniors and individuals with disabilities to remain in the community with a qualified and approved caregiver.

## Health Insurance

**SHINE (Serving the Health Insurance Needs of Elders)**

Offers Medicare beneficiaries free and unbiased health insurance counseling from trained volunteers.

**Medicare:** Federal health insurance for individuals over 65, or those who have been disabled for 24 months or longer.

**Part A:** Hospital Coverage under Medicare. It also includes Short Term Skilled Nursing Facility, Medical Equipment, and some Home Health Services.

**Part B:** Medical Coverage under Medicare for physician services, medical equipment, tests, therapies, etc.

**Part D:** Drug Coverage under Medicare. Plans are overseen by Medicare, but run by private insurers.

**Medicare Advantage Plan (Part C):** Managed Care plan overseen by Medicare but offered by Private Companies. Plans typically have a lower Month premium than a Medigap.

**Medigap:** These types of plans work with Medicare and cover various 'gaps' in Medicare.

**Medicaid: (MassHealth)** A variety of Health insurance programs provided through a state and federal partnership to provide care for individuals meeting income and asset limits.

**Prescription Advantage:** State insurance program that can decrease prescription costs, and can provide the option to change part D plans during the calendar year.

**Deductible:** The amount of money you will pay BEFORE your insurance company will pay a claim.

**Copayment:** A fixed amount you will pay for health services in addition to what your insurer pays.

**Coinsurance:** The percentage of costs you will pay for covered health care services (prescriptions or medical services) after you've paid your deductible.

**Formulary:** The list of prescriptions covered by an insurer.

**Extra Help:** A Medicare program that helps people with limited income and resources pay for prescriptions.

**Open Enrollment Period: (Oct 7—Dec 15)** Annual period where Medicare Beneficiaries can make changes to their Part D Plan, and Medicare Advantage Plans.

**General Enrollment Period: (Jan 1—Mar 31)** Annual period in which individuals who declined Medicare Parts A and/or B can enroll. Coverage Begins July 1.

## Benefits and Services:

**Activities of Daily Living:** Bathing, Dressing and Grooming, Walking and moving about, eating, toileting, and other personal care tasks.

**Adult Day Health Program (ADH):** A community based health program that provides social and medical support for elders and adults with disabilities. Care includes case management, registered nursing care, family support, activities, and 2 meals each day.

**Hospice:** A special way of caring for terminally ill people. Hospice care involves a team-oriented approach that addresses the medical, physical, social, emotional, and spiritual needs of the patient. It also provides support to the family or caregivers.

**Visiting Nurse (VNA)** Nurses/specialists who provide skilled nursing and therapy services in someone's home.

**Program for All Inclusive Care of the Elderly: (PACE)** A model of managed care for very frail elders who are nursing home eligible but receive services in the community.

**Respite Care:** Short term care of an older or disabled adult in a nursing facility to enable relatives or caregivers to take some time off from caregiving responsibilities.

**Home and Community Based Waiver (Frail Elder Waiver)** MassHealth Program that allows nursing home eligible seniors and disabled adults to stay in the community with expanded in-home services.

# Friends of the Council on Aging

The Friends of the Essex COA is a private non-profit organization whose purpose is to seek donations to financially assist the Essex Council on Aging in providing recreational and social services to residents over the age of 60 in Essex. People of all ages are encouraged to attend our monthly meetings, or help with our fundraising efforts!

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

Join us on Tuesdays at 1:30PM for a delightful afternoon - you are welcome to bring your own project or help us with creating items for our Annual Boutique.

## OCTOBER BOARD MEETING

Friends of Essex COA Board meeting  
is:

Tuesday, October 15 at 6:30 PM  
Essex Senior Center  
17 Pickering Street

ALL ARE WELCOME!

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

Each year the Friends host a holiday boutique, featuring handmade items. We have been working hard all year to create beautiful and unique items. 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, and others to volunteer their time to help during the event. Please be sure to come to the Boutique!

**SPREAD THE WORD AND SAVE THE DATE FOR THE HOLIDAY BOUTIQUE:**

**Friday, November 1**

**6:00 - 8:00 PM**

**Saturday, November 2**

**10:00 AM - 3:00 PM**

**Essex Senior Center/17 Pickering St.**



We would like to acknowledge the passing of Sally Soucy. She was a proud resident and dedicated town employee of Essex, and a good friend to many...she will be missed.

This picture was taken in June at the Friends' Annual Centennial Grove Picnic and Barbeque.

We also acknowledge 2019 passing of these Essex Residents:

Michael Bider	Charles Burnham	David Chapman
Dionisia Constantine-Athans		Doris Copeland
Richard Dorman	Ralph Doucette	Patricia Duda
Madeline Dudley	Jeffery Garinger	Claire Lane
Eugene Melanson	Mary Nieves	Paul Pitman
Paul Robichaud	Gertrude Stone	Elizabeth Story
Charles Symond	Jane Walsh	Gordon Wildes







# OCTOBER

Monday	Tuesday	Wednesday	Thursday	Friday
<b>30</b> 9:00 Walking club 10:00 Writing Grp 10:00 Ladies Brunch 5:30 Yoga	<b>1</b> 10:00 Balance Class 12:00 <i>Essex Eat Out at The Boat-House</i> 1:30 Arts & Crafts 6:00 <b>COA Board Meeting</b>	<b>2</b> 11:00 Line Dancing  <u>CATA Shopping Trip</u>  Kristin and Tess Out at MCOA	<b>3</b> 10:00 Drop in Games 12:00 <b>SeniorCare</b> Lunch: Roast Beef, Baked Potato, Green Beans, Pound Cake Kristin and Tess Out at MCOA	<b>4</b> <u>9:30 Market Basket with CATA</u> 10:30 Balance Class  Kristin and Tess Out at MCOA
<b>7</b> 9:00 Walking club 10:00 Writing Grp 12:15 <b>Senior Club</b> 5:30 Yoga	<b>8</b> 9:00 <b>Pancake House Breakfast</b> 10:00 Balance Class <u>10:15 Market Basket</u> 1:30 Arts & Crafts	<b>9</b> 11:00 Line Dancing 4:00 <i>Essex Eat Out at The Windward Grille \$14</i>  <u>CATA Shopping Trip</u>	<b>10</b> 10:00 Drop in Games 12:00 <b>SeniorCare</b> Lunch: Pulled Pork 1:00 <i>Regional Outreach Mtg, Essex COA</i> 2:00 <i>Gloucester Farmer's Market</i>	<b>11</b> <u>9:30 Market Basket CATA</u> 10:00 <b>Open Door Mobile Market</b> 10:30 Balance Class 12:00 Parade
<b>14</b> 8:30 <b>Mens Bkfst</b> 9:00 Walking club 10:00 Writing Grp 5:30 Yoga  <b>OFFICE CLOSED</b> for Columbus Day	<b>15</b> 9:30 <i>Scarecrows of Chester, NH trip (MCOA Van)</i> 10:00 Balance Class 1:30 Arts & Crafts 6:30 <b>FECO</b>	<b>16</b> 11:00 Line Dancing  <u>CATA Shopping Trip</u>	<b>17</b> 9:30 Sen Tarr's Office Hours 10:00 Vision Group 10:30 Veteran's Service Officer 11:00 BP Clinic 12:00 <b>SeniorCare</b> -Lunch: Chicken Pot Pie 6:00 <b>Medicare Presentation</b>	<b>18</b> <u>9:30 Market Basket with CATA</u> 10:30 Balance Class 1:00 <b>Medicare Presentation</b> at Chebacco Terrace
<b>21</b> 9:00 Walking club 10:00 Writing Grp 12:15 <b>Senior Club: "Antiques Road-show"</b> 5:30 Yoga	<b>22</b> 10:00 Balance Class <u>10:15 Market Basket</u> 11:00 Book Club 1:30 Arts & Crafts	<b>23</b> 11:00 Line Dancing  <u>CATA Shopping Trip</u>	<b>24</b> 10:00 Drop in Games 12:00 <b>SeniorCare</b> Lunch: Roast Turkey with Whipped Potatoes, Vegetables, Roll, and Dessert	<b>25</b> <u>9:30 Market Basket with CATA</u> 10:30 Balance Class  <b>Saturday: ESSEX-CLAMFEST (11-4)</b>
<b>28</b> 9:00 Walking club 10:00 Writing Grp 11:00 <b>Ladies Brunch</b> 5:30 Yoga	<b>29</b> 10:00 Balance Class 11:00 <i>Halloween Harvest Stories and Lunch</i> 1:30 Arts & Crafts	<b>30</b> 11:00 Line Dancing  <u>CATA Shopping Trip</u>	<b>31</b> 10:00 Drop in Games 12:00 <b>SeniorCare</b> Lunch: Pork Loin, Roasted Vegetables, Autumn Stuffing, Apple Pie	<b>1</b> <u>9:30 Market Basket with CATA</u> 10:30 Balance Class

# For Your Health

Line Dancing classes are back!!  
Wednesdays, 11:00 AM-12:00 PM

Line Dancing is a fun, healthy, and rewarding activity and exercise. Our group has been dancing for years and would love to have some new members join the fun! It's easy and such great exercise! Please stop by and give it a try—the music and fun are worth it!

Your first class is FREE!

## Grandparents Raising Grandchildren Symposium

October 29, 2019 Sawyer Free Library, Gloucester

### **The Disease of Addiction and the Importance of Boundaries for Families**

Guest Speaker: Karen McDonald

Dinner will be provided by Pathways for Children, and limited child care is available. Please register for this Event at: [Colleen.pritoni@state.ma.us](mailto:Colleen.pritoni@state.ma.us) or contact Kristin or Tess if you need assistance with registration.

## OCTOBER IS

### DOMESTIC VIOLENCE AWARENESS MONTH

National Domestic Violence Awareness Month is an annual designation observed in October. For many, home is a place of love, warmth, and comfort. It's somewhere that you know you will be surrounded by care and support. But for millions of others, home is anything but a sanctuary. Are you an older adult who has been abused by a companion, caregiver, child or grandchild? Do you know an older adult who has been abused? Remember, abuse can come in a variety of forms—physical abuse, sexual abuse, neglect, financial exploitation, self-neglect, and abandonment.

**CONTACT: Elder Abuse Hotline, 7 days a week, 24 hours a day. 1-800-922-2275 or dial 9-1-1**

Our Flu clinic was a great success! Congratulations to the winners of our drawings.

Jeanne, Ed, Nancy, Earl, Susan D, Susan M

Flu Shots/Vaccines are available to homebound residents of Essex. Please contact Tess or Kristin at the Essex Senior Center for more details, or contact the Essex Board of Health.

## NEW SCAM ALERT!

Over the past few years, DNA tests have become popular across the country. Unfortunately unscrupulous people are taking advantage of the buzz around these tests to scam Medicare beneficiaries.

Scammers will often target Medicare beneficiaries through telemarketing calls, booths at public events, health fairs, and door-to-door visits. They offer "free" genetic testing to help recipients avoid diseases or find the right medications. The scammers claim that the testing is covered by Medicare, and therefore is free to the beneficiary. Either you end up with a bill for up to \$10,000, or they fraudulently bill Medicare for services not rendered, which costs us all! The Administration for Community Living (ACL) offers this advice to avoid being scammed:

- Do not accept genetic testing services, including a cheek swab, from someone at a community event, a local fair, a farmer's market, a parking lot, or any other large event.
- Always be cautious about giving out your personal information, including your Medicare number.
- If you receive a genetic testing kit in the mail, don't accept it unless it was ordered by your physician. Refuse the delivery or return it to the sender and keep a record of the sender's name and the date you returned the items.
- Always review your Medicare Summary Notice or Explanation of Benefits. The words "gene analysis" or "molecular pathology" may indicate questionable genetic testing.

## CDC FLU FACT

Adults 65+ are at **high risk** for serious flu illness. Get your flu shot and encourage your loved ones to get vaccinated.



#FIGHT FLU

## CDC FLU FACT

It takes about **2 weeks** after vaccination for antibodies to develop in the body to protect against flu.



#FIGHT FLU

[www.cdc.gov/FightFlu](http://www.cdc.gov/FightFlu)



# Around Town

## ESSEX BICENTENNIAL CELEBRATION CALENDAR OF EVENTS

**Saturday, October 5th, Graveyard Tours at the Ancient Cemetery** Visit the burial ground and learn about life in the 1700-mid 1800s. The graveyard dates back to 1681. Tours 12:00-5:00 p.m., approx 30 minutes.

**Sunday, December 22nd, Winter Solstice Celebration** Town Hall 3<sup>rd</sup> floor, 1-4 pm The final event of the bicentennial will be an old-fashioned reception with punch, tea, coffee, and sweets.

### TOPSFIELD FAIR October 4th through 14th

**Senior Day is Monday, October 7th**

The fair features a carnival midway, The Grand Parade, demonstrations (ranging from beekeeping to miniature trains), a Grange Museum, pumpkin weigh-offs, many musical acts and attractions, 4-H Agricultural/Arts and Crafts exhibits, Food, and so much more.

**Sensory Friendly Day is also Monday October 7, 10 AM-2 PM**  
For more information, visit [www.topsfieldfair.org](http://www.topsfieldfair.org)

### Medicare Presentations

#### COMMUNITY PRESENTATIONS

##### **Intro to Medicare:**

Ipswich Senior Center Wed, Oct. 23 4:00\*  
\*With Social Security

##### **Open Enrollment Presentation:**

Essex Senior Center Thurs, Oct 17 6:00 PM  
Chebacco Terrace Friday, Oct 18 1:00 PM

##### **Community Enrollment Events:**

**Senior Care - Gloucester**  
Friday, Nov 8 9:00AM-2:00PM  
**Beverly Senior Center**  
Wednesday, Nov 13 9:00AM-2:00PM  
**Ipswich Council on Aging**  
Thursday, Oct 17 9:00AM-2:00PM  
**Gloucester - Rose Baker Senior Center**  
Monday, Oct 21 9:00AM-2:00PM

### ESSEX CLAMFEST

**Saturday, October 26, 11AM-4PM**

The Essex Division of the Cape Ann Chamber of Commerce will sponsor the annual Essex ClamFest in Memorial Park in Essex. The highlight of the day will be the Clam Chowder Tasting, a competition that pits area restaurants against one another to determine who serves the best clam chowder on Cape Ann. In addition you'll find an interesting variety of activities, including an arts and crafts area and vendors providing food and fun. The Essex COA will be there so stop by our booth and say hello!

Essex Senior Citizen's Club  
Presents:

"Antiques Roadshow"

Monday, October 21

12:15 p.m.

\$5 per person

Essex Senior Center

Bring your special antiques and join us for a  
light lunch

Have up to 3 of your pieces appraised by local  
expert Ellen Niely

RSVP 978-768-7932 to register

### **The Flying Horse Outdoor Sculpture Exhibit**

**Pingree School, South Hamilton, now through November 30th.** The largest exhibit of outdoor sculpture in New England features works by artists from as near as Hamilton and as far as Nigeria.

The pieces are displayed throughout the 100-acre campus with the works representing a variety of genres and materials, sizes and subjects.

The exhibit is free and open to the public every day during daylight hours, a truly accessible and public art experience. What better way to enjoy Fall in New England than to view these works of art carefully placed in the landscape for your enjoyment!

# Ongoing Programs and Services

## ***FITNESS PROGRAMS***

**YOGA: Monday 5:30-6:30 P.M. \$5.00**  
Drop-ins are welcome.

**WALKING CLUB: Mondays 9AM**  
If you are new to the group, please call by noon Friday so we know to wait for you!

**BALANCE IN MOTION: Donation requested**  
**Tuesday 10AM Friday 10:30 AM**  
Appropriate for all fitness levels.

**LINE DANCING: Wednesdays at 11:00AM \$5.00**  
Beginners are welcome—come join the fun!!

## ***ACTIVITIES***

**MOBILE MARKET: 2nd Friday 10:00-11:00 AM**  
Open Door offers fresh produce and other food to Essex Residents over 60, and residents of Chebacco Terrace.

**MEN'S BREAKFAST: 2nd Monday 8:30 AM \$3.00**

**LADIES' BRUNCH: Last Monday 11AM \$3.00**

**WRITING GROUP: Monday 10:00 AM**

**VILLAGE PANCAKE HOUSE: 2nd Tuesday 9 AM**  
Please RSVP by Monday.

**DROP-IN GAMES: Thursdays at 10:00 A.M.**

**ARTS & CRAFTS: Tuesdays at 1:30 P.M.**

**ESSEX EAT OUT: Varies, Refer to Calendar**

## ***CLUBS AND MEETINGS***

**COA MEETING: 1st Tuesday, 6:00 PM**

**FRIENDS OF ESSEX COA: 3rd Tuesday, 6:30**

**BOOK CLUB: Last Tuesday 11AM**

**\*ESSEX SENIOR CITIZENS CLUB: 1st and 3rd Mon**  
The "Club" is a private membership organization. For more information, please contact Nancy Paone, President, Millie Hamlen, Vice President, Carla Symonds, Secretary, or Kay Joseph, Treasurer

## ***COA SERVICES***

### **INFORMATION AND REFERRAL SERVICES**

Individual assistance with a variety of topics, including, but not limited to SNAP benefits, caregiver support, Transportation, Housing, Social Security, etc.

### **SHINE 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:**

**Mon, Thurs 10AM**

Stop by and use the Essex COA shredder. It's an individual machine that can shred about 10 documents at a time.

### **MEDICAL EQUIPMENT LOANS Mon–Fri 9-12**

### **MRC Well Checks**

Through a partnership with Medical Reserve Corps, we offer friendly phone calls to homebound seniors.

### **BLOOD PRESSURE Check: 3rd Thursday, 11:00**

**CONSTITUENT SERVICES:** Ms. MaryAnn Nay, Assistant to Senator Bruce Tarr, comes to the Senior Center to address any issues you may have. No appointment needed. **3rd Thursday of the Month, 10:00-11:00 a.m.**

## ***COMMUNITY SUPPORT:***

**Senior Care, Inc: 978-281-1750**

Offers Information and referral services, Meals on Wheels, Home-based Services, Money Management, and other services designed to help people stay in their homes. [www.seniorcareinc.org](http://www.seniorcareinc.org)

**Essex Housing Authority: 978-768-6821**

**Veteran's Services: 978-356-3915**

Assistance navigating the various services available to Essex Veterans of all ages. **Essex COA 3rd Thursday of each month, 10:30-11:30 AM**

**Protective Services: 800-922-2275**

Call 24 Hours/day to report abuse or neglect of an elder

**Energy Assistance: 978-256-6650**

Action Inc provides Fuel Assistance and other programs to help reduce energy costs for income eligible residents.

# Transportation

## Individual Trips:

Provided by Beauport Ambulance Services

978-281-6955

Medical and non-medical (i.e. grocery and other stores, restaurants, salons, banks, offices, etc.) are available.

Monday through Friday 8:00 AM - 4:00 PM in the following communities:

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

**To schedule a ride call at least 24 hours in advance.**

## 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**

- **Weekly Wednesday Shopping Trips:** Leaves from Essex Senior Center 10AM

**\$5.00**

*To participate, you must be pre-registered with CATA.*

**Please call CATA directly for shopping schedules and registration information.**

## Senior Care RSVP Medical Transportation:

978-281-1750

## Manchester Council on Aging Group Trips:

978-526-7500

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

# Community Food Resources

## JOIN US FOR OUR COMMUNITY MEAL EVERY THURSDAY AT NOON!

\$2.00 Voluntary and Confidential Donation Appreciated (\$3.00 for Traveling Chef Meals)

Sponsored by SeniorCare (Transportation is available)

OCTOBER 3	ROAST BEEF, BAKED POTATO, GREEN BEANS, POUND CAKE
OCTOBER 10	PULLED PORK
OCTOBER 17	CHICKEN POT PIE
OCTOBER 24	ROAST TURKEY, WHIPPED POTATOES
OCTOBER 31	PORK LOIN, ROASTED VEGETABLES, AUTUMN STUFFING, APPLE PIE

## **Regional Farmers' Markets**

**Beverly:** Mondays, 3:00-7:00 pm at Veteran's Park, 164 Rantoul Street

**Danvers:** Wednesdays, 4:30-7:00 pm starting July 10th at Library/Rotary Pavilion, 15 Sylvan Street

**Gloucester:** Thursdays, 3:00-6:30 pm at Stage Fort Park

**Magnolia:** Sundays, 9:00-Noon at 46 Lexington Avenue

**Newburyport:** Sundays, 9:00-1:00 at Tannery Marketplace, 50 Water Street

*Most vendors accept SNAP/HIP so take advantage of the fresh produce from local vendors!! HIP is used to purchase up to \$15 per trip of fruits/vegetables with a SNAP card—the vendor gets paid and you are automatically reimbursed!*

*A reminder - October is the last month to use your Farmers' Market coupons.*

## **Open Door Pantry**

Mobile Market at COA- Friday, June 14 10:00-11:00 a.m.

Ipswich Hours: Tues, Thurs 11-5; Wed 11-7

Gloucester Hours: Mon, Wed, Thurs 10-7; Tues, Fri 10-5

**Acord Food Pantry,** 69 Willow St, Hamilton

Now offering food distribution *exclusively for Seniors* (age 60+) Thursdays, 9:30-10:30 a.m.

Other Hours: Wed 9:30-11 Thurs 6:30-7:30 p.m. Sat 9-11

## **MARKET BASKET - ROWLEY**

With the Manchester COA

FREE Door-to-Door Transportation

10:15 AM

Tuesday, October 8

Tuesday, October 22

Please contact the Manchester COA 978.526.7500 to reserve a spot on the van for one or both of these trips!



# Council on Aging *Essex*

17 Pickering Street  
Essex MA 01929

**October 2019**

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RETURN SERVICE REQUESTED

A Monthly publication from the Essex Council on Aging, and supported in part by the Massachusetts Executive Office of Elder Affairs.

**YOUR OLD  
CELL  
PHONE =  
CRUCIAL  
SERVICES  
FOR  
SENIORS**



**DONATE IT NOW**

Did you know that your old cell phone is worth up to \$30, depending on the make and model? Don't let that money go to waste! The Essex Council on Aging is collecting old cell phones!

Please drop off phones at the  
Essex Senior Center  
17 Pickering St. Essex MA 01929  
978-768-7932

## Time for Medicare Plan Review with SHINE

It's that time of year again! If you are enrolled in a Medicare Prescription Drug Plan or a Medicare Advantage Plan (HMO/ PPO), you should receive an information packet from your current plan by the end of September. It is important to review and understand this information because it explains the changes in your plan for 2020. Even though you may have the best plan for you this year, it's important to review all of your options for 2020 because plans, premiums, deductibles, co-pays, and the drugs covered by your plan can change significantly year to year! Some years we have big changes, and some years we don't. I expect that we will see a good number of changes as we head into 2020.

A SHINE Counselor can help you review plan options and find the best option for your individual health needs. Kristin is the SHINE Counselor for Essex. She has been providing this service to numerous communities since 2003!

To schedule a SHINE appointment with Kristin, call 978-768-7932 and ask for the Front Desk. Be sure to bring your completed form with you!

For other SHINE Counselors and locations, call 1-800-AGE-INFO (1-800-243-4636), press 3. Once you get the SHINE message, leave your name and number and a certified SHINE counselor will call you back.

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*The Mission of the Essex Council on Aging is to enhance and promote the quality of life for adults 60 and older in the community of Essex.*