

# Essex Senior Echo

OCTOBER 2022

## SCARECROWS

It's Scarecrow time here at the Essex Senior Center! The 3rd Annual Great Scarecrow Fest is upon us and most of you know what that means - whimsical, clever, and creatively decorated scarecrows will be on display throughout Essex for the month of October! The Friends of the Essex Council on Aging have been working diligently creating kits for even more scarecrows to be added to the mix this season. Fall is such a special time of year and the Great Scarecrow Fest has proven to be a tradition enjoyed by most community members, young and old alike, and many people in our surrounding communities follow the map to get in on the fun, too! Again this year the COA will be hosting a Scarecrow Tour, including a stop at Russell Orchards, so check inside for the details.

Fall is also the season to think about MEDICARE because October is the start of Medicare's Open Enrollment Period. The Open Enrollment Period (OEP) is an important opportunity for you to check your coverage for next year and make any appropriate changes during this time. Please see Page 2 for more information and details and be sure to book your Medicare appointment with Kristin or Tess.

Essex Senior Center  
17 Pickering St.  
Essex MA 01929

978-768-7932

Hours of Operation:  
Monday thru Friday  
9:00 AM to 3:00 PM

Additional hours:  
Tuesdays  
1:00 PM to 5:00 PM  
Thursdays  
3:00 PM to 5:00 PM

### Board Officers:

Chairman - Kay L. Joseph  
Vice Chairman - Gil Frieden  
Treasurer - Dick Denton  
Secretary - Beverly Dolinsky

### Board Members at Large

Ann Buckley  
Ralph Hawley  
Sue Lufkin  
Susan Parady  
Diane Polley  
Mary Wilhelm

### Council on Aging Staff:

Director: Kristin Crockett  
kcrockett@essexma.org  
Outreach Coordinator:  
Tess Leary  
tleary@essexma.org  
Clerk: Kim Lufkin Williams  
kwilliams@essexma.org

Follow us on Facebook!

## 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. [seniorcareinc.org](http://seniorcareinc.org)

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

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

**Protective Services:** 800-922-2275 Call 24 Hours/day to report abuse or neglect

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

**Used Medical Equipment:** Masonic Hall, Ipswich 978-356-9716 and Essex Council On Aging 978-768-7932

## Medicare Open Enrollment is here!

October 15 through December 7

It is important that each Medicare beneficiary take time to review their coverage for 2023. Please call the Essex Council on Aging to schedule an appointment with our SHINE Counselors, Kristin and Tess. *(even if you think you don't want to make a change!)*



Part A: Hospital Insurance

Part B: Medical Insurance

Part C: Medicare Advantage Plans

Part D: Prescription Drug Coverage



### SCAM ALERT

#### Deceptive Marketing

With the Annual Open Enrollment Period upon us, you can expect to see an increase in marketing materials, commercials, etc from the various insurance providers. Scammers know this this, and are more than willing to take advantage. Deceptive marketing is the use of false and/or misleading information to capture the attention of the consumer through the usage of false information to persuade buyers into a business transaction that will not typically be beneficial to you but “yes” beneficial to the one doing the deceptive advertising. If you receive an offer that is too good to be true, it probably is!

If someone calls you and says they are calling from Medicare, hang up. Medicare does not call beneficiaries to offer them any goods or services.

If someone calls you with insurance offers, tell them to send you the information in writing.

When you receive flyers, calls, mail enticing you to respond and purchase, please don't.

If you have any questions about anything you've recieved, please reach out to Kristin, Tess, or the Massachusetts SMP Program

## Open Enrollment FAQs

**What is Open Enrollment?** Open enrollment is the one time of year in which you can change your Medicare Advantage Plans and/or your Part D Coverage.

**I am happy with my coverage, do I really need to do anything during the Open Enrollment Period?** If you do nothing, and your plan will continue to be offered next year, your plan will carry over. However, Medicare Advantage Plans and Prescription Drug Plans do make changes each year. You should still compare plans.

**I have retiree health coverage, does Open Enrollment apply to me?** If you receive your coverage through a former employer, you should be aware of your Open Enrollment Period and review your plan options at that time.

**Can choosing a new drug plan really make a difference?** Medicare drug plans can differ in ways that can have a big impact on your out-of-pocket costs, including monthly premiums, the list of drugs covered by each plan, how much the plan charges for preferred and non-preferred drugs, preferred pharmacies and how much the plan charges for high-cost specialty drugs. It is important to look at the overall anticipated costs, instead of just the monthly premium and/or deductible. Not everyone will save money by switching plans, but it generally makes sense for everyone to compare their plan options each year to see if there is a less expensive option for the coverage you need.



# Social Services



## Talk of the Town

### Coffee with a Cop:

**Wednesday October 5      10:00 a.m.-12:00 p.m.**

Join officers from the Essex Police Department for refreshments and conversation.

### Town Administrator, Brendhan Zubricki: Apple St. Project

**Wednesday November 2      10:00 a.m.**

What will we do when this happens more and more often in the future? Learn more about this project, followed by a tour of the project location.



### Fuel Assistance

While warm days are still ahead, winter is just around the corner. This means heating season and high energy costs. As many as 1 in 3 households may be eligible for Fuel Assistance.

This is a free program for those who qualify!

Applications typically open November 1.

For more information, call Action at  
978-281-3900



### Apple St. Project

When the Route 133 causeway floods, if the coastal storm event is large enough, the only other way for emergency responders and public works equipment to get back and forth between the two halves of Essex is via Apple Street, which can also flood. The Town is currently working on finalizing design plans and all necessary permitting to elevate a low area in the Apple Street roadbed along an 800-foot section at its Southern Avenue end.

Experts predict that coastal flooding will sharply increase over time. Having an alternative, dry travel path during any size storm surge when the causeway is flooded is essential for emergency response, public works, and other services that seniors count on.

For more information, go to [www.essexma.org/apple](http://www.essexma.org/apple) You may also contact Town Administrator Brendhan Zubricki at (978) 768-6531 or [bzubricki@essexma.org](mailto:bzubricki@essexma.org), see Council on Aging Director Kristin Crockett, or join us on November 2 at 10:00 for our Talk of the Town.

## 3G SHUTDOWN

Several months ago we included information about the shutdown of 3G devices. Carriers nationwide are no longer supporting 3G service. This definitely impacts cellphones, but also certain medical devices, alert systems, vehicle SOS services etc. Please remember to check ALL of your devices - before there's an emergency.

## 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



# Activities and Special Events



<b>MONDAYS</b>	Zumba Video 9:30
<b>TUESDAYS</b>	Balance in Motion 10:00
<b>WEDNESDAYS</b>	Fit Over 50 10:00
<b>THURSDAYS</b>	Zumba Video 9:30
<b>FRIDAYS</b>	Balance in Motion 10:00
<b>VIRTUAL</b>	For. Every. Body Fitness Channel 67 Part of the Cape Ann Virtual Senior Center



## Essex Eats

Plans are still in the works for October.  
Check in at the front desk if you are  
interested in joining us!

As part of our Veterans Day observance, Author and Historian, Bethany Grauff Dorau, will join us to speak about her book "A Newburyport Marine in WWI" on Wednesday, November 9 at 10:00 a.m. There will be several pictures of local Essex veterans on display.

## Annual Essex Scarecrow Tour!

Hop on the bus, and take a tour around Essex. You will view all of the scarecrows! The tour will include a stop for some Apple Cider and Cider Donuts at Russell Orchards! Register at the COA.

**Monday, October 17**  
**1:00 PM**



October has 3 great days we bet you didn't know about: Make New Friends Day, National I Love Lucy Day, and National Chocolate Cupcake Day. Lets have some fun and celebrate them together - Good Food, Some Laughs, and Great Company!!



**THURSDAY, OCT 13**  
**2:00 PM**



## Games

### Drop-in Cribbage

Wednesdays 9:30 am



### Board Games

Thursdays 1:00



## BOOK CLUB

Join us at 1:00 p.m. for a lively discussion about the current book of the month and other topics!

**Tuesday, October 25**

"The Reading List" by Sara Nisha Adams

**Tuesday November 29**

"One Thousand White Women" by Jim Fergus

Through the generosity of the Friends, multiple copies of each title are available to borrow!

New members are always welcome!

## Arts and Crafts



Do you love to knit, crochet, or sew? Do you like creating different projects? If so, join us with your own project, or help with items for the Friends Boutique.

Tuesdays 1:00 - 3:00 Arts and Crafts

Monthly Art Class with Lowell and Kate  
Wednesday, October 26 2:00PM





# Ongoing Activities and Programs



## COA FITNESS PROGRAMS

**BALANCE IN MOTION:** \$5 Donation Requested  
Tuesdays 10:00 AM  
Fridays 10:00 AM

**FIT OVER FIFTY:** \$5 Donation Requested  
Wednesdays 10:00 AM

### **CAPE ANN VIRTUAL SENIOR CENTER**

Tune into Channel 67 for a number of fitness programs sponsored by the Cape Ann Councils on Aging and the Friends of the Essex Council on Aging

## **ZUMBA DROP IN (Video)**

Mondays 9:30 AM Get your dancing shoes on and join this fun, energetic dance class! *Congratulations Shelby on your new job! We will miss you.*

## **THURSDAY DROP IN VIDEO:**

9:30 AM Get your daily workout in with friends! Fitness videos will be used, no live instruction

**WALKING CLUB:** One month left to win prizes for you and the Essex Senior Center! Register and log your steps at: [www.walkmachallenge.com](http://www.walkmachallenge.com)

## COA ACTIVITIES

**Afternoon Games** Thursdays 1:00 PM  
**Arts & Crafts** Tuesdays 1:00 to 3:00 PM

**Book Club** Tuesday Oct 25 1:00 PM

**Crafts with Lowell & Kate** Wednesday Oct 26 2:00 PM

**Cribbage** Wedensdays 9:30 AM

**Cooking with Dawn** Wednesday Oct 5, 12 3:30 PM

**Grab & Go Meals** Mondays & Thursdays NOON

**Mobile Market** Friday Oct 7, 21 10:30 AM

**COA Board Meeting** Tuesday, Oct 4 6:00 PM

**Friends Meeting** Tuesday, Oct 11 3:00 PM

**Ladies Brunch** Tuesday, Oct 18 11:00 AM

**Men's Coffee & Donuts** Wednesday, Oct 12 9:00 AM

**Heritage Films** Tuesday Oct 25 11:00 AM

**Monthly Cookie Delivery** Call to sign up!

**Tech Help Sarah** Every other Tuesday 3:30 PM  
Sarah, a middle-schooler with rad tech skills, will help answer your questions about your phone, zoom, & more!

## 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:** Stop by and use the Essex COA shredder, an individual machine which shreds 10 pages at a time.

**MEDICAL EQUIPMENT LOANS** Mon–Fri 9-1 The Senior Center has a variety of medical equipment available at no cost. Please remember to complete the Release Form before taking any equipment.

**CONSTITUENT SERVICES:** 3rd Thursday, 10:30 a.m. Ms. MaryAnn Nay, Assistant to Senator Bruce Tarr, comes to the Senior Center to address any issues you may have. No appointment needed.

**VETS SERVICE OFFICE HOURS:** 3rd Thursday 12:30, Karen Tyler will be available to meet with you.

**SNAP APPLICATIONS:** The Essex COA can provide assistance with applying for SNAP/food stamp benefits.

# Activities and Special Events

Heritage Films presents:

Topsfield Fair 2022

Tuesday October 25

11:00 AM

Gloucester Sea Serpent

Tuesday, November 22

11:00 AM

Enjoy a short film followed  
by a discussion with Dan!

Planning Your Life:

*The Next Phase*

A Free Monthly Speaker Series

## End of Life Planning

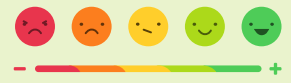
Tuesday, October 18

7:00 PM

Essex Senior Center



Did you get your survey in the mail? Please send it back to us!  
Planning for 2023 is underway and we want to hear from you!



## Just for Fun



### October Word Search

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

Black Cat

Candy

Creepy

Fall

Ghost

Halloween

Haunted

October

Orange

Scary

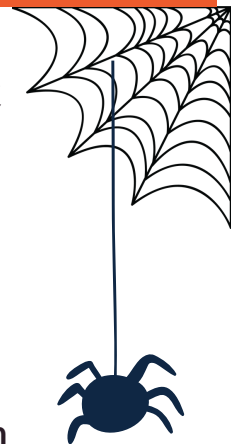
Skeleton

Thanksgiving

Trick Or Treat

Turkey

Zombie







# Nutrition



## Monthly Recipe: Nasaump



Nasaump is a traditional Wampanoag dish made from dried corn, local berries, and nuts. It is boiled in water until it thickens, and is similar to a porridge or oatmeal.

- 1 1/2 cups cornmeal
- 1 cup strawberries, raspberries, blueberries or a combination of all three
- 1/2 crushed walnuts, hazelnuts, sunflower seeds or a combination of all three
- 1 quart water
- maple syrup or sugar to taste (optional)

Combine cornmeal, berries, crushed nuts, and the optional sweetener in a pot of water and bring to a boil. Turn down the heat to medium and cook, stirring frequently, for 15 minutes. (From Plimoth Patuxet Museums)

## Grab and Go

Mondays and Thursdays at 12 Noon, and must be picked up by 12:30.

Please register 2 business days in advance.

*Mondays*

Provided by Open Door

*Thursdays*

Provided by Senior Care

## Monthly Root Meal

Wednesday, Oct. 26 Chicken Cacciatore  
(RSVP by Friday, October 14, 2022)

Wednesday, Nov. 30  
(RSVP by Friday, November 18, 2022)

## Breakfast/Brunch

**Ladies Brunch:** Tuesday, Oct. 18, 11:00  
Please RSVP and enjoy a delicious meal:

Eggs Benedict Strata and scones



**Men's Coffee and Donuts:**  
Wednesday, Oct. 12 9:00AM

# Transportation



**Cape Ann Seniors on the GO**  
OPENING THE DOOR TO FOOD,  
FITNESS AND FUN

FREE TRANSPORTATION AVAILABLE  
FOR ALL ESSEX RESIDENTS AGE 65+



## THURSDAYS

**Grocery Shopping @**  
**Stop n Shop, Market Basket**  
**& Shaws & Gloucester Fish Markets**

**PICKUPS from your home start @ 10:00 am**  
**RETURN home starts @ 11:45 am**

**Reserve your free seat by calling CATA (978) 283-7916**

## CATA

Transportation for Essex seniors is provided through CATA for \$2.00 fare.

Please call to schedule your ride by 1:00pm at least 2 BUSINESS days in advance.

978-283-7916

**TRANSPORTATION IS AVAILABLE MONDAY – FRIDAY, TO  
AND FROM THE FOLLOWING COMMUNITIES:**

\*ROCKPORT \*GLOUCESTER \*MANCHESTER  
 \*ESSEX \*IPSWICH \*HAMILTON  
 \*WENHAM \*BEVERLY \*PEABODY \*SALEM  
 \*DANVERS

Other transportation options may be available for medical appointments, please contact:

Senior Care Medical Transportation

978-281-1750



For Your Health



# BRAIN CHANGERS

Everyday ways to brighten up your gray matter...



## JOG YOUR MEMORY

Just 20 minutes of exercise gets your brain going as well as your body, boosting creativity, attention, processing and recall

## BOOK A SPOT IN YOUR ARMCHAIR

Reading for pleasure is a fun way to get your brain going. A good book is like a workout for your mind



## JUGGLE & JIVE

Learning a complex skill like juggling or dancing can help you improve mental and motor agility



## MAKE MUSIC FOR THE MIND

From your toe-tapping motor cortex to the rhythmic right cerebellum, a jaunty tune gets your whole brain going



## DON'T FORGET TO SLEEP

A good night's rest consolidates learned information — all you have to do is lie down and relax



## LAUGH YOURSELF SMARTER

Laughter lights up your brain's pleasure receptors, increasing motivation and reducing stress



## TALK TO SOMEONE... OR YOURSELF

Socialising and conversation keeps your brain active and healthy while talking to yourself can aid recall



## GET YOUR GAME ON

Leisure activities such as board games are associated with a reduced risk of dementia



## DEVELOP THAT PHOTOGRAPHIC MEMORY

Creative hobbies such as photography and writing get you thinking differently and can literally expand your mind



### Sources:

<http://gizmodo.com/the-non-physical-benefits-of-exercise-1648096955>

<http://www.bbc.co.uk/news/health-16086233>

<http://www.bbc.co.uk/news/health-24283709>

<http://lo9.com/5713581/new-research-shows-fighter-pilots-have-super-brains>

<http://imc.com/articles/91329/science-shows-how-piano-players-brains-are-actually-different-from-everybody-elses>

<http://abcnews.go.com/Health/laughing-makes-brain-work-study-finds/story?id=23393053>

<http://www.northjersey.com/news/education/does-music-make-you-smarter-1.1115179>

<http://www.dailymail.co.uk/science/article-2650784/A-good-nights-sleep-really-DOES-boost-brain-Getting-shut-eye-helps-builds-nerve-cells-linked-learning.html>

<http://www.nejm.org/doi/full/10.1056/NEJMoa022252#t=abstract>

antiaging  
N<sup>o</sup> TROPICS



# Friends of the Council on Aging

The Friends of the Essex Council on Aging is a 501(c)3 non-profit organization whose purpose is to financially assist the Essex Council on Aging in providing social services to residents over the age of 60 in Essex, and to do other things that necessarily render a service for the elderly residents of Essex. Please consider joining the Friends or making a donation!

**MONTHLY MEETING:**  
2nd Tuesday of the Month  
October 11 3:00 PM

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

## FRIENDS BOUTIQUE



*Save the Date* - Friday, November 4th 6:00-8:00 p.m.

Saturday, November 5th 9:00 a.m.-1:00 p.m.

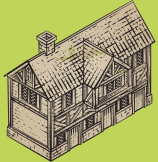


Anyone interested in helping with set-up or working on the days of the sale should sign up and a Boutique Coordinator will contact you. Donations of Handmade items are appreciated.

## Trips and Excursions

### Cogswell Grant Tour

When is the last time you explored your own backyard?



A mecca for lovers of American folk art, the rooms at Cogswell's Grant overflow with folk art portraits, painted furniture, redware, hooked rugs, weathervanes and decoys in an 18th century farmhouse.

Friday, October 7 1:00 PM FREE

Space is limited! Be sure to RSVP early!

### "BEST OF TIMES" SHOWS\*



**CHER TRIBUTE - THE BEAT GOES ON~ THURSDAY, NOVEMBER 17 ~ \$74**

includes Show and Thanksgiving Dinner with all the fixins' and Dessert.

**CHRISTMAS WITH PAUL ANKA TRIBUTE ~ TUESDAY, DECEMBER 6 ~ \$74**

includes Show and luncheon with your choice of Chicken or Fish entrée with Dessert.

**\*ALL SHOWS ARE AT DANVERSPORT YACHT CLUB. PAYMENT IS DUE AT REGISTRATION\***

Reserve your tickets soon, deadlines come and go quickly!

Transportation is on your own. Contact the COA for assistance.

# October

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

3

9:30 Fitness Video  
10:30 Shredding  
12:00 Grab 'n Go

*Turkey Train Trip*

4

10:00 Balance Class  
1:00 Arts and Crafts  
3:30 Teen Tech  
6:00 COA Board Meeting

5

9:30 Cribbage  
10:00-12:00 Coffee with a Cop  
~~10:00 Fit over Fifty~~  
11:30 FLU CLINIC  
3:30 Cooking for 1 or 2 with Dawn

6

9:30 Drop-in Fitness  
10:00 Activity Planning Meeting  
12:00 Grab 'n Go  
1:00 Games

7

10:00 Balance in Motion Class  
**10:30 Mobile Market**  
12:00 Senior Club  
1:00 **Cogswell Grant Tour**

10 OFFICE CLOSED



11

10:00 Balance Class  
1:00 Arts and Crafts  
3:00 Friends Meeting

12

9:00 Men's Coffee and Donuts  
9:30 Cribbage  
10:00 Fit over Fifty  
3:30 Cooking for 1 or 2 with Dawn

13

9:30 Drop-in Fitness  
12:00 Grab 'n Go  
1:00 Games  
**2:00 I Love Lucy and Cupcakes**

14

10:00 Balance in Motion Class  
*Don't forget to RSVP for the Root Meal!*

17

9:30 Fitness Video  
10:30 Shredding  
12:00 Grab 'n Go  
1:00 **Scarecrow Tour**

18

10:00 Balance Class  
11:00 Ladies Brunch  
1:00 Arts and Crafts  
3:30 Teen Tech  
**7:00 SPEAKER SERIES: End of Life Planning**

19

9:30 Cribbage  
10:00 Fit over Fifty  
*Kristin / Tess Conference*

20

9:30 Drop-in Fitness  
12:00 Grab 'n Go  
1:00 Games  
*Kristin / Tess Conference*

21

10:00 Balance in Motion Class  
**10:30 Mobile Market**  
12:00 Senior Club  
*Kristin / Tess Conference*

24

9:30 Fitness Video  
10:30 Shredding  
12:00 Grab 'n Go

25

10:00 Balance Class  
**11:00 Heritage Films: Topsfield Fair**  
1:00 Arts and Crafts  
1:00 Book Club

26

9:30 Cribbage  
10:00 Fit over Fifty  
12:00 Root Meal: Chicken Cacciatore  
**RSVP BY 10/14!**  
2:00 Crafts with Kate and Lowell

27

9:30 Drop-in Fitness  
10:30 Sen. Tarr's Office  
12:00 Grab 'n Go  
12:30 Karen Tyler, Veteran Service Off.  
1:00 Games

28

10:00 Balance in Motion Class

31

9:30 Fitness Video  
10:30 Shredding  
12:00 Grab 'n Go

**We have updated our mailing list!**

If this is your first newsletter, welcome!

Digital copies of our newsletter are available at  
<https://www.essexma.org/essex-senior-center-council-aging>. Use this QR code to sign up for our email list.





# Around Town

## ELECTION

EVENT	LOCATION	VOTER REGISTRATION DEADLINE	IN-PERSON EARLY VOTING PERIOD	LAST DAY TO REQUEST VOTE BY MAIL BALLOT	LAST DAY TO RETURN BALLOT
November 8 State Election	Public Safety Building, 11 John Wise Ave, 7am-8pm	October 29	Oct 22 - Nov 4	November 1	Postmarked or received by Nov 8
November 14 Fall Town Meeting	EES Gym, 12 Story St, 7:30pm	November 4	N/A	N/A	N/A

Essex Shipbuilding Museum



**Farmers Market**  
In the Shipyard

**October 10**  
**3Pm - 6PM**



### CAPE ANN PLEIN AIR

**October 1-9**

**Quick Draw Competition   Cox Reservation**  
**Sunday Oct 2 9:00AM - 2:00 PM**

**Artist Demo with Mary Rose O'Connell**  
**Ship Building Museum**  
**Monday October 3 12:00 PM**

EHSSM Historian Kurt Wilhelm has been studying Essex Genealogy for over 30 years. Join Kurt for a look at the community of Essex through the lens of families that have lived here. View primary source > documents from throughout the past century. Add your family tree to the forest!

**SUNDAY OCTOBER 2ND 2022**

### OUR FAMILY FOREST



**10AM - 12PM**

The Waterline Center  
66 Main Street  
Essex, MA 01929

**We are looking for volunteers to pass out candy/treats at the Senior Center on Halloween. If you are interested, please sign up at the front desk.**

# Council on Aging *Essex*

17 Pickering St  
Essex MA 01929

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



ADDRESS CORRECTION REQUESTED

A monthly publication from the Essex Council on Aging,  
supported in part by the Mass. Executive Office of Elder Affairs.



*Fall  
is  
Flu Shot  
Season!*



## FLU CLINIC

Essex Senior Center  
Wednesday,  
October 5  
11:30 - 1:30

Please Register for  
an appointment  
online, or call the  
Essex Senior Center.

## COVID BOOSTER

Anyone age 12+ who has completed a primary  
series or received a booster at least 2 months ago  
is eligible for a bivalent booster, regardless of  
immunocompromised status.

If you need assistance scheduling an  
appointment, please let us know.

Below are upcoming regional clinics:

Manchester	9:00 to 12:00	10/3 11/7 12/5
Hamilton	4:30 to 6:30	Every Wednesday
Topsfield	2:00-4:00	10/20 11/10 12/15
Rockport	9:00-11:00	10/8, 10/29

BOOSTER



*Come See  
us at the...*



## 38th Annual Essex ClamFest

Saturday, October 22, 2022  
(Rain Date: Sunday, October 23)

## Vendor Booths, Entertainment, Clam Chowder Competition

Shepard Memorial Park - Essex

