

Essex Senior Echo



September 2021

As I write this, the weather sure doesn't feel like Fall! But, we all know Fall is coming and, here at the Senior Center, we are excited about getting into full swing, with loads of regular programs and special activities for you!!

In September, we're offering several workshops, including one with our new transportation partner (CATA) and a cooking class with Open Door. In addition, we are offering a Shoe-fitting clinic for people with Diabetes (page 2) and a Mobile Vision Clinic for all Essex residents (page 3)! We are thrilled to introduce a new service provided by our local tech whiz, Sarah Williams - "Technology Help" will offer assistance for most of your technology needs (see page 2).

You may have noticed the different style for our newsletter - we would like to thank our intern, Alyssa, for her help in designing and creating our template!

We would love for you to take advantage of our many programs and services and hope you'll contact us with any questions or assistance you might need...below you'll find a list of some of the additional services available in the area.

Enjoy the beautiful Fall on Cape Ann and come by for a visit!!

LOCAL ASSISTANCE PROGRAMS

Protective Services for Elders: For elder abuse or neglect please call SeniorCare, Inc. at 1-800-922-2275.

Fuel Assistance: If you are in need of financial assistance with your home heating bills, contact Action Energy at 978-281-3900.

Used Medical Equipment: The Masonic Hall in Ipswich stores donated used medical equipment. Please call 978-356-9716 for more information.

Veterans Services: Please contact Karen Tyler, Director of Veterans Services, at 978-356-6699

Essex Housing Authority: For information on affordable housing at Chebacco Terrace, please call the Essex Housing Authority at 978-768-6821

SeniorCare, Inc: Based in Gloucester, this agency offers information, referral, and advocacy on a wide-range of age-related issues, including coordinating in-home services and Meals on Wheels. For more information, call 978-281-1750.

Essex Senior Center
17 Pickering St.
Essex MA 01929

978-768-7932

Hours of Operation:
Monday thru Friday
9:00 AM to 1:00 PM

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

Board Officers:

Chairman - Kay L. Joseph
Vice Chairman - Ralph Hawley
Treasurer - Dick Denton
Secretary - Beverly Dolinsky

Board Members at Large

Dawn Burnham
Priscilla Doucette
Millie Hamlen
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

Be sure to follow us on
FaceBook

Social Services



OPEN ENROLLMENT IS JUST AROUND THE CORNER!

It's that time of year again when Medicare Advantage and Medigap ads start showing up during our favorite shows in preparation for the 2021 annual Open Enrollment. We will have 2 SHINE Counselors available to help you figure out your best options for supplemental insurance and prescription drug coverage. Open Enrollment for Part D Plans will be held October 15th through December 7. Appointments for Open Enrollment will be held beginning on Monday October 18, and we will begin taking requests for appointments on October 1.

What can you do now?

- Keep an eye on your mail, especially items from your insurance provider.
- Attend a Medicare 101 training - or watch one online.
- If you haven't done so already, create your account at www.Medicare.gov.

Essex SHINE Counselors:
Kristin Crockett Tess Leary

Eastern Essex Department of Veterans' Services

Learn about Veterans' Benefits

Wednesday, September 1, 2021 at 10:00 am

**At the
Byfield Community Arts Center
7 Central St
Byfield, MA 01922**

**This is for all Veterans, Families, and
Surviving Spouses of those who served in the military**



Technology Help

with Sarah

Do you wish you knew how to use Facebook?
Have questions about texting or sending email?
Sarah will be at the Senior Center twice a month to answer your questions!

**Tuesdays September 14 & 28
3:30 - 5:00
(Please RSVP)**

Calling all Essex residents...here's a chance to prioritize your time AND health all at once.

2020 On-site will be parking their Mobile Vision Clinic at Memorial Park on Thursday, September 16th from 8am-4pm. Make an appointment for a 15-minute eye exam!!

They accept all types of insurance and make the process as easy as possible. See you there!

Call us to schedule, or visit
<https://try.2020onsite.com/essex/>





LOW VISION GROUP MEETING

TUESDAY, SEPTEMBER 7

10:00 A.M. - 11:30 A.M.

IPSWICH COA

If you are living with limited vision or blindness, our low-vision group meets monthly to share information, laughs, support and friendship. Transportation is available. New members are always welcome. Attendance is covid-safe.

Grant Harrison, from the Massachusetts Specialized Equipment Distribution Program will demonstrate free or reduced cost telephone equipment to individuals with vision and hearing loss.

To register, please contact:
Tess Leary, Outreach Coordinator
Essex COA 978-768-7932

SNAP BENEFITS INCREASE



Beginning October 1, 2021, the average SNAP benefit for households will be \$36 per person per month or \$1.20/day.

The current average SNAP benefit will increase from \$4.25 to \$5.45 per person per day.

Please note: This 21% boost in the maximum SNAP benefit will go into effect the same time that the temporary 15% COVID boost will end.

As Joseph Llobrera of CBPP notes, “while the increase in SNAP benefits resulting from the revised TFP will make benefits more adequate going forward, SNAP households’ benefits will rise by only about 7% in October because the temporary 15% increase in SNAP benefits established by the December 2020 COVID-19 relief bill and extended by the American Rescue Plan is slated to expire at the end of September.” This means that instead of facing a decrease in October, SNAP benefits will increase roughly \$8 per person per month starting 10/1/21.



Housing Navigator Massachusetts launched its website in late August! This is a great resource for anyone who is looking for affordable housing.

"Everyone should have solid information for making choices about one of the most important decisions—where to live. But that hasn't been the case.

Housing Navigator is changing that. This free online tool makes it simple to search for affordable rentals statewide."

www.housingnavigatorma.org

Attention, Adults with foot problems and Diabetes!

Is **Medicare** your Primary Insurance? If so, you are eligible to receive **a pair of Diabetic shoes and inserts FREE to you if you are Diabetic!** Also other insurances cover this as well!



**Starting at 1:30pm
September 13, Essex
Senior Center**

www.drcomfort.com

Please bring your Medicare card and any other supplemental insurance cards as well as the completed doctor's order and required paperwork (pick up from the Senior Center.)

Call 978-768-7932 to make your 10-minute fitting appointment.

Additional questions call Amy 603-944-1311.

***PLEASE NOTE: THIS CLINIC REQUIRES A MINIMUM NUMBER OF PARTICIPANTS.**



Activities and Special Events



SPECIAL TRIPS



Fall Foliage Day Trip: October 5, 2021 (Tuesday)

\$99

Guided tour and visit to the Cathedral of the Pines, luncheon at the Woodbound Inn, a visit to Smith's Country Cheese, a visit to Red Apple Farm. Includes Transportation, Luncheon, Meal Tax/Gratuity.

Yesterday Once More: November 18, 2021 (Thursday)

Danversport Yacht Club \$72

From THE CARPENTERS Close To You to ABBA's Dancing Queen... and The MAMAS AND PAPAS' California Dreaming to the 5th DIMENSION's Up, Up And Away, you'll enjoy non-stop hits, colorful choreography and informative and humorous banter. For everyone who remembers this music it's a return to rich harmonies and relatable songs. For anyone who simply loves great pop music and amazing vocal blends, this is a show not to be missed.

Christmas at the Newport Mansions: December 4 (Saturday)

\$99

Come and see two of Newport's most elegant mansions decorated and on display during this wonderful time of the year. Visits to the Breakers and the Marble House. Lunch will be on your own at the famous Bowen's Wharf area of Newport.

BALANCE IN MOTION

back in person

WITH DIANNA

Tuesdays and Fridays

10AM

Get yourself movin' and groovin' with Dianna's full body workout that will improve your balance, your fitness, and make you smile!

Please consider making a donation for this class



Hip Hop Chair Yoga

Please Join us for this fun, one time class with Rondae!

Friday, September 24th!

10:30 AM



Sponsored by the Essex Cultural Council

BOOK CLUB



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

Tuesday, September 28th

"The Things We Keep"

by Sally Hepworth

Tuesday, October 26th

"The Lost Apothecary"

by Sarah Penner

Extra book copies are available at the COA—please contact Tess to make arrangements to borrow one or more of the titles.

TRANSPORTATION WORKSHOP

Representatives from CATA, Senior Care, and the Medical Transportation Program will be join Essex COA staff to present information on the various transportation options available to Essex Seniors.

SEPTEMBER 9

1:00 P.M.



Activities and Special Events

COOKING CLASS

September 16th at 1:00 p.m.

Learn & share tips for eating healthy on a budget, with the The Open Door Nutrition team; you'll enjoy a cooking demonstration and sample the delicious results! Please contact COA to register in advance for this fun and informative class!

Cape Ann Seniors on the Go Walking Club

Join us for some exercise, fresh air and socializing! Log your steps to win prizes!

Walk the beautiful Gloucester Boulevard for approximately 1 hour every Tuesday. The Manchester COA Van will pick up around 9:30 a.m. and you'll be home around noon.

PLEASE RSVP



For transportation, call MANCHESTER COA at 978-526-7500

Per the Governor's Order, all riders must wear a face covering and maintain a safe distance from others. Please stay home if you are not feeling well.

Senior Cardio and Strength Class with Erin

Register with the Essex Council on Aging

Day: Wednesday

Time: 10 am



Essex, MA



Call the Essex Council On Aging to register: 978-768-7932
EBA Personal Training



Meet Julia Child

OCTOBER 7 1PM

Presented by Delvena Theatre Company

Meet Julia Child! - the beloved French Chef. A live performance featuring Lynne Moulton as Julia Child doing what she did best.

Learn more about her life and be part of the studio audience on the set on the *French Chef*.

Enjoy this live performance free of charge but contact the COA to reserve your seats!!

Supported by the Essex Cultural Council

Cape Ann Virtual Senior Center

Presented by the
Essex • Gloucester • Manchester by the Sea • Rockport
Councils on Aging

Don't forget about the Cape Ann Virtual Senior Center! Senior Care and the communities of Rockport, Essex, Gloucester, and Manchester are working together to provide you access to programs from your own home.

Programs can be found on Channel 67

You can find many other programs such as:

Nia with Linda: No Impact Fitness for Any Age

Unleash The Power of Age — Brain Exercise

Living Wisely ~ Aging Well

Council On Aging — Tai Chi Class

Special nutrition programming on September 13!





Monday	Tuesday	Wednesday	Thursday	Friday
	Calendar Code: MEALS/ GROCERY ZOOM EVENT SENIOR CENTER EVENT SPECIAL EVENT EXERCISE (IN PERSON)	1 10:00 Coffee Hour 10:00 FIT OVER 50! 11:30 BOWLING AT CAPE ANN LANES, RSVP 978-283-9753 1PM Arthritis Class 978-879-7652 to register	2 9:00 Walking Club 10:00 Coloring/ Diamond Painting 12:00 Grab & Go Lunch 12:30 Activity Kit Pickup	3 10:00 Balance in Motion with Diana at COA
6 	7 9:30 Cape Ann Walk 10:00 Balance in Motion 10:00 Board Games 10:00 Low Vision at Ipswich 11:00 Down River Cruise 6:00 COA Board Mtg	8 10:00 Coffee Hour 10:00 FIT OVER 50! 11:30 BOWLING CAPE ANN LANES, RSVP 978-283-9753 1PM Arthritis Class 978-879-7652 to register	9 9:00 Walking Club 10:00 Coloring/ Diamond Painting 12:00 Grab & Go Lunch 12:30 Activity Kit Pickup 1:00 Transportation info with CATA & SeniorCare	10 10:00 Balance in Motion with Diana at COA 10:00 Mobile Market at COA Annie Gosbee Dedication is tomorrow!
13 8:30 Men's Bkfst 9:00 Walking Club 10 Drop In Movie: League of Their Own 12:00 Grab & Go Lunch 1:30 Diabetes Shoe Clinic	14 9:30 Cape Ann Walk 10:00 Balance in Motion 10:00 Board Games 1:00 Arts and Crafts at COA 3:30-5:00 Tech Support	15 10:00 Coffee Hour 10:00 FIT OVER 50! 11:30 BOWLING AT CAPE ANN LANES, RSVP 978-283-9753 1PM Arthritis Class call 978-879-7652 to register	16 9:00 Walking Club Comprehensive Eye Exam 10:00 Coloring/ Diamond Painting 12:00 Grab & Go Lunch 12:30 Essex Veterans Office Hours 1:00 Cooking wOpen Door	17 10:00 Balance in Motion with Diana at COA Open House at Public Safety Building is tomorrow!
20 9:00 Walking Club 10 Drop In Movie: POMS 12:00 Grab & Go Lunch 1:00 Senior Club	21 9:30 Cape Ann Walk 10:00 Balance in Motion with Diana at COA 10:00 Board Games 11:00 Ladies Brunch at COA 1:00 Arts and Crafts at COA 3:00 Friends Meeting	22 10:00 Coffee Hour 10:00 FIT OVER 50! 11:30 BOWLING CAPE ANN LANES, RSVP 978-283-9753 1PM Arthritis Class 978-879-7652 to register	23 9:00 Walking Club 10:00 Coloring/ Diamond Painting 12:00 Grab & Go Lunch 12:30 Activity Kit Pickup	24 10:00 Balance in Motion with Diana at COA *2:00 Mobile Market 10:30 Hip Hop Chair Yoga
27 9:00 Walking Club 10 Drop In Movie: TBD 12:00 Grab & Go Lunch	28 9:30 Cape Ann Walk 10:00 Balance in Motion with Diana at COA 10:00 Board Games 1:00 Arts and Crafts at COA 1:00 BOOK CLUB 3:30-5:00 Tech Support	29 10:00 Coffee Hour 10:00 FIT OVER 50! 11:30 BOWLING CAPE ANN LANES, RSVP 978-283-9753 1PM Arthritis Class 978-879-7652 to register	30 9:00 Walking Club 10:00 Coloring/ Diamond Painting 12:00 Grab & Go Lunch 12:30 Activity Kit Pickup	1



The 2021-2022 Transfer Station Stickers are now available. Sticker prices are \$180.00 or \$90.00 for residents 65 years or older.

Please bring your vehicle registration, proof of residency and a check made out to the Town of Essex.

Stickers can be purchased at the Water Filtration Plant, Monday - Friday 7am-3pm or online at <https://Essextransfer.cityhallsystems.com>

JOIN US FOR AN

Open House

SEPTEMBER 18 | 10:00AM | SATURDAY
11 JOHN WISE AVE ESSEX

Chief Francis and Chief Reader would like to invite Essex Residents to tour our new public safety building. Parking will be reserved for seniors at the Front lot near the main entrance. Refreshments will be served.

At 11AM the time capsule, placed in front of the old station in 1950 when it was built, will be opened.



ANNIE GOSBEE FIELD DEDICATION



September 12 - Memorial Park

11:00 Girls Exhibition Game
Hot Dogs

12:30 - 1:00 Dedication Ceremony
Master of Ceremonies: Rob Bradford (WEEI Radio)

Ribbon Cutting
Senator Bruce Tarr
Unveiling of Bronze Plaque



Come to the COA on
Monday, Sept 13 at 10 to watch
"A League of Their Own"

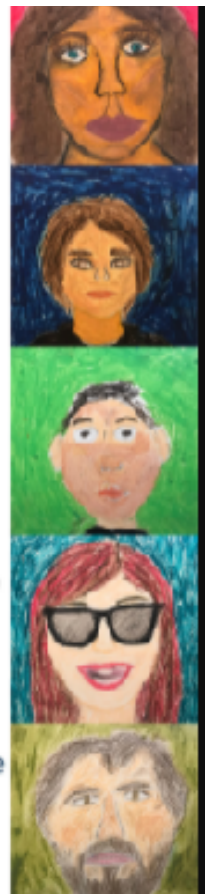
Who is Annie Gosbee? see page 11

Create a self-portrait for our Community Portraits Project!

- Pick up free materials at the Museum.
- We're using oil pastels, but feel free to use any media that you're comfortable with.
- All portraits should be made on 8" x 8" paper.
- Draw your face in the center of the square with pencil.
- Use the oil pastels to color in your portrait.
- Choose your favorite color and cover the whole background.
- Make sure to write your name on the back!
- Drop off your portrait at the Museum to be included in the project.
- For more instruction, watch our portrait video at www.capeannmuseum.org.

Come see the exhibition of portraits, *Quilted Together*, Sept. 24 - Nov. 5 in the Janet & William Ellery James Center at the Cape Ann Museum Green.

CAPE ANN Museum



On July 26, 2021, the Essex Board of Selectmen voted to permanently move the Essex polling/election location from the old Fire Station at 24 Martin Street to the new Essex Public Safety Building at 11 John Wise Avenue. All future elections will be scheduled to take place in the Training Room at the new facility and voters will enter through the main/front door to check in.

Upcoming Essex Meetings:
Selectboard: 7PM Sept 1
6PM Sept 13, 27
Conservation: 7:30 Sept 7, 21
Planning Board: 7:30 Sept 1, 15
Board of Health: 7PM Sept 9, 23
Council on Aging: 6PM Sept 7
Housing Auth. : 6PM Sept 7

Friends of the Council on Aging

The Friends of the Essex Council on Aging is a private 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!

Dawn Burnham, President
Mary Wilhelm, Vice President
Ellen Hull, Secretary
Kay Joseph, Treasurer

MONTHLY MEETING:
Tuesday September 21
3:00 PM

FRIENDS BOUTIQUE

save the date:

Friday November 5 6-8pm
Saturday November 6 9-1pm

Sponsored by the Friends of
the Essex Council on Aging



Down River Cruise

***WAITLIST
ONLY***

Lunch on Board

Farnham's Restaurant

Lobster Roll \$22

Chicken Finger Basket \$10

Haddock Basket \$11

Sept 7th 10:00am - 12:30pm

Call the Senior Center at 978-768-7932 to RSVP



The Great Essex Scarecrow Festival



1. Order your scarecrow kits

Don't miss out, order your kit today. Each kit will contain a hand painted burlap face and wooden frame. A limited supply is available.

\$25; Mail a check to Friends of the ECOA, PO Box 112, Essex MA 01929

2. Pick up and pay for your kits

Pick up your kit at the Senior Center during the following times.

Wed 9/1 11am-1pm

Thu 9/2 2pm-4pm

Fri 9/3 12pm-2pm

Sat 9/4 9am-11am

Fri 9/10 4pm-6pm

3. Create & display

Create your scarecrow and display it proudly by October 1, 2021. A team of judges will award \$50 restaurant gift certificates to the:

Scariest Scarecrow

Funniest Scarecrow

Best Essex Theme

Best Character Theme

Nutrition

Grab and Go

Grab and Go Meals are offered on Mondays and Thursdays at 12 Noon.

Please be sure to register for Grab and Go Meals by calling the Senior Center 2 business days in advance.

Mondays

Sept 6: No Meal, Labor Day
Sept 13: Cove Cafe: Chicken Salad
Sept 20: Chicken Cordon Bleu
Sept 27: Sweet and Sour Pork

Thursdays

Sept 2: Pulled Pork
Sept 9: Hawaiian Chicken
Sept 16: Thai Chicken
Sept 23: Hot Dog
Sept 30: Turkey Salad

Meals on Wheels

The Meals on Wheels program is available to Essex Seniors. If you would like more information on Meals on Wheels, call Senior Care, Inc. at 978-281-1750

Breakfast/Brunch

Ladies Brunch: September 21, 11:00 MENU: Hash Brown Casserole
Men's Breakfast: September 13, 8:30 MUST RSVP MENU: Eggs, Kielbasa

Mobile Market

Twice per month we will be offering a MOBILE MARKET with the support of Open Door and Acord Food Pantries. Delivery will be available only to those needing that service—please let us know.

The Mobile Market is open to all seniors!

On designated Fridays, seniors come to the Senior Center and "go shopping" right here, choosing from a variety of fresh fruits and vegetables, dairy, protein, and snack items all provided by Acord and Open Door.

ACORD MOBILE MARKET SCHEDULE:

10:00-11:00 A.M.

SEPTEMBER 10 and OCTOBER 8

***OPEN DOOR MOBILE MARKET SCHEDULE:**

2:00-3:00 P.M.

SEPTEMBER 24 and OCTOBER 22

***Please note the change in times for OPEN DOOR in September and October**



COVID-19 Updates *(Accurate as of August 25, 2021)*

What's the difference between a booster dose and an additional dose?

Sometimes people who are moderately to severely immunocompromised do not build enough (or any) protection when they first get a vaccination. When this happens, getting another dose of the vaccine can sometimes help them build more protection against the disease. This appears to be the case for some immunocompromised people and COVID-19 vaccines. CDC recommends moderately to severely immunocompromised people consider receiving an additional (third) dose of Pfizer-BioNTech or Moderna at least 28 days after the completion of the initial 2-dose vaccine.

In contrast, a "booster dose" refers to another dose of a vaccine that is given to someone who built enough protection after vaccination, but then that protection decreased over time (this is called waning immunity).

Who can receive a 3rd shot and when can they receive it?

Currently, a 3rd shot is available for people who are receiving treatment for solid tumor cancers and cancers of the blood, such as lymphoma or leukemia; patients who have undergone within the last two years a bone marrow transplant or are still taking drugs to suppress their immune system; and patients with advanced or untreated HIV infection. The CDC guidance also includes people who are currently taking high-dose steroids and immune system-suppressing biologic drugs, including medicines for Crohn's disease, rheumatoid arthritis and plaque psoriasis.

When can I get a booster shot?

Booster shots are now recommended for Pfizer-BioNTech or Moderna starting 8 months after an individual's second dose, which is expected to begin the week of September 20. At that time, the individuals who were fully vaccinated earliest in the vaccination rollout, including many health care providers, nursing home residents, and other seniors, will likely be eligible for a booster. It is anticipated that those who received the J&J vaccine will need a booster, however that vaccine wasn't distributed until March of 2021. More information is expected in the next few weeks.

Where can I get a vaccine, 3rd shot, or a booster shot?

Many locations are offering the vaccines and 3rd doses to eligible individuals, including Conley's Pharmacy, Walgreens, CVS, and other medical providers. The Greater Cape Ann Community Collaborative is offering vaccine clinics, and they are authorized to administer 3rd doses to those who are immunocompromised. Clinics are held in Essex on Thursdays at the library from 10:30 - 11:30. (Please call to schedule a third dose) Additional clinics are held throughout the area. For more information on vaccine locations, visit vaxfinder.mass.gov

What about the flu shot?

It is still important to get your flu shot! Typically the Essex Board of Health and Council on Aging would have a flu clinic at the Senior Center. Essex will still be hosting a vaccine clinic, and plans are in the works. Here's what we know at this time:

- Given the physical constraints at the Senior Center, the flu clinic will not be held at the Senior Center.
- In order to avoid unnecessary crowding, appointments will likely be required.
- Clamfest will be cancelled this year, so that flu clinic will be adjusted.
- Home visits will still be available for homebound individuals.
- The Senior Center will send out a call as soon as information is available, so if you haven't received an automated call from us before, please be sure to register with us.





Transportation



-Transportation for Essex seniors is provided through CATA for \$2.50 fare. Please call to schedule your ride by 1pm at least 2 days before your appointment. Transportation is available Monday through Friday to and from the following communities:

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

Scheduled Shopping Trips

INSERT FRIDAY MARKET BASKET

INSERT MANCHESTER WALKING GROUP

INSERT FISH MARKET OR OTHER TRIPS

INSERT WEDNESDAY SHOPPING TRIPS

Participation in transportation services requires a one time registration. Forms are available at the Essex Senior Center.

CATA: 978-283-7916

Manchester Council on Aging: 978-526-7500



Other transportation options may be available for medical appointments. For more information contact:

Senior Care Medical Transportation 978-281-1750

Essex Council on Aging 978-768-7932

Annie Gosbee

A native of Essex, Massachusetts, Annie was one of six children born to Roy and Maude Gosbee. She had two brothers and three sisters. Since an early age, Annie interested in baseball and enjoyed catching for her elder brother Billy, who wanted to be a pitcher and made her his catcher. They would practice regularly after school and whenever school was not in session. Gosbee attended Rufus Choate Elementary School in Essex, where she played for the school baseball team and was the only girl on it. As a teenager, she played second base on the Essex Legion team in the Cape Ann Junior League Conference, becoming just one of two girls to play on junior league baseball teams in the area. Gosbee pursued her love of baseball by playing on a professional league.

Gosbee joined the All American League tryout and broke into the Grand Rapids Chicks team roster in 1953. She was used by manager Woody English primarily as a backup at second base for Alma Ziegler. Moreover, she represented her team in the All-Star Game as a shortstop replacement. At the end of the season, Grand Rapids advanced to the playoffs and beat the Rockford Peaches in the best-of-three series first round, 2-1. The Chicks later swept the Kalamazoo Lassies in the final series, 2-0, to win the championship.

Afterwards, Gosbee returned to Essex to complete her high school graduation requirements. In 1954, she split her time between Grand Rapids and Rockford, during what turned out to be the All-American League's final season. In a 75-game career, Annie posted an average of .136 (16-for-118) with 22 runs scored and seven RBI while stealing one base. She went 0-for-1 in the playoffs. At the field, she recorded 89 putouts with 87 assists and turned 17 double plays, while committing 15 errors in 191 total chances for a combined .922 fielding average.



*How many acorns can
you find hidden in the
newsletter?*



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

WELCOME BACK!

As we welcome you back, please remember to use your Senior Center key tag to check in for any event or whenever you are in the building. If you need a tag, please let us know and we'll assign you a new card! Also, please provide us with your contact information, including emergency contact details, so we can be sure our files are current.

Look inside for more information on these upcoming events

- Eye Exams
- Diabetic Shoe Clinic
- Down River Cruise
- Cooking Workshop
- In-person Fitness Classes

THANK
YOU

Thank you to our meal and grocery volunteers: Dawn Burnham, Sue Lufkin, Sara Richards, Susan Parady, and Sarah Williams—they help with organizing, distributing, and delivering more than one hundred meals and groceries every week! A special THANK YOU to Sarah Williams, who is now back in school—her smile and delightful nature is always a welcome sight to our seniors and we look forward to seeing her when she can join us at future special events!