

The Essex Senior Echo

January 2020

During the holiday season, my children and I took some time to explore some of the small businesses in our community. An unexpected find was a “Salt Cave” in nearby Hamilton. We had a few friends with us and suffice it to say the energy level among the kids was quite high! We entered the room and the kids were mesmerized by the ‘healing sounds’ and relaxing atmosphere. While I waited for them to decide it was time to go—they didn’t want to go—I thought about the many different alternative and complimentary medicine practices throughout the world. As we are making our New Year’s Resolutions, most of us will include some aspect of health and wellness. Perhaps you are considering venturing into the growing practice areas of Complementary and Alternative Medicine? Or you’ve wondered what all the fuss is about? Throughout 2020, the Essex Senior Echo will include information each month about a specific type of therapy. There will be times—such as this month—that we will also be able to provide a speaker or service for the related therapy! So keep this in mind as you make your New Year’s Resolutions! As always, we hope you include the Essex Council on Aging as part of your plans for 2020! Wishing you a Happy and Healthy New Year, ~Kristin

HAPPY NEW YEAR! Here we are celebrating the New Year and appreciating another year in the books! New Year’s resolutions make January’s book club is the perfect time to read “The Little Book of Hygge - Danish Secrets to Happy Living”. The Danes are the happiest people in the world and hygge (pronounced Hoo-ga) is a cornerstone of their way of life, which loosely translates as a sense of comfort, togetherness, and well-being...you know hygge when you feel it! The Broadway production of Frozen even has a song about Hygge and some of the lyrics are “Hygge’s not scheduled, You can’t say when it starts or ends. Most importantly it can’t be hygge without your family and friends”! I hope the Senior Center creates that feeling for you!! As 2020 approaches we’ll be offering new programs and activities, providing more social services, and continuing to develop that all important sense of community - all with the goal of creating more feelings of “hygge” for you! Wishing you a rockin’ New Year filled with hygge for all! ~Tess

INCLEMENT WEATHER POLICY

If Manchester-Essex Schools have a delayed opening or are closed due to inclement weather, the Essex Senior Center will also be closed. School closings are announced on WBZ 4, WCVB 5, Fox25, WHDH 7

Cancellations by Beauport and CATA will be managed by them directly. The Phone Number for each agency can be found on Page 8 in the Transportation section of this newsletter.

Parking Reminder:

The Town of Essex Parking ban takes effect December 1. There is no parking on any street from midnight through dawn, with the exception of Pickering St. (Eastern side)

Unfortunately, parking at the Senior Center can be difficult.

Please be courteous to our neighbors and do not block driveways - some are not paved.

Thank you for your consideration.

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

Social Services

Programs to Help you Save on Your Energy Costs

Action Inc. will work with you to determine your eligibility for discounts on your gas, oil, electricity, and phone utility bills. Some participants may also be eligible for free weatherization, or energy efficient appliances and heating systems.

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

Call today at [978-281-3900](tel:978-281-3900) to see if you qualify OR

Come to the COA and hear directly from Action Inc. at 11:00 A.M. on Thursday, January 9, and plan to stay for Lunch at 12:00 P.M. (see page 4 for more info)



SHINE provides *free & unbiased* health insurance counseling for Medicare beneficiaries of all ages

Medicare Savings Programs

In 2019, Governor Baker and the Massachusetts Legislature make significant changes to eligibility criteria for the Medicare Savings Program (also known as the MassHealth Buy-In) This program helps eligible beneficiaries pay for their Part B Premiums.

New guidelines take effect January 1, 2020. If eligible, you will automatically qualify for Extra Help, a program that helps pay for your prescription drugs under Medicare.

If your income and assets are at or below the following amounts, you may qualify. Schedule an appointment with our SHINE Counselor Kristin, or call Mass Health

If you are . . .	Income is at or below	Assets are at or below . . .
Single	\$1,738/month	\$15,460
Couple	\$2,346	\$23,200

Customer Service at 1-800-841-2900 and request an application.

Medicare Advantage Disenrollment

Did you miss Open Enrollment? Do you have a Medicare Advantage Plan (HMO/PPO)? If so, Medicare has expanded the time that you have to make a change. You have from January 1—March 31 to make changes to your Advantage Plan.

Massachusetts Health Connector

Are you under 65, and purchase your health insurance through Health Connector? Your enrollment period ends on January 23! For more information visit: www.mahealthconnector.org

New Veteran's Services Benefit Calculator from Harvard Law School

In November, the Veterans Legal Clinic at the Legal Services Center of Harvard Law School launched a new online tool to help Massachusetts veterans and survivors who are struggling financially. The tool, called the **Massachusetts Veteran Benefit Calculator**, is an easy to use online calculator and can be accessed at MassVetBen.org. The Mass Vet Benefit Calculator helps veterans, their families, and service providers determine potential eligibility for financial assistance through the Massachusetts Veterans' Services Benefits Program—known as **Chapter 115**. Chapter 115 can provide critical monthly assistance to low-income veterans, as well as their survivors and dependents, with monthly payments ranging over \$1000 depending on need.

Does your Insurance Company have a Fitness Benefit?

Did you know that some health insurance programs have member benefits that include reimbursement of gym memberships, and fitness classes? This can include fitness classes offered by your local COA!

If you would like to apply for reimbursement for the Balance in Motion Class or the Yoga class please speak with your insurance company, or see Kristin for assistance.

LOW VISION GROUP

Community members with vision loss from Essex, Hamilton, and Wenham meet monthly to share information, laughs, support & friendship.

This group will resume in March!

Social Services

National Grid Discounted Rate:

If you are a residential customer and meet the requirements listed below then you may be eligible for a discount on your monthly electric bill. This will save you money and will not affect the service you currently receive. Eligible customers receive a credit based on 29 percent of the total charges reflected on their bill. You may be eligible if:

- Your household income does not exceed 60% of the state median income level (\$35,510)
- You are currently qualified to receive fuel assistance benefits or are participating in one of the following programs: EAEDC, Food Stamps, WIC, Head Start, Mass Health, National School Lunch Program, Public Housing, School Breakfast Program, Supplemental Security Program, TAFDC, Veterans Programs - 115 benefits, DIC surviving parent, Non-Service Pension

Applications are available at the Senior Center, or you can contact National Grid directly at 1-800-322-3223.

NEW PROGRAM FROM OPEN DOOR!

The Open Door is launching a new 8-week program starting in late January 2020: **MEDICALLY TAILORED GROCERIES FOR SENIORS (MTGS).**

The goal of this FREE 8-week program is to help people manage chronic health conditions, promote independence, and improve quality of life.

MTGS will provide clients 55 and older and living with at least one chronic illness (High Cholesterol, High Blood Pressure, Kidney Disease, Diabetes, and/or Weight Management) with weekly groceries customized for their medical condition.

Along with the free, medically tailored groceries, clients will attend 8 weekly diet & health workshops, get recipes, menus, and prep kits, and receive one-on-one counseling with a registered dietitian at Open Door in Gloucester.

For more information/details, please contact Tess.

Property Tax Resources

Circuit Breaker Tax Credit: As a Senior Citizen, you may be eligible to claim a refundable credit on your personal state income tax return. Whether you own or rent your home (Public housing residents are not eligible). Your refund is determined based on a comparison of 10% of your income and your property taxes, or 25% of your rent. The maximum credit amount for tax year 2019 is \$1,100. To apply, complete Mass Form 1.

Property Tax Exemptions:

For a complete list of eligibility criteria, please speak to Kristin or Tess at the COA, or Brenda at the Assessor's office. In addition to the Assessor's Office, applications are available at the Senior Center.

Blind Exemption: Clause 37A
\$500.00

You must have a current Certificate from the Mass. Commission for the Blind.

Senior Exemption: Clause 17C
\$175.00

You must be 70 or older. Assets must be under \$40,000. There is no income limit.

Senior Exemption: Clause 41C
\$500.00

You must be 70 or older. Income must not exceed \$15,905 (Single) or \$18,351 (couple). Assets must be below \$34,254 (single) or \$36,703 (married)

Veteran's Exemption: Clauses 22, 22A-F
\$400 to full exemption

The applicant must have a 10% or greater service connected disability. Exemption amount is dependent on disability rating.

Property Tax Deferral

You may defer up to 50% of your property taxes if you are over age 65 and have an income less than \$20,000. Interest rates do apply and the taxes are due when you are no longer eligible, sell the home, or pass away.

Special Events

Spirit Tree Wellness and Sound Healing

(\$35.00 per person—limit 8 per visit)

The Essex COA has reserved two Sound Healing sessions at Spirit Tree Wellness in the Salt Cave. For \$35.00 per person, you will enjoy not one, but two therapies in the relaxing environment. Please call the Essex COA to RSVP. There are a limited number of seats, please register early!

Tuesday, January 28 5:00 - 6:00 P.M.

Wednesday, January 29 10:00 - 11:00 A.M.



Arts and Crafts

After a holiday break, our **Arts and Crafts Group** will be returning **Tuesday, January 14!**

Join us on Tuesdays at 1:30PM to make a variety of items, and enjoy each other's company. We'll do special crafts throughout the year... Bring your own project, or help prepare items for next year's Friends Boutique!

Lunch and Learn

The Essex COA hosts a Community Lunch every Thursday and frequently offers informational sessions on pertinent topics of interest. We are always looking for suggestions so if you'd like to learn more or would like to present about something, please let us know!

Action Inc.

Thursday, January 9th 11:00 A.M.

Please join us as we welcome Action Inc to discuss a variety of programs to help you save money on your energy, weatherization, and appliance costs.

Friendship Celebration

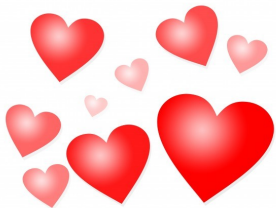
Tuesday, February 11th 12:00 P.M.

A little twist on Valentine's Day - let's celebrate our friendships! Join us for a festive lunch and special holiday entertainment. The talented Karen Birch will lead a sing-a-long and play the ukulele!

Aromatherapy for Beginners

Thursday, February TBD

Did you know that certain oils are toxic to pets? Or that some essential oils interact with medications? Stephanie is a certified aromatherapist and she will be joining us to share the basics of aromatherapy, how it works, and what precautions are involved.



!FRIENDSHIP FUN!

**Tuesday, February 11th
12:00 P.M.**

Take advantage of this little twist to Valentine's Day and join us to celebrate the love and

friendship we have in our lives! We'll have a festive lunch and then enjoy seasonal entertainment and sing-a-long with Karen Birch and her ukulele

Trips with Manchester COA

<u>Rowley Market Basket</u>	FREE
Monday, January 13th	10:00AM
Monday, February 10th	10:00 AM
<u>Gordon College Walking</u>	FREE
Monday, Wednesday, Friday	9:00 AM
<u>Bowling</u>	COST OF SHOES/STRINGS
Mondays, January 13th and January 27th	
Mondays, February 10th and February 24th	
<u>Whole Foods, Beverly</u>	FREE
Tuesday, January 7th	
Tuesday, February 4th.	Pick-up at 10:15AM
Check out the new Whole Foods Shopping Plaza!	
For more information or to reserve your seat, please call Manchester COA 978.526.7500.	



PODIATRY CLINIC With Dr. Van Ness

The Essex and Manchester Councils on Aging are joining forces to offer a Podiatry Clinic with Dr. Gregory Van Ness.

Services will be offered every 9 weeks on Wednesdays, starting February 26th, 1-3pm at the Essex COA. Please call to RSVP! Bring your insurance cards to your appointment.

For Your Health

Alternative Therapies:

On January 28th and 29th, in partnership with Spirit Tree Wellness in Hamilton, the Essex Council on Aging is excited to offer the opportunity to try not one, but two unique, alternative therapies:

Negative Ion Therapy and Sound Healing

Sound Healing: For most of us, music often lifts our spirits but did you know that “Throughout history, music has been used to boost morale in military troops, help people work faster and more productively, and even ward off evil spirits by chanting. Healing with sound is believed to date back to ancient Greece, when music was used in an attempt to cure mental disorders. More recently, research has linked music to a number of health benefits, from boosting immune function and lowering stress levels to improving the health of premature babies. . .

“ (Healthline.com)

Negative Ion Therapy: There's something in the air that just may boost your mood -- get a whiff of negative ions! Ions are molecules that have gained or lost an electrical charge. They are created in nature as air molecules break apart due to sunlight, radiation, and moving air and water. You may have experienced the power of negative ions when you last set foot on the beach or walked beneath a waterfall. Negative ions are odorless, tasteless, and invisible molecules that we inhale in abundance in certain environments. Think mountains, waterfalls, and beaches. Once they reach our bloodstream, negative ions are believed to produce biochemical reactions that increase levels of the mood chemical serotonin, helping to alleviate depression, relieve stress, and boost our daytime energy... “ (WebMD.com)

1970'S TV WORD SEARCH PUZZLE



All In The Family

Barney Miller

Bionic Woman

Bonanza

Brady Bunch

Charlies Angels

Emergency

Fantasy Island

Good Times

Gunsmoke

Happy Days

Hogans Heroes

Land of the Lost

Night Gallery

Police Woman

Rockford Files

The Jeffersons

The Odd Couple

The Waltons

Threes Company



Health and Continuum of Care

As we have done for the past several months, we are offering a deeper look at one of the Areas of Focus under Age and Dementia Friendly Cape Ann. In Oc-

tober we looked at Health and Continuum of Care by providing a glossary of terms and a variety of resources. As you know, health is a big topic with many different facets. You already have the terms and resources, so this month let's talk about how we are working towards helping you stay healthy as you get older. We all know that "Eating Well" and "Exercising" are important at all ages, but especially as our bodies get older. Urban and suburban communities often have a number of resources such as gyms, parks, supermarkets, etc., but for some older adults its hard to access these options. In a more rural community such as Essex, it's even more difficult to access health and wellness options. We do not have a gym, pharmacy, or even a supermarket!

Through the Age and Dementia Friendly Cape Ann project, we are working on eliminating some of these barriers. Essex and Manchester are working together to provide access to locations such as Whole Foods, Fitness Facilities, Wegmans, etc. Beginning in February we will be hosting podiatry clinic in conjunction with Manchester. As we move throughout 2020. the Essex COA will be highlighting various complementary therapies throughout the year and will continue to offer number health and wellness classes. We will continue to offer SHINE Counseling to help identify ways to reduce healthcare costs. As we move through 2020, you can look forward to nutrition programs, new exercise classes, and other evidence based programming. Across Cape Ann, we will be working towards increasing and enhancing availability of health care and home care services, with particular attention on the needs of care partners and veterans. We will work to enhance community members' understanding of the continuum of care and provide information on how to best meet their needs, as well as raise awareness of wellness opportunities! As always, if there is something you would like to see offered here in Essex, or across Cape Ann, please be sure to let us know!



2020 CENSUS IS HERE! Did you know that . . .

Census data is confidential? Your personal information is protected by law and is never released to any other local, state, or federal agencies. The Census Bureau will never ask for your Social Security or bank account numbers, or money of any kind.

Census data affects your community? The data collected determines federal funding to Medicare and Medicaid, MassHealth, Children's Health Insurance Plan and several programs. The data collected will determine your political representation for the next 10 years at the local, state, and federal levels.



BOOK CLUB

There are few things more enjoyable than reading a good book...except perhaps gathering with friends for a lively discussion about that book!

January's Book: The Little Book of Hygge: Danish Secrets to Happy Living,
by Meik Wiking *Tuesday, January 28th 11:00 A.M.*

February's Book: My Life in France,
by Alex Prud'Homme and Julia Child
Tuesday, February 25th at 11:00 A.M.

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 the following times:
Mondays, Wednesdays, Fridays
9:30—11:30 AM

Multiple Transportation Options are available:
Groups trips: Manchester COA
Individual trips: Call Beauport to schedule

20 January 20

Mon	Tue	Wed	Thu	Fri
		 <p>Happy New Year</p>	2 10:00 Drop-in Games 12:00 SeniorCare Lunch (Chef): Chinese Chicken Wings, Boneless Ribs, Veg Rice, Sesame Ginger Broccoli, Fortune Cookie	3 9:00 Walking Club at Gordon College <u>9:30 Market Basket with CATA</u> 10:30 Balance Class
6 9:00 Walking Club at Gordon College 10:00 Writing Group 10:00 Crafty Kids 10:30 Sweatin' to the Oldies 12:15 Senior Club 5:00 Yoga	7 10:00 Balance Class 10:15 Whole Foods with MCOA 6:00 COA Board Meeting	8 9:00 Walking Club at Gordon College <u>10:00 CATA Shopping</u> 11:00 Line Dancing	9 10:00 Drop-in Games 11:00 ACTION, INC 12:00 SeniorCare Lunch: Honey BBQ Shredded Beef, Potatoes, Green Beans, Roll, Blueberry Crisp	10 9:00 Walking Club at Gordon College <u>9:30 Market Basket with CATA</u> 10:00 Mobile Market 10:30 Balance Class
13 8:30 Men's Brkfst 9:00 Walking Club 10:00 Writing Group <u>10:15 MB via MCOA</u> 10:30 Sweatin' to the Oldies 1:00 Bowling MCOA 5:00 Yoga	14 9:00 Village Pancake House 1:30 Arts & Crafts 10:00 Balance Class	15 9:00 Walking Club at Gordon College <u>10:00 CATA Shopping</u> 11:00 Line Dancing	16 9:30 Sen Tarr's Rep 10:30 Veteran's Officer 11:00 BP Clinic 11:00 Low Vision Grp 12:00 SeniorCare Lunch: Stuffed Pepper, Au Gratin Pot,	17 9:00 Walking Club at Gordon College <u>9:30 Market Basket with CATA</u> 10:30 Balance Class
20 MLK DAY 9:00 Walking Club at Gordon College 10:00 Writing Group 10:30 Sweatin' to the Oldies 12:15 Senior Club 5:00 Yoga	21 10:00 Balance Class 1:30 Arts & Crafts 6:30 FECOA Mtg	22 9:00 Walking Club at Gordon College <u>10:00 CATA Shopping</u> 11:00 Line Dancing	23 10:00 Drop-in Games 12:00 SeniorCare Lunch: Honey Mustard Chicken, Potatoes, Peas, Yogurt, Juice, Dessert	24 9:00 Walking Club at Gordon College <u>9:30 Market Basket with CATA</u> 10:30 Balance Class
27 9:00 Walking Club at Gordon College 10:00 Drop-in Games 11:00 Ladies Brunch 1:00 Bowling MCOA 5:00 Yoga	28 10:00 Balance Class 11:00 Book Club 1:30 Arts & Crafts 5:00-6:00p.m. Spirit Tree Wellness Salt Cave/Sound Healing by Lisa (\$35)	29 9:00 Walking Club <u>10:00 CATA Shopping</u> 10:00-11:00 a.m. Spirit Tree Wellness Salt Cave and Sound Healing by Lisa (cost of \$35) 11:00 Line Dancing	30 12:00 SeniorCare Lunch: Beef Stew, Mashed Potatoes, Pumpkin Square, Dessert	31 9:00 Walking Club at Gordon College <u>9:30 Market Basket with CATA</u> 10:30 Balance Class

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) Please register by Tuesday.

JANUARY 2 **Traveling Chef: Chinese Chicken Wings, Boneless Ribs, Vegetable Fried Rice, Sesame Ginger Broccoli, Fortune Cookie, Pineapple**

JANUARY 9 **Honey BBQ Shredded Beef, Delmonico Potatoes, Green Beans, Knotted Roll, Blueberry Crisp and Topping**

JANUARY 16 **Stuffed Pepper with Rustic Tomato Sauce, Au Gratin Potatoes, Dessert**

JANUARY 23 **Homestyle Honey Mustard Chicken, Potato Wedges, Peas, Yogurt, Juice, Dessert**

JANUARY 30 **Beef Stew, Mashed Potatoes, Pumpkin Square, Dessert**

Open Door Pantry

Mobile Market at COA- Friday, January 10 and Friday, February 14 from 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

Mondays, January 13 and February 10th
10:15 A.M.

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

Please note: Minimum number of riders required.

Friends of the COA

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

Please Come to the Friends of the Council on Aging Meeting
Tuesday, January 21
Tuesday, February 18
6:30 PM

Discuss new ideas, programs, and projects.
YOU DO NOT NEED TO BE A SENIOR TO HELP!

Essex Economic Development Plan:

The Essex Economic Development Committee is working with the Town Planner and the Metropolitan Area Planning Council to produce the Town's first Economic Development Plan. The Plan will derive from several sources of input, including The [Essex Economic Future Survey](#), a Business Roundtable event, and a Community Open House - Essex Town Hall - January 8, 2020 - 7:00 p.m. The public is welcome and encouraged to attend.

The Essex Economic Future Survey is available on the Town Website. If you do not have internet access and would like to participate, please speak to Kristin or Tess.

Did you know that in addition to general donations, the Friends of the Council on Aging can accept Memorial Donations? Or donations in honor of someone?

All donations will be acknowledged in the Essex Senior Echo

If you would like to make a Memorial Donation to the Friends of the Essex Council on Aging, please mail in this form:

Mail to: PO Box 112 Essex MA 01984

Choose one: In Honor Of: _____

In Memory of: _____

Person to be notified:

Name: _____

Address: _____

City: _____ State: _____ ZIP: _____

Is this an anonymous gift? Yes No

(If yes, your name will not be listed in the newsletter and, if applicable, family will be notified of a donation without giving the name of donor)

Thank you for your support of the Friends of the Essex Council on Aging

FEBRUARY

Mon	Tue	Wed	Thu	Fri
<p>3 9:00 Walking Club at Gordon College 10:00 Writing Group 10:00 Crafty Kids 10:30 Sweatin' to the Oldies 12:15 Senior Club 5:00 Yoga</p>	<p>4 10:00 Balance Class 10:15 Whole Foods with MCOA 1:30 Arts & Crafts 6:00 COA Board</p>	<p>5 9:00 Walking Club at Gordon College 10:00 CATA Shopping 11:00 Line Dancing Talk of the Town</p>	<p>6 10:00 Drop-in Games 12:00 SeniorCare Lunch (Chef):</p>	<p>7 9:00 Walking Club at Gordon College 9:30 Market Basket with CATA 10:30 Balance Class</p>
<p>10 8:30 Men's Brkfst 9:00 Walking Club 10:00 Writing Group 10:15 MB w/MCOA 10:30 Sweatin' to the Oldies 1:00 Bowling MCOA 5:00 Yoga</p>	<p>11 9:00 Village Pancake House 10:00 BalanceClass 12:00 "Friendship Fun" Lunch/Music with Karen Birch 1:30 Arts & Crafts</p>	<p>12 9:00 Walking Club at Gordon College 10:00 CATA Shopping 11:00 Line Dancing</p>	<p>13 10:00 Drop-in Games 12:00 SeniorCare Lunch:</p>	<p>14 9:00 Walking Club at Gordon College 9:30 Market Basket with CATA 10:00 Mobile Market 10:30 Balance Class</p>
<p>17 9:00 Walking Club at Gordon College 10:00 Writing Group 10:30 Sweatin' to the Oldies 12:15 Senior Club 1:00 Bowling MCOA 5:00 Yoga</p>	<p>18 10:00 Balance Class 1:30 Arts & Crafts 6:30 FECOA Mtg</p>	<p>19 9:00 Walking Club at Gordon College 10:00 CATA Shopping 11:00 Line Dancing</p>	<p>20 9:30 Sen Tarr's Rep 10:30 Veteran's Officer 11:00 BP Clinic 11:00 Low Vision Grp 12:00 SeniorCare Lunch:</p>	<p>21 9:00 Walking Club at Gordon College 9:30 Market Basket with CATA 10:30 Balance Class</p>
<p>24 9:00 Walking Club at Gordon College 10:00 Drop-in Games 11:00 Ladies Brunch 1:00 Bowling MCOA 5:00 Yoga</p>	<p>25 10:00 Balance Class 11:00 Book Club 1:30 Arts & Crafts 6:30 FECOA Mtg</p>	<p>26 9:00 Walking Club at Gordon College 10:00 CATA Shopping 11:00 Line Dancing 1:00 Podiatrist, only by appointment</p>	<p>27 10:00 Drop-in Games 12:00 SeniorCare Lunch:</p>	<p>28 9:00 Walking Club at Gordon College 9:30 Market Basket with CATA 10:30 Balance Class</p>

Ongoing Activities

FITNESS PROGRAMS

YOGA: Mondays 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! Check out Page 6 for info about our Free Indoor Walking Pass at Gordon College!

BALANCE IN MOTION: Donation requested
Tuesdays 10AM Fridays 10:30 AM
Appropriate for all fitness levels.

LINE DANCING: Wednesdays at 11:00AM \$5.00
Beginners are welcome - first class free - 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

CRAFTY KIDS: First Monday, 10AM

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: 3rd Thursday, 9:30
Ms. MaryAnn Nay, Assistant to Senator Bruce Tarr, comes to the Senior Center to address any issues you may have. No appointment needed.

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

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.

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Council on Aging *Essex*

17 Pickering Street
Essex, MA 01929

RETURN SERVICE REQUESTED

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

The Essex Senior Echo January/February 2020

**This month's newsletter covers January and February!
We will send out a brief update in February, but be sure to mark down
dates on your calendar and register!**

**Don't forget, we are collecting retired cellphones! Donation boxes are
located at the COA and at the library. Thank you for your support!**

**The Essex and Manchester Councils on Aging will be joining forces to
offer a Podiatry Clinic with Dr. Gregory Van Ness. Services will be
offered on Wednesday, February 26. 1-3pm at the Essex COA.
Please call to RSVP! Bring your insurance cards to your appointment.
To register, call 978-526-7500.**

Kristin's Days:
Monday, Wednesday, Thursday
Tess's Days:
Tuesday, Thursday, Friday

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