

The Essex Senior Echo

February 2020

The year 2020 is off and running! It looks like it will be an interesting year with quite a few things happening, such as the Presidential Elections, 2020 Census on the National Level, and the construction of the new Public Safety Building here in Essex. Here are a few other fun tidbits about the year 2020:

- 2020 is a Leap Year
- NASA's Mars 2020 is scheduled to launch in July
- December will bring about a total solar eclipse
- Many holidays and celebrations, including Valentine's Day, July 4, Halloween, Christmas, and New Year's Day will fall on a weekend.
- Cinco de Mayo will fall on a Tuesday - should we have tacos for lunch at the Senior Center?
- In 2000, it was predicted that by 2020 we would set foot on Mars. This didn't exactly pan out, but we landed 8 unmanned spacecraft there.
- In 2000, it was predicted that we would have self-driving cars and computers will be invisible. These are pretty much true!

Here at the senior center we are excited about 2020 as well. We are excited to bring in various town departments throughout the year to answer questions from residents, Dr. Van Ess for podiatry, trips with Hamilton and Manchester-by-the-Sea, and of course continue to make our community for Age and Dementia Friendly. Take a few moments and think about what you would like to see at your senior center? What would make you excited? Would you be willing

INCLEMENT WEATHER POLICY

If Manchester-Essex Schools have a delayed opening, or are closed, the Essex Senior Center will also be closed.

Please be sure to RSVP so we can contact you with cancellations.

Cancellations by Beauport and CATA will be managed by them directly. Number can be found for each agency in this newsletter.



Are you interested in becoming involved at the Essex Senior Center? You might consider joining our Board of Directors. This volunteer position can help provide great support to seniors throughout our community. We meet monthly, and would hope to have your support on other projects or programs here at the senior center.

Thank you to our Board members Mike Antell and Susan Gould-Coviello who have both stepped down. We appreciate all you have done for us.

Council on Aging Board :

Chairman
Michele French
Vice Chairman
Ralph Hawley
Secretary
Vacant
Treasurer
Kay Joseph

Members at Large
Nancy Beattie
Priscilla Doucette
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—Thursday
9 AM to 1 PM
Friday
9AM to 12PM

Essex Senior Center
17 Pickering St.
Essex MA 01929

978-768-7932
coa@essexma.org

**Follow us on
Facebook!**

Social Services

Circuit Breaker Tax Credit

This is a cash refund for eligible Renters and Homeowners! As a senior citizen, you may be eligible to claim a refundable credit on your personal state income tax return (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 for tax year 2019 is \$1,100. To apply, complete Mass Form 1 and please consider attending the following presentation sponsored by State Senator Tarr:

Circuit Breaker Tax Credit Presentation

Presented by Brian Lynch, MA DOR Rose

Baker Senior Center, Gloucester Thursday, February 13, 2020 at 10:00AM

Free Lunch is available.

To register, call the Essex COA: 978-768-7932

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.

From the Desk Town Clerk

Massachusetts Presidential Primary Timeline



Tuesday, March 3
7:00 AM-8:00 PM
Essex Memorial Fire Station

Early Voting will be held in the Town Clerk's Office from February 24 through Feb 28.

****You must be registered to vote by February 12 8:00PM***

Monday 2.24 7:30AM—3:30PM
Tuesday 2.25 7:30 AM—3:30 PM
Wednesday 2.26 7:30 AM—3:30 PM
Thursday 2.27 7:30 AM—8:00 PM
Friday 2.28 7:30 AM—8:00 PM

No application is needed, just come in to vote!

~~Regular Absentee Ballots, are also available.~~

You may be eligible to become a Permanent Absentee Voter if a physical disability makes you unable to:

- * travel to the polls to vote
- * fill out a ballot without assistance

In order to apply to become a permanent absentee voter, you will need to obtain a signed letter from your doctor on their letterhead which explains your disability and certifies their agreement that you are eligible to become a permanent absentee voter. This only needs to be done once!

**Contact the Town Clerk for more information.
978-768-7111**

*****If you have an ID from the Registry of Motor Vehicle, you can register to vote, change your address or party affiliation or check your status at www.registertovoteMA.com.***

If you do not have internet access, Kristin or Tess at the Senior Center can help!

Special Events



FRIENDSHIP FUN!
Tuesday, February 11th
12:00 P.M.

Join us for our little twist to Valentine's Day to celebrate the special friendships and love we have in our lives! Lunch is a Pasta Bar, Garden Salad, Clam Chowder, and special Dessert. We'll enjoy entertainment and sing-a-long with Karen Birch and her ukulele. *Please register in advance.*



MARDI GRAS CELEBRATION
Tuesday February 25

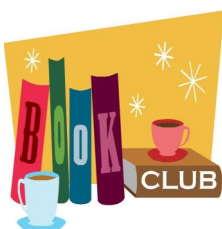
Wear your Beads and join the Fun!

"Get Ready for Mardi Gras Mask Making"
10:30 - 11:30 am

Traditional Pancake Dinner - 12:00 pm
Please register in advance.



PODIATRY CLINIC
With Dr. Van Ess
February 26th, 1-3pm
The Essex and Manchester Councils on Aging are joining forces to offer a Podiatry Clinic with Dr. Gregory Van Ess, whose services will be offered every 9 weeks on Wednesdays at the Essex COA. Please call to RSVP and bring your insurance card!



Tuesday, MARCH 24th 11:00a.m.

There are few things more enjoyable than settling in with a good book... except maybe reading a great book and then discussing with friends for a lively discussion!

BOOK CLUB title for **MARCH** is: **My Life in France** by Alex Prud'Homme and Julia Child

Lunch and Learn

The Essex COA will be providing a speaker and lunch at least once each month. Typically these events will be on Thursdays, however due to scheduling availability, it may be a different day. 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!

"Dementia Friends"

Kristin Crockett and Tess Leary

Thursday, February 27

Lunch at 12:00 p.m.

Presentation at 12:30 p.m.

Dementia Friends is a global movement developed by the Alzheimer's Society to help everyone in a community understand five key messages about dementia, how it affects people, and how we can each make a difference in the lives of people living with the disease. Please join us and become a Dementia Friend!

"Ireland to America"

Roger Tincknell

Thursday, March 13

1:30PM



Celebrate the "wearing of the green" and join us for some Irish and Irish-American sing-a-longs, beautiful ballads, lively instruments, Irish Step Dancing, and even Spoon playing instruction as well! *Lunch will be a traditional St. Patrick's Day meal with Corned Beef and Cabbage!

Please note: Lunch will be served at 12:30 p.m.

Coming soon: "TALK OF THE TOWN"

In addition to our Lunch and Learn Programs, we will be offering a monthly "Talk of the Town" event. Each month, we hope to have a representative from one of the Town departments available to answer questions and/or present about upcoming programs and projects in Essex.



SAVE THE DATE ~ THURSDAY, MARCH 26
MLB OPENING DAY CELEBRATION

Wear the colors of your favorite team, test your knowledge in our baseball trivia challenge, and enjoy some classic ballpark franks with all the fixins!

FEBRUARY

Monday	Tue	Wed	Thu	Fri
3 9:00 Walking Club 10:00 Writing Group 10:00 Crafty Kids 10:30 Sweatin' to the Oldies 12:15 Senior Club 5:00 Yoga	4 10:00 Balance Class 10:00 Wegman's Trip with MCOA 1:30 Arts & Crafts 6:00 COA Board	5 9:00 Walking Club at Gordon College 9:30 Bowling w/MCOA 10:00 CATA Shopping 11:00 Line Dancing Talk of the Town	6 10:00 Drop-in Games 12:00 SeniorCare Lunch (Chef): Stuffed Pepper, Au Gratin Potatoes, Mushroom Soup, Marble Cake	7 9:00 Walking Club at Gordon College 9:30 Market Basket with CATA 10:30 Balance Class
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 5:00 Yoga	11 9:00 Village Pancake House 10:00 BalanceClass 12:00 "Friendship Fun" Lunch/Music with Karen Birch	12 9:00 Walking Club at Gordon College 10:00 CATA Shopping 11:00 Line Dancing	13*Tess OUT 10:00 Drop-in Games 10:00 Circuit Breaker Tax Credit Presentation, Rose Baker, Free Lunch 12:00 SeniorCare Lunch:Chicken camp	14 *Tess/Kristin OUT 7:00 MOW Benefit 9:00 Walking Club 9:30 MB with CATA 10:00 Mobile Market 10:30 Balance Class
17 *Kristin OUT 9:00 Walking Club at Gordon College 10:00 Writing Group 10:30 Sweatin' to the Oldies 12:15 Senior Club 5:00 Yoga	18 *Kristin OUT 10:00 Balance Class 1:30 Arts & Crafts 6:30 FECOA Mtg	19 *Kristin OUT 9:00 Walking Club at Gordon College 10:00 CATA Shopping 11:00 Line Dancing	20 *Kristin OUT 9:30 Sen Tarr's Rep 10:30 Veteran's Officer 11:00 BP Clinic 12:00 SeniorCare Lunch: Hoisin Chicken Stir Fry, Fried Rice, Asian Vegetable Blend, Pineapple	21 *Kristin OUT 9:00 Walking Club at Gordon College 9:30 Market Basket with CATA 10:30 Balance Class
24 *Kristin OUT 9:00 Walking Club at Gordon College 10:00 Drop-in Games 11:00 Ladies Brunch 5:00 Yoga	25 *Kristin OUT 10:00 Balance Class 10:30 Mardi Gras Mask Making 12:00 Mardi Gras Celebration 1:30 Arts & Crafts 6:30 FECOA Mtg	26 9:00 Walking Club at Gordon College 10:00 CATA Shopping 11:00 Line Dancing 1:00 Podiatrist, only by appointment	27 10:00 Drop-in Games 12:00 SeniorCare Lunch: Beef Shepherd's Pie, Roasted Squash, Choc Cake 12:30 Dementia Friends presentation	28 9:00 Walking Club at Gordon College 9:30 Market Basket with CATA 10:30 Balance Class

*Tess will be out of the office 2/13 - 14

Kristin will be out of the office 2/14 - 25



2020 Trips and Events

We are currently planning our schedule of trips, be sure to check in as new trips will be added throughout the year! All trips will depart from Memorial Park unless otherwise noted.

CAROLE KING TRIBUTE \$72pp

Tuesday, May 19th

Danversport Yacht Club

Home Again is a tribute to multi-award winning singer-songwriter Carole King and is a true celebration of Carole King's music anthology and captures her "Beautiful" spirit!

Fee includes Show Ticket, Plated Luncheon, Tax, and Gratuity. Drive on your own or contact the Essex COA.

CHICAGO CELEBRATION \$72pp

Thursday, September 17th

Danversport Yacht Club

Relive the hits of the 2016 Rock 'n Roll Hall of Fame inductees with *Beginnings*, a flawless replication of three decades of inspired music in a show that includes nearly every timeless *Chicago* classic and chart hit!

Fee includes Show Ticket, Plated Luncheon, Meal Tax, and Gratuity. Drive on your own or contact the Essex COA.

SHADES OF BUBLE' \$72pp

Tuesday, December 1st

Danversport Yacht Club

Get your holidays in full swing! This three-man tribute to Michael Buble brings his swinging standards and pop hits to the stage with big-band era jazz standards, classic hits from the 50s, 60s, and 70s, and some of your favorite holiday classics from Michael Buble's chart-topping Christmas album.

Fee includes Show Ticket, Plated Luncheon, Meal Tax, and Gratuity. Drive on your own or contact the Essex COA.

BOSTON FLOWER/GARDEN SHOW

Thursday, March 12th

\$30pp

Seaport World Trade Center, Boston

The Boston Flower & Garden Show provides a hint of Spring and brief reprieve from Winter!

Come for inspiration and motivation or just stroll around and enjoy the beauty...

Fee includes ticket admission and transportation by Manchester COA. Lunch is on your own. Pick-up at 8:30 a.m. Return by 2:30 p.m.

WINNIPESAUKE CRUISE, CASTLE IN THE CLOUDS, HARTS TURKEY FARM

Wednesday, July 22nd

\$129PP

Take a scenic Lake tour aboard the Doris E, enjoy a delicious full course luncheon at one of New Hampshire's landmark restaurants, and bring your camera to capture the spectacular views from Castle in the Clouds, overlooking Lake Winnepesaukee.

Fee includes Lake Cruise, Castle in the Clouds, Harts Turkey Farm Luncheon, Transportation, and Best of Times Tour Guide.

Trips with Manchester COA

- Rowley Market Basket FREE
- Monday, February 10th 10:00 AM
- Gordon College Walking FREE
- Mondays, Wednesdays, Fridays 9:00 AM
- Bowling (Regular Schedule) \$3/String/\$3 Shoes
- Mondays, February 10th and 24th 9:30 AM
- Mass in Motion Event at Cape Ann Lanes
- Wednesday, February 5th 9:30-12:00PM
- Wegman's, Burlington \$5
- Tuesday, February 4th 10:15 AM

• For more information or to reserve your seat, please call Manchester COA 978.526.7500.

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.

FEBURARY 6	Stuffed Pepper with Rustic Tomato Sauce, Au Gratin Potatoes, Roll, Mushroom Soup, and Marble Cake
FEBRUARY 13	Chicken Scampi, Linguine, Garlic Spinach, Red Velvet Cake with Whipped Topping and Biscuit
FEBRUARY 20	Hoisin Chicken Stir Fry, Fried Rice, Asian Vegetable Blend, Pineapple, Roll
FEBRUARY 27	Beef Shepard's Pie, Roasted Butternut Squash, Roll, Chocolate Cake

Open Door Pantry

Mobile Market at Essex COA- Friday, February 14th
10:00-11:00 a.m. - **All Seniors Welcome**

Ipswich Hours: Tuesdays and Thursdays 11:00 -5:00
Wednesdays 11:00 a.m. - 7:00 p.m.

Gloucester Hours: Mondays, Wednesdays, Thursdays
10:00 a.m. - 7:00 p.m.
Tuesdays and Fridays, 10:00 a.m. - 5:00 p.m.

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

Newburyport Year-Round Farmers Market

Pick up tasty local veggies, cheese, flowers, and more at the winter farmers' market held inside the Tannery tent!

Dates and Hours: Sundays, 9:00 a.m.-1:00 p.m.
EBT-SNAP Accepted

Salem Winter Farmers Market

Museum Place Mall, 1 Church Street, Salem

Dates and Hours: Saturdays, 1:00 p.m. - 5:00 p.m.
EBT-SNAP Accepted

Around Town

“THE GREAT AMERICAN AFGHAN SQUARES PROJECT”

The Friends of the Essex Council on Aging invite you to join in a special project ~ The Great American Afghan Squares Project” ~ an idea that builds community while creating a one-of-a-kind piece of art. The special afghan will be created square by square by individuals of all ages, finished by the Friends’ group, and raffled off at the Friends’ Annual Holiday Boutique in November.

Knitters are asked to create one square to be part of the afghan - all yarn and patterns are available free of charge and can be picked up at the Essex Senior Center during the weekly Arts and Crafts session on Tuesdays from 1:30-3:30 p.m. Please contact the Senior Center to make arrangements for a different pick-up time/day or for more information about this wonderful community project.

If you are interested in joining this project but are unsure of your knitting skills, please know the Friends group has many experienced knitters ready and willing to help guide you!

DO YOU KNOW HOW TO KNIT OR CROCHET?

DO YOU WANT TO LEARN?

The Friends of the Essex Council on Aging Arts and Crafts Group will be hosting a “Sit and Knit” gathering on the **LAST TUESDAY** of each month, beginning

**Tuesday, March 31st
6:30 p.m. - 8:00 p.m.**

Bring your current project and socialize or come and learn some new techniques!
All ages are welcome!

“Fridays in the Rose” FREE

**Endicott College
12:00-12:45 p.m.**

Friday, February 15
Friday, March 8
Friday, April 19

Essex Piano Trio
George Darrah Quartet
Faculty/Student Showcase

Fridays in the Rose concerts are designed to give audiences a taste of the sublime in just enough time to listen! Singers, instrumentalists, actors, and dancers collaborate on pieces from various styles and genres. ***Lunch out in Beverly after the concert!***
RSVP Tess Leary for more information and to request tickets for a particular performance.

NEW PROGRAM FROM OPEN DOOR!

The Open Door is launching a new program in Spring, 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 at 978-768-7932.

Council on Aging Essex
978-768-7932

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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
February 2019

Circuit Breaker Tax Credit Information

Many residents have been voicing concerns about rising property taxes. There are some options for property tax relief for eligible residents at both the local level as well as the state level. Please consider attending the following presentation sponsored by State Senator Bruce Tarr.

Circuit Breaker Tax Credit Presentation

Presented by Brian Lynch, Massachusetts Department of Revenue

Rose Baker Senior Center, Gloucester

Thursday February 13, 2020

10:00AM

Free lunch is available.

Please call the Essex Council on Aging to register:

978-768-7932

For more information on this and other tax relief programs, please see page 2.