

# The Essex Senior Echo

## April 2020

If you were to ask me a few weeks ago what would be going on here at the Essex Senior Center, my answer would have included things such as putting plans in place for Older Americans Month, working with residents to bring some 'adventure programming' in, or getting ready for some of the great performances the Essex Cultural Council had funded. As Robert Burns once said, "The best laid plans of mice and men often go awry". So now we find ourselves in uncharted territory, with information changing on a daily, if not hourly basis.

As you may already know, the Senior Center as well as all other town buildings are closed to the public until further notice. However we, along with all other town departments, are still working. Tess and I are busy finding ways to continue to support you during the chaotic days ahead. We have worked together with the Board of Health, Open Door, and Acord Food Pantry to help residents access groceries. We have been going through our list of residents and individually calling to be sure you have everything you need. We are working on identifying ways to keep connected with you, and help you stay connected with your neighbors and friends. We are initiating a few new 'remote' programs, including "Phone Buddies", and Pen Pals with 3rd and 4th graders from Essex Elementary School.

Given these unusual times, April's *Essex Senior Echo* is going to look quite different than previous editions. You won't find a calendar in this edition, but you will find quite a bit of information ranging from town departments, to senior shopping hours and options for takeout and delivery. I am aware you are likely inundated with information, so look inside for some fun distractions.

~ Kristin

*Please remember that despite our best efforts, this is a rapidly evolving situation, and things may change after this newsletter goes to print.*

### A Note from the COA Board of Directors

During these unsure times, I cannot express how proud I am of how our town has pulled together to get through this pandemic. The Council on Aging Board needs to thank our Director, Kristin Crockett and Outreach Coordinator, Tess Leary for the amazing job they are doing. Even with the Senior Center closed to the public, they both are working tirelessly to make sure that our Essex seniors have everything they need and that they are safe. They are ensuring that as many services that are available at this time are being communicated to the ones that need those services. Thank you Kristin and Tess!

COA Board, Chairman Michele French

Did you receive calls from us regarding the building closures? If not, it means that we do not have your number. Please contact us to update your information.

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

Note: Previous calls originated from a 617 area code. We have now upgraded our system and all calls will originate from the senior center number!

Also, be sure to register for Essex Regional Alerts to stay up to date!  
Www.essexma.org or call Kristin at the Senior Center for assistance.

### 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**

krockett@essexma.org

#### **Outreach Coordinator**

**Tess Leary**

tleary@essexma.org

**And a big thank you  
to all of our many  
volunteers!**

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

**Monday—Friday**

**9 AM to 1 PM**

**Closed to Public  
until further notice;  
Available by phone  
and email only**

### **Essex Senior Center**

**17 Pickering St.**

**Essex MA 01929**

**978-768-7932**

**coa@essexma.org**

**Follow us on Facebook**

# Town of Essex Updates

**Town Buildings are closed to the General Public until further notice!**

Please see below for updates from the various Town Departments.

Remember that employees are still working, please call or email each department directly.

## **Public Meetings:**

Regulations regarding Open Meeting Law have temporarily.

Public attendance at board and committee meetings will be made available via telephone. The public may call in to hear the meeting. The number to call will be publicized on the town's webpage prior to the meeting. If you do not have internet access, please call the committee or board directly for information on how to dial-in.

**Fire Department: 978-768-6363** (Non Emergency)

**Police Department: 978-768-6200** (Non-Emergency)

***For emergencies always call 9-1-1!***

Public access to the both Police and Fire stations is restricted. Walk-ins will not be accepted, and Fire Inspections will be suspended until further notice.

Please understand that although adjustments have been made to the way they do business, both department are still open and plan to keep staffing levels the same. Contingency plans have been made with numerous partner agencies in the case that our Officers become sick.

We would also like you to know to be aware that scammers are taking advantage of this situation. Please know that there are no cures or vaccines currently. There are also no legitimate officials going door to door to check for COVID-19.

*Please note: If you call 911, expect that the dispatcher will ask questions about COVID19 so First Responders are adequately prepared.*

**Library: 978-768-7410**

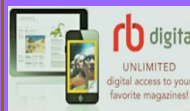
[www.essexpubliclibrary.org](http://www.essexpubliclibrary.org)

While closed to the general public, library staff are still working. There are no deliveries being made, however you can still borrow books that are owned by T.O.H.P Library. Please call to make arrangements for pickup.

Check out these digital options for Library Cardholders:



OverDrive allows you to read ebooks, or listen to audiobooks. To access on your phone or tablet, please download the "Libby" app.



Catch up on the latest celebrity news, recipes, patterns, political happenings, and more by checking out your favorite magazines through **RBdigital**.



**Freegal** allows library cardholders to download music from Sony Music's catalog of legendary artists across a number of genres, from Whitney Houston to Beethoven and so much more!

**Dept. of Public Works: 978-768-6431**

The DPW buildings are closed to the public. Please conduct all business either online or via phone. The transfer station is currently operating on its regular schedule. Please keep in mind that adjustments may need to be made in the future.

**Town Collector's Office: 978-768-4519**

The Town has waived the transaction fees for online payments. If you are able to pay online, please do so. For all others, please either mail your payments, or call the collector's office for additional guidance.

**Massachusetts residents are urged to call 2-1-1 for information, resources, and referrals regarding COVID-19.**

**The Hotline is staffed 24/7 with translators available for multiple languages.**

**All calls are free and confidential!**

# Town of Essex Updates



## COVID-19 SCAMS

As the novel coronavirus (COVID-19) pandemic continues to impact the United States, scammers have seized the opportunity to prey on consumers. The FCC has received reports of scam and hoax text message campaigns and scam robocalls offering free

home testing kits, promoting bogus cures, [selling health insurance](#), and preying on virus-related fears. A text message scam may falsely advertise a cure or an offer to be tested for coronavirus. Do not click on links in texts related to the virus, and check [cdc.gov/coronavirus](https://www.cdc.gov/coronavirus) for the most current information. Text message hoaxes may claim that the government will order a mandatory national two-week quarantine, or instruct you to go out and stock up on supplies. The messages can appear to be from a "next door neighbor." The National Security Council [tweeted that these are fake](#). Scammers are also using robocalls to target consumers during this national emergency. For example, the [World Health Organization](#) recently issued a warning about criminals seeking to take advantage of the pandemic to steal money or sensitive personal information from consumers. It urges people to be wary of phone calls and text messages that purport to be from the WHO, or charity organizations, asking for account information or for money. The FCC has received reports of robocalls purporting to offer free virus test kits, in an effort to collect consumers' personal and health insurance information. One [pernicious version of this scam](#) is targeting higher risk individuals with diabetes, offering a free COVID-19 testing kit along with a free diabetic monitor. Other robocalls are marketing fake cures and asking for payment over the phone. The [Federal Trade Commission](#) and the [U.S. Food & Drug Administration](#) have posted consumer warnings about fake websites and phishing emails used to promote bogus products. Opportunists are also making robocalls to offer HVAC duct cleaning as a way to "protect" your home and family from the virus. There have been news reports about possible government issued checks being sent to consumers. If that happens, **no one** will call or text you to verify your personal information or bank account details in order to "release" the funds.

**If you think you've been a victim of a coronavirus scam, contact law enforcement immediately.**

The FCC offers the following tips to help you protect yourself from scams, including coronavirus scams:

- Do not respond to calls or texts from unknown numbers, or any others that appear suspicious.
- Never share your personal or financial information via email, text messages, or over the phone.
- Be cautious if you're being pressured to share any information or make a payment immediately. Scammers often [spoof phone numbers](#) to trick you into answering or responding. Remember that government agencies will never call you to ask for personal information or money.
- Do not click any links in a text message. If a friend sends you a text with a suspicious link that seems out of character, call them to make sure they weren't hacked.
- Always check on a charity (for example, by calling or looking at its actual website) before donating, or only donate to charities that you are familiar with. (If you want to help, please see page: 10)

For more information about scam calls and texts, visit the [FCC Consumer Help Center](#) and the [FCC Scam Glossary](#). You can also file a complaint about such scams at [fcc.gov/complaints](https://www.fcc.gov/complaints).

*Adapted from <https://www.fcc.gov/covid-scams>*

# Town of Essex Updates

## **Annual Town Meeting Re-Scheduled to June 15, 2020**

Due to the current COVID-19 public health emergency, on March 23, 2020, the Essex Board of Selectmen voted to reschedule the 2020 Annual Town Meeting to a new date of June 15, 2020. The meeting will be held at Essex Elementary School, 12 Story Street at 7:30 pm.

Although the town's bylaws set the date for Annual Town Meeting as the first Monday in May, M.G.L. Chapter 39, Section 9 authorizes the Board to hold Town Meeting at a later date than normal up to June 30, 2020, which is the end of the 2020 fiscal year.

## **Annual Town Election Postponed to June 22, 2020**

Pursuant to Governor Baker's Executive Order 591, Declaration of a State of Emergency to Respond to the Spread of COVID-19, and upon passing into law Chapter 45 of the Acts of 2020, which grants municipalities the authority to postpone municipal elections up to June 30, 2020, the Board of Selectmen voted on March 23, 2020 to postpone the Annual Town Election from May 11, 2020 to June 22, 2020. The election will be held at the Essex Memorial Fire Station, 24 Martin Street. Polls will be open from 7:00 am to 8:00 pm. The Act also allows for increasing voting options **by mail** for this election; namely by absentee ballot for any person taking precautions related to the COVID-19 emergency and by early ballot for any reason.

The deadline to obtain and return Nomination Papers to run for office was March 19 and March 23, respectively. The following offices will be on the ballot and the following candidates have been certified by the Board of Registrars for each office:

**One Assessor for 3 years**

**Steve A. Poulos**

**One Moderator for 1 year**

**Jeffrey David Jones**

**One Selectman for 3 years**

**Guy D. Bradford and Peter Hoare**

**Two Constables for 1 year**

**Robert P. Bradley and William J. S. Knovak**

**One School Committee member for 3 years**

**Theresa L. Whitman**

**One Board of Library Trustee for 3 years**

**Diane E. Kotch**

**One Planning Board member for 5 years**

**Lisa J. O'Donnell**

The deadline to object or withdraw for any candidate is April 8, 2020 after which ballots will be printed and available. If you wish to vote by mail, you must submit an application or any form of written communication requesting a ballot as long as it contains your actual signature or a scan of your signature.

Absentee and Early Ballot Applications can be downloaded from the MA Secretary of the Commonwealth's website, the Town Clerk's page on the Town of Essex website, [www.essexma.org](http://www.essexma.org), or mailed to you by request to the Essex Town Clerk.

Absentee Ballot Application: <https://www.sec.state.ma.us/ele/elepdf/absentee/English-Absentee-Ballot-Application.pdf>

Early Ballot Application: <https://www.sec.state.ma.us/ele/elepdf/2020-Municipal-Early-Ballot-Application.pdf>

The deadline to register to vote for the June 22, 2020 election is Friday, June 12. The Board of Registrars will hold a registration session at Town Hall on June 12<sup>th</sup> from 2pm to 4pm and from 7pm to 8pm.

To download a mail-in voter registration form, register to vote on-line or check your voter status: <http://www.sec.state.ma.us/ele/elefv/howreg.htm>.



# Things to do: Digital

## VIRTUAL ENTERTAINMENT & EDUCATION

**The Met** began streaming for free, encore presentation of its Live in HD series. A different performance will be available daily [www.metopera.org](http://www.metopera.org)

**Playbill** has a list of some of the best-filmed Broadway shows. Most are available on Amazon Prime Video and YouTube. [www.playbill.org](http://www.playbill.org)

**The Great Courses** offers access to a special selection of complete course lectures to spark your curiosity. Sign up with a free trial of The Great Courses Plus.

Go to: [TheGreatCoursesPlus.com/YouTube](http://TheGreatCoursesPlus.com/YouTube) and enter code FREEMO to watch free for a month.

**The Seacoast Rep** is offering free 'tickets' to their online shows. [www.seacoastrep.org](http://www.seacoastrep.org)



## TOUR THE NATIONAL PARKS

You can enjoy 33 National Park Tours for FREE from the comfort of your home via Google Earth!

Just grab your tablet or home computer (or your phone!) and "search" for: **google earth app** Click **Install** (takes 1 min) Click **Open** and select tour!

Acadia National Park  
 Arches National Park  
 Badlands National Park  
 Big Bend National Park  
 Black Canyon of the Gunnison National Park  
 Bryce Canyon National Park  
 Canyonlands National Park  
 Channels Island National Park  
 Cuyahoga Valley National Park  
 Death Valley National Park  
 Denali National Park  
 Dry Tortugas National Park  
 Everglades National Park  
 Glacier National Park  
 Grand Canyon National Park  
 Grand Teton National Park  
 Great Smoky Mountain National Park  
 Guadalupe National Park  
 Joshua Tree National Park  
 Mesa Verde National Park  
 Mount Rainier National Park  
 Olympic National Park  
 Redwood National and State Parks  
 Rocky Mountain National Park  
 Sequoia National Park  
 Shenandoah National Park  
 Virgin Islands National Park  
 Wind Cave National Park  
 Yellowstone National Park  
 Yosemite National Park

More in depth tours can be found at [artsandculture.google.com](http://artsandculture.google.com)

## TOUR FAMOUS MUSEUMS

Experience some of the world's finest museums with a virtual tour!

go to: [artsandculture.google.com](http://artsandculture.google.com)



British Museum, London

Guggenheim Museum, New York

National Gallery of Art, Washington D.C.

Musee d'Orsay, Paris

National Museum of Modern Art, Seoul

Pergamon Museum, Berlin

Rijksmuseum, Amsterdam

Van Gogh Museum, Amsterdam

J. Paul Getty Museum, Los Angeles

Uffizi Gallery, Florence

MASP, Sao Paolo



## NASA

NASA has made their entire collection of images, sounds, and video available and searchable online - over

140,000 photos and other resources free for you to see, and even download! Type in the term you want to search for and browse through the database...

If you really want to get away from it all, go to: [NASA.gov](http://NASA.gov)

## AUDIIBLE STORIES

**Audible.com** is offering an incredible selection of stories, in six different languages, for children and adults of all ages. All stories are FREE to stream on your desktop, laptop, phone, or tablet.  
<https://stories.audible.com/discovery>

# Things to Do: COA

## Essex Pen Pals



This pandemic is a scary and difficult time for all of us. It's also exceptionally scary for our younger residents. They're too young to really understand all that's happening, and their schools are closed. Teachers are struggling to put together 'distance learning' opportunities, and families are struggling to encourage kids to keep learning.

The Essex Elementary School and the Essex Senior Center are going to work together to create a Pen Pal Program! This program will help us stay connected to our community during this very isolated time, and we will help our younger neighbors learn the lost art of letter writing.

**We need at least 25 senior volunteers!**  
Please contact Kristin or Tess to sign up.

## Stories of Life in Essex

Essex is a an amazing community filled with people who have great stories to share through their years. That's why we are going to embark on a journey to collect those stories. We will be working with members of the community, as well as high school and college students to help document your stories. Would you be interested in a few phone calls with someone who could document your story? Do you have a story you would like to share? Please let us know.

## Join us Live!

We can't meet in person, but that doesn't mean that we can't have fun together. Kristin and Tess are working on offering digital groups and get-togethers. Beginning this month, we will host "Facebook Live" sessions, as well as video conferencing and phone conferencing. Video Conferencing will use "Zoom" and will have a call in number for those without internet access.

**Trial Meeting: Monday, April 6 1:00 PM**  
**www.zoom.com Meeting ID: 968-706-7633**



**Walk Massachusetts Challenge**  
Earn Money for Our Essex Council on Aging, and Possibly Win a \$50 Gift Card to enjoy for yourself!

Lace up your sneakers and join us in the Walk Massachusetts Challenge! Your participation helps your COA win money for fitness programs and gives you the chance to win one of several prizes! Due to the coronavirus, the challenge will now start May 17 to September 30. In that time, if you complete the challenge, you are entered into a drawing for a \$50 Visa gift card, a \$25 Amazon gift card or a \$10 Dunkin' gift card . . . and for each person who completes the challenge, your Council on Aging gets an entry into the \$500 prize for use with fitness programming. The more of us who walk, the better the chances!

Join online at [www.mcoonline.com](http://www.mcoonline.com), or call us at the Senior Center!

And there's no reason to wait until May 17 to get

## SUDOKU

Each row, column and square (9 spaces each) needs to be filled out with the numbers 1-9, without repeating any numbers within the row, column or square.

	8	9			5	1	4	
3			8	1	7			6
7	1		6		4	3	8	
	4	3	9					
9	7						1	4
					8	7	3	
	9	6	4		2		7	1
4			1	5	9			2
	2	1	7			4	9	

# Social Service Updates

## Registry of Motor Vehicles

- All Class D and DM licenses and ID cards that have expired/are expiring between 3/1/2020 and 4/30/2020 will have an automatic 30 day extension.
- Vehicle registrations that are expiring will not be extended, and can be renewed online.
- Effective March 18 until further notice, only the following services centers will be open: Boston/Haymarket, Brockton, Fall River, Lawrence, Pittsfield, Plymouth, Springfield, Worcester
- All inspection stickers that expire in March will be extended until May, inspection stickers that expire in April, must be inspected by June.
- Issuance of new REAL IDs is temporarily suspended, and the

compliance deadline of October 2020 will be extended.

- Most online transactions are available. COA staff may be able to assist on a case by case basis.

## Social Security

- All Social Security Officer are closed for in-person services.
- The Inspector of Social Security is warning the public that there are reports of fraudulent letters and calls threatening suspension of Social Security Benefits. Please note that benefits are NOT being suspended.

## Health Insurance

- Telehealth for clinically appropriate and medically necessary care for COVID19 is covered by Medicare.
- Beginning in 2020, Medicare Advantage plans have greater

flexibility to offer other telehealth options. These options vary by plan. Please contact your carrier for additional information.

## Financial

- Utility companies are banned from shutting off services during this state of emergency
- There is a temporary halt on evictions in Massachusetts through April 21. There is a 60 freeze on eviction filings for any property with a Federally-backed mortgage.
- The United Way is launching a fund to help support financial needs of Massachusetts residents. For more information, please call 2-1-1.
- State and Federal Tax filing deadlines have been postponed to July 15.

## MEALS ON WHEELS

For Meals on Wheels information, please contact SeniorCare Inc. at 978-281-1750.

## Adjusted Grocery Store Senior Hours:

*Please note: Reusable bags are currently banned. Self-serve food stations are closed. All open stores are required to provide 1 hour each day for Seniors to shop.*

**Crosby's Market: 8:00 AM—7:00 PM**  
Senior Shopping Daily 7AM-8AM

**Henry's Market: 8:00 AM—7:00 PM**  
Senior Shopping Daily 7AM-8AM

**Market Basket: 7:00AM—9:00 PM (7 on Sun)**  
Senior Shopping Daily: 6AM—7AM

**Shaws: 7:00AM—8:00PM**  
Senior Shopping Daily 6AM—7AM Tu, Th 6AM—9AM

**Stop and Shop: 7:30 AM—8:00PM**  
Senior Shopping Daily 6:00—7:30AM

**Whole Foods: 9:00 AM—8:00 PM**  
Senior Shopping Hours: Daily 8:00—9:00 AM

## Grocery Delivery Services

*Please note, due to shortages of many items, this information is subject to change quickly!*

**Instacart: [www.instacart.com](http://www.instacart.com)** Sign up online and shop at a variety of stores, including CVS, Shaws, BJ's, Costco, Market Basket, Petco. You can choose delivery or pickup.

**Peapod: [www.peapod.com](http://www.peapod.com)** Peapod is the online shopping and delivery service provided by Stop and Shop. They generally offer both pick up and delivery.

**Henry's Market: [www.henrysfinefoods.com](http://www.henrysfinefoods.com)** Henry's Market will deliver groceries and prepared meals in Essex. To arrange delivery, please call the store directly at 978-922-3885. They are offering a discounted delivery rate for seniors.

**Whole Food Delivery:** Available through amazon.com for Prime members only.

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# Transportation

**Please note: during the closures caused by the novel coronavirus, the Essex Council on Aging will only be providing transportation to medical appointments and the grocery store. CATA will still be providing trips to Market Basket on Fridays. Please consider the necessity of all appointments, and contact your physician's office to determine if telehealth might be an option. Call us if you have any questions.**

**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**  
**Senior Care RSVP Medical Transportation:** **978-281-1750**

## USDA Warns of Scams Targeting SNAP Recipients

**(Washington, D.C., March 24, 2020)** – Be on the lookout for potential scammers using the COVID-19 situation to steal personal information, the U.S. Department of Agriculture (USDA) warned Supplemental Nutrition Assistance Program (SNAP) participants today. USDA is issuing this warning after receiving reports of several possible SNAP fraud attempts.

“While many organizations are seeking to help communities respond to COVID-19, SNAP participants should be suspicious of any unknown individual or organization that requests their confidential information,” said Brandon Lipps, Deputy Under Secretary for USDA’s Food, Nutrition, and Consumer Services, which administers the SNAP program at the federal level. “This is a difficult time for us all, and we certainly don’t want to see bad actors taking advantage of those in need.”

Examples of confidential information include social security number, bank information, or a participant’s SNAP EBT card or PIN number. In one potential scam, a website asked SNAP recipients to enter their personal and bank account information to qualify for COVID-related monetary assistance.

If SNAP participants are unsure if a request for information is legitimate, USDA advises they contact their local SNAP office. If they do not know their local SNAP office, participants should contact their state agency. State contact information is available at <https://www.fns.usda.gov/snap/state-directory>.

To stay on top of potential scams, please visit USDA’s SNAP scam alert webpage at <https://www.fns.usda.gov/snap/scam-alerts>.

If you believe you are the victim of identity theft, contact your local police department regarding procedures for filing a report. You may also file a consumer complaint online with the Federal Trade Commission (FTC) at <https://www.ftc.gov>. FTC is the federal agency responsible for protecting consumers from identity theft scams.

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# More Information

## PHARMACY ACCESS

- Please consider utilizing prescription delivery whenever possible. Area pharmacies have made changes to make this process easier. Medicare Part D plans are required to provide 90-day supplies when requested
- **Allen's Pharmacy:** Now offering curbside pick-up. 978-526-1321
- **Connolly's Pharmacy:** Senior Shopping 9AM-10AM      Hamilton 978-468-3711      Ipswich 978-356-2121
- **CVS:** Now offering free delivery. To sign up please call your store directly, or visit [www.cvs.com](http://www.cvs.com).  
Dodge St. Beverly 978-927-0600      Hamilton 978-468-4522      Ipswich 978-356-9198  
Railroad Ave. Gloucester 978-281-1003      Main St. Gloucester 978-241-2450
- **Walgreens:** Most locations offer free delivery on eligible medications (No refrigerated or controlled substances)  
Please call your pharmacy location directly to arrange delivery. Tuesdays 8AM—9AM Senior Shopping  
Main St. Gloucester 978-283-7361      Eastern Ave, Gloucester 978-281-2720      Dodge St. Beverly 978-232-0103

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## 2020 CARES Act Rebates: Most Frequently Asked Questions



HOUSE COMMITTEE ON WAYS & MEANS  
CHAIRMAN RICHARD E. NEAL

### **Why is Congress proposing to pay rebates to individuals?**

The public health and economic consequences of COVID-19 are significant. These rebates help Americans afford what they need during this public health crisis, as many are experiencing a significant cash crunch.

**When will the rebates be distributed?** The Internal Revenue Service (IRS) will work to deliver rebates quickly in the form of advance payments. For people who filed a federal income tax return in 2018 or 2019, payment processing will be based on payment or address information already on file with the IRS. Electronic distributions will be automatic to an account the payee authorized January 1, 2018 or later.

**How large are the rebates?** The amount of the rebate depends on family size. The payment is \$1,200 for each adult individual (\$2,400 for joint filers), and \$500 per qualifying child under age 17. The advance payment of rebates is reduced by \$5 for every \$100 of income to the extent a taxpayer's income exceeds \$150,000 for a joint filer, \$112,500 for a head of household filer, and \$75,000 for anyone else (including single filers).

**Do rebates need to be repaid?** No, rebates do not need to be repaid. If an individual experienced an income loss in 2020 or if they have an increase in family size, they may be able to claim an additional credit of the difference when the individual files their 2020 tax federal income tax return in 2021.

**How will rebates be delivered?** It depends. Rebates will be delivered automatically—by the IRS—to most Americans who file individual federal income tax returns. When available, electronic direct deposit will be used in place of mailing a physical check. Many individuals don't need to file a tax return.

**Are non-filers eligible for rebates?** Yes. There is no earned income requirement to be eligible for a rebate, but non-filers may need to take additional steps to receive their rebates. The Social Security Administration will share information for Social Security (Old-Age, Survivors, and Disability Insurance) beneficiaries with IRS to help ensure these beneficiaries receive an automatic advance payment. The IRS will conduct a public awareness campaign to reach other non-filers and provide them with information on how they can access rebates.

**Will the rebates affect my eligibility for federal income-targeted programs?** No, the rebate is considered a tax refund and is not counted towards eligibility for federal programs.

**What identification requirements apply to receive rebates?** Taxpayers must have Social Security Numbers for themselves and their qualifying children in order to receive rebates.

# More Information

## CONVERSATION STARTERS

Now is a great time to pick up the phone and call your friends and family. The grandchildren are not in school or at soccer practice. Here are some great conversation starters:

What would you buy if you had to spend \$800?

What's the strangest thing you've eaten?

If you could change places with anyone, who would it be and why?

## Behavioral Health Support:

National Suicide Prevention Lifeline: 1-800-273-8255

Samaritans: 1-877-870-HOPE (4673)

Senior Intervention "Friendship Line" 1-800-971-0016

SAMHSA Disaster Distress Hotline: 1-800-985-5990

## HOW TO HELP

Many folks throughout the community are looking for ways to help during this crisis. First, be leery of charities that will call. Please donate to places that you have researched or you know. Below are a list of agencies that we are working with to support residents of Essex.

Senior Care Inc.	Open Door
Acord Food Pantry	United Way
LifeBridge Northshore	Catholic Charities
Cape Ann Emergency Relief Fund	
Essex County COVID-19 Response Fund	

The Council on Aging is working with other in the community and will be accepting gift cards to support our older adults.

## ICE CREAM FLAVORS WORD SEARCH

Banana Split	Butter Pecan	Caramel
Chocolate	Coffee	Cookie Dough
Cookies	Fudge	Moose Tracks
Neapolitan	Peppermint	Pistachio
Raspberry	Rocky Road	Strawberry
Vanilla		

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

## CDC Home Cleaning Guidelines

Community members can practice routine cleaning of frequently touched surfaces (for example: tables, doorknobs, light switches, handles, desks, toilets, faucets, sinks) with household cleaners and EPA-registered disinfectants that are appropriate for the surface, following label instructions. Labels contain instructions for safe and effective use of the cleaning product including precautions you should take when applying the product, such as wearing gloves and making sure you have good

## Outdoor Spaces

Please note that a number of outdoor facilities have announced closures in response to the current stay-at-home order, including parks and playgrounds in Essex, parks and beaches in Manchester, Crane's Beach and other Trustee properties, and all Mass Audubon properties.

# Social Isolation & Loneliness During COVID-19

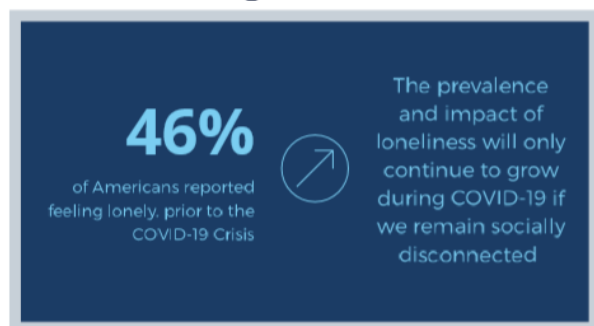
HOW TO STAY SOCIALLY CONNECTED WHEN INTENTIONALLY ISOLATED.

## WHAT IS SOCIAL ISOLATION AND LONELINESS?

**Social isolation** occurs when an individual does not have adequate opportunities to interact with others; **loneliness** is a subjective experience stemming from the perception of not having enough social relationships or contact with other people. Both are detrimental to one's health and wellbeing.

## SOCIAL ISOLATION & LONELINESS ON HEALTH OUTCOMES

**Research shows** social isolation and loneliness are associated with a 29 percent and 26 percent increased risk of mortality, respectively, comparable to that of obesity and cigarette smoking. Other studies have found that social isolation and loneliness are strongly related to poor health outcomes, especially poor mental health outcomes, such as anxiety, depression, and suicidal thoughts..



## SOCIAL DISTANCING DURING COVID-19: THE RISK OF LONELINESS

While it remains critical that we honor social distancing requirements to combat the spread of COVID-19, it is equally important that we remain socially connected with our friends, family, colleagues, and community to prevent the negative health outcomes caused by being socially isolated and lonely.

## HOW TO STAY CONNECTED

The Coalition to End Social Isolation & Loneliness recommends the following actions to help remain socially connected and combat the effects of isolation:

- **Connect Virtually** - connect with colleagues, family, and friends over virtual platforms
- **Maintain a Well-Balanced Lifestyle** - eat healthy, exercise, meditate, and maintain a daily routine
- **Help a Neighbor** - With precaution, help run an errand for a neighbor
- **Stay Positive** - focus on the altruistic reasons for social distancing and disease prevention

**The Coalition to End Social Isolation & Loneliness** brings together a diverse set of national organizations including consumer groups, health plans, health care providers, technology innovators, patient advocates and more to develop and advocate for federal policy solutions to address the epidemic of social isolation and loneliness. For more information, please visit: [www.endsocialisolation.org](http://www.endsocialisolation.org), our COVID-19 Resource Center at [www.endsocialisolation.org/COVID-19](http://www.endsocialisolation.org/COVID-19) and @EndSocialIsolation on Twitter.



# Council on Aging Essex

17 Pickering Street  
Essex, MA 01929

April 2020

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

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 COA, Essex Board of Health, Acord Food Pantry, and Open Door Food Pantry have been coordinating to provide a drive-thru grocery delivery, as well as delivery of groceries. Please consider making a donation to support these two agencies so we can continue to offer this service! If you would like to arrange for pick up or delivery of groceries each Friday, please call or email us at the Senior Center. 978-768-7932 or [coa@essexma.org](mailto:coa@essexma.org)*

**Open Door Pantry 978-283-6776**

**Acord Food Pantry 978-768-7424**

NEW Ipswich Hours: Wednesday & Thursday, 11-4 p.m. Senior Hour (60+) Thursdays, 9:30 –10:30 a.m.  
NEW Gloucester Hours: Monday thru Friday, 10-5 p.m. Other Hours: Wed 9:30-11 Thu 6:30-7:30 Sat 9-11

\* Both Open Door and Acord have adjusted operating procedures to minimize contact. Call for more info.

**COVID  
19**  
CORONAVIRUS  
DISEASE

**CORONAVIRUS DISEASE  
2019 (COVID-19)**

#### SYMPTOMS\* OF CORONAVIRUS DISEASE

Patients with COVID-19 have reportedly  
had mild to severe respiratory illness.  
Symptoms can include

- Fever
- Cough
- Shortness of breath

\* Symptoms may appear 2–14 days  
after exposure. If you have been in  
China within the past 2 weeks and  
develop symptoms, call your doctor.



[www.cdc.gov/COVID19](http://www.cdc.gov/COVID19)

14805-8 February 13, 2020 12:30 PM

#### Massachusetts Resources

If you suspect you have COVID-19, please call your physician's office. If you are having a medical emergency, please call 9-1-1.

**Buoy.com:** Massachusetts residents can visit [www.Buoy.com/mass](http://www.Buoy.com/mass) to get advice from an online health assistant safely at home for free. Buoy will connect you with the appropriate health care resource based on your symptoms and risk factors for COVID-19.

#### Hotlines:

- Mass. 211: 2-1-1 for information and referral re: COVID-19
- MDPH 24-hr emergency hotline 617-983-6800
- Partners Coronavirus Hotline: 617-724-7000

**Text Alerts:** Text COVIDMA to 888-777 to receive text updates regarding COVID19 in Massachusetts.