

Essex Senior Echo

MARCH 2023

Spring is here and we are certainly busy! This month's edition is full of important updates and exciting events! We hope you are able to join us!

Bowl Painting Fundraiser for Wednesday March 7 at 7:30 PM



Essex Senior Center ~ 17 Pickering Street

**Come on your own or bring
your grandkids!**

**Everyone's an artist and we
have lots of bowls to paint to
support Open Door's Annual
Fundraiser!**

RSVP 978-768-7932



Intergenerational Conversation Starter:

If you could have \$100,000 to spend on others,
what would you spend it on?

COMMUNITY SUPPORT:

Senior Care, Inc: 978-281-1750 seniorcareinc.org

Offers Information and referral services, Meals on Wheels, Home-based Services, Money Management, and other services designed to help people stay in their home.

Essex Housing Authority: 978-768-6821

Veteran's Services: 978-356-3915

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

Energy Assistance: 978-256-6650

Used Medical Equipment: Masonic Hall, Ipswich 978-356-9716
Essex COA 978-768-7932

Essex Police (non-emergency) 978-768-6200

Essex Fire (non-emergency) 978-768-6363

Essex Senior Center
17 Pickering St.
Essex MA 01929

978-768-7932

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

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

Board Officers:

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

Board Members at Large

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

Council on Aging Staff:

Director: Kristin Crockett
kcrockett@essexma.org

Outreach Coordinator:
Tess Leary
tleary@essexma.org

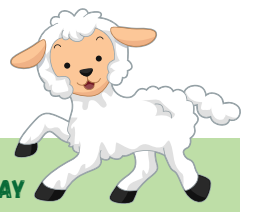
Clerk: Kim Lufkin Williams
kwilliams@essexma.org

Follow us on Facebook!



MONDAY

MARCH



TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

	<p>Please note: Computer assistance will return on 03/22</p>	<p>1 9:30 Gordon Walking Club 1:30 Bowl Painting</p>	<p>2 9:30 Groove Fitness Video 12:00 Grab 'n Go 1:00 Games 4:00-5:00 Winter Blues Meal pickup</p>	<p>3 9:30 Gordon Walking Club 10:00 Balance 10:30 Mobile Market 12:00 Senior Club</p>
<p>6 9:30 Gordon Walking Club 9:30 Groove Fitness Video 10:30 Shredding 12:00 Grab 'n Go</p>	<p>7 10:00 Balance in Motion Class 1:00 Arts & Crafts 4:00 COA Board Meeting</p>	<p>8 9:30 Men's Coffee and Donuts 9:30 Gordon Walking Club 12:00 CPR Demo and Practice</p>	<p>9 9:30 Groove Fitness Video 12:00 Grab 'n Go 1:00 Games</p>	<p>10 9:30 Gordon Walking Club 10:00 Balance in Motion Class</p>
<p>13 9:30 Gordon Walking Club 9:30 Groove Fitness Video 10:30 Shredding 12:00 Grab 'n Go</p>	<p>14 10:00 Balance in Motion Class 1:00 Arts & Crafts 3:00 Friends Mtg</p>	<p>15 9:30 Gordon Walking Club 12:00 PM St. Patrick's Day Luncheon</p>	<p>16 9:30 Groove Fitness Video 11:30 Heritage Films: Boston Braves History 12:00 Grab 'n Go 1:00 Games</p>	<p>17 9:30 Gordon Walking Club 10:00 Balance 10:30 Mobile Market 12:00 Senior Club</p> 
<p>20 9:30 Gordon Walking Club 9:30 Groove Fitness Video 10:30 Shredding 12:00 Grab 'n Go 1:00 Guest Chef</p>	<p>21 10:00 Balance in Motion Class 11:00 Ladies Brunch 1:00 Arts & Crafts</p>	<p>22 9:30 Gordon Walking Club 1:00 Computer Assistance</p>	<p>23 9:30 Groove Fitness Video 12:00 Grab 'n Go 12:30 Mystery Ride????? 1:00 Games</p>	<p>24 9:30 Gordon Walking Club 10:00 Balance in Motion Class</p>
<p>27 9:30 Groove Fitness Video 9:30 Gordon Walking Club 12:00 Grab 'n Go</p>	<p>28 10:00 Balance in Motion Class 1:00 Arts & Crafts 1:00 Book Club 3:30 Teen Tech</p>	<p>29 9:30 Gordon Walking Club 12:00 Essex Eats Cape Ann Pizza 1:00 Computer Assistance</p>	<p>30 9:30 Groove Fitness Video 12:00 Grab 'n Go 12:30 Red Sox Opening Day Party</p>	<p>31 9:30 Gordon Walking Club 10:00 Balance in Motion Class</p>

Activities and Special Events

Heritage Films presents:

"History of the Boston Braves"



March 16

11:30 AM

Enjoy a short film followed by a discussion with filmmaker Dan Tremblay and an optional lunch.

Please RSVP for the Film and/or Lunch!

Great for LOCAL HISTORY Buffs!!

Retirement Celebration for Gerry Muise

Stay tuned for details to celebrate and honor Gerry Muise for his many years of service to the town of Essex.

Red Sox Opening Day Party

March 30 12:30 PM

It's time for the Sox to "Play Ball"!

Join us for a ballpark meal of Hot Dogs, Coleslaw, Beans and Crackerjacks and fun baseball-themed activities!

RSVP to reserve your spot in the lineup!

Games

Scrabble, Boggle, Cribbage, Backgammon, Board Games and More!



Thursdays 1:00 p.m. or come play ANY TIME!

BOOK CLUB

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

Tuesday, March 28



"Jane Eyre" by Charlotte Bronte



Please remember to return the book so the next person can read it!

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

MONDAYS

Groove Dance Video 9:30

TUESDAYS

Balance in Motion 10:00

THURSDAYS

Groove Dance Video 9:30

FRIDAYS

Balance in Motion 10:00

VIRTUAL

For. Every. Body Fitness
Channel 67
Part of the Cape Ann
Virtual Senior Center

Computer & Technology Assistance

Do you have questions about your computer, tablet, phone, etc.? You have multiple opportunities to get help!

Drop-in with Curt Wednesdays 1:00-3:00

Teen Tech with Sarah 3/28 at 3:30 (Please RSVP)

Activities and Special Events



Chef of the Month

Monday, March 20

1:00 PM



Join us to welcome Guest Chef Caroline Gallivan to our Kitchen for our monthly cooking demonstration! Samples and recipes will be available.

Can you say YUM?

Please RSVP as seating is limited.



Winter Blues Grab and Go

\$10

Thursday, March 2

Lobster Roll or Roast Beef Sandwich
All meals include sides, dessert, & beverage.

Pick up time assigned between 4:00 - 5:00

Sponsored by the Friends of the Council on Aging

Just for Fun

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

Things that are Green

- | | |
|---------------|------------------|
| Avocado | Emerald |
| Frog | Greenbacks |
| Green Lantern | Green Thumb |
| Grinch | Gumby |
| Hulk | Jade |
| Kermit | Oscar the Grouch |
| Peter Pan | Shamrock |
| Shrek | Slimer |
| Wicked Witch | |
| Yoda | |



DECLUTTERING TIP OF THE MONTH: *THE BATHROOM*



- Clear out your bathroom including your medicine cabinet.
- Check to see if medicines are still in date and dispose of items that have expired.
- Store them by medicine type, such as liquids, pills and emergency first aid.



Essex Eats
CAPE ANN PIZZA
\$ 10 **MARCH 29**
12:00 NOON

Meal Options

- Chicken Kabob Salad
- Cheese Pizza
- Christos Wrap

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

Please register 2 business days in advance.

Mondays *Thursdays*
 Provided by Open Door Provided by Senior Care

Breakfast/Brunch

Ladies Brunch: Tuesday, March 21, 11:00
 Menu: Corned Beef Hash w/eggs, Fruit & Irish Soda Bread, juice & coffee

Please RSVP and come enjoy socializing and some tasty treats!

Men's Coffee and Donuts:
 Wednesday, March 8, 9:30AM

Cooking for one Recipe of the Month: Shepherd's Pie

Ingredients

For the mashed potatoes

- 1 medium Yukon Gold potato
- ½ cup whole milk
- 1 clove garlic , minced
- 1 tablespoon salted butter
- ⅛ teaspoon kosher salt

For the stew

- ½ tablespoon olive oil
- 2 tablespoons chopped onions
- 1 clove garlic , minced
- 4 ounces ground lamb
- ¼ teaspoon Italian seasoning
- ⅛ teaspoon kosher salt
- 1 teaspoon Worcestershire sauce
- ¼ cup frozen mixed vegetables
- ¼ cup low-sodium beef broth



Mashed potatoes:

Chop the potato into quarters and place in a small 1-quart saucepan. Add the milk and garlic and stir. Add a little extra milk if the potatoes are not almost completely covered by the milk. Cook for 15 minutes, until tender.

Strain the potatoes with a fine-mesh strainer over a medium-sized bowl and reserve the milk mixture.

Return the potatoes to the pan and add ¼-cup of the milk mixture. Mash the potatoes with an immersion blender or potato masher and add additional reserved milk as needed until the potatoes are thick and creamy. Stir in butter and salt and set aside.

To make stew:

In a 10-inch skillet over medium-high heat, heat the oil, add the chopped onions and cook, stirring occasionally for 2 minutes. Add the garlic and ground meat. Season with Italian seasoning and salt. Cook about 4 minutes, stirring occasionally, until meat is cooked through. Stir in the Worcestershire sauce and vegetables.

Add broth and bring to a boil over medium-high heat. Once boiling, reduce heat to medium-low and simmer for 10 minutes, stirring occasionally until most of the liquid has evaporated. Remove the pan from the heat and set aside.

Grease a 10-ounce ramekin with butter or cooking oil spray. Add the beef mixture to the ramekin.

Top with the mashed potatoes and add 1 tablespoon of grated Parmesan cheese, if using. Bake for 20 minutes. Remove from the oven and enjoy immediately.

COA FITNESS PROGRAMS

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

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

GROOVE (Video)
 Mondays & Thursdays 9:30 AM Get your dancing shoes on and join this fun, energetic dance class! Video, no Instructor.

WALKING CLUB: FREE, Pass Required*
 Mondays, Wednesdays, Fridays 9:30-11:30 AM
 Passes available for the Gordon College Bennett Center walking track! *Contact Tess Leary to register. Transportation available with CATA


COA ACTIVITIES

Afternoon Games Thursdays 1:00 - 3:00 PM

Arts & Crafts Tuesdays 1:00 - 3:00 PM

Book Club Tuesday ~ March 28 1:00 PM

Chef of the Month ~ Monday, March 27 1:00

Grab & Go Meals Mondays & Thursdays NOON 

Drop In Computer Help - Wednesdays 1PM-3PM

Mobile Market Friday, March 3, 17 10:30 AM

COA Board Mtg Tuesday, March 7 4:00 PM

Friends Meeting Tuesday, March 14 3:00 PM

Ladies Brunch Tuesday, March 21 11:00 AM

Men's Coffee & Donuts Wed, March 8 9:30 AM

Senior Club Fridays, March 3, 17 12:00

Monthly Cookie Delivery

Call to sign up for a monthly cookie delivery, sponsored by the Friends of the Essex COA

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

COA SERVICES

INFORMATION AND REFERAL SERVICES

Individual assistance with a variety of topics, including, but not limited to SNAP benefits, Caregiver Support, Transportation, Housing, Social Security, etc.

SHINE/Medicare Counseling Individual counseling about Medicare, prescription coverage, supplemental and Medicare Advantage plans, etc.

RMV and Me: The Essex COA is partnered with the RMV to assist Essex residents with various online transactions such as license and registration renewals.

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

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

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

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

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





Hands only CPR Training and AED Demonstrations



March 8 ~ 12:00 Noon
at Essex Senior Center
Demo/Practice ONLY
Registration Preferred
Contact BOH at 978-768-

March 8 ~ 3:00-5:00 PM
at Essex Safety Building
FULL Certification
Registration Required
Contact BOH at 978-768-

Circuit Breaker Tax Credit

Information Session with Brian Lynch,
Mass. Department of Revenue
Ipswich Senior Center
Wednesday, March 8 10:00

Please RSVP by March 6 to the ESSEX
Senior Center, 978-768-7932
What is the Circuit Breaker Credit?

You may qualify for up to
\$1,170 if you:

- are over 65 on or before 12/31
- own or rent in Massachusetts.
- Total income does not exceed:
 - Single \$64,000
 - Married Filing Joint \$96,000
 - Head of Household \$80,000
- Assessed Real Estate valuation does not exceed \$ 912,000

To claim the Circuit Breaker Credit, you must file a Massachusetts state income tax return, even if you typically don't file a return— and— include Schedule CB, the Circuit Breaker Credit form.

Medicare Advantage Enrollment

If you are currently enrolled in a Medicare Advantage Plan, you can make a change to your coverage from January 1 through March 31. This time is called the Medicare Advantage Open Enrollment Period.

You can change your plan to a different Medicare Advantage Plan, or you can change to Original Medicare with a supplement and a Part D drug plan. There are differences with Medicare Advantage Plans and Original Medicare, and you want to be sure you're in the plan that best fits your health care needs and your budget.

The changes you make become effective the first day of the following month.

Remember that this enrollment period is only for people who already have a Medicare Advantage Plan. However, if you find yourself with a Medicare plan that is not working for you, call SHINE all year to determine what your options are.

If you are considering a change, or considering review of your plan, your local SHINE counselor will review your plan with you while focusing on your best interest. Call 978-768-7932 for an appointment.

Fuel Assistance

It's not too late to apply for Fuel Assistance! The deadline is April 1! For more information, please contact Action, Inc at 978-281-3900.





Concerned about Medicare Costs? There may be help!
 Medicare premiums, deductibles and co-payments can add up. Luckily, there are several programs that can help a beneficiary with Medicare cost-sharing.

If you have any questions about these programs, or need assistance applying, please make an appointment with our SHINE counselors - Kristin and Tess.

	Gross Monthly Income Limit	Asset Limit
MassHealth (65+ years old)	\$1,133 (individual) ¹	\$2,000 (individual) ²
	\$1,526 (couple) ¹	\$3,000 (couple) ²
MassHealth Senior Buy-in (QMB)	\$2,152 (individual)	\$18,180 (individual) ²
	\$2,899 (couple)	\$27,260 (couple) ²
MassHealth Buy-in (QI-1)	\$2,548 (individual)	\$18,180 (individual) ²
	\$3,433 (couple)	\$27,260 (couple) ²
Extra Help Full	\$1,640 (individual)	\$10,590 (individual) ³
	\$2,219 (couple)	\$16,630 (couple) ³
Extra Help Partial	\$1,823 (individual)	\$16,660 (individual) ³
	\$2,465 (couple)	\$33,240 (couple) ³

Consumer Protection Week:

Many consumers are unaware of the rights they are entitled to under the Massachusetts Consumer Protection law, Massachusetts General Laws Chapter 93A. Likewise, many merchants may not fully understand their responsibilities under this law.

The law does not define any specific business actions that violate the law; rather it states that "unfair or deceptive practices" are illegal. Although each case is judged on its own merits, some examples of unfair or deceptive practices that might fall under Chapter 93A would be when:

- A business charges a consumer higher rates than the marked, published or advertised price.
- The refund/return policy is not clearly posted where it can be readily noticed and understood.
- A business fails to tell you relevant information regarding your product or service or misleads you in any way.
- A business does not meet its warranty agreement.
- A business uses "Bait and Switch" advertising - a technique by which the seller advertises an item for sale at a particularly good price or terms but does not really want to sell that item. The seller discourages the purchase of the advertised item and instead tries to convince the buyer to purchase a different item for a higher price or on less favorable terms.

Dust off your High School Graduation Photos!



The Essex Senior Center wants your High School Graduation photo to display in our Graduation Gallery during the May-June graduation season.

Please provide us a photo (which will be returned to you) or email your photo to us at essexseniorphotos@gmail.com For more information, call the COA at 978-768-7932.



Getting a Good Night's Sleep



An ongoing lack of sleep or poor-quality sleep increases your risk of health problems such as cardiovascular disease, high blood pressure, depression, and obesity. It is also linked to memory problems, forgetfulness and more falls or accidents.

Aim for 7-9 hours of sleep each night. Here are some tips to help.

- Go to bed and wake up the same time every day, even on weekends.
- Find a way to relax each night before bedtime.
- Avoid distractions such as cell phones, computers, tablets in your room.
- Don't eat large meals, drink coffee or alcohol late in the day.
- Exercise at regular times each day, but not within 3 hours of bedtime.
- Avoid long naps, over 30 minutes, in the late afternoon or evening.



Fitness Reimbursement



Does your health plan offer fitness reimbursement? Did you know that you can apply that reimbursement for COA classes with many insurance companies?



Are you considering an exciting volunteer opportunity? Become a SHINE Counselor!

Being a SHINE counselor is rewarding – you assist people with navigating Medicare while enjoying an ongoing learning opportunity. SHINE: Serving the Health Insurance Needs of Everyone (on or eligible for Medicare) is a federally funded SHIP program (State Health Insurance Assistance Program). SHINE counseling is a free, objective and confidential service offered throughout the country to help people sort through confusing information about Medicare and related health insurance. How does it work? Local community organizations partner with trained counselors who provide Medicare information, counseling, and education services in your community.

SHINE counselors attend an extensive training and ongoing support to learn how to assist beneficiaries and their families about their unique situations and help them make informed decisions to meet their Medicare needs.

If you are interested in learning more about the next training beginning in April, call the Regional SHINE office to ask for an application: 978-946-1374, or email: lrose@agespan.org



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

MONTHLY MEETING:
2nd Tuesday of the Month
March 14 3:00 PM

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

Thank you to the Friends of the Essex Council on Aging for their ongoing sponsorship of:
Monthly Book Club
Essex Eats
Guest Chef of the Month



Trips and Excursions



Best of Times: Show and Luncheon at Danversport Yacht Club

BeeGees Tribute Show ~ May 23rd \$82
Texas Tenors ~ June 21st \$82

Day Trips

Lobsterbake Cruise Gloucester Harbor ~ July 27th

Simon Pearce Glassblowing & King Arthur Fall Foliage Trip ~ October 12



Join us on the road for a
Mystery Ride to
"Who Knows Where"
March 23
12:30 PM

Be prepared for a fun trip and
perhaps a delicious stop along
the way!

Transportation is FREE
Seats are limited, please RSVP!

COMING IN APRIL

Essex Tech Luncheon

Enjoy a delicious lunch cooked and served by Essex Tech students ~ you'll also have time to peruse the bakery and gift shop. Transportation will be available. .

Ukrainian Easter Egg Workshop

Create a beautiful Easter Egg using a stylus, beeswax, and dyes. This class will be led by Eliza Goodell, who has years of experience in this special art!



Around Town



In April, 2022 the results of the 1950 Census were released by The National Archives and Records Administration. On April 20th, 2023 Kurt Wilhelm and Susan Parady will give a presentation at Town Hall about the Census and what it said about Essex. They are seeking photos of Essex people and places from that era (late 40's to early 50's). If you have any photos, please contact Susan at essexseniorphotos@gmail.com or call the Senior Center and leave a message for Susan at 978-768-7932.

"Antiques" Appraisal Day

with local expert Cathy Galli of Howard's Flying Dragon Antiques
 Wednesday, April 5 at 1:00 PM ~ Cost is \$5
 Essex Senior Center ~ 17 Pickering Street
 Please join us for Dessert, Coffee, and Appraisal of up to 3 items
 (no fine jewelry, clocks, or artwork)
 hosted by The Essex Senior Club ~ please RSVP 978-768-7932

Transportation

Transportation for Essex seniors is provided through CATA for \$2.00 fare. Call to schedule your ride by 1:00 pm at least 2 BUSINESS days before your ride.



You can also request a ride to go shopping in any of these communities?!

Transportation is available Monday - Friday, to and from the following communities:

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

Monday appointment, call by 1pm Thursday

Tuesday appointment, call by 1 pm Friday

Wednesday appointment, call by 1 pm Monday

Thursday appointment, call by 1 pm Tuesday

Friday appointment, call by 1pm Wednesday

Participation requires a one time registration. For more info call CATA: 978-283-7916

Transportation to Medical appointments is also provided by volunteers through Senior Care's Medical Transportation Program. To request a ride, call 978-281-1750

VOLUNTEERS NEEDED! Would you be willing to volunteer to drive people to medical appointments? If so, please call Senior Care at 978-281-1750

Council on Aging
Essex

17 Pickering St
Essex MA 01929

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A monthly publication from the Essex Council on Aging,
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*St. Patrick's
Day Luncheon*

Wednesday, March 15
12:00 Noon

Corned Beef and Cabbage
\$5.00

Seating is limited
RSVP: 978-768-7932

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- March 8 ~ Men's Coffee and Donuts
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- March 21 ~ Ladies Brunch
- March 23 ~ Mystery Ride
- March 27 ~ Guest Chef
- March 28 ~ Book Club
- March 29 ~ Essex Eats
- March 30 ~ Red Sox Opening Day
Celebration