

Essex Senior Echo

OCTOBER 2023

As the leaves change and the air turns crisp, we are thrilled to bring you the latest updates and events for the month of October. There's so much to look forward to and we can't wait to share it all with you!

If you haven't seen the ads on TV or flooding your mailbox, don't forget It's that time of the year again! The Medicare Annual Open Enrollment period is upon us. From October 15th through December 7th, you have the opportunity to review and make changes to your Medicare coverage. We understand that navigating the world of Medicare can be daunting - we are here to help. Look inside for more information about the Open Enrollment Period and when to sign up for an appointment with our SHINE Counselors.

This month is another busy one at the Senior Center. Our Caregiver Support Group will be getting off the ground, we have many fitness classes, local trips, the Italian Luncheon and more. Of course we can't forget our favorite aspect of October - the Scarecrow Festival! Have you seen the scarecrows around town? Which one is your favorite?

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: 978-356-6699

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

Energy Assistance: 978-282-1000

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 - Diane Polley
Treasurer - Open
Secretary - Ann Buckley

Board Members at Large

Ralph Hawley
Sue Lufkin
Susan Parady
Curt Siebert
Mary Wilhelm

Council on Aging Staff:

Director: Kristin Crockett
kcrockett@essexma.org
Outreach Coordinator:
Tess Leary
tleary@essexma.org

Follow us on Facebook!

Activities and Special Events

Computer & Technology Assistance

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

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

Games

Wednesdays 1:00 p.m.

Scrabble, Boggle, Cribbage, Backgammon,



Board Games and More!

Join us, or make plans with a friend and come play ANY TIME!

Flu Clinic

The Essex Council on Aging and Essex Board of Health will be offering a Flu Clinic on



Thursday, October 5

1:00PM



Please be sure to bring your insurance card with you.

At this time it is unknown if we will be able to offer a COVID vaccine clinic. If we are able to offer a COVID clinic, we will notify you via Facebook, phone and email. If you would like to be notified, please be sure that we have your information!



Guest Chef

Monday, October 16
1:00 PM



Dan Trimble from The Open Door will be here at the Senior Center with some tasty Fall treats and cooking tips!

Seats are limited - call to reserve your spot!

“Best If Used By” is a new play about Ageism, written by Doug Brendel and starring Essex’s own Rebecca Axelrod.

Join us **Thursday, Oct. 5 at 10 AM with Doug and Rebecca** at the Senior Center to learn more about the play.

Don’t forget - we have tickets for the play available!



Hearing Health and Wellness

Beauport hearing will be back at the Essex Senior Center. We will be talking about adaptive technology and how it can help you! Beauport will provide hearing screenings.

Please sign up in advance.

Wednesday, October 11

9:30 AM



MONTHLY BOOK CLUB



Tuesday, October 24 ~ 1:00 PM

“The Violin Conspiracy”

by Brendan Slocumb

Through the generosity of the ECOA Friends, multiple copies of each title are available to borrow and return.

New members are always welcome!

Activities and Special Events

Italian Luncheon



Tuesday October 3
12:00 P.M.



Join us for a delicious array of Italian food from Pomodori Restaurant in Ipswich! The Meal will be served at 12:00 PM at the Essex Senior Center, with Entertainment to follow!

Sponsored by:

Friends of the Essex Council on Aging

CAREGIVER SUPPORT GROUP

OCTOBER 16
10:30 AM



ESSEX SENIOR
CENTER

Are you caring for a loved one with a chronic medical condition or dementia? LICSW Jessie Perrigo Palm will be hosting a monthly support group at the Senior Center.

Halloween Movie Matinee

"Hocus Pocus"

Thursday, October 19
1:00 P.M.

Enjoy some spooktacular treats and potions!



NEW

FITNESS CLASS

WITH GIL

WEDNESDAYS

10:00 A.M.



What better way to start your day than with Gil! Focus will be on building strength and stamina, along with stretching... energize yourself and leave feeling good and ready to face the day!

\$5 DONATION SUGGESTED

Veterans Gallery



THE VETERANS GALLERY WILL BE RETURNING THIS NOVEMBER! RIGHT NOW WE ARE LOOKING FOR ADDITIONAL PHOTOGRAPHS OF VETERANS WITH TIES TO THE ESSEX COMMUNITY.

OUR PHOTO WIZARD CAN WORK WITH PHOTOS IN MOST ANY CONDITION AND SIZE.

PLEASE EMAIL PHOTOS TO :
ESSEXSENIORPHOTOS@GMAIL.
COM OR DROP-OFF AT THE COA

TED LASSO WEEKLY WATCH PARTY

AT THE ESSEX SENIOR CENTER

THURSDAYS AT 11:00 A.M.



Lasso" is a feel-good television series that combines sports, comedy, and drama to deliver a heartwarming and inspirational story about the power of optimism and kindness, both in sports and in life.

Unless you have Apple+ TV, you can only watch Ted Lasso with us - so come and join the party and watch this delightful show on our new TV!



Light refreshments will be available!

If you would like to participate in ANY Council on Aging event but cost is a barrier, please speak privately with either Kristin or Tess.

Nutrition

Please RSVP

Essex Eats ESSEX SEAFOOD

PRE-ORDER:
CHICKEN KABOB
ROAST BEEF
CHEESE PIZZA
CHRISTOS WRAP

\$ 10
OCTOBER 23

NEXT MONTH:
NOV 28
CK PEARL



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
Provided by Open Door

Thursdays
Provided by Senior Care

Breakfast/Brunch

Ladies Brunch:
3rd Tuesday of the Month
October 17 11:00AM
Sponsored by FECOA



Men's Coffee and Donuts:
2nd Wednesday of the Month
October 11 9:30 AM
Sponsored by FECOA



Farmers' Markets and SNAP/HIP

Summer brings fresh fruits and vegetables to the center of our tables!! Below is a list of local Farmers' Markets. In addition, if you receive SNAP benefits, you also qualify for HIP benefits - **automatic reimbursement** up to \$40 per month, \$15 per purchase at participating vendors.

Magnolia Community Farmers Market - Lexington Ave, Gloucester - SUNDAYS, 10:00AM-1:00PM

Rockport Farmers Market - Harvey Park - SATURDAYS, 9:00AM-1:00PM

The Community House Farmers Market - 284 Bay Road, Hamilton - FRIDAYS, 3:00PM-7:00PM

Beverly Farmers Market - Veterans Memorial Park/Rantoul Street - MONDAYS 3:00PM-7:00PM

Monthly Recipe for One: Banana Bread

- ¼ cup all-purpose flour
- ¼ teaspoon baking soda
- ¼ teaspoon ground cinnamon
- ⅛ teaspoon salt
- 1 medium banana, mashed
- 2 tablespoons sugar
- 1 tablespoon salted butter, melted
- 1 large egg yolk
- ½ teaspoon vanilla extract

Heat the oven to 350°F (177°C) and lightly grease a 10-ounce ramekin. In a small bowl, combine flour, baking soda, cinnamon, and salt together. Set aside.

Mash the banana with a fork and add to a medium-sized bowl. Add the sugar and with an electric mixer or a wire whisk whip the banana and sugar together.

Add the melted butter, the egg yolk, and the vanilla; mix well. Add the dry ingredients and mix until combined.

Pour into the ramekin and bake for 25-30 minutes until golden brown.

Remove from the oven and cool slightly before eating.



Ongoing Activities and Programs



COA FITNESS PROGRAMS

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

FITNESS WITH GIL \$5 Donation Requested
Wednesdays 10:00 AM



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

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.

COA ACTIVITIES

Afternoon Games Wednesdays 1:00 - 3:00 PM

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

Book Club Tuesday ~ October 24 1:00 PM

Guest Chef ~ Monday, October 16 1:00 PM
Dan Trimble, The Open Door

Computer Help ~ Wednesdays, 1:00-3:00 PM
Curt will help solve your tech problems!

Grab & Go Meals Mondays & Thursdays NOON

Mobile Market Friday, October 6, 20 10:30 AM

COA Board Mtg Tuesday, October 3 6:00 PM

Friends Meeting Tuesday, October 10 3:00 PM

Ladies Brunch Tuesday, October 17 11:00 AM

Men's Coffee/Donuts Wed, Oct 11 9:30 AM

Monthly Cookie Delivery

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



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/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: Postponed until further notice.

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

Medicare Open Enrollment

Medicare 101 Presentation

October 10 6PM

It's here! Medicare Open Enrollment runs from Oct 15 - Dec 7.

After October 8, you can schedule a SHINE appointment by calling our front desk at 978-768-7932 or visiting www.essexma.org/essex-senior-center-council-aging

OPEN ENROLLMENT FAQs:

What is Open Enrollment?

Open enrollment is the one time of year in which you can change your Medicare Advantage Plans and/or your Part D Prescription Drug Coverage.

I am happy with my coverage, do I really need to do anything during the Open Enrollment Period?

If you do nothing, and your plan will continue to be offered next year, your plan will carry over. However, Medicare Advantage Plans and Prescription Drug Plans do make changes each year - and due to the Inflation Reduction Act of 2022 we expect to see some changes for folks with high prescription costs! You should still compare plans to see if better coverage is available.

I have retiree health coverage, does Open Enrollment apply to me?

If you receive your coverage through a former employer, know when your Open Enrollment Period is and review your plan options at that time. Federal Employees have an Open Enrollment Period that runs 11/8 - 11/13. State/GIC retirees enrollment period is in the spring.

What is a SHINE Counselor and how can they help?

SHINE provides FREE, unbiased health insurance counseling information and assistance to Massachusetts residents with Medicare, their caregivers and those approaching Medicare eligibility. Statewide, there are more than 600 certified counselors trained to assist with Medicare. Kristin and Tess are both certified SHINE Counselors.

Can choosing a new drug plan really make a difference? How can switching plans make a difference in out-of-pocket costs?

Medicare drug plans can differ in ways that can have a big impact on your out-of-pocket costs, including monthly premiums, the list of drugs covered by each plan, how much the plan charges for preferred and non-preferred drugs, preferred pharmacies and how much the plan charges for high-cost specialty drugs. It is important to look at the overall anticipated costs, instead of just the monthly premium and/or deductible. Each year, we save Essex residents tens of thousands of dollars in medical costs!

In 2024, additional components of the Inflation Reduction Act of 2022 will take effect. This means that we will see changes in prescription drug plans and Medicare Advantage plans, particularly for those who typically enter catastrophic coverage. Don't miss the opportunity to save \$\$!

Social Services

DECLUTTERING TIPS OF THE MONTH: October

This month we are repeating the process from April - tackling your wardrobe and donating anything you no longer wear. Remember that Massachusetts regulations no longer allow clothing to be disposed of in the landfills. You can dispose of useable and unusable clothing at a recycling box (there are several located throughout town), or you can donate to places such as Second Glance (Gloucester), Beverly Bootstraps (Beverly), or schedule a pick-up with other charitable organizations. If you need information on any of these programs, please contact the Essex Senior Center.



SOCIAL SERVICE OFFICE

HOURS:

Jessie Palm, Regional Social Worker

Eastern Essex Regional Public Health Coalition

Mondays 9:30 AM at the Essex COA

Wednesdays 9 AM - 1 PM T.O.H.P

Library

or by appointment



Brian DesRosiers, Esq. LL.M

Attorney DesRosiers is an Elder Law Specialist who will be at the Essex Senior Center every 3rd Wednesday of the month, from 9:30AM - 10:30AM, to answer your questions. Appointments are preferred; however, drop-ins are welcome.

Fuel Assistance



While warm days are still ahead, winter is just around the corner. This means heating season and high energy costs. As many as 1 in 3 households may be eligible for Fuel Assistance. This is a free program for those who qualify!

For more information, call Action at 978-281-3900

October is Fire Prevention Month

Don't forget to check the date and batteries on your smoke detector, carbon monoxide detectors, and fire extinguishers.



If you don't have one of these, get one! Please contact Kristin or Tess if you need any assistance.

On September 12, 2023, CDC recommended a COVID-19 vaccine updated for 2023-2024 for everyone aged 6 months and older to protect against serious illness. Call your doctor or pharmacist to schedule a vaccine appointment.



Friends of the Council on Aging

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!

Essex Trash Bags

Tuesday, October 10

12:00 - 1:30

Discounted Trash Bags are available to Essex Residents age 60 and older. Limit of one roll per household per month. Bags are sold on a first come, first serve basis.

**\$5.00 Small bags
\$10.00 Large bags**

This program is funded and managed by the Friends of the Essex Council on Aging.

Officers:

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

Board Members:

Priscilla Doucette
Susanne Morrow
Ruth Hughes
Joyce Woodman
Alice Gray

Meetings are held monthly on the 2nd Tuesday at 3pm.



Don't forget to put your scarecrows out!



Annual Boutique

FRIENDS OF COUNCIL ON AGING

Get a head start on your holiday shopping and support the Friends of the Essex Council on Aging at the same time. There will be many unique and handmade items for sale!

Friday	Nov 3	6:00 PM - 8:00 PM
Saturday	Nov 4	9:00 AM - 2:00 PM
Sunday	Nov 5	10:00 AM - 1:00 PM

Thank You

Thank you to Ruth for taking on the huge scarecrow project! Great job!





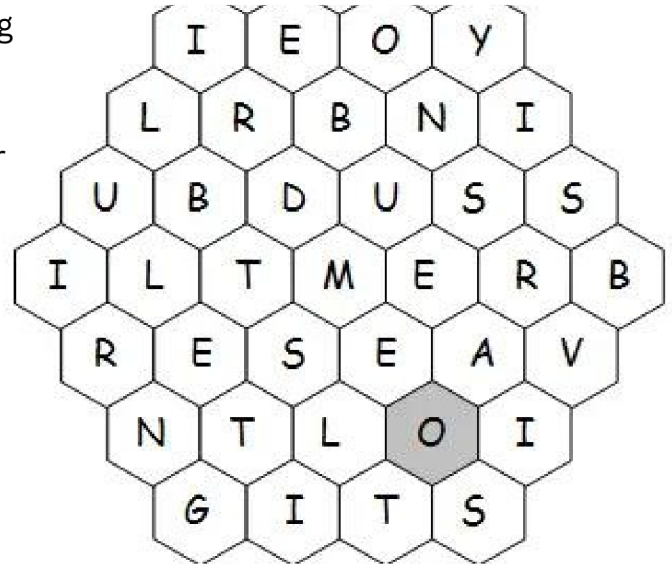
What was your favorite TV show as a child? What is your favorite TV show now?

The shaded O and the six letters surrounding it spell ISOLATE, which matches Clue #1.

Find a 7-letter word for each of the remaining clues and record the center letter

1. quarantine isolate - O
2. spring back
3. morning glow
4. sparkle
5. reconstructed
6. determine the size
7. bounce a ball

Find the BUZZWORD by unscrambling all 7 center letters to spell the answer to this clue: edible crustacean -----



Buzzword: LOBSTER
 2. rebound-B 3. sunrise-S 4. glisten-T
 5. rebuilt-L 6. measure-E 7. dribble-R

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 you need your ride.

You can also request a ride to go shopping or to the hairdresser in any of these communities?! Take advantage of this great service!!

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.

Trips and Excursions



Scarecrow Viewing Tour

\$5.00

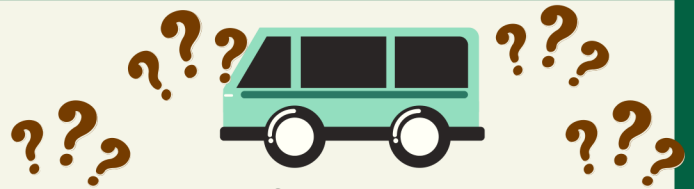
Friday, October 13

10:00 AM - 12:00 PM

PLEASE JOIN US FOR A TOUR AROUND TOWN TO CHECK OUT ALL THE FUN AND ZANY SCARECROWS CREATED BY ESSEX RESIDENTS!

WE'LL ALSO MAKE A STOP AT RUSSELL ORCHARD.

SPACE WILL BE LIMITED ON THE VAN SO PLEASE BE SURE TO RSVP.



MYSTERY RIDE

JOIN US FOR AN ADVENTURE
a scenic ride and a stop for a
tasty treat!

\$10.00

Thursday, October 5

Please arrive at 12:15 at Memorial Park, the van leaves at 12:30 PM
Transportation is free but seats are limited.

Please call 978-768-7932 to sign up

Group Theater Tickets

Elvis the Musical: North Shore Music Theater



Wednesday, November 1, 2:00PM Matinee \$56

This official biography-musical follows the tender story of Elvis Presley in the early years of his career as he and Sam Phillips create the music that will forever change their lives. Elvis the Musical features over 40 Elvis hits and iconic songs including "That's All Right," "Blue Suede Shoes," "That's All Right Momma," "Shake, Rattle, and Roll," and "Heartbreak Hotel." This is where the story begins... "Take a walk down lonely street." Tickets are only \$56 for the upper circle! (Regular price \$73) Transportation on your own.



Firehouse Arts : "Best If Used By" **NEW**

Saturday, October 14 2:00PM Matinee

1 Market Square, Newburyport \$20

A chorus girl kicks up her heels — an actor jumps around on furniture — no big surprise. In the theatre, these things happen. Usually, the chorus girl and the table-hopper aren't senior citizens, but this Fall, they will be!

A new bittersweet stage comedy, "Best If Used By", will be performed by two North Shore actors, both in the range of 80 years old.

The biting and sometimes surprising humor of the story focuses on issues of aging and ageism — topics of growing concern to increasing numbers of Americans.

Tickets are available at the COA and Transportation is on your own.

From the Town Clerk's Desk

Fall Town Meeting - Save the Date

Monday, November 13 7:30 PM

Essex Elementary School

Voter registration deadline is November 3, 2023.

2023 Resident Parking Stickers are Now Available

If you do not have a transfer station sticker and would like to use resident parking spaces, you must purchase a resident sticker.

2024 stickers are \$20 and are valid 9/1/2023 - 08/31/2024.

Resident parking locations:

Chebacco Lake Parking

Conomo Point

Town Boat Ramp (with Trailer) Municipal Parking Lot (Portion)

End of Island Rd.

Stickers are available Mon-Thu 7-3:30 at the Clerk's Office

Cash or Check only

Don't Miss These Essex Events!

39th Annual Clamfest!

October 21

11:00 - 4:00

Shepard Memorial Park

Come visit Kristin and Tess at the Council on Aging Booth and check out some of the great merchandise available at the Friends of the Essex Council on Aging table!

Retirement Celebration:

Essex Librarian Debbie French

Thursday October 19

3:00-6:00PM



We are looking for volunteers to pass out candy/treats at the Senior Center on Halloween. If you are interested, please sign up at the front desk.

Congratulations!

Mary Elinor Dagle
on your retirement from the
Essex Police Dept!

Thank you for your dedicated service!

Volunteers Needed

We occasionally hear from the schools requesting Senior volunteers for a variety of activities, including: guest readers, sharing Essex history, Veterans, and gardening. If you are interested in being notified when these opportunities arise,

PLEASE LET US KNOW!

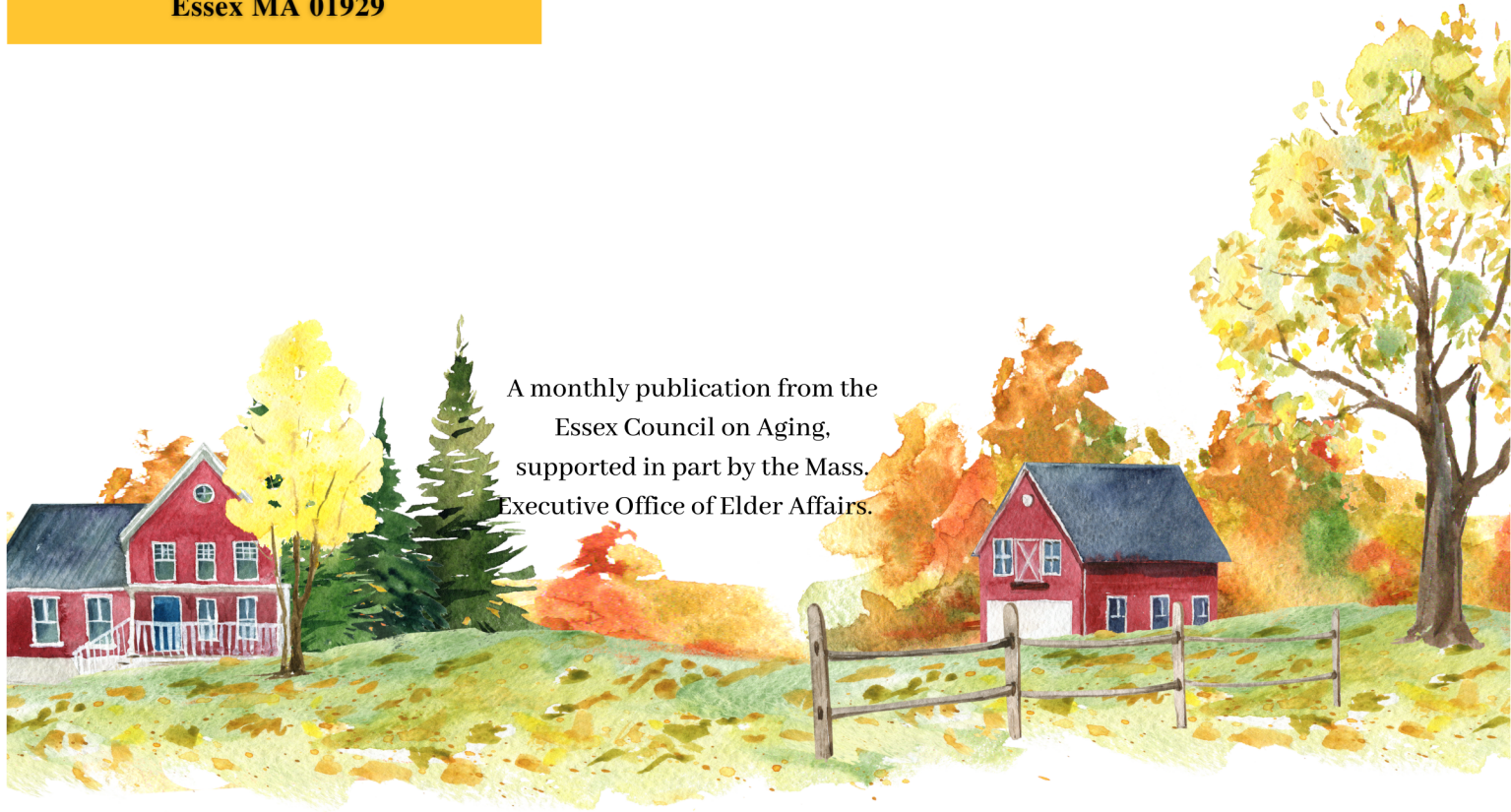
We will contact you directly -
Your information will not be shared.



Council on Aging Essex

17 Pickering St
Essex MA 01929

NON PROFIT RATE
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PERMIT NO.18
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Essex Council on Aging,
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Executive Office of Elder Affairs.



Flu Clinic

The Essex Council on Aging and Essex
Board of Health will be offering a Flu Clinic

on

Thursday, October 5

1:00PM



Please be sure to bring your insurance card
with you.

*At this time it is unknown if we will be able to offer a COVID
vaccine clinic. If we are able to offer a COVID clinic, we will notify
you via Facebook, phone and email. If you would like to be
notified, please be sure that we have your information!*

Look Inside for....

- Medicare Open Enrollment Information
- Discounted Theater Tickets
- Local Events
- Fuel Assistance
- Scarecrows
- and more. . . .