

Essex Senior Echo

SEPTEMBER 2023

As the crisp autumn breeze begins to sweep through our town, we're excited to bring you another month of engaging activities, and important information about your community. September holds a special place in our hearts as it marks National Senior Center Month. It's a time to honor the vital role our center plays in the lives of our community, providing a welcoming space for connection, learning, and wellness. In this issue, you'll find a myriad of exciting opportunities including: new trip offerings, new classes, new office hours and important information about the upcoming Medicare Open Enrollment Period.

In the spirit of National Senior Center Month, we invite you to share your own experiences, memories, and photos of the Center with us as we embark on a journey down memory lane. And, as always, stay tuned for updates on our upcoming events and special celebrations throughout the month. Your Senior Center is not just a place, it's a community; and we look forward to celebrating all that makes it special this September and beyond. Thank you for being a part of our Senior Center community ~ let's make this National Senior Center Month a September to remember!

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 351-444-8869
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

Board Officers:

Chairman - Kay L. Joseph
Vice Chairman - Diane Polley
Treasurer - Open
Secretary - Ann Buckley

Board Members at Large

Nancy Frieden
Ralph Hawley
Sue Lufkin
Susan Parady
Curt Seibert
Mary Wilhelm

Council on Aging Staff:

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

978-768-7932

Online Newsletter:
www.essexma.org/essex-senior-center

Follow us on Facebook!



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!



How to Write Your Story and How AI (Artificial Intelligence) Can Assist You!

Tuesday, September 12

11:00 AM



Henry Quinlan, a publisher and author with more than 50 years of experience, will show us how to start the process of writing your story and making it a positive experience. He will introduce us to Artificial Intelligence and share how it can help you share your story.

Make Shadow Boxes

NEW

Essex's Linda Carden, an art therapist, will be at the Essex Senior Center to help us create Memory Boxes.

Thursday, September 21

1:00 PM

This workshop gives you an opportunity to use a variety of items, including old and broken pieces, and transform them into a unique, mixed media creation.

This class is FREE - registration is required.

Guest Chef



Thursday, September 14

1:00 PM



Former COA Clerk Kim Williams is coming back to teach us how to make Marge's Chinese Noodle Salad. You won't want to miss this easy-to-make and tasty dish!

Please RSVP

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!

Please call the COA at 978-768-7932 to register in advance and no later than Friday, September 29th

Sponsored by:

Friends of the Essex Council on Aging

MONTHLY BOOK CLUB



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

Tuesday, September 26 ~ 1:00 PM

"West With Giraffes" by Lynda Rutledge

Tuesday, October 31 ~ 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 readers are always welcome!

NEW

FITNESS CLASS WITH GIL



WEDNESDAYS 10:00

Build strength, build stamina, energize yourself, and get ready to face the day!
\$5 donation suggested



TED LASSO WEEKLY WATCH PARTY

AT THE ESSEX SENIOR CENTER

Thursdays 11:00 AM - starting September 7

"Ted 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!

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

THURSDAY SEPT 28

\$5

CAPE ANN
Cinema

11:00 AM

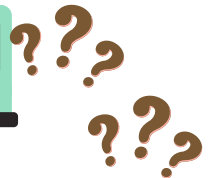
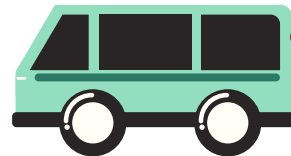


"THE PINK MOVIE"

JOIN US FOR THIS
RECENTLY RELEASED BOX
OFFICE HIT WHERE
EVERYONE WEARS PINK!

PIZZA INCLUDED,
SNACKS & DRINKS AVAILABLE

RSVP 978-768-7932



MYSTERY RIDE

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

SEPTEMBER 5 **\$5.00**

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



Please RSVP

Essex Eats

NO SEPTEMBER
"ESSEX EATS" SEE
YOU DOWN RIVER!

NEXT MONTH:

CAPE ANN PIZZA
OCTOBER 23



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:
Tuesday, September 19
11:00 A.M

Men's Coffee and Donuts:
Wednesday, September 20
at 9:30 A.M.



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** for purchases at participating vendors, \$15 per purchase, \$40 per month

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 - PIZZA BOWL

- 1/2 tablespoon olive oil
- 4 ounces ground Italian sausage
- 1/4 cup chopped onions
- 1/4 cup chopped green bell peppers
- 1 clove garlic, minced
- 2 tablespoons marinara sauce, divided
- 5 slices pepperoni
- 1/4 cup shredded mozzarella cheese
- Optional: fresh basil for topping



- 1) Preheat the oven to 350°F (177°C).
- 2) Heat oil in over medium heat. Add sausage, cook, stirring occasionally until sausage has browned, 5 min.
- 3) Add chopped onions, chopped green bell peppers, and minced garlic to the pan and cook for 2 minutes, stirring frequently. Scoop mixture onto a paper towel-lined plate to drain the grease.
- 4) Coat the bottom of a 10-ounce ramekin with 1 tablespoon of marinara sauce. Line the bottom of the dish with the pepperoni slices.
- 5) Add sausage and vegetables, smoothing it out into an even layer.
- 6) Spoon the remaining marinara sauce on top of the sausage layer.
- 7) Top with shredded mozzarella cheese and place the ramekin on a rimmed baking sheet to catch any possible spills. Bake for 10 minutes.
- 8) Remove from the oven and let it rest for 5 minutes before enjoying it.

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 10:00AM

MONDAY and THURSDAY 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 ~ September 26 1:00 PM

Chef of the Month ~ Thursday, Sept 14 1:00 PM
Kim Williams is our Guest Chef!

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

Grab & Go Meals Mondays & Thursdays NOON

Legal Services with Attorney Brian Desrosiers:
3rd Wednesday 9:30-10:30 AM

Mobile Market Friday, September 1 10:30 AM
September 15 10:30 AM

COA Board Mtg Tuesday, September 5 6:00 PM

Friends Mtg Tuesday, September 12 3:00 PM

Ladies Brunch Tuesday, Sept 19 11:00 AM

Men's Coffee/Donuts Wednesday, Sept 20 9:30

Monthly Cookie Delivery

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

Regional Social Worker (Jessie Palm):

Every Monday, 9:30-10:30 AM

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: TBD

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

Social Services

Join us for this free workshop!

Social Security: Understanding your Benefits

Tuesday, September 19
6:00 – 7:00 pm
Essex Council on Aging
17 Pickering Street

The presentation is open to all

Please RSVP at 978-768-7932



Social Security is one of the most successful and effective social insurance programs in our nation's history. This hour-long session explains the facets of Social Security (retirement, survivors, and disability benefits), discusses the options for when to claim your retirement benefits, and covers implications of working while collecting benefits. This session is a good overview for anyone interested in Social Security, and is especially useful for people considering their retirement benefit claiming options.

AARP
Massachusetts

Health Savings Accounts

Are you still working and have a high deductible health insurance plan with an HSA (Health Savings Account)? If you have an HSA and will soon be eligible for Medicare, it is important to understand how enrolling in Medicare will affect your HSA. You can not contribute to an HSA while on Medicare, and should discontinue contributing 6 months prior to joining Medicare. For more questions about HSAs and Medicare, contact your tax professional.

IT'S HURRICANE SEASON

While Hurricane season starts July 1, most Atlantic basin hurricanes occur after August 20.

**Make a Plan.
Build a Kit.
Stay Informed.**



Volunteers Needed

We periodically hear from the schools requesting Senior volunteers for a variety of activities, such as being a guest reader, talking to small groups about Essex history, sharing your experiences as a veteran or helping young students in the new school gardens.

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.



Social Services

DECLUTTERING TIPS OF THE MONTH: September

With everyone heading back to school, September is great for organising your home office space. Invest in some desk organisers, such as pen pots and filing systems for documents that you have to keep. Cable organisers are an easy way to ensure that your desk looks tidy.

SOCIAL SERVICE OFFICE HOURS:

Jessie Palm, Regional Social Worker

Eastern Essex Regional Public Health Coalition
Mondays 9:30 AM at the Essex Senior Center
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.

Medicare Open Enrollment

The annual Open Enrollment is just around the corner:

October 15 through December 7

It is important that each Medicare beneficiary take time to review their coverage for 2023. Kristin and Tess are both SHINE Counselors, and will be available after October 15 to review your 2024 options.

Open enrollment appointments will not be made until OCTOBER 8. Appointments can be scheduled by calling 978-768-7932 or visiting our website at www.essexma.org

Medicare 101

Tuesday, October 10 6:00 PM

Medicare Open Enrollment (October 15 - December 7) is just around the corner, and soon your mailbox, inbox, and TV will be flooded with information and advertisements about Medicare Part D Plans, Medicare Advantage Plans, and Medigap Supplement Plans. This is the time during which you can make changes to your Medicare Coverage. Do you understand Medicare well enough to make an educated decision? This hour long session will review the Basics of Medicare. RSVP preferred, but not required

Attention MassHealth Members:

Don't forget to pay attention to your mail. All MassHealth members must complete a redetermination between April 1, 2023 and March 31, 2024. The form will arrive in a blue envelope.

Our SHINE Counselors are available to assist you, or you can contact a redetermination specialist at Senior Care, Inc at 978-281-1750

Care Dimensions Community Education

Care Dimensions, a hospice and palliative care provider, offers free community webinars.

You must register in advance at CareDimensions.org/CommunityWebinars

Tuesday, September 26 12:00 - 1:00 PM

Living with Serious Illness

Friends of the Council on Aging

Friends of the Essex Council on Aging Update:

Thank you to all who have donated to our Annual Membership Drive. Your generosity helped us spend over \$15,000 to support the seniors of Essex through programs and nutrition programs.

On September 5 and 19 the Friends will be selling a limited number of Essex Dump bags at a discount. A roll of small bags will be \$5 and a roll of large bags will be \$10. Essex residents over the age of 60 will be able to purchase 1 roll. You will need to sign in and verify Essex residence.

October 21 - Boutique sale at the Chowderfest

November 3, 4, 5 Friends Boutique - we are always looking for homemade and handmade items. Join us at the Senior Center Arts and Crafts on Tuesdays from 1-3!

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.**

The Great Essex Scarecrow Festival

It's that time of the year again when our charming little town comes alive with vibrant colors and endless creativity. The Great Essex Scarecrow Festival is just around the corner, and we're calling on all you imaginative souls to join in the fun! Gather your supplies, pick up your scarecrow kit during designated times (*listed below*), rally your friends and family, and let your imagination take flight!



Monday 9/18 9:00 - 11:00AM
Tuesday 09/19 1:00 - 3:00PM
Wednesday 09/20 4:00 - 6:00PM
Thursday 09/21 3:00 - 5:00 PM
Friday 09/22 4:00 - 6:00 PM
Saturday 09/23 9:00 - 11:00 AM



SOLD OUT!

 **Down River Cruise**
Wednesday, September 13
9:30 AM - 12:30 PM



Annual Boutique
FRIENDS OF COUNCIL ON AGING
Save the Date: November 3 -4 -5

Just for Fun



Conversation Starter: Tell me about your favorite teacher from Elementary School, Middle School, High School, or College

The shaded R and the six letters surrounding it spell WRITTEN, which matches one of the clues below.

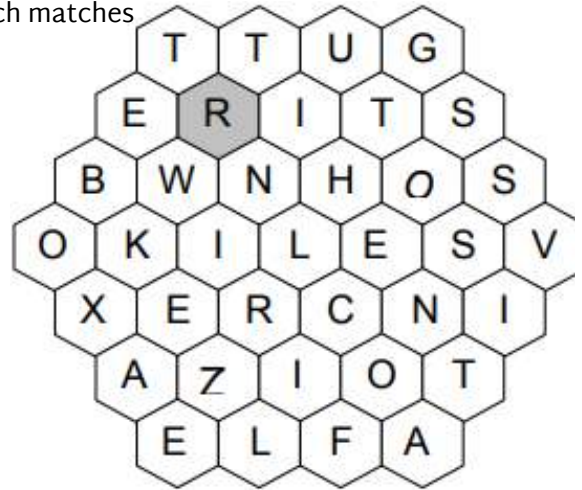
Find 7-letter words for the remaining clues.

Shade the center letter of each word.

1. noted on paper WRITTEN-R
2. a crease or fold _____
3. woman greeter _____
4. emergency phone link _____
5. dissenting minority _____
6. understand _____
7. distinct part _____

Now unscramble all 7 of the center letters to spell the BUZZWORD:

Where earth meets sky: _____



Question 1: How many apples can you put in an empty basket?

Question 2: What is as light as a feather, but even the strongest might not be able to hold it for more than a minute?

Question 3: The more you take, the more you leave behind - what are they?

Answer 1: One! The basket is no longer empty after the first apple in the basket. Answer 2: Breath Answer 3: Footsteps
1. WRITTEN-R 2. WRINKLE-I 3. HOSTESS-O 4. HOTLINE-H 5. FACTION-O 6. REALIZE-Z 7. SECTION-N BUZZWORD: HORIZON

Transportation

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

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 details 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



Cape Ann Museum: Hopper Exhibit and Lunch at Passports

NEW

September 27, 2023 12:30 PM

Now is your chance to see the American artist Edward Hopper's early works painted on number of visits to Cape Ann at the start of his fame. It was on Cape Ann, with the encouragement of his eventual wife, Josephine "Jo" Nivison, that he began the iconic watercolor landscapes and houses that launched his success. Don't miss this once in a generation exhibition. Tickets are \$16 each with limited number available.

Please contact the Senior Center to register and for more information.

We will arrive at the museum at 12:30, and enter the Hopper Exhibit at 1PM. Afterwards we will walk 0.2 miles to Passports for a late lunch. Transportation on your own or meet the CATA van at Memorial Park at 12:00 noon.

Group Theater Tickets

Elvis the Musical: North Shore Music Theater

Wednesday, November 1, 2:00PM Matinee.

NEW



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. This new musical explores these pivotal moments through the perspectives of those who knew him best, spanning from his impoverished childhood in Tupelo, Mississippi to his triumphant 1968 "Comeback Special," and his ascent to be "The King." 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."



Firehouse Arts : "Best If Used By"

NEW

Saturday, October 14 2:00PM Matinee

1 Market Square, Newburyport

A chorus girl kicks up her heels — an actor jumps around on furniture — no big surprise. In the theatre, these things happen.

But usually, the chorus girl and the table-hopper aren't senior citizens. This fall, they will be. A new bittersweet stage comedy, Best If Used By, will be performed by two North Shore actors 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.

Coming in October: Question and Answers with the Writer of "Best if Used By"

MEET & GREET *Talk of the Town* Monday, September 11 11:00 AM

Stop by the Senior Center and meet our new Town Clerk, Marie Felzani.

HISTORICAL ESSEX WALKING TOUR Available daily!



Don't forget about this hidden gem! This self-guided tour with a brochure & map inside to guide you, spans a one-mile stretch of the walkable Essex River Cultural District on Main Street with short extensions onto Martin Street and Eastern Avenue. Enjoy this leisurely stroll and the beautiful view!

ATTENTION ALL VETERANS & FAMILY MEMBERS



"Have you or a loved one received a Purple Heart for military service? We would like to honor you/them at an upcoming event. Please contact the Veteran's Services Office at 978-356-6699 or email kbell@eessexvets.com Thank you!"



Sept 15-24

10 Days of Free Events! Celebrating its 22nd year in 2023, Trails & Sails is an event series that brings awareness and appreciation for heritage resources around Essex County, which is a federally designated National Heritage Area. www.trailsandsails.org



September 15
5:00 - 8:00PM
<http://friendsofesssex.com/happy-as-a-clam/>

Sponsored by the Friends of Essex Elementary School, this event is open to runners and walkers of all ages who want to support a community school and all the wonderful enrichment programs the students hope to enjoy throughout the year. The 5K route meanders through the beautiful back roads of Essex.

Don't Miss These Essex Library Events!

Book Group
Monday September 18, at 10am
Discussion: The Measure by Nikki Erlick

Virtual Event: Thicker Than Water:
The Quest for Solutions to the
Plastic Crisis
Join Erica Cirino, photojournalist,
scientist, and artist for this LIVE
virtual event as she discusses her
book "Thicker Than Water: The
Quest for Solutions to the Plastic
Crisis." Register for your Zoom link
at www.essexpl.org/events

Gardening Series, Cool Annuals
Holly will explain the benefits of
planting in the fall
Wednesday, Sept 13 at 7pm on the
3rd floor, no registration necessary

Yoga, Book Club
Saturdays September 16 at
10:30am, 3rd floor
Grab your Mat and Book and relax
through gentle poses instructed by
Melenie Simard.
All welcome, free and registration
is optional

Karen Tyler, Veteran Service Officer from Eastern Essex District, has taken another position. We thank her for all she's done for our Veterans, and wish her well on her next endeavour.

Council on Aging
Essex

17 Pickering St
Essex MA 01929

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15th Annual

Banking for the Community

Vote Now!

Visit any BankGloucester location or go online to **BankGloucester.com** from **Sept. 1st - Sept. 30th** to vote for your favorite local organizations!

One vote per customer, per email address. Up to 3 organizations may be selected. Paper ballot available in-branch, but may not be removed from the bank. Votes must be received by September 30th at 11:59 PM to be counted.

Gloucester | Ipswich | Essex

Member FDIC
Member DIF
NMLS#714612

BankGloucester.com | 978-283-8200

BANK GLOUCESTER
START HERE, GET THERE

Here at the Essex Senior Center, we are honored to be nominated for this award alongside so many wonderful organizations! Please considering voting for us. Voting is open September 1 - September 30 in person or online

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Celebrating September as
National Senior Center Month



**HEALTHY AGING
never gets old**