

The Essex Senior Echo

On May 1, the Town of Essex received its official designation as an Age Friendly Community from AARP and Dementia Friendly from Dementia Friendly America. These designations are a great achievement, and as residents of Cape Ann, and specifically Essex, we should all be proud. I realize, however, that many of us don't know what this means. [SeniorCare Inc.](#) is the convener of Age & Dementia Friendly Cape Ann (ADFCA), working to unite a broad coalition of stakeholders within the four Cape Ann communities of Gloucester, Rockport, Essex, and Manchester-by-the-Sea to better meet the needs of residents of all ages. Along with the Steering Committee, the town of Essex will be working on addressing key issues in each area of focus, under the leadership of Senior Care. This project is unique in Massachusetts as it not only is the first to combine the Age Friendly, and the Dementia Friendly initiatives, but is also doing so on a regional basis.

What is Age Friendly?

Age friendly communities began as a global effort in 2010 by the World Health Organization's Global Network of Age-Friendly Cities and Communities. In the United States, age friendly communities are led by AARP, an affiliate of the World Health Organization. Age friendly communities offer inclusive and accessible environments for people of all ages to optimize opportunities for health, participation, autonomy, and security. Age friendly communities strive to enhance the quality of life and dignity for people as they actively age.

What is Dementia Friendly

The Dementia Friendly America movement began in 2015 following the White House Conference on Aging and is based upon Minnesota's statewide initiative, ACT on Alzheimer's. Dementia Friendly America developed a ten sector framework to target specific aspects of the community to enhance dementia friendliness. Dementia friendly communities are informed, safe, and inclusive of individuals living with dementia and their families and caregivers. Dementia friendly communities foster independence and engagement in the community, enhancing the quality of life of those living with dementia and their families and caregivers.

What are the areas of focus?

- Outdoor Spaces and Buildings
- Transportation
- Housing
- Social Participation
- Respect and Inclusion
- Civic Participation and Employment
- Communication and Information
- Community and Business Support
- Healthcare and Continuum of Care
- Legal and Advanced Planning

Each month we will explain more about the process, and areas of focus. We would love to hear from you, and you envision for the future of Essex. Remember, that a community that works for its youngest and oldest residents is a community that works for all.

Council on Aging Board :

Chairman
Michele French
Vice Chairman
Ralph Hawley
Secretary
vacant
Treasurer
Kay Joseph
Members at Large
Michael Antell
Nancy Beattie
Priscilla Doucette
Susan Gould-Coviello
Millie Hamlen
Patricia McGrath
Mary Wilhelm

Council on Aging Staff Members:

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

And a big thank you to our many volunteers!

Senior Center Regular Hours of Operation:

Monday—Thursday
9 AM to 1 PM
Friday
9AM to 12PM

Essex Senior Center
17 Pickering St.

Social Services

Avoiding Charity Scams:

If you're considering a request for a donation to a charity, do some research before you give. By finding out as much as you can about the charity, you can avoid fraudsters who try to take advantage of your generosity. Here are tips to help make sure your contribution doesn't go to a scammer:

- Ask for detailed information about the charity, including name, address, and telephone number
- Get the exact name and do some research
- Call the charity directly and find out if they are aware of the solicitation.
- Find out if the charity or fundraiser must be registered
- Ask if the caller is a paid fundraiser. If so, ask:
 - * Name of the charity they represent
 - * The percentage of your donation that will go to the charity
 - * How much will go to the actual cause
 - * How much will go to the fundraiser
- Keep a record of your donations
- Never wire money to someone claiming to be a charity, and never send cash.



Friday, June 21
9:00 AM

Today . . . And every day . . . We are thankful for our military service personnel and the families who support them.

Essex Veterans and their guests are invited to join us for a FREE Breakfast here at the Council on Aging. Please RSVP

Special Events

Upcoming Classes:

Computer Basics with the Computer Doctor

Classes begin Thursday, July 11 at 10:30 AM \$15.00

This 3 week class provides you all the information you need about internet access, online safety, and basic computer systems.

Jewelry Making: Make your own beaded jewelry workshop to be held late summer. Keep your eye out for next month's newsletter for more information.

Enhanced Fitness: Provided by the Ipswich YMCA, this research-based exercise program is just what you need to boost yourself into better shape. Look for more information this summer.



BOOK CLUB

Join us for a lively discussion of our Book of the Month and share your passion for reading!

BOOK CLUB – Tuesday, June 25 at 11:00 A.M.

This month's book selection is:

Where the Crawdads Sing by Delia Owens

Essex Senior Club

The Essex Senior Club meets on the 1st and 3rd Monday each month for a business meeting, lunch, and BINGO.

For more information about the club, meetings, or how to become a member, please contact Martha Thompson, Kay Joseph or Nancy Paone

Lunch and Learn

The Essex COA will be providing a speaker and lunch at once each month. We are always looking for suggestions, so if you'd like to learn more about something, or would like to present about something, please let us know!

Wednesday, June 19 Slow Cooker Workshop

In the heat of the summer do you feel like turning your stove on? For many of us, that's the last thing we want to do. Robin Stone and Jess Martino of the Open Door will be showing us how to use a slow cooker to create a healthy meal. There will be a giveaway! Please RSVP.

Tuesday, July 9 1PM

Energy Suppliers Market, presented by the Attorney General's Office

Do you receive calls about using energy suppliers instead of National Grid? Do they tell you you'll save money? Sometimes you can, but recent surveys found that many consumers don't understand the energy market and end up paying more than necessary for their energy.

Are there topics you would like to learn about? Let us know and we will try to make it happen.

For Your Health

Tick-Borne Illness

Did you know that adults over 60 are a group most likely to be diagnosed with a tick borne illnesses such as Babesiosis? Did you know that we already have confirmed reports of Lyme, Babesiosis, and Anaplasmosis here in Essex? Even if you aren't a hiker or gardener, you are at risk, especially if you have a pet.

Ticks found in Massachusetts:

Black Legged Ticks—These tiny ticks are also known as deer ticks. Nymphs are about the size of a poppy seed, and adults are about the size of a sesame seed. They spread *Lyme Disease, Babesiosis, Anaplasmosis, Borrelia Miyamotoi, and Powassan Virus.*

Dog Ticks—These ticks spread *Rocky Mountain Spotted Fever, and Tularemia.*

Lone Star Ticks—While not a significant source of illness, they can spread *tularemia, ehrlichiosis, and STARI.*

What can you do to prevent tick-borne illness?

- Use insect repellent with DEET or permethrin
- Speak with your veterinarian about tick control for pets
- Wear long, light colored clothing
- Stay on the trails when walking or hiking
- Check for ticks daily: remember that ticks like places that are warm and moist. Always check the back of the knees, armpits, groin, scalp, back of the neck and behind the ears.



We have tick identification cards at the Senior Center and Board of Health!



BRACE YOURSELF DON'T GET TIED UP IN THE BRACE SCAM!

Protect Yourself Against Deceptive Marketing:

- **Do not provide** your Medicare Unique ID or Social Security number to anyone, except your trusted medical providers.
- **Medicare and Social Security will NOT call you** and ask for personal information.
- **Hang up** if anyone calls offering you free products or claiming to be from Medicare to obtain personal information. Beware!
- **Do not reply** to any postcards you receive in the mail offering free braces, creams, pain medication, or other products.
- **Do not respond** to deceptive TV Ads.
- **Do not accept or open** any packages you did not order.
- **Contact the MA SMP Program** if you receive surprise packages in the mail.

REMEMBER NOTHING IS FREE!

Contact the Massachusetts Senior Medicare Patrol (SMP) Program to report such scams, deceptive calls, receipt of items you did not order and any other suspicious activities.

We are here to help you!

Call 800-892-0890 or visit www.MASMP.org



BEAT THE HEAT

When the temperature and humidity rise, so does the potential for heat-related illnesses such as heat rash, heat cramps, heat exhaustion, and heat stroke. Here are some tips for you to stay healthy when it's hot outside.



AVOID BEING OUTSIDE DURING THE HOTTEST PARTS OF THE DAY.

Temperatures are usually at their highest from 11 a.m. to 2 p.m.



DRINK PLENTY OF WATER.

Drink water even if you do not feel thirsty; avoid drinks that contain alcohol or caffeine.



WEAR APPROPRIATE CLOTHING.

Wear lightweight, light-colored, loose-fitting clothing.



WEAR SUNSCREEN.

Use SPF 15 or higher (the most effective products say "broad spectrum" or "UVA/UVB protection" on their labels).



NEVER LEAVE ANYONE IN A CAR.

On an 80-degree day, the temperature inside the vehicle can heat up to 109 degrees in just 20 minutes.



More information about the signs and symptoms of heat-related illness can be found online at <http://health.springfieldmo.gov/heat>



Monday	Tuesday	Wednesday	Thursday	Friday
3 9:00 Walking Club 10:00 Crafty Kids 12:15 Senior Club 5:30 Yoga	4 10:00 Balance Class 1:30 Arts & Crafts	5 9:30 U.S. Veteran's Coffee Social 11:00 Line Dancing <u>10:00 Walmart (CATA)</u>	6 12:00 SeniorCare Lunch : Chicken Pot Pie, Peas, Carrots, Potatoes, Yogurt, Juice, Ice Cream Sundae Bar	7 <u>9:30 Market Basket (CATA)</u> 10:30 Balance Class
10 8:30 Mens Bkfst 9:00 Walking Club <u>11:30 Cracker Barrel</u> 5:30 Yoga	11 10:00 Balance Class 1:30 Arts & Crafts 6:00 COA Mtg	12 9:30 U.S. Veteran's Coffee Social 9:30 Trip to "Portraits of Dementia" <u>10:00 Xmas Tree Shop (CATA)</u>	13 12:00 SeniorCare Lunch: Father's Day Special - BBQ Ribs, Baked Beans, Mac & Cheese, Peach Cobbler	14 <u>9:30 Market Basket CATA</u> 10:00 Open Door Mobile Market 10:30 Balance Class
17 9:00 Walking Club 2:15 Senior Club 5:30 Yoga	18 10:00 Balance Class 12:00 Friend's Picnic at the Grove 1:30 Arts & Crafts 6:30 FECOA <u>Redneck Tenors</u>	19 9:30 U.S. Veteran's Coffee Social <u>10:00 Trader Joe's (CATA)</u>	20 9:30 Sen Tarr's Office Hours 11:00 Blood Pressure Clinic 12:00 SeniorCare Lunch: Egg Salad, Tomato Florentine Soup, Chilled Pears	21 <u>9:30 Market Basket with CATA</u> <u>9:00 Breakfast for Veterans</u> 10:30 Balance Class
24 9:00 Walking Club 11:00 Ladies Breakfast 5:30 Yoga	25 10:00 Balance Class 1:30 Arts & Crafts 6:30 FECOA <u>Oxford Casino</u>	26 9:30 U.S. Veteran's Coffee Social 11:30 Slow Cooker Workshop <u>10:00 Malls (CATA)</u>	27 12:00 SeniorCare Lunch: BBQ Chicken, Sweet Potatoes, Spinach & Kale, Applesauce	28 <u>9:30 Market Basket with CATA</u> 10:30 Balance Class
* Wednesday, June 5 is the last line dancing class before summer break! We will return in the fall.				

Trips

All trips will depart from Memorial Park unless otherwise noted. Please register at the COA!

NEW! Portraits of Dementia **FREE**
Wednesday, June 12

The Umbrella Community Arts Center in Concord presents the powerful exhibition by writer/photographer Joe Wallace, "Beginning at the End: Portraits of Dementia." The exhibit is a powerful photographic project humanizing people affected by Alzheimer's and dementia by challenging the audience to consider the subject and their lifetime of experience even if they can no longer access or share their memories. Transportation and admission are free; lunch after the exhibit is on your own.

Redneck Tenors **\$69.00**
Tuesday, June 18 **Danversport**

A new breed in the "tenor genre" – the musical comedy featuring classically trained veteran artists is like Duck Dynasty goes to Carnegie Hall - down home laughs with big city music! Ticket and Luncheon is included.

Maine LobsterBake and Show **\$95.00**
Tuesday, July 16

Enjoy a Traditional Maine LobsterBake at the famous Foster's Clambake Restaurant in York, Maine. Lunch with all the trimmings is included and then you'll enjoy entertainment by Michael Minor - a singer, comedian, ventriloquist, and celebrity impressionist!

Sandwich Glass Museum and **\$90.00**
Heritage Museums and Gardens **July 23**

Visit the Sandwich, MA—the Sandwich Glass Museum you'll enjoy exhibits featuring a wide range of rare glass. Enjoy a delicious buffet lunch at the Dan'l Webster Inn. After, visit the Heritage Museum and Gardens, where you'll get a guided tour with time to browse the gardens, check out the Antique car collection, or even ride the 1908 Antique Carousel! Royal Tours.

Departure is from HAMILTON COA at 7:30 a.m.

Portland by Land and Sea **\$89.00**
Thursday, August 22 **Royal Tours**

A trip to Maine's largest city by the sea, you'll have a guided tour of this historic city. Lunch will be at the Old Port Sea Grill in historic Old Port. A Lighthouse Lover's Narrated Cruise will take you to the innermost islands to see lighthouses, forts, seals, and sea birds. Royal Tours.
Departure is from HAMILTON COA at 7:30 a.m.

Diamond's and Pearls, Cash and Kings **\$69.00**
Wednesday, August 28 **Wrentham**
 Experience some of the greatest hits of Neil Diamond, Johnny Cash, Janis Joplin, and Carole King in this musical tribute that will have you singing and dancing away!

Atlantic City Boys **\$69.00**
Tuesday, September 17 **Danversport**
 Featuring music of The Beach Boys, The Drifters, The Bee Gees, and Frankie Vallie, this show offers an exciting mix of world class vocals and interactive comedy. Luncheon at Danversport included.

TRIPS OFFERED BY OTHER COAs

IPSWICH (please call 978-356-6650 for more info)
SEASHORE TROLLEY MUSEUM **TUESDAY, JUNE 11**
 Enjoy a fully narrated trolley ride through the wilderness in Kennebunkport Maine and see their vast collection. Enjoy time in the quaint village for shopping and eating. Van leaves at 8:30 a.m. **Price: \$15.00**

STONE ZOO, STONEHAM, THURSDAY, JUNE 20 \$20pp
 Meet hundreds of exotic animals from around the world, discover the sights and sounds of the Caribbean, & enjoy daily alligator encounters and the Birds of Prey show. We will stop for lunch on the way home. Van leaves at 10:00

THE IPSWICH RIVER SLIDE SHOW & WALK WITH GORDON HARRIS **FRIDAY, JUNE 28 10:00am** Come to the Senior Center and see an incredible slide show presentation of what Ipswich looked like "back in the day" along the river. Enjoy a a guided stroll after.

RHODE ISLAND LIGHTHOUSE CRUISE **SATURDAY, AUGUST 10 \$98/pp** Enjoy a delicious buffet brunch at a Rhode Island Country Club then tour ten of the most picturesque lighthouses in Rhode Island through Narragansett Bay on this lighthouse cruise.

BEVERLY COA (call 978-921-6017 for more info)

LAKE WINNIPESAUKEE CRUISE and CASTLE in the CLOUDS **Tues., July 9 | Cost: \$109.00** A cruise on Lake Winnepesaukee, lunch at Hart's Turkey Farm, and Castle in the Clouds. **CHARLESTOWN NAVY YARD & FOOD DEMO: Sun., July 28 | 8:15-4:00pm | Cost: \$83.00** Learn about Old Ironsides and "The Age of Sail" during this talk & tour.

Just for fun . . .

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

- Apple Tart
- Decaffeinated
- Green Tea
- Lemon
- Lipton
- Tea Party
- Blueberry Muffin
- Earl Grey
- Herbal
- Lemon Ginger
- Orange Pekoe
- Raspberry Scone
- Cheese Danish
- English Breakfast Tea
- Irish Breakfast Tea
- Lime
- Organic



Since June is graduation month, this picture is of the 15 graduates from the Essex High School class of 1942 (plus 2 teachers). Can you match a person on the list to one in the photograph?

- * Ethel Josephine Almquist
- * Winslow Lucas Burnham
- * John Edward, Jr. Doyle
- * Hester Marie Hart
- * Nancy Theresa Hubbard
- * William Elwell Saunders
- * Robert Barron Smallidge
- * Roger Choate Wonson
- * Maynard Joseph Boutchie
- * Marjorie Roberta Cook
- * Mary Eleanor Gosbee
- * Warwick Peter Henderson
- * Robert Preston Rice
- * Jeanne Isabelle Shanks
- * Edward Albert Tompkins

Friends of the Council on Aging

Thank you for your generous donations to our May Baskets!
 Over 60 Essex Residents received a basket!

The Friends of the Essex COA is a private non-profit organization whose purpose is to seek donations to financially assist the Essex Council on Aging in providing recreational and social services to residents over the age of 60 in Essex. People of all ages are encouraged to attend our monthly meetings, or help with our fundraising efforts!

- Mary Wilhelm President
- Betty Smith Vice President
- Ellen Hull Secretary
- Kay Joseph Treasurer

Friends of the Essex COA Annual Picnic

Tuesday, June 18
12 pm at Centennial Grove
 \$5.00 Per Person

Join us for entertainment and a lovely meal from Ipswich Clambake!
 Marinated grilled Chicken, Salads, Dinner Rolls, and Strawberry Shortcake
Please RSVP

Around Town

ESSEX BICENTENNIAL CELEBRATION CALENDAR OF EVENTS

Saturday, June 22nd, Madame Varney Tea

Stop in to the First Congregational Church for a cup of tea and a tour of the original meeting house in Essex. Learn about Madame Varney, the woman who stood up to the Town of Ipswich to see this building built.

Saturday, July 27, Rededication of Ancient Cemetery

The Daughters of the American Revolution will rededicate the Ancient Cemetery. Come visit and see the historical stones, including the grave of John Wise.

Friday, August 9th, Food Trucks & Fireworks, 5:00-8:00 p.m.

A Family friendly, alcohol-free event at Memorial Park with Food Trucks, Music, followed by fireworks over the Great Marsh at sunset!

Saturday, August 10th, Bicentennial Parade and Oldtimers Baseball Game

The Parade committee welcomes Essex businesses, civic groups and neighborhoods to enter floats for this event. An Oldtimers baseball game will begin immediately following the parade. *The Essex COA will have a float—join us!!*

Sunday, August 11th, Octogenarian and Nonagenarian Reception , 1:00-4:00 p.m. This is for our residents who are 80 or older. We will be serving light refreshments at Town Hall and honoring you.

Saturday, September 7th, Old Essex Day,

11:00 a.m.-3:00 p.m. The Lions Club will be cooking and there will be Food Trucks, Games, and Music at Centennial Grove. Family fun for everyone!

Saturday, October 5th, Graveyard Tours at

the Ancient Cemetery Experience the burial ground and see life in the 1700-mid 1800s. The graveyard dates back to 1681. Tours 12:00-5:00 p.m., approx 30 minutes.

Sunday, December 22nd, Winter Solstice Celebration

Town Hall 3rd floor, 1-4 pm The final event of the bicentennial will be an old-fashioned reception with punch, tea, coffee, and sweets.

Spring in the Shipyard

A Clambake June 8 3-7 pm

Essex Shipbuilding Museum is hosting a Clambake with Craft and Activity Stations for all ages, Cash Bar, and Opening Day of the Clamming Exhibit: By Skiff and Basket”
\$30/Adult \$10/Kid

Summer Concerts on the North Shore

The North Shore Concert Band

FREE

Tuesdays, June 25-August 7 from 7:00-9:00 p.m. Enjoy the band as it performs its annual summer series of free outdoor concerts at the Robert Hayes Bandshell at **Salem Willows Park**. In case of rain, concerts will be held on Thursday of the same week. A variety of programs will be performed, including patriotic, Broadway, Big Bad, classical, and Disney, with featured soloists.

Rockport Legion Band Summer Concerts

FREE

Sundays at 7:00 p.m. July 7-August 25
Bring a lawn chair or blanket and enjoy a family friendly repertoire featuring Concert pieces, Disney, Marches, Dixie-land, and Pop tunes. Located at the Bandstand at Back Beach in Rockport.

Stage Fort Park Summer Concerts

FREE

Sunday evenings, July 7 – August 25, 2019, 7:00 p.m. Enjoy exceptional music at the Bandstand overlooking beautiful Gloucester Harbor. Concerts feature Big-Band, Beatles, Broadway, Country, Latin Dance Party and more. Free parking and handicap accessible. Rain date is Wednesday evening, 7:00p.m.

Summers in Patton Park Concerts

FREE

Sundays from 5:00-7:00 p.m. Dust off your lawn chairs, bring your picnic dinner, and enjoy some community at Patton Park in Hamilton every
July 7- Broadway in the Park, by Stage 284
July 14 - Country, Rock, Blues by Blue Heartache
July 21 - Jazz, Bluegrass, Jams by Tree House Charlatans
July 28 - Beatles Tribute Band, 4EverFab

Crane Estate, Castle Hill Picnic Concert Series

Members, \$25 per car and Non-members, \$35 per car
Thursdays, Gates open at 5:00 p.m. Concert at 7:00 p.m.
July 11 “The Great Escape” a Journey Tribute Band
July 18 “Beantown Swing Orchestra” Swing
July 25 “Disco Dream” Disco
August 1 “Soul City” Soul, Motown, and Funk

Ongoing Programs and Services

FITNESS PROGRAMS

YOGA: Monday 5:30-6:30 P.M. \$5.00
Drop-ins are welcome.

WALKING CLUB: Mondays 9AM
If you are new to the group, please call by noon Friday so we know to wait for you!

BALANCE IN MOTION: Donation requested
Tuesday 10AM Friday 10:30 AM
Appropriate for all fitness levels.

LINE DANCING: Wednesdays at 11:00AM \$7.00

ACTIVITIES

MOBILE MARKET: 2nd Friday 10:00-11:00 AM
Open Door offers fresh produce and other food to Essex Residents over 60, and residents of Chebacco Terrace.

MEN'S BREAKFAST: 2nd Mondays 8:30 AM \$3.00

LADIES' BRUNCH: 4th Mondays 11AM \$3.00

VILLAGE PANCAKE HOUSE: 2nd Tuesdays 9 AM
Please RSVP by Monday.

DROP-IN GAMES: Mondays at 10:00 A.M.

ARTS & CRAFTS: Tuesdays at 1:30 P.M.

ESSEX EAT OUT: Varies, Refer to Calendar

CLUBS AND MEETINGS

COA MEETING: 1st Tuesday, 6:00 PM

FRIENDS OF ESSEX COA: 3rd Tuesday, 6:30

NEW! BOOK CLUB: Last Tuesday 11AM

*** ESSEX SENIOR CITIZENS CLUB: 1st and 3rd Mon**
The "Club" is a private membership organization, for more information, please contact Kay Joseph

VETERAN COFFEE SOCIAL: Wednesday 9:30AM

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 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:

Mon, Thurs 10AM

Stop by and use the Essex COA shredder. It's an individual machine that can shred about 10 documents at a time.

MEDICAL EQUIPMENT LOANS Mon– Fri 9-12

MRC Well Checks

Through a partnership with Medical Reserve Corps, we offer friendly phone calls to homebound seniors.

CONSTITUENTS' INQUIRIES: Ms. MaryAnn Nay, Assistant to Senator Bruce Tarr, comes to the Senior Center to address any issues you may have. No appointment needed. **3rd Thursday of the Month, 10:00-11:00 a.m.**

COMMUNITY SUPPORT:

SeniorCare, Inc: 978-281-1750
Offers Information and referral services, Meals on Wheels, Home-based Services, Money Management, and other services designed to help people stay in their homes. www.seniorcareinc.org

Essex Housing Authority: 978-768-6821

Veteran's Services: 978-356-3915
Assistance navigating the various services available to Essex Veterans of all ages.

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

Energy Assistance: 978-256-6650
Action Inc provides Fuel Assistance and other programs to help reduce energy costs for income eligible residents.

Transportation

Individual Trips: Provided by Beauport Ambulance Services **978-281-6955**
 Medical and non-medical (i.e. grocery and other stores, restaurants, salons, banks, offices, etc.) are available.
 Monday through Friday 8:00 AM - 4:00 PM in the following communities:
Essex Ipswich Rockport Gloucester Manchester Hamilton Wenham Beverly Danvers Peabody
To schedule a ride call at least 24 hours in advance.

CATA Shopping Trips: Provided by Cape Ann Transit Authority (CATA) **978-283-7916**

- **Friday Morning Market Basket, Rowley:** Pick up 9:30 at your home. Limit 2 bags **\$4.00**
- **Weekly Wednesday Shopping Trips:** Leaves from Essex Senior Center 10AM **\$5.00**

To participate, you must be pre-registered with CATA.
Please call CATA directly for shopping schedules and registration information.

Senior Care RSVP Medical Transportation: **978-281-1750**
The COA is happy to assist, but please do not leave a voicemail regarding transportation!

Community Food Resources

JOIN US FOR OUR COMMUNITY MEAL EVERY THURSDAY AT NOON!

\$2.00 Voluntary and Confidential Donation Appreciated (\$3.00 for Traveling Chef Meals)
 Sponsored by Senior Care

June 6: Traveling Chef: Chicken Pot Pie, Potatoes, Bread and an Ice Cream Sundae Bar

June 13: Father's Day Special: BBQ Ribs, Baked Beans, Macaroni & Cheese, Dinner Roll, with Peach and Blueberry Cobbler

June 20: Egg Salad/Lettuce on Hot Dog Roll, Tomato Florentine Soup, Potato Salad, Chilled Pears

June 27: BBQ Chicken, Sweet Potatoes, Garlic Spinach & Kale, Dessert



Slow Cooker Workshop: An Intro to Spices for Health
Presented by Jess Martino & Robin Stone, Open Door Food Pantry

This one hour workshop will include delicious samples and a giveaway! Participants will also receive a meal kit.
 Be sure to RSVP early! Seats are limited!

Open Door Pantry
 Mobile Market at COA- Friday, June 14 10:00-11:00 a.m.
 Ipswich Hours: Tues, Thurs 11-5; Wed 11-7
 Gloucester Hours: Mon, Wed, Thurs 10-7; Tues, Fri 10-5

Acord Food Pantry
 69 Willow St, Hamilton
 Now offering food distribution *exclusively for Seniors* (age 60+) Thursdays, 9:30-10:30 a.m.
 Other Hours: Wed 9:30-11 Thurs 6:30-7:30 p.m. Sat 9-11

Regional Farmers' Markets

Beverly: Mondays, 3:00-7:00 pm starting June 10th
 Veteran's Park, 164 Rantoul Street

Danvers: Wednesdays, 4:30-7:00 pm starting July 10th
 Library/Rotary Pavillion, 15 Sylvan Street

Gloucester: Thursdays, 3:00-6:30 pm starting June 6
 Stage Fort Park

Ipswich: *no current information available*

Magnolia: Sundays, 9:00-Noon starting June 9th
 46 Lexington Avenue

Newburyport: Sundays, 9:00-1:00 starting June 2nd
 Tannery Marketplace, 50 Water Street

Most vendors accept SNAP/HIP so be sure to bring your SNAP card and take advantage of the fresh produce from local vendors!! HIP is used to purchase up to \$15 per trip of fruits/vegetables with a SNAP card—the vendor gets paid and the consumer gets automatically reimbursed.

The Essex Senior Echo

May 2019

NON PROFIT
RATE
U.S.POSTAGE
PAID
PERMIT NO.18

Council on Aging Essex

17 Pickering Street
Essex MA 01929

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 Council on Aging Board of Directors met in May to select the new board members and officers. Congratulations to Millie Hamlen, and Trish McGrath, who were renewed for a 3 year term. Michael Antell will also be joining the Board.

Michele French, Chairman

Officer election results:

Ralph Hawley, Vice Chairman Kay Joseph, Treasurer

Don't miss this . . .

Beginning at the End: Portraits of Dementia, Umbrella Arts Center Concord MA

June 12, 9:30 AM FREE (Limited to 14)

For more information, please see page 5

Friends of the ECOA Annual Picnic

June 18 \$5.00 Centennial Grove

Veteran's Breakfast: FREE for Essex Veterans and their guests

June 21, 9:00 AM

The Mission of the Essex Council on Aging is to enhance and promote the quality of life for adults 60 and older in the community of Essex.