



Marblehead *Council on Aging*



December 2016

**Thurs. Dec 1st
Holiday**

Tour Session



**Pickleball
Instruction**

Begins

Mon. Dec 5th



**2017 Curling
Season** Begins
Tues., Dec 6th



**MEDICARE
Open
Enrollment**

ENDS Dec 7th



**OPEN HOUSE &
SINGING STATE
TROOPER**

Thurs. Dec 8th



**"Congress on
your Corner"**

with

Congressman
Seth Moulton

Mon., Dec. 12th



RMV Near Me

Every Monday
2:00—3:30 pm



FROM THE DIRECTOR...

HAPPY HOLIDAYS

*On behalf of all the
COA Staff, we would like to wish
you, and your families, a safe,
happy and healthy Holiday Season!*



Once again,
**The Marblehead Veterans
Middle School Chorus**
with their Director, Bob Tirelli, will be
returning on Friday, December 9th at
12:30 pm (following lunch) to present
their Holiday Show.

Please join us for an enjoyable
afternoon as we welcome these young
people back to entertain us.

HOLIDAY OPEN HOUSE

Please join us on

THURSDAY, December 8th
11:00 — 1:00 PM

Light refreshments will be served

And for a special holiday treat

**THE SINGING
STATE TROOPER**

at 1:00 pm

*Please RSVP by Monday,
December 5th*



**"Congress on your Corner"
with Seth Moulton**

Monday, December 12th 9:00—9:45 am
RSVP by Thursday, December 8th
For more information go to
www.moulton.house.gov/events

Find Marblehead Council on Aging and our daily activities on Facebook!



LUNCHEON PROGRAM MENUS

Join us and make new friends

Lunch is provided every Tuesday, Wednesday, Friday and selected Thursdays each month. Reservations are required by 10:30 a.m. the day before. The suggested donation for those age 60 and older is \$2.25. Their spouses of any age—the cost is the same \$2.25. Those under 60, the cost is \$2.50. No individual, aged 60 or more, shall be denied a meal due to an inability to make a donation. Lunch is served at 12 noon unless otherwise indicated. Before placing your order, please inform your server if anyone in your party has food allergies.

Fri, Dec 2nd—Turkey a la King
w/ Red Pepper & Mushroom
Sauce, Red Potatoes, Winter
Squash, Carrot Cake

**Tues, Dec 6th Ribe-Q w/ Lt
BBQ Sauce**, Roasted Potatoes,
Carrot Bisque Applesauce

Wed. Dec 7th—Turkey, Gravy,
Cranberry Sauce, Stuffing,
Roasted Winter Squash, Orange

**Fri, Dec 9th—Chicken Caccia-
tore**, White Rice, Cheddar
Cauliflower Soup, Cantaloupe

Tues. Dec 13th—Stuffed Shells,
Broccoli, Split Pea Soup, Tapioca
Pudding

**Wed, Dec 14th—Grilled
Chicken**, Chilled Fruit

**Thurs., Dec 15th
SPECIAL LUNCH**
**Roasted Lamb, Gravy, Roasted
Red Bliss Potato, Green Beans,
Berry Cheesecake**

Fri., Dec 16th—Beef Stew, Spin-
ach, Mandarins & Pineapple

**Tues, Dec 20th—Chili Con
Carne**, Cheddar Garnish, 1/2
Baked Potato, Cantaloupe

Wed, Dec 21st—Braised Pork,
w/ Apples and Onions, Swiss
Chard, Whipped Sweet Potato,
Banana

**Thurs., Dec 22nd
TRAVELING CHEF**
**Gnocchi with Butternut squash
& a Sage Cream Sauce. Roasted
Brussel Sprouts w/ Maple &
Bacon, Mixed Green Salad,
Chocolate Rice Crispy Treat**

Fri, Dec 23rd—Pork Meatballs
w/ Gravy, Mashed Potatoes,
Beets, Chilled Fruit

**Tues., Dec 27th—Boneless
Chicken**, Orange Glaze, Rice
Pilaf, Pea Soup, Choc Pudding

**Wed., Dec 28th— Meatloaf w/
gravy**, Whipped Sweet Potato,
Cream of Spinach Soup,
Chocolate Chip Brownie

Fri., Dec 30th—BBQ Chicken,
Chilled Fruit

COA PROGRAM

2017 SENIOR TAX WORK OFF PROGRAM January 27th deadline for all applications.

The purpose of this program is to allow participating senior taxpayers to volunteer their services to the Town in exchange for a reduction of up to \$750 on their property tax bills. Marblehead services will be enhanced by utilizing the skill of the town senior citizens.

ELIGIBILITY:

- Must be 60 years or older
- Must be owner (or spouse of owner) and occupy the Marblehead residence for which the abatement will apply
- Income must not exceed \$46,300 for a senior household of one person or \$52,950 for a senior household of two and only one volunteer abatement per household per year

VOLUNTEER OPPORTUNITIES:

- There will be 30 openings for FY17
- Applicant must complete Conflict of Interest Training
- Dep Head, COA Director and applicant must agree on placement
- Placement is also based on qualification, availability, location and physical limitation
- If there are more applicants than openings, acceptance will be based on both financial need and the suitability of an available placement.
- 2017 Volunteer hours **MUST BE** completed by Nov 20 2017
- The rate will be credited at the state minimum wage \$10/hr. The Town will issue a W-2 form for federal income tax purposes.
- Applications will be accepted Jan 9th —27th at the COA, 10 Humphrey St. Call Susan Burgess with questions. 631-6225

COA ACTIVITIES



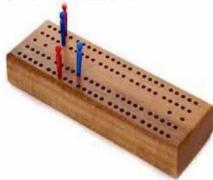
QUILT GUILD MEETING CHRISTMAS PARTY



**Thursday, Dec 8th
7:00 pm, Doors open at 6:30**

OCTOBER CRIBBAGE WINNERS

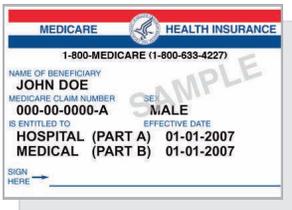
- 1st Place — Richard Boucher
- 2nd Place — Steve Dugas
- 3rd Place — John Greener
- Last Place — Dick Nelson



IPAD/IPHONE Lessons

**Tuesday, Dec 6th and 13th
11am—1pm**

**\$20.00 for 1 hour session.
Please call to schedule appointment.**



**Medicare
OPEN ENROLLMENT
ENDS DEC 7TH**

**SPECIAL LUNCH & a Surprise Visitor
Thursday, Dec 15th, 12:00**



Roasted Lamb, Gravy, Roasted Red Bliss Potato, Green Beans, Berry Cheesecake

RSVP by Monday, Dec. 12th

The 2016 Golf Club celebrated their end of the year at Bertinis in Salem



Featured are:
Dana Denault,
Judy Cuzner, Ed Bell
and Walter Horan

**TRAVELING CHEF
Thursday, Dec 22nd**



Holiday Pan

Stir fry style Gnocchi with Butternut squash & a Sage Cream Sauce. Roasted Brussel Sprouts with maple & Bacon, Mixed Green Salad with Red Onion & Cranberries, Wheat Bread, Chocolate Rice Crispy Treat



**RMV Near Me Program
Mondays, between
2:00—3:30 pm**

- License renewals (for drivers under age 75),
- Registration renewals
- Change of address
- Duplicate license or registration
- How to report a lost or stolen disability placard

How to request a replacement
Please note that we are not required to provide assistance, and sometimes we may only be able to print out a document to take to the RMV branch. Questions? Call Marla or Janice

**MYSTERY LIGHT RIDE WITH TRISH!
Wednesday, December 14th @ 5:30p**

**Ride only No dinner
RSVP begins Dec 1st**



CRAZY WHIST GAME & LUNCH

**Thursday
December 29th
12:00 PM
RSVP by 27th**



RSVP for any of the COA activities, lunches and/or events by calling 781-631-6225.

COA NOTES

SCAM ALERT

The Holiday Season is a perfect time for the phone to ring, or an email to be received, with sweepstakes news or a “terrific offer” from a stranger. An official company letter may arrive in the mail from “Financial Incorporated European, African and USA Consumer Sweepstakes” claiming you by name as their “GUARANTEED CASH PRIZE WINNER.” You are informed there is paperwork to be completed before your check is issued. The letter could also offer you a “winning check to deposit” the “free trip of a lifetime” or “valuable prize” waiting to be claimed by just calling a number. It is important to remember that **if something sounds “too good to be true,” it probably is.** Protect yourself so as not to fall victim to the many active scams:

1. **Do not give out any of your personal information to a caller** – even if that caller says they are with the IRS, your credit card company or bank.
2. **Never give out your Social Security number to someone you do not know, or that three-digit number on the back of your credit card!**
3. **Do not speak at length with a caller unfamiliar to you. Just hang up!**
4. **You should not have to pay a fee first to claim any “winning prize”** and be rushed to “act now or lose the chance.
5. **Be skeptical of someone collecting benevolent funds over the phone** for Veterans, Police or Firefighters. Many times these are fake organizations.
6. **Check out those delivery persons at your door who are not familiar to you.** Ask for the company they work for and an address, then call and verify the information yourself. You can tell the delivery person to come back the next day, or until after you check it out. By law they have to attempt to deliver the package to return it to sender. **Don’t pay for something you didn’t order.**
7. **Don’t be afraid to ask for help** from agencies like the Better Business Bureau, the Attorney General’s Office, the Postal Service and those of us at the COA.

Marla Meyer is happy to help!



FRIDAY MOVIE MATINEE

ALL MOVIES ARE FREE AND
START AT 1 PM



RSVP! Call 781-631-6225

THANK YOU CHET'S
VIDEO!

Friday, Dec 2nd
WILD OATS
Comedy,
starring Shirley McLaine



Friday, Dec 16th
**Pocket Full of
Miracles**

Glenn Ford,
Bette Davis



RED SHIRT FRIDAYS™

Red Shirt Friday is a non-political national organization whose mission is to support and

remember our Servicemen and Servicewomen. The goal of Red Shirt Friday is to let every Serviceman and Servicewoman know that we will not forget them; wherever they may be serving. We will do this by wearing RED every Friday.

“While wearing red might seem like a small thing, the meaning behind it is significant. It translates to mean that as you prepared for your day, you recognized that others were playing an active role to allow you to go to work or class with relative peace of mind that you are safe.” For more info: www.redshirtfridays.com.

| | | | | |
|---|---|--|---|---|
| <p>9:00 SHINE Counseling 9:00 Painting w/ Marty 9:30 Yoga 10:00 Intro Muscle Condition 10:00 Osteo Prevention 10:30 Advanced YOGA 11:15 Zumba! 12:00-1:00 Walk the Gym 12:30 Mah Jongg 12:30-1:30 Pickleball Instruction 1:00-3:00 Pickleball 1:45 Bridge Instruction</p> | <p>8:45 Dance for Joy 8:45 Weight Training 10:00 Cribbage 10:00—12:00 CURLING 11:45 Tap Dance 12:00 Lunch 12:00-1:00 Walk the Gym 1:00 Chair Yoga 2:00 Intermediate Chair Yoga 1:30-2:30 Pickleball</p> | <p>8:45 Weight Training 9:00 Yoga 9:45 Intro Muscle Condition 10:00 Shredding 10:15 Balance & Mobility 11:30 Strength & Stretch 12:00 LUNCH 12:00-1:00 Walk the Gym 1:00 Scrabble 1:00 Mah Jongg 1:00 Parkinson Fitness 1:00-3:00 Pickleball</p> | <p>8:45 Weight Training 9:00 Painting w/ Marty 9:00 In Stitches 9:30 Yoga 10:00 Osteo Prevention 10:00 Quilt with Janet NO Tai Chi Basics 11:00 Wellness Clinic 11:00—12:30 CURLING 11:45 Tap Dance 12:00-1:00 Walk the Gym 12:00 TRAVELING CHIEF NO Qigong Meditation&Tai Chi</p> | <p>8:00 Circuit Training 8:45 Weight Training 9:00 Yoga 9:00 Painting w/ Marty 9:30 Quilting 9:45 Intro Muscle Condition 10:15 Balance & Mobility 12:00 Lunch 12:00-1:00 Walk the Gym 1:00 Pick-up Bridge 1:00-3:00 CURLING <i>Red Shirt Friday</i></p> |
| <p style="text-align: center;">CLOSED FOR CHRISTMAS</p> | <p>7-1:30 Fitness Room 8:00 Circuit Training 8:45 Dance for Joy 8:45 Weight Training 10:00 Cribbage 10:00—12:00—CURLING 11:45 Tap Dance 12:00 Lunch 12:00-1:00 Walk the Gym 1:00 Chair Yoga 2:00 Intermediate Chair Yoga 1:30-2:30 Pickleball</p> | <p>7-1:30 Fitness Room 7:15 Senior Boot Camp 8:45 Weight Training 9:00 Yoga 9:45 Intro Muscle Condition 10:00 Shredding 10:15 Balance & Mobility 11:30 Strength & Stretch 12:00 Lunch 12:00-1:00 Walk the Gym 1:00 Parkinsons Fitness 1:00 Scrabble 1:00 Mah Jongg 1:00-3:00 Pickleball</p> | <p>7-1:30 Fitness Room 8:00 Circuit Training 8:45 Weight Training 9:00 Painting w/ Marty 9:30 Yoga 9:00 In Stitches 10:00 Osteo Prevention 10:00 Quilt with Janet NOTai Chi Basics 11:00 Wellness Clinic 11:00—12:30 CURLING 11:45 Tap Dance 12:00-1:00 Walk the Gym 12:00 CRAZY WHIST/LUNCH NO Qigong Meditation&Tao Chi</p> | <p>7-1:30 Fitness Room 7:15 Senior Boot Camp 8:00 Circuit Training 8:45 Weight Training 9:00 Yoga 9:00 Painting w/ Marty 9:30 Quilting 9:45 Intro Muscle Condition 10:15 Balance & Mobility 12:00 Lunch 12:00-1:00 Walk the Gym 1:00 Pick-up Bridge 1:00-3:00 CURLING <i>Red Shirt Friday</i></p> |



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COA NEWS

UPCOMING TRIPS 2017

**SUNDAY, MARCH 19th
TWIN RIVER**

\$35.00 per person. This is a trip with our new Travel Agent "All Around New England Tours" It promises to be a fun filled day!

JUNE 18th—26th PACIFIC NORTHWEST'S COASTAL TREASURES- \$3999.00 pp dbl occ. Trip includes Seattle, San Juan Islands, Friday Harbor, Victoria, Olympic National Park and MORE...

**OCT 22-29th AMERICA'S
MUSIC CITIES,**

featuring New Orleans, Memphis and Nashville. \$2999 pp dbl occ. Visit Graceland, Country Music Hall of Fame, New Orleans School of Cooking demonstration, Grand Ole Opry just to name a few.

**OCTOBER 24th –FALL IN
MASSACHUSETTS-** \$86.00

your day will include a visit to St Josephs Abbey, lunch at the Vienna Inn with a fabulous lunch (see flyer for details) and many surprises! This will be an informative, tasty and scenic day– don't miss out!

**NOV 25th—HOLIDAY TRIP
TO MAINE—**\$91.00

This is an exciting, full day filled with good cheer. Bring your friends! Grab a flyer and jump on board

DECEMBER 9th

ENCHANTING HOLIDAY to Old Deerfield Village. Tour Historical Houses featuring period desserts with an open hearth cooking demonstration focusing on the history of holiday treats. Lunch at the Deerfield Inn. Participate in a crat making activity that you will bring home, visit Yankee Candle and then the BRIGHT NIGHTS light tour. \$99.00 WATCH FOR MORE!

All day trips must be paid for in full at time of registration. Deposits are required on all overnight trips at time of registration. All trips leave from the VFW parking lot, 321 West Shore Drive. Because most of our trips require a great deal of walking and staffing is limited, all travelers must be able to attend to their own needs independently or bring their own escort for assistance. Please call Janice at (781) 631-6225 for more information



Seniors (65+) can ride local buses for 85 cents, inner express buses for \$2.50 and outer express buses for \$3.50. Seniors can also ride MBTA subway service for \$1.10 and commuter rail or boat services for 50 percent off the regular full fare and a discounted fare to Boston Logan International Airport. In addition, seniors monthly passes are \$30 and are good for unlimited travel on local bus and subway. No discounts apply to express bus passes, commuter rail passes or boat passes.

Applications for the Charlie Card are taken each Monday between 2:00–3:30 at the COA. The Charlie Card can also be reloaded with cash on any bus. For more information please call the COA (781) 631-6737. If you have a card that needs to be renewed call 617-222-2070.

USEFUL DEPARTMENT
CONTACT
INFORMATION**Abbot Hall, 781-631-0000**

188 Washington Street
Selectmen's Office, Town Administrator, Town Clerk's Office, Town Planner, Parking Clerk and Historical Commission

Abbot Public Library

781-631-1481
235 Pleasant Street

Animal Control

781-631-8664
44 Village Street

Cemetery Department

781-631-1182
294 West Shore Drive

Council on Aging

781-631-6225
10 Humphrey Street

Fire Headquarters

781-631-0142
One Ocean Avenue

Harbormaster

781-631-2386
9 Ferry Lane

Marblehead Housing Authority

781-631-2580
26 Rowland Street

Municipal Light

781-631-0240
80 Commercial Street

Marblehead Water and Sewer

781-631-0102
100 Tower Way

Police Headquarters

781-631-1212
11 Gerry Street

Public Works

781-631-1750
Tower Way

Recreation and Parks

781-631-3350
10 Humphrey Street

Transfer Station

781-631-4751
Recycling Center and Swap Shed,
Woodfin Terrace

IMPORTANT SAFETY NEWS

Do you have home “Sharps” or outdated/ unwanted medication that needs to be disposed of?

Free, safe and anonymous disposal of prescription drugs and sharps. Do not flush medications down the drain or toilet.

HOME SHARPS DISPOSAL:

The **Marblehead Board of Health** is an authorized Sharps Collection Center and will accept sharps, lancets, unopened packages of hypodermic needles and thermometers from residents provided these items are brought into the Board of Health office in an approved rigid, leak-proof, puncture resistant and shatter proof container with a tightly closed lid. No glass containers, plastic or paper bags are accepted. Sharps must be brought during business hours. The Board of Health provides a drop-off kiosk in front of the office. Please do not leave sharps unattended when no one is present. The Board of Health is located at 7 Widger Road and their hours are Monday, Tuesday and Thursday 8-5, Wednesday 8-6 and Friday 8 to 12:30. Please call 781-631-0212 for more info.



OUTDATED, UNUSED, AND UNWANTED MEDICATIONS

The **Marblehead Police Dept.** reminds residents that medications may be disposed of safely. A kiosk is located in the MHD Police Station lobby.

Items accepted are prescription and over-the-counter medications, including liquids, vitamins, veterinary medicines and narcotics.

The Police station is located at 11 Gerry Street and is open everyday, all day and night.



EMERGENCY KIT CHECKLIST
Disaster Preparedness

The likelihood that you will recover from an emergency tomorrow often depends on the planning and preparation done today. This list may help you get through the first three days after a disaster.

- 3 Days of nonperishable/non-cook food
- 3 Days of water: 1 gallon per day per person
- 3 Days of Medication
- Flashlight
- Battery operated radio
- Extra batteries
- First aid kit
- Cash
- Cell phone and its charger
- ID cards
- Information on Dr., meds., allergies
- Family and friends contact info
- Toothbrush and toothpaste
- Blanket, towel and washcloth
- Clothes
- Baby and/or pet supplies

Need Help Paying Winter Heating Bills?

Help is available!

The Fuel Assistance Department at North Shore Community Action Programs, Inc. helps income-eligible households pay part of their winter heating bills. If your gross household income falls within the limits shown in this chart, you may qualify for fuel assistance benefits and discounts on your National Grid Gas and Electric bills.

| Household Size | 60% of Estimated State Median Income |
|----------------|--------------------------------------|
| 1 | \$34,001 |
| 2 | \$44,463 |
| 3 | \$54,925 |
| 4 | \$65,387 |
| 5 | \$75,849 |
| 6 | \$86,311 |

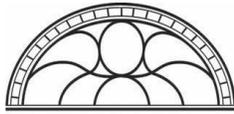
Call Marla for help with new or recertification forms at 781-631-6225.

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Do you know . . .

... that this publication is produced at no cost to the Marblehead Council on Aging? The cost of assembling, printing and delivery is carried by the advertisers which appear on these pages. By paying for advertising space, these businesses help your organization communicate with its members. When you patronize these businesses, it proves that advertising in your publication is a good investment which brings a return. Please mention that you saw the company's ad in this publication—solid evidence which encourages advertisers to continue their support!



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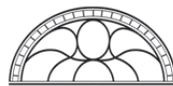
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Marblehead Council on Aging, Marblehead, MA

06-5127

Town of Marblehead Council On Aging

MISSION STATEMENT

The mission of the Marblehead Council on Aging is to enhance the quality of life for seniors and to promote respect and good will in the community by informing, educating and advocating for seniors and those who care for them and to provide services and activities which promote healthy, successful and enjoyable aging.

....

The Marblehead Council on Aging receives funding from the Town of Marblehead, the Commonwealth of Massachusetts through the Executive Office of Elder Affairs, and the federal government through Title IIIB and IIIC grants awarded by North Shore Elder Services, Inc. In addition, COA programs are supported by funds from the Friends of the Marblehead Council on Aging, the Marblehead Female Humane Society and individual donations.

....

We also want to thank the advertisers for their continued support

MARBLEHEAD COUNCIL ON AGING STAFF

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Sr. Day Ctr. Coordinator
Activities Coordinator
Outreach Coordinator
Transportation Clerks

Volunteer Coordinator
Chauffeurs

Site Manager
MOW Drivers

Maintenance

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Jan DePaolo
Janice Salisbury Beal
Marla Meyer, LCSW
Renee Leger
Nadine Lepick
Susan Burgess
Patricia Medeiros
Bob Hinch
Bob Gotschall
Maxine Stromberg
Pamela Campbell
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