

**Council on Aging
Town of Middleton ~ Old Town Hall
38 Maple St./P. O. Box 855
Middleton, MA. 01949**

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CURRENT RESIDENT, OR

Middleton Council on Aging Community Center

38 Maple St.

Middleton, MA 01949

Office: 978-777-4067

Open Monday thru Thursday from 9AM-3PM

Inclement or Severe Weather Policy: The Council on Aging will be closed when the Middleton School District is closed.

The Middleton Food Pantry

Winter Hours Fridays 1PM-5PM

Proof of residency will be required at the time of registration for individuals and families in need. We accept donations when the COA community center is open.

The Age of Mastery

Volume XX Issue 8

MARCH/APRIL 2020

COA BOARD OF DIRECTORS (Thank you for all your support)

<i>Jerry Gove, Chair</i>	<i>Dr. Joan Shea-Desmond, Vice Chair</i>	
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COA VOLUNTEERS (Thank you for all your support)

<i>June Bjornholm</i>	<i>Ellie Kinnaly</i>	<i>Helen Packowski</i>	<i>Wendy Tirck</i>
<i>Martha Fucarile</i>	<i>John LeBlanc</i>	<i>Dr. Joan Shea-Desmond</i>	
<i>Terri Getz</i>	<i>Gloria Mclean-Hynds</i>	<i>Ellen Strobel</i>	

COA STAFF

<i>Director</i>	<i>Jillian Smith</i>		
<i>Office</i>	<i>Patricia Hart</i>	<i>Ann Moorman</i>	<i>Virginia Browder</i>
	<i>Jeannette Mastrocola</i>	<i>Rhonda Draper</i>	<i>Patrick Maher</i>
<i>Nutrition and Transportation</i>	<i>Andy Diskes</i>	<i>Jeanne Anderson</i>	<i>Ethel Marino</i>
	<i>Judy Vadnais</i>	<i>Terri Getz</i>	<i>Jose Gonzalez</i>
	<i>John LeBlanc</i>	<i>Walter MacLeod</i>	<i>Connie Coste</i>



From the COA Board Chair’s Desk . . .

The members of the Council on Aging Advisory Board are very interested in getting everyone’s input in the development of the new municipal complex. We believe that it is essential for all Middleton residents to get involved and stay informed throughout the planning process. We urge everyone to go on the town web site: www.middletonma.gov and open the link to Community. You can also contact Town Officials, Selectmen, and members of the Master Development Planning Committee and ask them questions. There are hard decisions that have to be made for the future of our town, especially seniors since we play an important role. Please don’t go to our town meetings uninformed. The future of Middleton is in our hands! The next Town Meeting is tentatively scheduled for Tuesday, March 24th at 7PM at the Howe Manning School.

-Jerry Gove, Chairman, Council on Aging



From the Director’s Desk . . .

Welcome Spring! Hello friends, as we transition into spring I am grateful for the hard work of the COA’s Board, Friends of the COA, Volunteers and Staff. We are adding new programs each month and are reaching more seniors through outreach and transportation services. Our goal is to bring you joy and to fight social isolation. Please take the time to see what we have to offer and join us here for a program or meal. No transportation, no problem, we are happy to pick you up. If you do not see something that interests you, please let me know what you are looking for, we are here for you and are looking forward to having you here to enjoy life with you!

Sincerely, Jillian Smith, CDP Middleton Council on Aging Director



From the Case Manager and Outreach Coordinator’s Desk . . .

By the end of January we began the formulation of our new “Neighbor to Neighbor Life Enrichment Clubs”, with the fantastic and valuable contributions of Joan Shea-Desmond, Ellen Strobel, Terri Getz, John LeBlanc, June Bjornholm, Martha Fucarile and Helen Packowski, we began organizing for Life Enrichment Clubs: Knitting Club; Craft Club; Book Club; Cooking Club. These clubs will produce gifts for our homebound neighbors. All are welcome to join clubs or to help establish new clubs. Inquire in person, by email Patrick.maher@middletonma.gov or call 978-777-4067.

Sincerely, Patrick Maher, LSCW Council on Aging Case Manager and Outreach Coordinator.

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About Us

Our Mission Statement: Our Mission is to enhance and promote the best quality of life for older adults in our community.

Our Vision Statement: Our vision is to provide a comfortable and welcoming environment. We support the rights and expectations of older adults through social participation, community involvement, workforce training and placement. We strive to offer a variety of programs.

Parking and Transportation: Limited Parking is available at the COA on a first-come, first-served basis. Free transportation is available for programs taking place at the COA. Additional transportation options are available for those who no longer drive. Off-site programs utilizing the van requires, \$2 for in town or \$5 for out of town, non-refundable fee paid in advance. For transportation inquiries contact Andy Diskes at 978-777-4067 or andy.diskes@middletonma.gov with 24 hour advance notice.

Life Coaching and Counseling Opportunity: Patrick Maher, LCSW, is an advocate and local veteran who specializes in life coaching for individuals struggling with stress and anxiety. Patrick offers free confidential support for Middleton residents and veterans by appointment. To schedule an appointment please contact Patrick Maher by calling 978-777-4067 or emailing patrick.maher@middletonma.gov.

Home Delivered Meals Service: Meals on Wheels, offered by North Shore Elder Services, is available to homebound seniors. Contact Andy Diskes at 978-777-4067 or andy.diskes@middletonma.gov.

Volunteer Opportunities: The COA is able to offer quality opportunities because of the generosity of volunteers. Program ideas and volunteer instructors are always welcome. If you're interested in volunteering or you have program ideas please contact Jillian Smith by calling 978-777-4067 or emailing jillian.smith@middletonma.gov (subject line: volunteers).

Advertising: If you're interested in advertising in future newsletters please contact Jillian Smith by calling 978-777-4067 or emailing (subject line: newsletter advertising) at jillian.smith@middletonma.gov.

Disclaimer: The Middleton COA is not affiliated with any particular religious faith. The opinions and views expressed by class instructors are their own and do not necessarily reflect the views of the Middleton COA. The Middleton COA does not allow any trading or selling of goods by volunteer instructors on the premises.

Program Descriptions Index (*Programs are FREE unless otherwise stated*)

Bingo: (\$2.00 each Monday) This is a game in which players mark off numbers on cards as the numbers are drawn randomly by a caller, the winner being the first person to mark off five numbers in a row or another required pattern.

Birthday Celebration: Join us for this great way of celebrating each other's birthdays. A special gift will be given to those with a birthday in the current month. A special thank you to Kay Keenan for making delicious homemade birthday cakes!

Blood Pressure Clinic: Nurse Practitioner, Cindy Lapote-Unni from Middleton Family Practice Medicine will provide a free Blood Pressure clinic.

Book Club: Do you love to read? If so, join Dr. Joan Shea-Desmond for the Council on Aging's new Book Club starting April 2nd at 1:30PM. The first book selection will be *The Alice Network* by Kate Quinn. In order to have a lively discussion about the book it is essential that each participant reads the entire book prior to the club meeting.

Canasta: This is a game of the Rummy family where jokers and deuces are wild. The principal object of play is to form combinations of three or more cards of the same rank with or without the help of wild cards. Don't know how to play, no problem, instruction will be provided.

Celebrate Spring Lunch (Special Meal on April 9th): *Ham and Asparagus Swiss Quiche* with Lemon Garlic Roasted Potatoes, Green Beans with Diced Tomatoes, Pull Apart Roll and White Chocolate Mousse with Whipped Topping.

Dementia Friends: How can you become a Dementia Friend? You become a Dementia Friend by attending a one-hour information session to learn the 5 key messages about living with dementia and the simple things you can do to make a difference in your community. You will learn what dementia is, what it's like to live with it, and some tips for communicating with people who have dementia. You do not need to be a dementia expert to become a Dementia Friend. You don't need to know someone with dementia to be a Dementia Friend.

Eating Well with Your Senior Lifestyle: Beth Cronin, MS, RD, CDE, LDN (Licensed Dietitian Nutritionist) will teach us about eating well on a budget, cooking for one or two, choosing a variety of healthy foods to meet your changing nutritional needs or possibly to manage a health condition that may be challenging as you plan and prepare meals.

Ethel's Brunch: (any donation is appreciated) Takes place the first and third Tuesday of the month (this is replacing the previous Tuesday breakfasts). Ethel prepares a homemade specialty that will be served at 11AM. Brunch will be followed by a speaker. To see a list of speakers please refer to the speaker list section in this index.

Exercise: Gentle exercise with instructor Bonnie Peruffo (fee \$5 per class). An exercise program using chairs, light weights and gentle exercises to create strength and better balance. Schedule is Tuesdays 1:30-2:30PM and Thursdays 9:30AM-10:30AM at the COA Community Center.

Friends Meeting: This is the first Monday of the month at 5:30PM. The Friends of the COA are always looking to welcome new "Friends". If you are interested in joining or would like more information, please just stop by and join us. Meetings in the main hall of the COA.

GRAND TIMES (with Connie): Drop-in program for caregivers of young children that includes story time, playtime, crafts and presentations. Topics: **March 6th** – Birthdays; **March 20th** – Wind and Kites; **April 17th** – Spring. Programs run from 10:30AM-11:30AM at the Flint Public Library located at 1 South Main St, Middleton.

Hearing Screening on Tuesday, April 21st: Lisa Winton from Rogers Hearing of Peabody will offer 15-minute free hearing screenings following her program. To make an appointment to have your hearing tested, please call the Middleton COA at 978-777-4067 before April 20th.

In Town Shopping Trip: (cost \$2) Fridays with pick-ups starting at 9AM. 24 hours sign-up required. Includes Market Basket Plaza, CVS, Bank and other errands upon request.

Italian Melodies: Claudio will perform a variety of songs each week.

Knitting Group: This group meets weekly on Wednesdays. Work on your own knitting project while socializing with friends. You are welcome to come and just socialize if you do not knit.

Lunch (CONGREGATE MEALS): (Suggested donation: \$2.25) Come eat with us instead of eating alone! Transportation is available for Middleton residents. Let us know your need when you call to rsvp. A special thank you to Elder Services of the Merrimack Valley and North Shore for catering these meals. ****ATTENTION VETERANS**: On the 3rd Wednesday of the month, Veterans receive a complimentary lunch, as a thank you for your services. Gary Bent, Middleton's Veterans' Service Agent and an Outreach Advocate will join us for this meal.

Lunch Bunch: (\$2 for in town or \$5 for out of town transportation fee. 24 hour advance registration required) Join us for lunch with friends.

Mary Ann Nay: Is the Community Outreach Specialist for the Office of State Senator Bruce E. Tarr, Senate Minority Leader for the Massachusetts State House. She will be at the COA to answer questions.

MASCO St. Patrick's Day Dinner: Sign up with the senior center to reserve your seat. Deadline to sign up is March 10th.

Memory Café: This café is a welcoming place for people with cognitive changes and their loved ones. Café's vary from guest artists, informational presentations and exercise programs.

National Alliance on Mental Illness (NAMI) Speaker and Family Support Group: A monthly speaker complimented by resources, conversation and snacks. The Family Support Group Meeting is for caregivers of individuals with mental illness. This group allows family members to speak openly about their challenges and receive support from others who can relate.

Newsletter Proofreading Meeting: COA volunteers who proofread the newsletter meet today.

Normal vs Not Normal Memory Loss: Do you ever wonder what normal vs not normal with memory loss is? Do you want to know more about how to identify this and interact better with those living with dementia and "not-normal" memory loss?

Pike's Hike: Pike Messenger leads a Hike in our local Middleton trails. Fridays 7:55AM-9:30AM Meet at Angelica's Restaurant rear lot.

Pinochle: The object of the game is to accumulate points by winning tricks, or melding a combination of cards. Don't know how to play, no problem, instruction will be provided.

R.O.M.E.O.: Retired Old Men Eating Out is an out-to-eat program for men looking to get out and have guy time. Please RSVP your attendance 24 hours before the outing. Outings will be at Freddy's Café. Transportation provided. Pick up time will begin at 9AM.

Rummikub: This is a tile-based game for 2 to 4 players, combining elements of the card game rummy and mahjong. Don't know how to play, no problem, instruction will be provided.

Rummy (card game): This is a group of matching-card games notable for similar gameplay based on matching cards of the same rank or sequence and same suit. The basic goal in any form of rummy is to build melds which consists of sets, three or four of a kind of the same rank; or runs, three or more cards in sequence, of the same suit. Instruction will be provided.

Scat: A simple draw and discard game. Players have a three card hand and the aim is to collect cards in a single suit worth 31 points or as near as possible to that total. Don't know how to play, no problem, instruction will be provided.

Scrabble: Scrabble is a word game in which two to four players score points by placing tiles bearing a single letter onto a board divided into a 15x15 grid of squares. The tiles must form words that, in crossword fashion, read left to right in rows or downward in columns, and be included in a standard dictionary or lexicon. Don't know how to play, no problem, instruction will be provided.

S.H.I.N.E. Counseling (Serving Health Insurance Needs of Everyone): Trained counselor, Joe Younger, is here on Mondays (by appointment only) to assist you with finding the best health and prescription plans that meet your needs. Call 978-777-4067 to schedule an appointment.

Shopping: Twice a month we will take our shopping excursion out of town. Destination includes the Liberty Tree Mall and the Northshore Mall. Suggestions for additional out of town shopping destinations are welcome.

St Patrick's Day Lunch (Special Meal on March 12th): *Corned Beef Au Jus* Cabbage Wedge with Carrot and Turnip Blend, Potatoes with Fresh Parsley, Irish Soda Bread and Crème De Menthe Bar.

Speaker List: (for this newsletter) **Tuesday, March 3rd** –Hathorne Hill Nursing Home and Rehabilitation facility of Danvers will present on the specialized healthcare services they offer and will provide an overview of pertinent financial information. **Tuesday, March 17th** – Chef Michael will present, "Chefs for Seniors," an organization that connects seniors with meal options for entertaining guests, as well as cooking nutritious, affordable and high quality meals. **Tuesday, April 7th** – Anne Cote, member of the Middleton Historical Society and Paul Pellicelli, from Middleton Cable, will present Paul's film and narration of "Middleton - `1985." This is a fascinating film of Middleton Square and Rte114, the "way it was." **Tuesday, April 21st** – Lisa Winton from Rogers Hearing of Peabody will speak on the challenges of being hard of hearing and a variety of solutions available. Free 15-minute hearing screenings will be offered following the program between 12PM-1:30PM. To make an appointment to have your hearing tested, please call the Middleton COA at 978-777-4067 before April 20th.

The Play's the Thing: Each week Andy Diskes will present scenes from classic movies and plays that will be read by members of the group who volunteer for the roles. Don't want to read, no problem, come be the audience.

Traveling Chef: (Suggested Donation \$2.25) The menu for the next two months: **March-** French Crepes includes Turkey, Spinach and Swiss Crepe with a Creamy Mushroom Sauce, Wild Rice Pilaf, Mixed Green Salad with Ribbon Summer Squash, Mint Shallot, Dijon Vinaigrette, Parker House Roll and Boston Crème Cake. **April** – Taco Bar includes your choice of a Choice of Soft Shell or Hard Shell Taco; Shredded Chicken or Sliced Beef. Sides are Red Beans and Rice, Shredded Cheese, Sour Cream, Pico D Gallo, Guacamole, Lettuce and Tres Leches Cake.

Trips: Thursday, March 12 *Boston Flower and Garden Show at the Seaport World Trade Center in Boston* this year's show theme is Garden Party: Celebrating Friends & Family. There will be 20 vibrant, idea packed garden displays and 250 booths in the Garden Marketplace. Lunch on your own at one of the concession areas on the show floor. Total cost for the trip is \$21.00. Reservations and payment must be made by March 2nd. Van will leave Angelicas parking lot at 9:30AM and return by 4PM. Thursday, April 9 *Peabody Essex Museum in Salem* Docent led tour of the Fashion and Design area in the new wing featuring a collection of Iris Apfel: Rare Bird of Fashion. Lunch on your own at the Atrium Café in the Museum. Total cost for the trip is \$25.00. Reservations and payment must be made by March 30th. Van will be stopping at the Coffee Time Bake Shop on the way home. Van will leave Angelicas parking lot at 9:30AM and return by 4PM.

Volunteer Meeting: Meeting the last Tuesday of the month for anyone interested in becoming a volunteer for the Council on Aging. If you cannot attend this meeting you can call anytime to find the opportunity right for you. Come find an opportunity that is right for you!

Words in a Word Game: The group will be presented with a word and as a group you will try to make as many 4 letter or longer words. Proper nouns and duplicate words do not count. Don't know how to play, no problem, instruction will be provided.

Yoga: Gentle yoga with Dot McKeen (fee \$5 per class). Yoga is using your breath to guide movement. This gentle stretching class is performed all while sitting in a chair and is great for improving posture and balance. Class schedule is Mondays 9AM-10AM at the Congregational Church, 66 Maple St. •

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