

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

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The Middleton Food Pantry**

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Middleton, MA 01949

Office: 978-777-4067

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# The Age of Mastery

## COVID-19 EDITION

Volume XX Issue 9

May/June 2020

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### **Friends of the COA (Thank you for all your support)**

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### **COA STAFF**

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*Director Jillian Smith Assistant Director and Nutrition Coordinator Andy Diskes*

*Office Patricia Hart Ann Moorman*

*Outreach and Admin Patrick Maher Rhonda Draper Ron Draper*

*Nutrition and Connie Coste Jeanne Anderson Ethel Marino*

*Transportation Judy Vadnais Terri Getz Jose Gonzalez*

*John LeBlanc Walter MacLeod*

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**COVID-19 COMMUNITY VOLUNTEERS (Thank you for time, support and helping the COA accomplish its mission during this time!)**

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<i>Chris Richardson</i>	<i>Sandy Knight</i>	<i>Scott Caldwell</i>	<i>Kendra Kelley</i>
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<i>Kat Dunn</i>	<i>Alice Tierney</i>	<i>Heidi Cresta</i>	

***If it were not for you, we could not do all that we do! You are what makes Middleton a special place to live! \*Everyday new volunteers sign up. Thank you to those who signed up after this newsletter went to print.***

The Middleton Council on Aging and Minit Car Wash are teaming together to support our community's seniors by donating 20% of all online sales through April 30th. Please visit their website at [www.minitcarwash.com](http://www.minitcarwash.com)





**From the COA Board Chair's Desk . . .** Hello! Spring is here and our Director and her staff have been very busy making needed improvements in the Council on Aging. For example, the main hall has been opened up and is more welcoming and conducive for activities. I have improved the lighting by changing the old 300 watt light bulbs to brighter, energy efficient LED bulbs. Many thanks to DPW and the Middleton Electric and Light Department for their support. A gentle reminder to get informed about important items involving the future of our town's Master Development plan. I look forward to the time when we can enjoy our bigger and brighter space together! ~Jerry Gove, Chairman



**From the Director's Desk . . .** Hello friends, you are missed! Currently the majority of our staff is working from home thinking about how we can serve you! Initially we focused on our friends who are at risk for food insecurity. Next, we compiled a list of generous volunteers who are anxious to assist us with our efforts. We have continued to deliver meals, make outreach calls and find creative ways to provide services. In this newsletter you will see the services we are currently offering as well as opportunities for engagement while at home. We are here for you, please reach out if you need anything. Thank you for your efforts to flatten the curve and please know we are anxious to all be together again! Be well, Jillian Smith, CDP Council on Aging Director



**From the Assistant Director's Desk . . .** Hello Everyone, I miss seeing you! Staff is working hard to stay in touch with you via telephone, email, and cards. We are thinking of you and want to ensure you are safe. If you haven't heard from us, please give us a call, check in by leaving us a message and we will follow up with you. I would like to thank our Meals on Wheels staff, along with several very thoughtful volunteers, for continuing to deliver meals. Please enjoy and take advantage of the multitude of offerings this newsletters has to offer you! These programs are designed to help you fight social isolation. When this is over, we know we will have an even stronger and more well-connected senior community than ever before. Sincerely, Andy Diskes, Assistant Director and Nutrition Coordinator



**From the Case Manager and Outreach Coordinator's Desk . . .** Taking Positive Action in Trying Times. Mental health experts emphasize that it is normal to feel anxiety over any disruption in our everyday life. Disruption has happened to most of us to some degree over the past few month as our country has been dealing with the coronavirus pandemic. It is OK to have moments of anxiety and that anxiety can move us to take positive action. Here is a list of helpful life style strategies: 1. Take a media break (read more); 2. Continue to wash your hands frequently (avoid touching your face); 3. Practice good self-care (nutritious eating/regular exercise); 4. Take walks (The North Shore Area has many wonderful parks and trails); 5. Acknowledge your Anxiety (name it to tame it); 6. Write down your worries (challenge you're thinking to get more balance); 7. Think love (be open, accepting and kind to yourself and others). ~ Patrick Maher, LSCW Case Manager and Outreach Coordinator.



**From the Office Manager's Desk . . .** Dear Friends, I want to wish you well and to let you know that we are thinking of you. You are an important part of this community and we are here to assist you. I have spoken with many of you on the phone and I am pleased to report that everyone is safe, secure and handling this situation. It is encouraging that families, neighbors and friends are reaching out to each other. I want to thank the residents who have offered to volunteer their services. It is gratifying to have members of the community step forward to help. This is known in our town as "The Middleton Way." The strength and resiliency of our senior community is admirable. You are wonderful people and we are privileged to be a part of your life in the work that we do. We miss you and look forward to the time when we can gather together once again at the Middleton Senior Center. Please stay safe, well and we will see you soon. My best wishes, Pat Hart, Front Office Manager

## **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.

***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](mailto: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.

**QUICK REMINDER: PLEASE FILL OUT YOUR CENSUS, IF YOU ARE UNABLE TO COMPLETE IT ONLINE A PAPER COPY WILL COME IN THE MAIL SOON. YOUR COMPLETION OF THE CENSUS DIRECTLY AFFECTS FUNDING TO THE COA. IF YOU HAVE QUESTIONS PLEASE ASK!**

**Services and Opportunities:** In this newsletter you will find a list of services we are providing to help reach your needs and engage you during this time of social isolation. Please reach out by emailing me at [jillian.smith@middletonma.gov](mailto:jillian.smith@middletonma.gov) or calling the COA (978)777-4067 (extension 1205) and leaving a message. You can also find our latest updates and empowering messages on our facebook page at [https://www.facebook.com/Middleton-Senior-Center-38-Maple-St-Middleton-MA-100287794757948/?modal=admin\\_todo\\_tour](https://www.facebook.com/Middleton-Senior-Center-38-Maple-St-Middleton-MA-100287794757948/?modal=admin_todo_tour).

**Grocery Shopping/ Prescription Pick Up,** you will be paired with a community volunteer. John Leblanc, or another COA staff person will make the initial contact and introduction between you and your volunteer. Please see at the end of this letter the format for the envelopes we will be using for this process.

**Home Delivered Meals,** if you need regular meals and are not signed up, please contact North Shore Elder Services at (978) 750-4540 and ask for the nutrition department. Once you are signed up we will start delivering meals for you.

**Check-In Phone Calls,** staff is making check in phone calls, if you are not currently receiving a call and would like to, please let us know, we would enjoy calling you!

**S.H.I.N.E:** we are still offering our confidential health insurance counseling. Due to social distancing these appointments will occur over of the phone with our S.H.I.N.E counselor Joe Younger. Call or email Jillian Smith at the Council on Aging to make an appointment and Joe will call you at your scheduled time.

**Pet Walking:** do you have a pet that needs to be walked? If so, let us know and one of our fabulous volunteers will walk your pet!

**Trash Pick Up:** is your trash piling up? Contact us and we will arrange for a Wednesday free trash pick-up for you (offered by Innovative Waste Systems).

**Simple Free Tax Preparation:** Do you need assistance with your simple tax returns? COA volunteer Sandy Knight will assist you using safe social distancing practices. Sign up by calling or emailing Jillian Smith at the COA.

**Life Coaching and Counseling Opportunity (over the phone):** 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 ext. 1206 or emailing [patrick.maher@middletonma.gov](mailto:patrick.maher@middletonma.gov).

**Text pals and pen pals:** would you like to improve your texting skills? Do you have questions about texting? Remember the days of pen pals and the joy of receiving mail (that is not a bill). We will pair you with a volunteer of the COA and will provide cards and make connections.

**Over the phone simple technology support and using facebook:** do you have questions about technology and facebook? We have volunteers that will help you over the phone with any of these simple questions that may occur.

**Games online:** do you play any online word games? If not, would you like to learn? We have volunteers who would love to play or teach you a game.

**Sharing stories:** a senior shares their story with you and then you can scribe it for them to later share with their families. We can help by providing questions for you to ask “your” senior if needed.

If you need a service or have an idea for engagement not listed here, please reach out to Jillian Smith at [jillian.smith@middletonma.gov](mailto:jillian.smith@middletonma.gov) or leave me a message at (978)777-4067 ext. 1205. Please be well, we look forward to being back together at the center as soon as this is over

# SPRING

Find the words in the grid. When you are done, the unused letters in the grid will spell out a hidden message. Pick them out from left to right, top line to bottom line. Words can go horizontally, vertically and diagonally in all eight directions.

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

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Birds	Daylight	Rain
Birth	Eggs	Rainbow
Blossom	Flowers	Spring
Breeze	Grass	Sprout
Buds	Grow	Sunshine
Butterfly	Hatch	Thaw
Clouds	Nest	Wind

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# SPRING

HIDDEN QUOTATION  
BY  
Hal Borland



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