

**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. / P.O. BOX 855  
Middleton, MA 01949  
Office: 978-777-4067

Phones will be staffed between 11am-1pm Monday-Wednesday (except on holidays). **The senior center's physical space is closed to the public.** Be sure to visit our website, follow us on facebook or join our email distribution list!

**The Middleton Food Pantry**

COVID-19 Hours Fridays 12PM-1PM

Proof of residency will be required at the time of registration for participants in need. The Food Pantry is only accepting monetary donations during COVID-19.

**Flu Clinic is coming your way!**

As fall approaches, we know you will want to be prepared by getting your flu shot. The Middleton Health Department's 2020 flu clinic will be a drive-up clinic requiring an online pre-registration to schedule your appointment. If you would like assistance registering online for your flu shot, please contact the Middleton Council on Aging at 978-777-4067. Registration will not begin until a clinic date is announced.

# The Age of Mastery

Volume XX Issue 11

September/October 2020

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

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|--------------------------|--|-----------------------|--------------------|
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| <i>Carol Carr</i>        | <i>Frank Leary</i>                       | <i>Leah Magnifico</i> |                    |
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## **Friends of the COA (Thank you for all your support)**

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| <i>Wendy Tirck</i>   |                        |                        |                       |

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## **COA VOLUNTEERS (Thank you for all your support)**

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|                       |                        |                            |                              |
|-----------------------|------------------------|----------------------------|------------------------------|
| <i>Nancy Ambrose</i>  | <i>Martha Fucarile</i> | <i>John LeBlanc</i>        | <i>Dr. Joan Shea-Desmond</i> |
| <i>Diva Barrett</i>   | <i>Terri Getz</i>      | <i>Gloria Mclean-Hynds</i> | <i>Ellen Strobel</i>         |
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| <i>Ann Couture</i>    | <i>Lisa Kelly</i>      | <i>John Maczynski</i>      |                              |

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## **COA STAFF**

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|                       |                          |                             |                      |
|-----------------------|--------------------------|-----------------------------|----------------------|
| <i>Director</i>       | <i>Jillian Smith</i>     | <i>Assistant Director</i>   | <i>Andy Diskes</i>   |
| <i>Office</i>         |                          | <i>Administrative Asst.</i> | <i>Rhonda Draper</i> |
| <i>Outreach</i>       | <i>Patrick Maher</i>     | <i>Tech Support</i>         | <i>Ron Draper</i>    |
| <i>Nutrition</i>      | <i>Charlene Peterson</i> | <i>Jeanne Anderson</i>      | <i>Ethel Marino</i>  |
|                       | <i>Judy Vadnais</i>      | <i>Terri Getz</i>           | <i>Connie Coste</i>  |
| <i>Transportation</i> | <i>John LeBlanc</i>      | <i>Walter MacLeod</i>       | <i>Jose Gonzalez</i> |

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

*A special thank you to the volunteers who have assisted us in our continuing effort to update our data base by attempting to contact every senior in Middleton.*

**IF YOU HAVE NOT HEARD FROM US THEN WE DO NOT HAVE A WAY TO CONTACT YOU!**

Please help us in our efforts to keep you informed by updating your contact information with us by leaving us a message at the Middleton Senior Center at 978-777-4067 or email [jillian.smith@middletonmag.gov](mailto:jillian.smith@middletonmag.gov)



**From the COA Board Chair’s Desk . . .** Caring for our senior community has always my top priority. I know many seniors have a difficult time during hot weather, so if you have concerns, please reach out to us. Fall is not far away and that should bring some relief. **If you have not done the census, it is crucial to seniors that it be completed ASAP!** A gentle reminder to execute your right to vote, mail in voting is available, reach out to the center if you have questions. As always, I have faith in a renewal of togetherness at our Senior Center. Jerry Gove, Chairman, Middleton Council on Aging Board of Directors



**From the Director’s Desk . . .** Hello Friends! As fall approaches, we look forward to the vibrant colors of the leaves changing. You will see in this calendar that we will have our first “get together” called *Bring Your Own Bagged Lunch and Chair*. Thanks to the Flint Library, we will come together on the shady lawn of their backyard. **Six-foot social distancing and wearing a mask (when you are not eating) will be required.** Please refer to the program description listing for more details. I am so excited to see you, please continue to be safe and as always reach out to us with any needs, concerns or just to say hi! You are missed. Sincerely, Jillian Smith, CDP Middleton Council on Aging Director



**From the Assistant Director’s Desk . . .** Happy September, everyone! It has been nice to keep in touch via Zoom, Facebook, email, and phone. It is also terrific to see some of you learning to use Zoom and Facebook for the first time! Please do not let the unfamiliarity of technology keep you from connecting with us, your friends and family. We have tech volunteers eager to provide support and education. Everyone who has wanted to learn has done so very quickly. We are here for you, if you would like to speak with a staff member, please reach out. Enjoy the rest of your summer. I look forward to hearing from you! Andy Diskes, Middleton Council on Aging Assistant Director



**From the Case Manager and Outreach Coordinator’s Desk . . .** Great work everyone! At the print of this newsletter publication, the COVID case number curve for Massachusetts has flattened – please stay positive and vigilant! Social distancing during the COVID emergency has been a challenge for everyone. Caregivers of those with dementia face even greater. If you or someone you know is a caregiver, we are here to help by providing support and guidance regarding services. Please call 978-777-4067. Wishing you good health – Patrick Maher, LCSW, Middleton Council on Aging Case Manager and Outreach Coordinator.

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## About Us

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

**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.

**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 by appointment. To schedule an appointment please contact Patrick Maher by calling 978-777-4067 or emailing [patrick.maher@middletonma.gov](mailto:patrick.maher@middletonma.gov).

**Home Delivered Meals Service:** Meals on Wheels, offered by North Shore Elder Services, is available to homebound seniors. See listing under COA services for enrollment details.

**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](mailto: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](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.

### COA Services Available

**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.

**Home Delivered Meals:** please contact North Shore Elder Services at (978) 750-4540 and ask for the nutrition department to sign up. Once signed up, your meal delivery will start.

**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.

**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.

**Trash pickup (FREE):** 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).

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

**Zoom (\*\*and other) Program Descriptions Index**  
**(Programs are FREE unless otherwise stated)**

**IMPORTANT:** to register for a zoom program please call 978-777-4067 or email [jillian.smith@middletonma.gov](mailto:jillian.smith@middletonma.gov) . Your message should include your name, the program(s) you would like to participate in, the best way to contact you and if you need technology assistance. The center will follow up with you in regards to zoom log in details.

**Bingo – Mondays at 12:30pm:** (\$2 each Monday; mail in your check to the COA; subject line bingo ) This is a game in which players mark off numbers on cards as the numbers are drawn randomly by a caller, the winner is the first person to mark off five numbers in the pattern.

**Book Club – Dates and times to be determined:** Do you love to read? If so, join Dr. Joan Shea-Desmond for the COA's Book Club. In September we will be reading *The Only Woman in the Room* by Marie Benedict. We will have a virtual book discussion in October. For more information please contact the Middleton Council on Aging.

**\*\*(not a zoom program) Bring Your Own Bagged Lunch and Chair Weekly Event – Thursdays at 11:30am at the Flint Library's Backyard (Birthday Celebration – 4<sup>th</sup> Thursday of the Month):** Bring your own lunch, chair and mask for a safe, six foot social distancing picnic (masks only to be removed while eating). The Library is closed so **there will be no access to bathrooms**. Discussions around staying engaged during COVID-19 will take place. Please bring your ideas. Zoom demonstrations with question and answer sessions will also take place. **Limited participation per governor order and cancelations may occur due to weather or new orders. RSVP and symptoms checklist completion required:** email [jillian.smith@middletonma.gov](mailto:jillian.smith@middletonma.gov) or call 978-777-4067.

**Exercise – Thursdays at 9:30am:** Gentle exercise with instructor Bonnie Peruffo (donations encouraged and can be sent to the COA with the subject line: exercise). This is an exercise program using chairs and light weights to create strength and better balance.

**Friends Meeting – \*1<sup>st</sup> Monday at 5:30PM:** (\*except when a holiday, then it is the second) The Friends of the COA are looking to welcome new members. If you are interested in joining or would like more information, please join us for a meeting. (*may change due to COVID-19*).

**Knitting/Crafts – Wednesdays at 10:30am:** Work on your own knitting project while socializing with friends. If you do not knit, simple crafts will be available.

**Mid-Week Meditations – Tuesday at 10:30am:** Take a 20 minute break in the week to relax, recharge and reconnect yourself. This is a recorded program that will be shared thru zoom so you can share you time of relaxation with friends!

**Yoga – Mondays at 10:00am:** Gentle yoga with Dot McKeen (Free, monetary donations to the Middleton Food Pantry in place of a class fee is encouraged). This yoga class starts sitting in chairs. As the class progresses, the class moves to standing postures using the chair as a safety mechanism as you are guided into postures that improve and strengthen balance.

**Lions Club Needs Eyeglasses**

Do you have an old pair of eyeglasses that you want to find a new purpose? Look no further, the Middleton Council on Aging is collecting old eyeglasses to donate to the Lions Club. If you would like to donate your eyeglasses, just bring them to the senior center at 38 Maple St. and leave them in our drop box located at the ramped entrance.

## **Flint Library Offerings (FL) Description Index**

The following programs are being offered by the Flint Library. All Flint Library programs have (FL) markers next to them on the monthly calendar insert. We have included the Flint Library programs with the COA offerings on the calendar insert for your convenience. If you have any questions about these programs call the library at 978-774-8132 or email Melissa Gaspar, Library Director at [mgaspar@flintpublib.org](mailto:mgaspar@flintpublib.org) . **Did you know...**the Flint Library is now offering an in-person book hold pick-up in the library on Tuesdays, Wednesdays and Thursdays from 10am to 6pm? No appointments necessary! Masks REQUIRED. Place your book on hold by going to the Flint Library's online catalog or call the library at 978-774-8132 and they will happily help you place a book on hold or recommend a book for you.

**Cooking with Kelly and Ansel – Every Monday at 1pm:** Join Kelly and her cat Ansel for a weekly series of cooking demonstrations from home. Weekly videos will be posted on the Flint Public Library's Facebook page at <https://www.facebook.com/FlintPublicLibraryMiddleton/> **No registration required.**

**Taiji Qigong (Tai Chi) – Wednesdays at 10:30am:** Taiji Qigong leader Larry Greenberg will lead, weather permitting on the back lawn of the library, this easy-to-learn system of energy-enhancing exercises which coordinates movement with breathing and inner concentration. If practiced regularly, it will give you more energy, improve health and help prevent illness.

**Current Events Discussion Group – The 2<sup>nd</sup> and 4<sup>th</sup> Fridays at 10:30am:** Discuss current events with others who are interested in sharing their viewpoints on the latest news. Registration: Email [mgaspar@flintpublib.org](mailto:mgaspar@flintpublib.org) to receive the invitation to this zoom meeting.

**Discover the Magic in Gratitude Group – Mondays at 10am (you will receive an email at 10am and can access at your convenience):** This series is based on Rhonda Byrne's book The Magic. Melissa will send participants an email and a link to a short video that invites you to explore the power of gratitude in new and exciting ways. Counting your blessings and keeping a gratitude journal are promoted by the medical field and spiritual practices because they are proven to help people. This series will bring gratitude practices to a deeper level to transform your life and help make your dreams come true. New participants are welcome at any time throughout the series and will receive all previous emails from Melissa. We hope that you will join Melissa on this positive and fun journey in discovering the magic of gratitude! Registration: Email [mgaspar@flintpublib.org](mailto:mgaspar@flintpublib.org) to participate and begin receiving emails.

**Writing Group – 1st and 3rd Tuesdays at 6pm:** Come join the poetry and writing group. We will support each other in our writing goals. Bring a sample of your work to share. Registration: Email [mgaspar@flintpublib.org](mailto:mgaspar@flintpublib.org) to receive the zoom invitation.

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# TRANSFER STATION STICKER SALES ONLINE OR MAIL-IN SALES ONLY

**Due to COVID-19, stickers will no longer be sold at Town Hall**

*Stickers will be available for purchase online or via mail starting 8/31/2020*

Transfer Station Stickers, Recycle Stickers, Electronic Stickers and Bulk Item Stickers are available to purchase on line at the Town of Middleton website. These items are also available to purchase by mail.

**They will not be sold at Town Hall.**

**For online purchases:** Go to the Town of Middleton web page and click on pay my bill on homepage to find link. Credit card or ACH payment accepted. Stickers will be mailed to you with-in 7 business days. <https://unipaygold.unibank.com/transactioninfo.aspx>

**For mail-in purchases:** Complete the form on the next page and submit the accompanying information via mail or drop off in the mail slot at:

**Collector's Office  
48 South Main St.  
Middleton, MA 01949**

1. A valid copy of your registration for each vehicle for which you want to purchase a sticker. **Car must be registered in the Town of Middleton to obtain stickers.**
2. Complete the form below and mail it, or drop it off, with your check.
3. A check made payable to the Town of Middleton for:
  - \$125 for the first sticker
  - \$25 for each additional sticker in the same household
  - \$25 for a recycle sticker (NEW) (per vehicle)
  - \$25 for an electronic sticker (per item)
  - \$25 a bulk item sticker (NEW) (per item)

***Please note this is a new pricing schedule: EFFECTIVE 10/1/2020***

4. Include a self-addressed, stamped envelope for the Town to mail your sticker(s).
5. We request that you provide an email address so we may contact you with future renewal notices or other information regarding the use of the Transfer Station.

Please note that stickers will be mailed within 7 business days after receipt of the application and payment. If you would like to pay and order a sticker online, please go to the Town of Middleton website.

Mail-In Purchases Only: mail this application to the  
Middleton Collector's Office at 48 South Main St. Middleton, MA 01949

**TOWN OF MIDDLETON**      Date: \_\_\_\_\_

Transfer Station Sticker Application/Receipt

INDICATE AMOUNT FOR EACH:

\$\_\_\_\_\_ 1<sup>st</sup> Transfer Station Sticker Fee: \$125 (includes recycle sticker)

\$\_\_\_\_\_ Additional Sticker for Car in Same Household Sticker Fee: \$25

\$\_\_\_\_\_ Recycle Sticker Fee (per vehicle): \$25

\$\_\_\_\_\_ Electronic Sticker Fee (per item): \$25

\$\_\_\_\_\_ Bulk Item Sticker Fee (per item): \$25

\$\_\_\_\_\_ Total Amount Enclosed

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Reg #: \_\_\_\_\_ Year: \_\_\_\_\_ Make: \_\_\_\_\_ Model: \_\_\_\_\_

Email Address: \_\_\_\_\_

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