

Council on Aging

Town of Middleton ~ Old Town Hall

38 Maple St. P. O. Box 855

Middleton, MA. 01949

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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 10am-1pm Monday-Thursday (except on holidays). 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.

Greeting Cards Collection

The Middleton COA is accepting greeting card donations. Easily drop off your cards at our mailbox at 38 Maple Street in Middleton, or call to schedule a pickup at 978-777-4067.

The Age of Mastery

Volume XX Issue 12

November/December 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>Nancy Ambrose</i>	<i>Martha Fucarile</i>	<i>Dr. Joan Shea-Desmond</i>	
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COA STAFF

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

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@middletonma.gov



From the COA Board Chair’s Desk . . . With the change from summer to the fall season, I hope you are enjoying the bright foliage colors along with some new activities to re-energize us. I enjoyed seeing many of you at our “Lunch and Chair” event on the Flint Library lawn in September. It was a special way to reunite us and have some fun! The improvements that have been made to the existing Senior Center, such as the attractive new front stairs, are the beginning of making it more welcoming. I would also like to thank any volunteers who contributed to keeping us connected as we cope with changes due to COVID-19. One last thought: there are many ways to vote in this critical election before or on Election Day, Tuesday, November 3rd. No matter which way you choose, contact the COA for assistance if needed! Sincerely, *Jerry Gove, Chairman, Middleton Council on Aging Board of Directors*



From the Director’s Desk . . . Hello Friends, The holidays are on the horizon and I would like to take a moment to give thanks to those staff members who are no longer working at the Council On Aging. Pat Hart, Judy Vadnais and Ann Moorman departed from the Council On Aging this past summer 2020. We are so grateful for their years of service and dedication to all of our seniors and support they gave to the team. I would also like to give my condolences for the passing of Jeannette Mastrocola and Kay Martinuk, both of whom were extremely devoted to the senior center throughout the years. We will miss them dearly. Remember friends, the Middleton Council on Aging is here for you, if you are in need or would just like a friend to chat with, please contact us! Sincerely, *Jillian Smith, CDP Middleton Council on Aging Director*



From the Assistant Director’s Desk . . . Hello, everyone! Just a quick note to say I have enjoyed talking and meeting with many of you over the past few months either via Zoom or in person at our Bring Your Own Bag Lunch event outdoors behind the library. I am looking forward to seeing more of you as we begin to reintroduce more events live from the senior center! If you ever have any questions or ideas, please leave me or any one of the staff members a phone message or email. We love hearing from all of you. Sincerely, *Andy Diskes, Middleton Council on Aging Assistant Director*



From the Case Manager and Outreach Coordinator’s Desk . . . Hi Everyone, Starting in November, we have new social activities for caregivers and their loved ones. We have a great social Memory Café event and a new Caregiver Support Group Event. Both of these events are Zoom events. You can read more about these events and more under our COA Programs and Services section on page 5. All are welcome. “Happiness doesn’t depend upon who you are or what you have, it depends upon what you think. Through positive thoughts you are an inspiration to all those you meet.” Wishing you good health, *Patrick Maher, LCSW, Middleton Council on Aging Case Manager and Outreach coordinator.*

Advertisement

About the Middleton Council on Aging (COA)

Our Mission Statement

The Middleton COA mission is to enhance and promote the best quality of life for elders in our community. By treating those we serve with respect, dignity, and interest, we strive to foster self-fulfillment and independence.

Our Vision Statement

Our vision is to provide a comfortable and welcoming environment, whether in our building or through our other outreach venues. We support the rights and expectations of older adults through social participation, workforce training and placement, and community involvement. We continuously strive to offer a wide variety of programs that are of interest and benefit to older adults' growth and development.

Friends of the COA

Supporters of the Middleton COA enable us to develop our programming and community outreach through active fundraising opportunities and events. If you are interested in learning more about the COA and want to learn more about our dynamic Friends of the COA team, contact the COA at 978-777-4067.

Volunteer Opportunities

The COA offers quality opportunities thanks to the generosity of its volunteers. New program ideas and volunteer instructors are always welcome. If you're interested in volunteering or you have an idea you'd like to share with us, 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.

COA Programs & Services

(All programs and services are FREE unless otherwise stated)

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 by calling the front office.

Computer Lab: Need to access the internet or make copies? Our computer lab is open by appointment Monday thru Thursday. Call the front desk for more information or to book a visit.

Digitizing Services for Photos and Slides: Do you have precious photos and slides that you want to preserve? The COA is partnering with the Tri-Town Council to provide one-on-one assistance with a student volunteer to digitize your photos and slides. This service can be completed in person or remotely depending on your preference. Reservations for appointments are required. Please contact the front office at 978-777-4067 for more information or to book an appointment.

Grocery Shopping/ Prescription Pick Up: One-to-One assistance with grocery shopping is available! COA staff will match you with an appropriate volunteer for your shopping needs. Sign-ups are required the Wednesday BEFORE you plan to shop (approximately one week ahead), so call us early! For more information or to sign-up, contact the front desk.

Home Delivered Meals Service: Meals on Wheels, offered by North Shore Elder Services and delivered by your friends at the Middleton Council on Aging. Available to homebound seniors. Contact the COA front desk for more information. *To volunteer to become a Meals on Wheels driver, contact Elder Services of Merrimack Valley at nutrition@esmv.org or call 978-686-1422.*

Life Coaching and Counseling Services: 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 at patrick.maher@middletonma.gov or call the front desk.

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.

Shopping Transportation: Transportation to local shopping is back! Fee is waived during COVID-19. Contact the COA for more details regarding this service.

Technology Support: Questions regarding your tech devices and/or using programs like Zoom or Facebook on your smartphone, tablet or iPad? The COA is able to help you in person with any of your questions. Times available by appointment only, and COVID protections such as masks, screens, and plastic barriers will be in place. To schedule, call the front desk at 978-777-4067.

Calendar Descriptions Index

Middleton COA Activities and Events

(Programs are FREE unless otherwise stated)

IMPORTANT: *Programs are FREE unless stated otherwise. To register for any Zoom or in-person program below please call the **COA front desk 978-777-4067** or email Sondria Berman sondria.berman@middletonma.gov.*

All activities are in-person unless otherwise marked with a (Z) for ZOOM or (HY) for a hybrid of both.

Art Studio with Ethel – 2nd and 4th Tuesdays of the Month at 1pm: Come explore your love of art, hosted by Ethel. Space is limited; call the front desk to register.

Bingo – Mondays 1-2pm (HY): (\$2 each Monday; mail in your check to the COA; subject line: Bingo) Join us live over Zoom OR sign-up in-person! This is a game in which players must 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 (Z)– Thursday Nov. 5th at 2pm; December TBD: Do you love to read? If so, join Dr. Joan Shea-Desmond for the COA's Virtual Book Club. In November, we will be reading *The Boy From the Woods* by Harlan Coben. In December, we will be discussing *The Return* by Nicholas Sparks. For more information please contact the Middleton Council on Aging.

Bring Your Own Bagged Lunch/ Chair – Every Thursday at 11:30am at Flint Library's Backyard*: Bring your own lunch, chair and mask for a safe, six-foot social distancing picnic. *The Library is closed so there will be no access to restrooms.* Topics for discussion vary. Weekly lunches will continue outdoors until weather becomes prohibitive. ***Limited participation per governor order and cancelations may occur. RSVP and symptoms checklist completion required; email Sondria Berman or call the front desk.**

Caregiver Support Group Meeting – November 18th and December 16th at 11am (Z) –Join us for a virtual, informal meet and greet to chat and share experiences. Two opportunities to meet: November 18th and December 16th! November's discussion theme is: "Favorite North American Vacation," and our December theme will be "Favorite Movies". Call front desk or email Sondria Berman to sign up for the zoom link.

Exercise – Thursdays at 1pm: 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. Call the front desk to register.

Game Time! – 1st and 3rd Tuesdays of the Month at 1pm: Do you enjoy playing board games? Then don't miss this opportunity to play and win! Games for the following dates are as

follows: November 3rd Word Wizard; November 17th Turkey Day Trivia; December 1st Word Wizard; December 15th Holiday Trivia. Call the front desk to register.

Knitting/Crafts – Wednesdays at 1pm: Work on your own knitting project while socializing with friends. If you do not knit, simple crafts will be available. Call the front desk to sign-up.

Memory Café (Z) - Wednesdays November 9th, December 4th at 11am (Z): Looking to socialize? All are welcome for our online Zoom cafes, designed to help those at home stay entertained and have fun. Please note, these cafes are not workshops or seminars, but for casual conversations. The November Café's theme will be "Best Holiday Experiences." To attend please contact Patrick.maher@middletonma.gov or call the front desk.

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.

Flint Library Offerings (FL) Calendar Description Index

The following ZOOM programs are being offered by the Flint Library and are marked (FLZ) on the calendar alongside COA programs and events. If you have any questions about these programs, please call the library directly at 978-774-8132 or email Melissa Gaspar, Library Director at 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 are REQUIRED. Place your book on hold by going to the Flint Library's online catalog or call the library at 978-774-8132.

Bridging the Gap: Political Topics Mediation (FLZ) – Every 3rd Friday at 10:30am: Are you tired of the polarization in our country? Would you like to be able to socialize with friends or relatives without worrying about getting into a heated discussion about politics? Join us in a discussion to explore ways of finding common ground. Dates: Nov. 20th; Dec. 18th.

Current Events Discussion Group (FLZ) – The 2nd and 4th Fridays at 10:30am: Discuss current events with others interested in sharing their viewpoints on the latest news. To register, email mgaspar@flintpublib.org to receive the invitation to this zoom meeting. Dates: Nov. 13, 27; Dec. 11. Flint Library will be closed Dec. 25.

Guided Meditation Group (FLZ)- Every Tuesday at 7pm: Participate in a weekly guided meditation for your health and wellness. The meditation link is also available to access online anytime through Flint Library's online calendar.

Writing Group (FLZ) – 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 to receive the zoom invitation. Dates: Nov. 3, 17; Dec. 1, 15.

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, bring them to the COA at 38 Maple St. and leave them in our drop box located at the ramped entrance.

Open Enrollment Begins October 15th!

Be sure to **read** and **save** the information regarding your Medicare Prescription Drug Plan or a Medicare Advantage Plan (HMO, PPO), as it explains the changes in your plan for 2021.

During Medicare's Annual Open Enrollment (October 15 – December 7), you will have a chance to review and change your plan for next year. If you never had a drug plan, this is your opportunity to join one.

SHINE counselors can help you understand your plan and options. **Due to COVID-19, counselors will only be available for remote counseling over the phone. There will be no in-person appointments this year.**

Trained SHINE counselors offer free, confidential counseling on all aspects of Medicare and related health insurance programs. To schedule a phone appointment with the SHINE counselor here, please contact the COA office at 978-777-4067 or call the Regional SHINE office at Mystic Valley Elder Services in Malden at 781-388-4845.



In Memoriam

We at the senior center send our condolences to the family of **Bob Riddle** who recently passed away. Bob helped so many members of our senior community with various handyman tasks and household-related issues. For over five years, Bob devoted much of his time to helping others in need, often going above and beyond what was asked to ensure others were taken care of around him.

He will be greatly missed by our staff and community.
