

**Council on Aging
Town of Middleton ~ Old Town Hall
38 Maple St.
Middleton, MA. 01949**

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**Middleton Council on Aging Community Center
38 Maple St.
Middleton, MA 01949
Office: 978-777-4067**

Phones will be staffed between 9:30am-2:30pm 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 in need of greeting card donations (handmade or store bought!). Easily drop off your cards in our drop box at 38 Maple Street in Middleton, or call to schedule a pickup at 978-777-4067.

The Age of Mastery

Volume XXIII Issue 15

July/August 2021

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

<i>Jerry Gove, Chair</i>	<i>Dr. Joan Shea-Desmond, Vice Chair</i>	<i>Frank Leary</i>	<i>Ellen Strobel</i>	
<i>Barbara Sanborn</i>	<i>Alice Tierney</i>	<i>Leah Magnifico</i>	<i>Linda Cornell</i>	<i>Wendy Tirck</i>

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

<i>Linda Cornell</i>	<i>Connie Coste</i>	<i>Ann Couture</i>	<i>Cindy Dellea</i>	
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COA VOLUNTEERS (Thank you for all your support)

<i>Nancy Ambrose</i>	<i>Martha Fucarile</i>	<i>Karyn Rei</i>	<i>Dr. Joan Shea-Desmond</i>
<i>Daiva Barrett</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>	<i>Colleen Moulison</i>

FOOD PANTRY VOLUNTEERS (Thank you for all your support)

<i>Nancy Ambrose</i>	<i>Alan Ambrose</i>	<i>Lisa Kelly</i>	<i>Dr. Joan Shea-Desmond</i>
<i>Chrissy Cook</i>	<i>Jose Gonzalez</i>	<i>Colleen Moulison</i>	

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>

DID YOU KNOW?

The Middleton COA AND the Middleton Food Pantry no longer have P.O.Boxes. Please use our mailing address (38 Maple Street) for all correspondence.

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 COA is collecting eyeglasses for 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.



From the COA Board Chair's Desk . . . Summer has arrived, and with it, sunny skies and warm walks. To complement the heat outside, the COA has some "cool" indoor activities to enjoy. As state mask restrictions are lifting, the COA will be resuming our Lunch Bunch trips to local restaurants twice a month in July! We will also be launching the COA Ambassadors Club, which will begin accepting members for various committees such as programming, events, and travel/trips. Additionally, our COA Board has some wonderful news to share. We are pleased to welcome our newest Board member, Linda Cornell! We hope to introduce Linda to everyone at upcoming meetings and events, (weather permitting) as we are thrilled to have her join our COA community! Last but not least, I'd like to share one statistical note: Massachusetts has 54.3% of our population vaccinated, making us the third highest rate in the country, according to Our World in Data on June 2nd. Seniors are smart but let's keep playing it safe and "boost" our rate even higher! Well wishes to everyone, and I hope to see you all soon. *Sincerely, Jerry Gove, Chairman, Middleton Council on Aging Board of Directors*



From the Director's Desk . . . Hello Friends, the time has come that we have all been eagerly awaiting, the COA is officially reopened for most activities, trips and congregate meals! The COA team is anxious to see you again! A few things to note before returning: Although it is not required and we will not ask, ***we encourage all participants and team members to be vaccinated and wear masks.*** Safety remains our priority and we ask that everyone respect the choices of their peers should individuals continue to social distance and/or wear masks. There are many reasons, beyond vaccinations, that people continue to wear a mask and it is important that everyone feels comfortable when attending the center. Hugs are a tradition here at the COA that we want to see return. We just ask that you ***please ask a person before hugging them.*** All team members have been instructed to ask you each time they want to give you a hug and will not be offended if you say "no, thank you". I speak on behalf on the entire team when I say "we are so excited to have you back to the COA, your "home away from home!" *Sincerely, Jillian Smith, CDP Middleton Council on Aging Director*



From the Assistant Director's Desk . . . Hello, everyone! Summer is here and the COA is thrilled to bring back a great deal of programming and events for our community. As we resume in-person programming, we are also launching our first-ever COA Ambassadors Club for members who are looking to play a role in shaping the activities, programs, events and trips we advertise in each of our newsletters. The COA Ambassadors club is also a great way to meet new COA members and make new friends, all while giving back to the greater community. I encourage anyone who is interested in learning more to contact the front desk at the COA and we can help guide you as to which club suits your interests best. Looking forward to seeing many of you soon, and in-person! *Sincerely, Andy Diskes, Middleton Council on Aging Assistant Director*



From the Case Manager and Outreach Coordinator's Desk . . . Summertime is here and the COA -along with the world- is opening up again! Check out all our activities. We have some new ones. Socialization is so important for everyone so if you know of a neighbor challenged by isolation, please let us know. We are here to help our neighbors and friends in whatever ways we can. Always remember your thoughts are yours to cherish and control- expressing kindness can be contagious and bring smiles to those you meet. Enjoy!!! *Sincerely, Patrick Maher LCSW, Middleton Council on Aging Case Manager and Outreach Coordinator.*

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 a variety of volunteer opportunities for individuals of all ages. Currently, the COA is looking for individuals to assist with: *Walk coordinator, Check-In Calls, Data Entry Assistant, Bingo Assistant, Tech Assistant, and Personal Grocery Shopper*. If interested contact: Sondria Berman at 978-777-4067 or email: Sondria.Berman@middletonma.gov.

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.

Council on Aging Programs & Services

(All programs and services are FREE unless otherwise stated. Call the Front Desk at 978-777-4067 to book.)

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: **FALL RESERVATION** Digitizing services will resume in the fall. If interested, please use the summer months to gather your photos and call the front desk to make a reservation for September.

Home Delivered Meals: 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. For more information on how to become a Meals on Wheels driver, contact the front desk.

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.

Transportation – Local Grocery Shopping: Transportation for local grocery shopping at Market Basket is back Thursdays and Fridays! Fee is waived during COVID. Contact the front desk to make a reservation.

S.H.I.N.E: We are still offering our confidential health insurance counseling. Starting in July, S.H.I.N.E. counselor Joe Younger will resume in-person appointments. Call the front desk to register for an appointment.

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.

Calendar Descriptions Index

Middleton COA Activities and Events

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

Bingo – Mondays 12:30pm-2pm: (\$2 each Monday) Join us in-person for live Bingo! To register, contact the front desk.

Book Club– July & August, Dates TBD: Do you love to read? If so, join Dr. Joan Shea-Desmond for the COA's Virtual Book Club. This July, the club will be discussing *The Engineer's Wife* by Tracey Enerson Wood. Specific start time for group meet-up will be announced mid-July. For more information or to sign up please contact the front desk.

NEW!! COA Ambassadors Club – Mondays at 10:30AM: Are you an invested member of the COA community? Are you new to the COA and looking to get involved? The COA is now accepting members for four COA Ambassador Clubs: Travel, Programs, Events and Neighbor-to-Neighbor socials. Participants will help to advise and coordinate ideas that will then be incorporated into future programming at the COA. If you are interested in becoming an Ambassador in any of these clubs, contact the front desk for more info.

Congregate Lunch – Mondays, Wednesdays and Thursdays at 11:30AM: (Suggested Donation: \$3) On a hot summer day, what's more refreshing than *not* having to cook or make your lunch? Join your friends at the COA for a casual afternoon lunch at the senior center. **VETERANS- every Wednesday, you eat FREE** In need of transportation? Call the front desk to inquire and to register.

IT'S BACK!! Ethel's Brunch & Games – 1st and 3rd Tuesdays at 11AM: Come for the home cooked lunch, stay for the conversation and laughs! Ethel Marino hosts and prepares a lunch for the COA community. Various games will also Special Feature: On July 20th, Patrick Maher, Outreach Coordinator will also provide an educational presentation on the "Lifestyles of Our Ancestors" during brunch. Call the front desk for more info and to register.

Exercise – Tuesdays at 9:30am: (\$5 each class) In-person gentle exercise with instructor Bonnie Peruffo. This is an exercise program using chairs and light weights to create strength and better balance. Call the front desk to register. As always, please consult with your physician before engaging in any new exercise.

NEW!! Garden Club – July 6th, 13th, and 20th: Join your COA friends and local high school students to help beautify the Middleton Senior Center grounds by planting a variety of herbs and flowers. No experience is necessary, and all are welcome to participate. Contact the front desk for more details.

Library Luncheons at Flint Library – Thursdays at 11:30am: Pack a lunch and a folding chair and join your Middleton COA community for socially-distanced, picnic- style lunches on the back lawn of the Flint Library. Guest speakers, entertainment, and games/activities are provided each week. Upcoming guest speakers include entertainer Carole Finn-Wideman as Betsy Ross (July 8th) and health advocate Rachel Wilson from Element Care (July 15th). Lunches are held weather permitting- please call the front desk to inquire.

NEW!! – Lunch Bunch 2nd and 4th Tuesdays at 12:30pm: (\$5 transport fee) Join your COA friends for a special bus trip to a local luncheon spot in the Middleton area. July's restaurants will be The Anchor in Beverly and Cracker Barrel in Tewksbury, and August will be Grassfields in Andover and The Iron Chef in Danvers. Please call the front desk the week prior to reserve your spot. All participants must pay for their own luncheon order. Please note: COVID safety protocols will be followed, and masks must be worn at all times during the bus ride. Contact the front desk to learn more!

IT'S BACK!! - Needlework and Crafts for a Cause – Wednesdays at 10:30am: Do you love to crochet or knit? Are you interested in learning how to crochet or knit? Do you love to make crafts, especially for individuals in need? Join our social knitting circle and craft club and enjoy making something for you or loved ones each week. Call the front desk to register.

NEW!! – NAMI Support Group – 2nd Wednesday of the Month at 7pm: A new collaboration here at the COA with NAMI, National Alliance on Mental Illness. NAMI is hosting a monthly support group at the senior center for families who have members with mental illness. Light refreshments will be served. Contact the front desk for more information or to register.

NEW!! - Walking Club Thursdays at 10:30am: Join your Middleton COA friends for outdoor exercise and conversation, weather permitting. Walks will not take place in inclement weather or temperatures above 80 degrees. Please be sure to park at the Town Hall, as we will be starting our journey on the adjacent walking trail. If interested, please call the front desk to be added to our walk list (so that we can call you should there be a cancellation). Walk starts promptly at 10:30am. Don't forget to wear comfortable clothing, appropriate walking shoes, and bring water! *As always, please consult with your physician before engaging in any new exercise.*

Flint Library Offerings (FL) Calendar Description Index

The following ZOOM programs are being offered by the Flint Library. A (Z) next to the event indicates this is a zoom-based virtual event. If you have any questions, please call the library directly at **978-774-8132** or email Melissa Gaspar at mgaspar@flintpublib.org.

Bridging the Gap: Political Topics Mediation – July 16th and August 20th 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. Email mgaspar@flintpublib.org to receive the zoom invitation.

Current Events Discussion Group – July 23rd and August 27th at 10:30am: Discuss current events with others interested in sharing their viewpoints on the latest news. To register, email mgaspar@flintpublib.org.

Just Think...Write Now! (Z) – July 9th and August 6th at 10:30am: Create the life you want through setting goals, positive thinking and purposeful journaling. Virtual sessions held on zoom; email mgaspar@flintpublib.org to register for the link.

Summer Reading Group: Challenge yourself to read 5 books this summer, for each book read you get a raffle ticket to enter to win a prize! To register, email mgaspar@flintpublib.org.

Taiji Qigong Lessons – Wednesdays at 11am: In-person and virtual opportunity for mindful movement outdoors (weather permitting) or via zoom, hosted by Larry Greenberg. Email mgaspar@flintpublib.org for more information.

Writing Group (Library Lawn) – 1st and 3rd Tuesdays each month 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 register. Dates: July 6th, 20th; August 3rd, 17th.