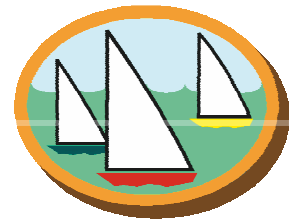


# Marblehead *Council on Aging*



May 2020

## TOWN MEETING

POSTPONED  
Until  
JUNE 29th

Town Meeting Information will be available In the June Newsletter



## TAX FILING DEADLINE

Massachusetts State and Federal filings due  
JULY 15th



## *We miss you and we are here to help!*



Our building may be closed but we still have our daily visitor stopping by to say hello.

The COA Staff want you to know we are thinking about you and we are available if you need assistance. Please be assured if you contact us we will connect with you. It may take a little longer for us to respond due to building closures.

See the yellow box to the right for office hours, phone number and email addresses.



We have received and distributed many beautiful pictures made by children for

our seniors including our meals on wheels participants.

**THANK YOU!**



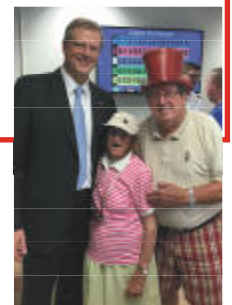
The Council on Aging staff is available  
Monday through Friday—8:00 am – 3:00 pm  
781-631-6225  
Or by email, are:  
Lisa Hooper, COA Director, at  
[Hooperl@marblehead.org](mailto:Hooperl@marblehead.org)  
Karyn Smith, COA Outreach Coordinator, at  
[Smithk@marblehead.org](mailto:Smithk@marblehead.org)  
Janice Salisbury-Beal, COA Program Manager, at  
[salisburybealj@marblehead.org](mailto:salisburybealj@marblehead.org)



*Until further notice,  
the days of the week are  
now called,  
thisday, thatday, otherday,  
someday, yesterday, today  
and next day!*



**GRAB 'N' GO LUNCHES** COA PARKING LOT  
**STARTING Tuesday, May 5th**  
**TUESDAYS & THURSDAYS**  
*(pick-up time will be given at reservation call)*  
**For Marblehead Seniors**  
**CALL AT LEAST 24 HRS IN ADVANCE**  
**781-631-6225**



Friend us on FACEBOOK: Marblehead Council on Aging

# NAVIGATING THROUGH FOOD RESOURCES & PROJECTS



## QUESTIONS

Contact Karyn Smith,  
Outreach Coordinator.  
Lisa and Janice are also available  
**THANK YOU**



## Commodity Supplemental Food Program (CSFP)

**First MONDAY of every month**

You may be eligible to receive two free bags of groceries each month, including fresh produce! The CSFP is for seniors age 60+ who meet income guidelines.

*\$1354/individual or \$1832/couple*

Pickup is at the COA on the 1st Monday of the month.  
Delivery is available for homebound seniors



*We can expedite the process!*

*Monday through Friday*

The Council on Aging assists seniors with obtaining groceries from



*the Marblehead Food Pantry*

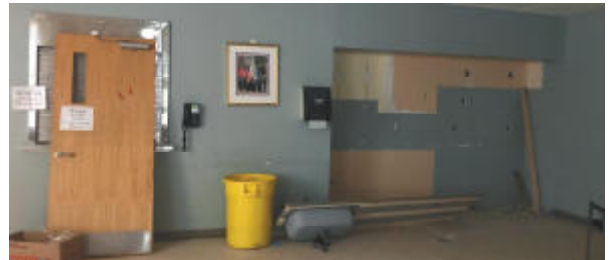
**TUESDAYS: 9:00 am—12:00 pm**

If you are having financial trouble paying for groceries or your rent, please reach out

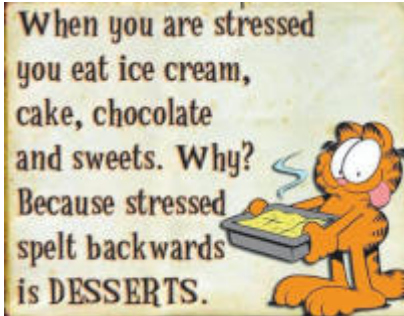


## GREAT NEWS!

What's happening while we're closed:  
The Council on Aging's Kitchen & Dining Room



renovation project is underway. The licensed commercial kitchen will provide the COA with opportunities to provide a wider variety of nutrition programs for our



participants. Funding was received from the State, the Shattuck fund and the Friends of the COA. Please watch for updated details on this project in future newsletters.

## FOOD MARKETS' GUIDE:

**Crosby's Marketplace, Mhd:** Open 7am-7pm  
Special hours for seniors: 7-8am 781-631-1741

**Whole Foods Market, S'scott:** Open 9am-7pm  
Special hours for seniors: 8-9am (781) 592-2200

**Stop & Shop, S'scott:** Open 7:30am-8pm  
Special hours for seniors: 6-7:30am (781) 596-1445

**Market Basket, Salem:** Open 7am-6pm  
Special hours for seniors: 6-7am (978) 741-0986

**Shaw's, Salem:** Open 7am-8pm; (978) 741-8660  
Special hrs for seniors: 6-7am & 6-9am Tues & Thurs.

Shopping list: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_



**PROGRAM AND SERVICE INFORMATION**



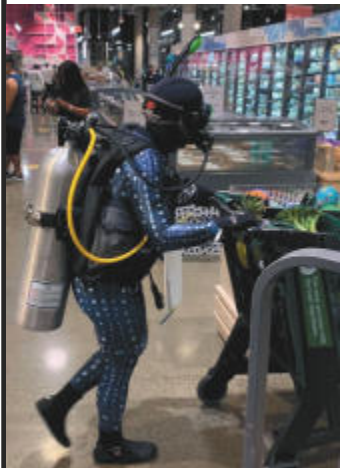
*'Hey, keep your distance, buddy! Where is everyone anyway?'*



**MARBLEHEAD COMMUNITY SUPPORT FORUM**

**Online at: [www.mhdproud.com](http://www.mhdproud.com)**

This effort is in collaboration with the Town of Marblehead, the Council on Aging, Recreation and Parks, local non-profit organizations and volunteers. The mission is to help our community during the COVID-19 pandemic. Our goal is to bring people together to help one another during this time. We may all need help in different ways as we face the challenges ahead. Fortunately there are many people in this kind community who are eager to help.



**DO YOU NEED ASSISTANCE? SIGN UP ONLINE OR CALL THE HOTLINE.**

This could be a Phone or Pen Pal, grocery delivery or other support.

**CAN YOU VOLUNTEER TO HELP? REGISTER ONLINE OR CALL THE HOTLINE.**

Online Volunteer registration is available on this site, with a selection of jobs available and the opportunity to offer other services.

**OUR GOAL IS TO BRING PEOPLE TOGETHER TO HELP ONE ANOTHER IN THIS TIME OF NEED!**  
**VOLUNTEER HOTLINE—781-241-4603**

**Mass Nursing Home Family Resource Line: 617-660-5399**  
**open Every Day - 9:00 AM - 5:00 PM**

The Executive Office of Health and Human Services has launched a Nursing Home Family Resource Line - a dedicated phone line to connect family members of nursing home and rest home residents with the information and resources needed. This new phone line provides one central contact for families and community members who have questions about the nursing home or rest home care their loved one is receiving during the COVID-19 outbreak.

The Nursing Home Family Resource Line is staffed from 9:00 AM - 5:00 PM, seven days a week. Staff will field questions on a range of topics and coordinate across state agencies to help provide answers.

These are unprecedented times and, understandably, families and community members have questions. We remain committed to providing relevant and timely information, and the Nursing Home Family Resource Line is another important resource.

**SCAM ALERT**

“Sadly, the scams around coronavirus testing are spreading almost as fast as the virus itself,” said Lucilia Prates-Ramos, the statewide director of the MA SMP program.

“Testing can only be ordered by a treating physician. We have heard about teams in white coats are going door-to-door offering virus testing. This is NOT a valid offer. What they are really interested in is robbing the elder or stealing their identity. We have heard reports of callers pretending to be a nurse offering test results once they get a credit card number.

These kinds of calls are also not for real.



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## CARING FOR YOURSELF

## EXERCISING

**FOR 'VIRTUAL CLASSES' ONLINE,**

You will need access to one of the following: computer, laptop, mobile device, (smartphone or tablet) and WIFI. Download the free App called *Zoom Cloud Meetings*;

**THEN watch any live class from your home!**



**Patricia (Tricia) Sullivan will teach her COA classes on/via 'Zoom' at 10 a.m. for 45 minutes:**

**OSTEO: Mondays & Thursdays**

*A bit strenuous: stretching and strengthening, and moving around to music*

**BALANCE & MOBILITY:**

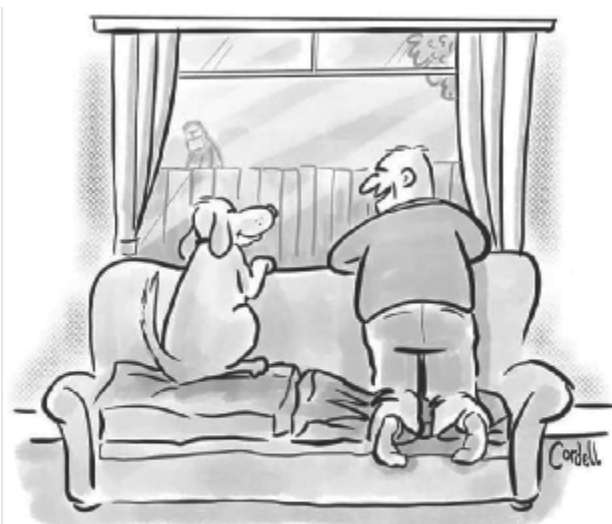
**Wednesdays & Fridays**

*Focusing on balancing and stretching exercises*

Please email Tricia to register for the classes at:

**[Pesullivan01945@gmail.com](mailto:Pesullivan01945@gmail.com).**

Instead of paying the class fee, you are asked to please donate it to the **Marblehead Food Pantry**.



*"Until now, I never understood why you got so excited when someone walked past the house."*

## AND STAYING STRONG

**Parkinson's and Caregiver (FREE) CLASSES**

**COA Fitness Instructor Kim Crowley, ACE-Certified Personal Trainer**

**Parkinson's Fitness Strength**—Specifically developed for folks with Parkinson's Disease, but appropriate and beneficial for all. Class combines focus on strength, mobility and balance.

Tuesday at 11:00 am—Join Zoom Meeting

<https://zoom.us/j/145573838>—

Meeting ID: 145 573 838

Wednesday at 11am—Join Zoom Meeting

<https://zoom.us/j/145573838>—

Meeting ID: 145 573 838

Thursday at 10am—Join Zoom Meeting

<https://zoom.us/j/806675507>—

Meeting ID: 806 675 507

**For Caregivers: MMM: Moving, Mindfulness & Avoiding Meltdowns**—Sponsored by Bridgewell a time for caregivers to unwind, move their bodies, reflect and recharge. A chair and/or a yoga mat are all you need.

**Mondays, Wednesdays and Fridays at 8:30PM,**

<https://zoom.us/j/895876046>—Join Zoom Meeting

For further information, contact Kim at: [strong-erwithkim@gmail.com](mailto:strong-erwithkim@gmail.com) or go to [harborfitness.net](http://harborfitness.net)

**Jewish Family & Children Services: (FREE)**

**Okonow Parkinson's Family Support Program** continues to offer its arts-based programming for those living with Parkinson's and their care partners!

The healing powers and ability to connect through dancing and singing are important now more than ever:

Join the **Tremble Clefs chorus** (no prior musical experience necessary), which meets virtually on the Zoom platform on Mondays from 10:30-12.

Keep moving in fun, therapeutic ways with **Parkinson's Dance**, which meets virtually on Zoom on Wednesdays from 10:30-12:15.

We are also continuing to offer our Care Partner Support groups with openings on Tuesdays from 10:30 - 12:00pm.

For further information and how to join, please call Anne Muskopf at 781-693-5069 or email [Parkinsons@jfcsboston.org](mailto:Parkinsons@jfcsboston.org)



STAYING CONNECTED



GET ACCESS TO THE LATEST INFORMATION

MHTV: (Comcast ch. 8 and Verizon ch. 28) The MHTV Community Bulletin Board runs text & graphic announcements throughout the day. This is updated continually, as information changes.

Yoga—10:30 everyday: YOGA for Health and Joy

Facebook: Search for "Marblehead Community Access & Media". Updated throughout the day.

Website: [marbleheadtv.org](http://marbleheadtv.org) Updated daily with videos and links to important town information

Constant Contact e-mails: Updated regularly (sometimes twice a day). Includes breaking news videos and links. Go to the website ([marbleheadtv.org](http://marbleheadtv.org)), scroll down to the bottom of the page. Above the map is a sign-up box. Just enter your email, click "Go" and you'll be added to our list

Town of Marblehead website: Urgent Alerts <https://www.marblehead.org/home/urgent-alerts/information-alert-coronavirus-disease-2019-covid-19>

Marblehead Council on Aging Facebook Page. Friend us on Facebook

DIAL 2-1-1— Massachusetts residents are urged to use 2-1-1 for information, resources, and referrals regarding Covid-19. Operators are staffing this hotline 24/7 and translators are available in multiple languages. Residents with questions can dial 2-1-1 from any landline or cellphone, or use the live chat option on the Mass 2-1-1 website.



EVERYONE HAS A STORY

One COA group that refuses to sit home and eat bon bons during the coronavirus quarantine are the writers of Everyone's Got a Story. Perhaps the

forced incarceration is giving them the relaxing time they need to think and create, which is exactly what they've been doing.

Gail McLaren, still in Florida, takes instructor Debbie's tap dance class via Zoom—and has written An Ode to Debbie in the writers' group. Joan Cutler has been especially prolific, with two humorous pieces to her credit. Steve Willard, we're pleased to report, has had one of his pieces published in Commercial Fisheries News, and Mary Klug is making great progress on the memoir she's writing about her travels in China over 20+ years. Hope to welcome new writers to the group when classes resume at the

COA!



KEEPING A SENSE OF HUMOR COVID-19



Some dressed, lots depressed, keep things neat or leave 'em messed

Stand clear, don't stop here, others keep their loved ones near

You're swell, don't rebel, learn to read, to draw, or spell

Out reach, we beseech, offer help, don't be a leach

Observe, keep your nerve, we can all slow down the curve

No hearse, break the curse, heed the words of doc and nurse. **Joan Cutler**

Ode to Debbie

For dedication, caring and good advice, A simple Thank You will not suffice

In the mist of this pandemic we bravely fear, Our sanity may soon disappear.

We've cleaned all the closets, windows and doors, Organized spices, put wax on the floors.

Our calendars empty we've no place to prance, But Debbie says "wait, we can still dance"

With Stephanie's help she treats us to Zoom, So we won't forget to shuffle round the room.

Three times a week we anticipate, Seeing our leader and isn't she great.

Our Debbie who's kind, energetic and wise. Will keep us engaged so we will survive.

She makes us so happy and keeps us in shape, With the refrigerator near we won't gain any weight

As much as she loves us the thing she most likes Is the handy mute button on her device.

But wait, there's a problem in the future I see, On no! We Pray it won't come to be.

With her technical skills improving each day, I fear the Apple Store may steal her away.

Gail McLaren





**Thisday**

**Thatday**

**Otherday**

**Someday**

**Yesterday**

**Today**







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GETTING BACK TO NORMAL

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THE WEEK

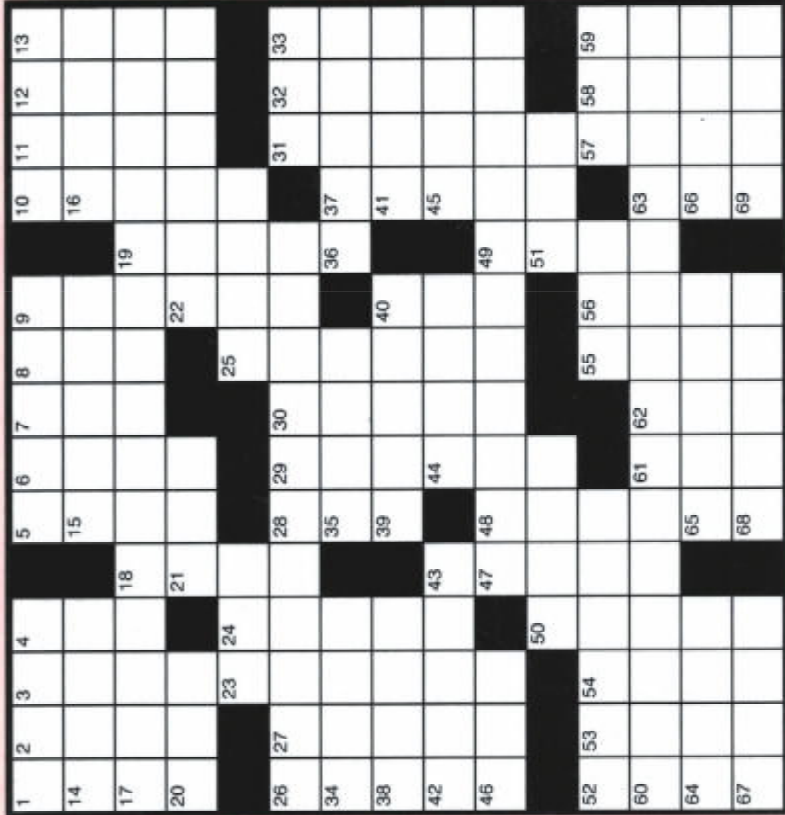
CROSSWORD NO. 157

ACROSS

- 1 Playbill listing
- 5 Shish \_\_\_\_
- 10 Genesis shepherd
- 14 Bailiwick
- 15 Brand of microwave popcorn
- 16 Zippo
- 17 Florida law at the center of a shooting controversy
- 20 Writer Rand
- 21 Really long time
- 22 Noon
- 23 Tennis player Shriver
- 25 Star of the 2012 film *Ghost Rider: Spirit of Vengeance*
- 26 Federal prison inmate number 40892-424
- 31 Carpenter's tool
- 34 Martha nicknamed "The Big Mouth"
- 35 Aware of
- 36 Minute
- 38 Envelope letters
- 39 Joined with adhesive
- 41 Chip in a chip
- 42 Drinks in small glasses
- 44 Summit
- 45 Manner of walking
- 46 Egg layer
- 47 Toy mentioned in a much-discussed comment by a Romney aide
- 50 Fabled also-ran
- 51 Mined-over matter
- 52 Xenophobe's shout
- 55 Anvil's setting
- 57 British rule in India
- 60 Popular app game
- 64 Team whose owners settled a lawsuit with the trustee of Madoff's victims
- 65 Destroy by degrees
- 66 *Law & Order: SVU* co-star
- 67 Reliever's goal
- 68 Where Barack Obama Sr. was born
- 69 Trueheart of the comics

DOWN

- 1 \_\_\_\_ *de Mi Padre* (2012 Will Ferrell movie in Spanish)
- 2 Chichi
- 3 New Orleans Saints head coach who was suspended for a year for his involvement in a bounty scandal
- 4 Leather color
- 5 Bout ender
- 6 Supply-sider's subj.
- 7 A/C measure
- 8 Part of A/C
- 9 Whopper alternative
- 10 Battery part
- 11 Modern speed unit
- 12 Dame \_\_\_\_ (Barry Humphries character)
- 13 Disney dog
- 18 Floor model
- 19 Starboard
- 24 Hollywood dealmaker
- 25 \_\_\_\_ vérité
- 26 Impetuous
- 27 Carpenter's tool
- 28 Lively dance
- 29 Bind up
- 30 Guarantee, with "for"
- 31 Scott Brown and Elizabeth Warren were involved in one in Massachusetts
- 32 Escapade
- 33 Painter of "The Helga Pictures"
- 37 All agog
- 40 \_\_\_\_ Moines
- 43 Unsavory
- 48 Host of *Jeopardy!*
- 49 Fashion designer Michael
- 50 Assault, e.g.
- 52 Legs, in slang
- 53 Draft classification
- 54 *Design on a Dime* channel
- 55 Swirling water
- 56 In deep water?
- 58 Yahtzee category
- 59 Team Tebow was traded to after the Broncos
- 61 Dudgeon
- 62 Rand's dad
- 63 Peach's center



Answers in back  
Written by Peter Gordon  
Originally published 4/6/2012

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## Town of Marblehead Council On Aging

The mission of the COA is to enhance the quality of life for seniors, and to promote respect and good will in the community by informing, educating, and advocating for seniors and those who care for them, and to provide services and activities which promote healthy, successful, and enjoyable aging.

*Marblehead COA is grateful for funding from the Town of Marblehead, the Commonwealth of Massachusetts through the Executive Office of Elder Affairs, and the Federal Government through Title IIIB and IIIC grants awarded by Elder Services of the Merrimack Valley and North Shore. In addition, COA programs are supported by funds from the Friends of the Marblehead Council on Aging, the Marblehead Humane Society, The Shattuck Fund and individual donations. Additional thanks to advertisers for their continued support.*

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Pam Foye, Vice Chairman  
Marj Shea, Secretary  
Maureen Horan  
Rosaleen Doherty  
Bob Foglietta  
Suzanne Gruhl  
Karen Jancsy  
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Susan Burgess, Volunteer Coord.  
Nadine Lepick, Transportation Clerk  
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**to THE FRIENDS OF THE MARBLEHEAD COA**

Without financial support from the Friends of the COA, the Council on Aging wouldn't be able to offer all of the wonderful programs and events.

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**Send to: 10 Humphrey Street, Marblehead, MA 01945**

**Thank you!**

**CHECK US OUT ON FACEBOOK AND THE WEB:** [www.marblehead.org/council-aging](http://www.marblehead.org/council-aging)



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